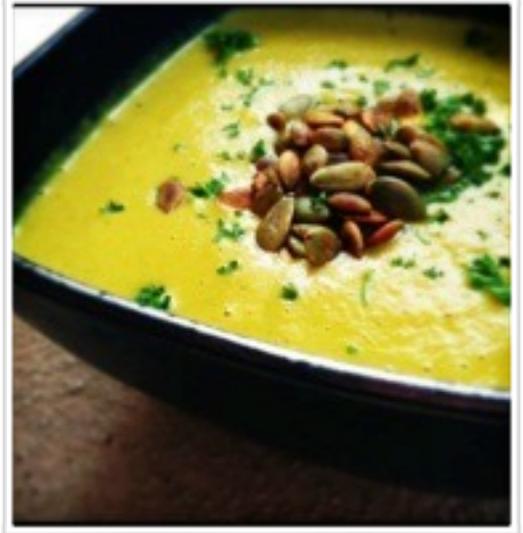




The Eater's Detox



THE EATER'S DETOX

food-strong cleansing for radiant health!

Congratulations on making a commitment to transform your wellbeing! This delicious and nourishing cleanse has been developed for you to embrace regardless of your level of detox experience. Whether you are a cleanse enthusiast, plant-based foodie, or first-time detoxer, you will find this program to be approachable and effective. Throughout the next seven days, you will enjoy blended and solid, raw and cooked meals that will leave you feeling energized and light while introducing you to mindful eating habits for life.

Haute Health
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Tina Leigh, CHHC, RYT - Founder of Haute Health

Your Cleanse Specialist

Tina Leigh, founder of Haute Health and author of *Balanced Raw* and *Superfood Juices + Smoothies* is a compassionate and intuitive transformative health practitioner and therapeutic chef. From years of experience, she affirms there is not a one-size-fits-all approach to nutrition and wellbeing. All holistic health programs she crafts are customized to support each client in their individual wellness journey.

In staying true to her flexible approach to wellness, she developed this food-strong cleanse to enroll you in the understanding you CAN release toxins while eating!

Though juice-centric cleanses and fasts are deeply detoxifying, have significant healing properties and effectively contribute to wellness, the intent of this cleanse is to introduce you to the concept of daily detoxing. This means you can detoxify the body and enjoy ongoing cleansing by including nutrient-rich foods in your meals, by adopting daily detox-boosting lifestyle habits and from eating a variety of nutrients in both cooked and raw foods.

CLEANSING GUIDELINES

Set Yourself Up for Success

1. In order to create all dishes, a juicer and blender will be required. If you do not have a juicer or blender, see if you can borrow from someone who does. Or alternatively, if you are in the market to purchase, you can often find used products on Craigslist or other community sites and for far less than you would pay to a retailer.
2. Share the love! These recipes are friend and family friendly and engaging those you share your home or office space with will help to keep you motivated. Also, if you can get all family members eating the same meals for the next seven days rather than having to cook multiple dishes to please everyone, you are more likely to maintain your commitment.
3. Shop organic whenever possible. You are cleansing and the last thing you want to do is re-deposit pesticides, waxes, fertilizers, and harmful bacteria into your body from eating conventionally grown fruits and vegetables.
4. The soup and salad recipes each make between two and four servings depending on how much you wish to eat. All beverages make one serving. This is a flexible program, so if you are feeling famished, have a second serving. Customize your program to fit your lifestyle and level of readiness. Remember, this an introductory cleanse with an intent to introduce you to the habits of clean-eating and daily detoxification. It is not about restriction or rigidity.
5. Move and sweat! Enhance detoxification by stimulating your digestive and lymphatic systems with movement and purge toxins from your pores through perspiration. Go for a walk, run, hike, take a bike ride or a yoga class. Many yoga studios offer trial classes for first-time clients, so take advantage of this great offer.
6. Drink plenty of filtered water. Aim for half your weight in ounces. In addition, welcome your morning with eight ounces of warm water and the juice of 1/2 lemon. The lemon juice stimulates liver function and helps to remove toxic built up from the previous night's digestive duty.
7. Do your best to avoid between-meal snacking. Snacking creates a barrier to deep detoxification. Longer periods of fasting between meals allow the liver, kidneys and digestive system to direct energy to cleansing and not to spend it all on digestive function



WHY BLENDED FARE?

Sip and Slurp Your Way to Healthy Habits

Encourage daily detoxification by including blended soups, smoothies and juices into your daily eating routine. Let your meals be balanced with both raw and cooked solid meals and a juice, smoothie or blended soup each day.

Including fresh juices and smoothies are essential because we obtain the maximum benefit from fruit and vegetables when they are juiced. Much of their goodness is locked in the fiber, which is passed through the body. When we juice fresh fruits and vegetables, their essential and micronutrients are released from the fiber and we are able to absorb them into our bloodstream immediately.

This does not mean we should stop eating fiber. As a matter of fact, we should consume 30-40 grams of fiber daily for healthy bowel function. Getting fiber through blended foods is easier on digestion as the fiber is already masticated, or broken down and ready for assimilation.

What Makes Fruit and Vegetable Juices So Special?

Those nutrients that are released when the fibers are broken down are called Phytonutrients, also known as Phytochemicals. Phyto means 'of plants' or 'from plants' so phytonutrient literally means 'Plant Nutrient.' These fruit, vegetable, herb and lettuce compounds (or chemicals) are special because they are not available in any other foods. Phytonutrients are responsible for boosting the immune system, reducing inflammation, supporting tissue and cellular repair, promoting healthy circulation and also have antibacterial, antifungal, and antiparasitic properties.

Phytonutrients are also responsible for giving fruits and vegetables their color, or pigment. You see this in the case of beta-carotene in carrots. It is the beta-carotene that gives carrots their orange color. You also see this in the case of lycopene, the phytochemical responsible for making tomatoes RED.

In addition to phytonutrients, fruits and vegetables are full of naturally occurring enzymes. Enzymes are important for many bodily functions, but are especially vital for healthy digestion. We produce only 25% of the enzymes we need for proper digestion, and need to get the rest from our diet. The typical American diet does not contain enough raw foods to provide the missing 75% of enzymes. Drinking fresh fruit and vegetable juices and smoothies allows these enzymes to be released and activated and promotes healthy digestion.



THE RECIPES

How to Make the Most of Your Cleanse Week

- Nearly all recipes call for ingredients that are cross-utilized in one or more recipes to ensure you use up what you buy! For example there are sweet potatoes in the *Anti-Flame Sweet Potato Milk*, the *Wilted Kale and Roots Salad*, and again in the *Thyme-Scented Sweet Potato and Apple Soup*.
- If you cannot find a particular ingredient, improvise! Greens such as chard, dandelion, beet greens, watercress, romaine, spinach and kale can be used interchangeably if needed, and if a juice or soup calls for pear, but you only have apples, or if you have oranges instead of grapefruit, go ahead and use what you have on hand.
- It is helpful to wash and prep your produce when you get home from shopping so when it comes time to prepare your dish, you are ready to go. In the case of citrus however, wait to peel until ready for use to avoid drying of the fruit.
- There are a lot of recipes here and you may not make a new juice, soup and salad every day. That is completely okay. However, try your best to include at least half of the recipes to ensure you are absorbing a variety of nutrients.
- Read through all recipes to determine which ones you will make and note where there are congruences in preparation. For example, a few dishes call for roasting, so to save time, consider roasting everything at once. Additionally, you can pre-cook your quinoa and it will stay fresh for five days in the refrigerator.



The Details

Makes: (1) 16-ounce serving

Time: 10 minutes

Equipment

juicer

Ingredients

3 kale leaves with ribs

3 romaine leaves

1 handful parsley

1 (1-inch) piece fresh ginger

1/2 lemon, peeled, with pith intact

2 medium carrots, ends trimmed

1 1/2 medium beets, scrubbed
and trimmed

1/2 large ruby red grapefruit,
peeled, with pith intact

THE BEET SQUEEZE JUICE

Why Sip?

Beets are the main attraction of this sweet and tangy blend. They are antioxidant rich and their blood oxygenating and purifying qualities make them perfect for ridding you of toxins. Just a note of caution, if your urine turns pink, there is no cause for concern. Just blame it on the beets!

Preparation:

1. Pass all ingredients through juicer in the order suggested.
2. Enjoy immediately and sip slowly.



The Details

Makes: 4 servings

Time: 30 minutes

Equipment

large pot, blender

Ingredients

1 tbsp. coconut oil

8 large carrots, peeled and cut into chunks

1 cup onion, chopped

3 medium garlic cloves, peeled and minced

1 tsp. ground coriander

1 1/2 tsp. ground cumin

1/4 tsp. cayenne pepper

1 tsp. sea salt

3 cups vegetable stock

2 cups coconut milk

Tahini (see Day 4 - *Roasted Cauliflower with Quinoa and Lemon-Tahini Dressing* for instructions)

COCO-NUTTY CARROT SOUP

Why Slurp?

The good ole carrot contains a mega dose of Vitamin A. This powerful nutrient reduces bile and fat in the liver so it can more effectively assist in ridding toxins from your precious body. And the fiber content in this satisfying soup furthers detoxification by brushing the colon clean and hastening waste removal.

Preparation:

1. Heat coconut oil in a large soup pot over medium-high heat.
2. Add onions, garlic and carrots, and sauté for 6 minutes. Stir in coriander, cumin, cayenne and salt.
3. Add vegetable stock, increase heat to high and bring to a boil.
4. Reduce heat to low, cover and simmer for 15 minutes.
5. Transfer soup to a blender, tilt lid to vent and cover with a kitchen towel. Blend on high for one minute.
6. Return soup to cleaned pot, stir in coconut milk and season to taste with cayenne and salt.
7. Ladle into soup bowls and stir in one tablespoon of lemon tahini. Top with red chili flakes.



The Details

Makes: 1 serving

Time: 15 minutes

Equipment

blender, large salad bowl

Ingredients

Juice of 2 medium lemons

1 small garlic clove

1 tsp. onion powder

3/4 tsp. sea salt

1 tbsp. + 1 tsp. ACV

1 tbsp. tahini (sesame paste)

1/4 medium avocado

Cracked black pepper

1/4-1/2 cup water, to thin

4 small radishes, shaved

2 big handfuls arugula leaves

1/4 cup sun-dried olives, chopped

Fresh cilantro + parsley, chopped

1 cup green garbanzo or green beans, blanched and chilled

GREENS + BEANS WITH ZESTY AVOCADO RANCH

Why Savor?

Peppery arugula imparts more than just pizzazz to your salad. It is abundant in vitamin A, which contributes to healthy eyes and radiant skin. Radishes contain liver supporting sulfur, which aids in toxin elimination and lemon juice stimulates liver production to further detoxification.

Preparation:

1. In a blender combine lemon juice, garlic, onion powder, sea salt, ACV, tahini, avocado, black pepper and enough water to reach a pourable consistency. Blend until smooth and set aside.
2. In a large salad bowl toss radish, arugula, sun-dried olives, herbs and beans.
3. Add desired dressing. Finish with more fresh cracked pepper and enjoy!



DAY 2

Breakfast: Tangy Fennel Refresher

Lunch: Silky Broccoli Soup with Hemp and Miso

Dinner: Roasted Beet, Grapefruit and Arugula Salad with Kiwi-Chia Dressing



DAY 1

Breakfast: The Beet Squeeze Juice
Lunch: Coco-Nutty Coconut Soup
Dinner: Greens + Beans with Zesty Avocado Ranch

The Details

Makes: (1) 20-ounce serving

Time: 10 minutes

Equipment

High Speed Blender

Ingredients

2 tablespoons vanilla plant protein powder (such as pea or hemp)

½ medium naval orange, peeled

½ medium banana

¼ medium avocado, peeled and pitted

1 small handful spinach

2 large kale leaves, de-ribbed and chopped

1 piece (1/2" x 1/2") fresh ginger, peeled

1 ½ cups unsweetened almond, coconut or hemp milk

1 teaspoon hemp seeds

5-6 ice cubes

GLOW SMOOTHIE

Why Sip?

If you and the taste of green juices aren't compatible, please give this concoction a chance. You just might be surprised at how not 'green' it tastes. Zesty lemon (rich in Vitamin C) and ginger add some zing. The sharp taste is cut by the sweetness and tang of green apple. Ginger is anti-inflammatory and supports gut health. Kale is rich in Vitamin A, and cucumber's abundance of Zinc tones and brightens skin. Drink once a day for seven days and witness an increase in skin radiance!

Preparation:

1. In a high speed blender, combine plant protein, orange, banana, avocado, spinach, kale, ginger, milk, yacon, and ice. Blend on high 30 seconds. Enjoy!



The Details

Makes: 4 servings

Time: 15 minutes

Equipment

large pot, blender

Ingredients

1 tsp. coconut oil, melted
1 cup sweet onion, chopped
1 garlic clove, minced
4 cups vegetable stock
5 cups broccoli florets
3 tbsp. yellow or chickpea miso
2 tbsp. hemp seeds
1/4 cup coconut milk
2 tsp. tamari or coconut aminos

SILKY BROCCOLI SOUP WITH HEMP AND MISO

Why Slurp?

This soup contains two powerhouse nutrients. Broccoli, a member of the *brassica* family that also includes kale, cauliflower and cabbage, contains sulfur-rich phytonutrients that stimulate detoxifying action within your cells. Hemp contains all essential amino acids, omega-3 fatty acids and is rich in plant-based protein, a macronutrient vital to cleansing activities.

Preparation:

1. In a large soup pot, heat oil over medium-high heat. Sauté onions and garlic for five minutes.
2. Add vegetable stock and bring to a boil. Add broccoli, cover and cook for two minutes.
3. Remove from heat and add miso, hemp seeds, coconut milk and tamari or coconut aminos. Stir to combine.
4. Transfer soup to a blender, tilt lid to vent and cover with a kitchen towel. Blend on high for one minute.
5. Serve with a sprinkling of hemp seeds, blanched broccoli tips and green onions or chives.



The Details

Makes: 2-4 servings

Time: 1 hour (mostly passive)

Equipment

baking dish, salad bowl, blender

Ingredients

2 medium red beets, scrubbed and trimmed

2 tsp. coconut oil, melted

1 kiwi, peeled

1 tsp. chia seeds

2 tbsp. white wine vinegar

2 fresh pitted medjool dates

1/4 cup water

1/2 tsp. sea salt

4 cups arugula leaves

1 large ruby red grapefruit, peeled and divided into segments

1/4 cup walnuts, crushed

Coarse sea salt

ROASTED BEET, GRAPEFRUIT & ARUGULA SALAD WITH KIVI-CHIA DRESSING

Why Savor?

With more Vitamin C than a medium-sized orange, kiwi is ideal for boosting your immune system and it is packed with fiber which aids in elimination. Chia seeds are among the most nutritious foods available to us. They contain all nine essential amino acids, an abundance of omega-3s, are high in fiber and regulate hydration in the body.

Preparation:

1. Preheat oven to 400°F. Coat beets with coconut oil and place on a baking dish. Roast for 50 minutes. Remove from oven and let rest at room temperature until cool enough to touch. Apply kitchen gloves and peel. Cut into (1/2-inch) cubes and set aside.
2. In a blender combine kiwi, chia seeds, vinegar, dates, water and sea salt. Blend until smooth.
3. In a salad bowl toss arugula with dressing and then divide between plates. Top with grapefruit, beets and walnuts and finish with a pinch of sea salt.



DAY 3

- Breakfast: Anti-Flame Sweet Potato Milk
- Lunch: Beetroot, Fennel and Dill Soup
- Dinner: Wilted Kale and Roots Salad with Currants and Cider Vinaigrette



The Details

Makes: (1) 16-ounce serving

Time: 10 minutes

Equipment

Juicer

Blender

Ingredients

1 Med. Sweet Potato, scrubbed

1 (2-inch) piece fresh turmeric

1 (1-inch) piece fresh ginger

2 fresh pitted medjool dates

1 1/4 cup almond or hemp milk*

1/8 tsp. ground cinnamon

1/8 tsp. ground cloves

1/8 tsp. ground cardamom

1/4 tsp. alcohol-free vanilla extract

Pinch nutmeg

Pinch sea salt

ANTI-FLAME SWEET POTATO MILK

Why Sip?

Turmeric, ginger and sweet potato are brilliant at reducing inflammation in the body. Sweet potatoes are rich in trace minerals and omega-3 fatty acids, which are delivered directly into your bloodstream when juiced. And dates provide more than just a touch of sweetness to this creamy delight. These little gems are full of iron, which most of us are deficient in!

Preparation:

1. Pass yam, turmeric and ginger through juicer and transfer liquid to a blender.
2. Add dates, almond or hemp milk, cinnamon, cloves, cardamom, vanilla, nutmeg and sea salt.
3. Blend on high until thoroughly incorporated, about 30 seconds to one minute.
4. Enjoy immediately and sip slowly.

* Feel free to use any plant milk you enjoy such as coconut, oat or rice.



The Details

Makes: 4 servings

Time: 1 hour (mostly passive)

Equipment

baking sheet, large pot, blender

Ingredients

2 tbsp. coconut oil, melted and divided

3 medium red beets, scrubbed and ends trimmed

1/2 large fennel bulb and greens, sliced into (1/2-inch) wedges

6 medium garlic cloves, unpeeled

1 large leek, cleaned and chopped

1 bay leaf

3 tbsp. fresh dill, minced

3 cups vegetable stock

1 cup unsweetened almond milk

2 tbsp. walnuts, crushed

Coarse sea salt

BEETROOT, FENNEL AND DILL SOUP

Why Slurp?

An abundance of leeks and garlic impart antibacterial and antifungal properties to encourage resistance to disease and infection. They also help boost your immune system! The essential oils in dill activate the secretion of bile and digestive juices and stimulate peristalsis of the intestines. This means a dose of fresh dill will help get things moving during your cleanse week so be sure to sprinkle it on when serving!

Preparation:

1. Preheat oven to 400°F. Toss beets, garlic and fennel with half of the coconut oil. Place on a baking sheet and roast beets for one hour, garlic for 35 minutes and fennel for 25 minutes. Let rest until cool enough to touch.
2. Peel and quarter beets and peel garlic.
3. In a large soup pot, heat remaining oil over medium-high heat. Sauté leeks for six minutes, or until lightly browned. Add beets, fennel, garlic, dill, bay leaf and stock. Bring to a boil, reduce heat to low, cover and simmer 15 minutes.
4. Discard bay leaf and transfer to a blender, tilt lid to vent and cover with a kitchen towel. Blend on high for 1 minute.
5. Return soup to cleaned pot, stir in almond milk and warm through.
6. Serve with walnuts, fresh chopped dill and pinch of coarse salt.



The Details

Makes: 2-4 servings

Time: 30 minutes

Equipment

baking sheet, small bowl, large skillet

Ingredients

2 medium parsnips and 1 sweet potato – peeled, and cut into (1/2-inch) cubes

2 tbsp. coconut oil, melted

2 tsp. ACV

1 tsp. dijon mustard

1/4 cup apple juice

1/2 tsp. sea salt

1 tbsp. stone pressed olive oil

1 large shallot, sliced thin

1 1/2 bunches kale, de-ribbed and rough chopped

2 tbsp. pine nuts

3 tbsp. dried currants

WILTED KALE AND ROOTS SALAD WITH CURRANTS & CIDER VINAIGRETTE

Why Savor?

Did you know kale has seven times the beta-carotene of broccoli and contains all essential amino acids? What is even more astounding is that calorie for calorie, kale has more iron than beef! It also contains omega-3 fatty acids which reduce inflammation in the body, promote brain health, healthy skin, weight loss and a reduction in heart disease. These fatty acids also support tissue repair, strengthen the immune system and prevent infections.

Preparation:

1. Preheat oven to 400°F. Toss parsnips and sweet potato with half of the coconut oil and turn out to a baking sheet. Roast for 20 minutes or until lightly browned and fork tender. Toss half way through for even cooking.
2. In a small bowl whisk together ACV, dijon, apple juice, sea salt and olive oil. Set aside.
3. In a large skillet over medium-high heat, warm remaining coconut oil and sauté shallot for one minute. Add kale and dressing and warm for two minutes or until kale just begins to wilt.
4. Add parsnips and sweet potatoes to kale and toss to incorporate.
5. Divide between plates and top with pine nuts, currants and a pinch of sea salt.



DAY 4

- Breakfast: Kiwi + Creamy Almond Green Smoothie
- Lunch: Indian-Spiced Cream of Cauliflower Soup
- Dinner: Roasted Cauliflower with Quinoa and Lemon-Tahini Dressing



The Details

Makes: (1) 20-ounce serving

Time: 10 minutes

Equipment

blender

Ingredients

1 kiwi, peeled

1/2 medium banana

2 handfuls spinach

3 kale leaves with ribs, chopped

1 tbsp. raw almond butter

1 fresh pitted medjool date

3/4 cup coconut or almond milk*

1/2 cup coconut water

KIWI + CREAMY ALMOND GREEN SMOOTHIE

Why Sip?

Almonds, unlike any other nut have an alkalizing effect on the body. When you are more alkaline, you have greater resistance to infections and disease. Almonds also help to reduce your bad cholesterol and protect against heart disease. And being full of fiber, protein and healthy fats, almonds help stave off hunger for longer periods of time; a superior benefit for your cleanse!

Preparation:

1. Add all ingredients to blender and blend until smooth, about 20 seconds.
2. Enjoy immediately and sip slowly.

* Feel free to use any plant milk you enjoy such as oat, rice or hemp.



The Details

Makes: 4 servings

Time: 20 minutes

Equipment

large pot, blender

Ingredients

2 tsp. coconut oil

4 cups cauliflower florets

2 tbsp. raw pumpkin seeds

3 fresh pitted medjool dates

2 tbsp. lemon juice

2 1/2 cups vegetable stock

1/2 tsp. ground cumin

1/2 tsp. curry powder

1/8 tsp. ground nutmeg

1/2 tsp. sea salt

1/2 tsp. ground coriander

1/4 tsp. ground white pepper

1/8 tsp. ground cloves

1/2 tsp. turmeric

2 tbsp. cilantro, chopped

INDIAN-SPICED CREAM OF CAULIFLOWER SOUP

Why Slurp?

There are two phases to cleansing. In the first, your liver converts fat-soluble toxins to water-soluble substances so that in phase 2, these substances can safely and easily be eliminated. Cauliflower contains antioxidants that boost Phase 1 activities and sulfur-containing nutrients that support those of Phase 2.

Preparation:

1. In a large soup pot, heat coconut oil over medium-high heat. Add cauliflower and cook for two minutes.
2. Add pumpkin seeds, dates, lemon juice, vegetable stock, cumin, curry powder, nutmeg, sea salt, coriander, white pepper, cloves and turmeric. Reduce heat to low, cover, and simmer for 10 minutes.
3. Transfer to a blender, tilt lid to vent and cover with a kitchen towel. Blend on high for one minute.
4. Divide between bowls and top with a few pumpkin seeds that have been dry toasted. Sprinkle with cilantro.



The Details

Makes: 2-4 servings

Time: 30 minutes

Equipment

baking sheet, blender

Ingredients

1 large head cauliflower, broken into (2-inch) florets
2 tbsp. coconut oil, melted
1 large garlic clove, peeled
1/2 tsp. sea salt
1/4 cup raw tahini
1/4 cup lemon juice
1/4 cup water
1 1/2 cups cooked quinoa (see Day 5 - *Citrusy Quinoa Tabbouleh* for instructions)
2 tbsp. parsley, chopped

ROASTED CAULIFLOWER WITH QUINOA AND LEMON-TAHINI DRESSING

Why Savor?

Believe it or not, this plain white vegetable (or purple, green or even orange as pictured above) is superbly nutritious. It is home to a substance called *glucoraphin* which is known to have a protective effect on your stomach lining and a healthy gut and lining are essential to your physical and mental wellbeing. Why do I say mental wellbeing? The gut, known as the enteric nervous system (ENS), is located in the tissue linings of your stomach, small intestine and colon, and 95% of your serotonin resides there, playing a crucial role in your emotions. This is why if you are nervous, you get butterflies or knots in your stomach!

Preparation:

1. Preheat oven to 400°F and position a rack on the top rung. Toss cauliflower with coconut oil and turn out to a baking sheet in a single layer. Bake for 20 minutes, turning half way through. Cauliflower should be fork tender and light brown.
2. In a blender combine garlic, sea salt, tahini, lemon juice and water. Blend for 30 seconds until smooth.



DAY 5

Breakfast: Green Salsa Smoothie
Lunch: Celeriac + Tangy Apple Bisque
Dinner: Citrusy Quinoa Tabbouleh



The Details

Makes: (1) 24-ounce serving

Time: 10 minutes

Equipment

blender

Ingredients

2 handfuls spinach

1/2 cucumber, unpeeled

2 celery stalks, chopped

4 sprigs cilantro

2 kale leaves with ribs, chopped

1/2 medium avocado

2 tsp. sunflower seeds

1 1/2 cups water

Juice of 1 lime

Pinch sea salt

GREEN SALSA SMOOTHIE

Why Sip?

Avocado is an excellent source of glutathione, also known as ‘The Mother of All Antioxidants.’ This master detoxifier boosts your immune system, aids in heart disease and cancer prevention and most importantly, binds to toxins so they can be safely escorted out of your body. And did you know avocados are also full of fiber? One medium-sized fruit contains about 10g of fiber which keeps you regular and feeling full.

Preparation:

1. Blend all ingredients on high for 20 seconds.
2. Enjoy immediately and sip slowly.



The Details

Makes: 4-6 servings

Time: 30 minutes

Equipment

large pot, blender

Ingredients

1 tbsp. coconut oil

1 large leek, washed and chopped

2 garlic cloves, chopped

2 medium celery roots, skin cut away, and cubed

2 celery stalks, chopped

6 cups vegetable stock

1 tsp. sea salt

1 tsp. ground white pepper

1 bay leaf

1 cup unsweetened almond milk

1 green apple, small diced and submerged in water with a squeeze of lemon

CELERIAC + TANGY APPLE BISQUE

Why Slurp?

This knobby and downright unattractive root, also known as celeriac, tames allergies, reduces inflammation in the body and is also antiseptic, keeping infections at bay. It also stimulates the digestive track and calms the nervous system.

Preparation:

1. In a large soup pot, heat oil over medium-high heat. Sauté leeks and garlic for two minutes.
2. Add celery root and celery and sauté until slightly soft, about three minutes.
3. Add stock, sea salt, pepper and bay leaf, reduce to low, cover and simmer for 20 minutes.
4. Remove bay leaf and transfer soup to a blender, tilt lid to vent and cover with a kitchen towel. Blend on high for one minute.
5. Return soup to cleaned pot, stir in almond milk and season to taste with salt and white pepper.
6. Serve topped with one tablespoon of green apple and swirl of unfiltered stone pressed olive oil.



The Details

Makes: 4 servings

Time: 2 hours (includes chilling)

Equipment

mortar and pestle, medium sauce pan, small bowl, salad bowl

Ingredients

2 cups water

1 cup quinoa, rinsed well

2 garlic cloves, peeled

1/2 tsp. sea salt

6 tbsp. lemon juice

1/3 cup stone pressed olive oil

2 plum tomatoes, cored and diced

3 cups parsley, minced

1/3 white onion, diced

1 cucumber, peeled and diced

CITRUSY QUINOA TABBOULEH

Why Savor?

Quinoa is heralded as a super grain not only for its versatility and micronutrient content, but also for its abundance of protein. The reason for its high protein content is that quinoa is actually a seed and not a grain, making it an ideal plant-based staple. Be sure to rinse thoroughly prior to preparation to remove the bitter tasting phytonutrient known as saponins.

Preparation:

1. Bring water to a boil in a medium saucepan. Add quinoa, cover, reduce heat to low and simmer for 12 minutes.
2. Fluff with a fork and then transfer to a salad bowl and refrigerate until completely cooled.
3. Meanwhile, add garlic and sea salt to a mortar and pestle and mash into a paste. Transfer to a small bowl, and whisk in lemon juice and olive oil. Set aside.
4. When quinoa is cool, add tomatoes, parsley, onion, cucumber and dressing and toss to incorporate.



DAY 6

- Breakfast: Chocolatey Blues Smoothie
- Lunch: Thyme-Scented Sweet Potato + Apple Soup
- Dinner: Tart Apple, Celeriac and Grape Salad with Honey-Dijon Vinaigrette



The Details

Makes: (1) 20-ounce serving

Time: 10 minutes

Equipment

Blender

Ingredients

3/4 cup fresh or frozen blueberries

2 large handfuls spinach

1 tbsp. raw cacao powder

3 fresh pitted medjool dates

1/2 medium avocado

1 cup unsweetened almond milk

1/2 cup coconut water

1 tsp. alcohol-free vanilla extract

6 ice cubes

1 tsp. hemp seeds

1 tsp. maqui powder (optional)

CHOCOLATEY BLUES SMOOTHIE

Why Sip?

Believe it or not you can detox by eating chocolate! Raw cacao contains over 60 antioxidants that repel free-radicals and reduce oxidative stress. Combined with the antioxidant load of blueberries and their high vitamin C content, sipping on this smoothie will reduce inflammation and support the movement of waste out of your body.

Preparation:

1. In a blender combine blueberries, spinach, cacao, dates, avocado, almond milk, coconut water, vanilla and ice.
2. Blend on high for 20 seconds. Transfer to a serving glass and sprinkle with hemp seeds and maqui.
3. Enjoy immediately and sip slowly.



The Details

Makes: 4 servings

Time: 45 minutes

Equipment

baking sheet, large pot, blender

Ingredients

2 tbsp. coconut oil, melted, and divided

1 lb. sweet potato or yam, cut into (2-inch) cubes

1 large carrot, cut into (1-inch) pieces

1 sweet apple, peeled, cored and cut into 4 segments

1 large shallot, chopped

4 cups vegetable stock

1 bay leaf

1/2 tsp. sea salt

2 tbsp. fresh thyme, minced and divided

2 tbsp. currants

THYME-SCENTED SWEET POTATO + APPLE SOUP

Why Slurp?

Ever wonder why they say “an apple a day keeps the doctor away?” It may be due to their heavy dose of Vitamin C, which helps repel viruses and other illness, and their fiber content supports waste removal, helping to expel toxins that would otherwise promote disease.

Preparation:

1. Preheat oven to 400°F. Using one tablespoon coconut oil, coat sweet potatoes, carrots and apple. Turn out to a baking sheet in an even layer and roast for 30 minutes. Peel and discard sweet potato skins.
2. Heat remaining coconut oil in a large soup pot over medium-high heat. Sauté shallots for three minutes. Add potatoes, carrots, apples, stock, bay leaf, sea salt and half of the thyme. Bring to a boil, then reduce heat, cover and simmer for 15 minutes.
3. Discard bay leaf, transfer soup to blender, tilt lid to vent and cover with a kitchen towel. Blend on high for 1 minute.
4. Divide between bowls and top with currants and remaining fresh thyme.



The Details

Makes: 3-4 servings

Time: 30 minutes

Equipment

mixing bowl, small bowl, salad bowl

Ingredients

1 large celery root
2 large green apples
3 tsp. honey
1 1/2 tsp. dijon mustard
3/4 tsp. sea salt
3 tbsp. ACV
3 tbsp. fresh lemon juice
1/4 cup stone pressed olive oil
2 inner celery stalks, with greens, chopped
1/2 cup red seedless grapes, cut into halves
1/4 cup pistachio nuts, shelled
1/4 cup parsley, minced

TART APPLE, CELERIAC AND GRAPE SALAD WITH PISTACHIOS AND HONEY-DIJON VINAIGRETTE

Why Savor?

Grapes are excellent in aiding your digestive health by supporting healthy elimination. They relieve heat and cure indigestion and irritation of the gut, and tone your stomach and intestines.

Preparation:

1. Peel celery root and cut into matchsticks. As you cut, submerge strips in a large bowl of chilled water with two tablespoons of lemon juice to prevent browning. Core apples, slice into very thin half moons and add to water.
2. In a small bowl, combine honey, dijon and salt. Mix until honey is dissolved and blended. Add ACV and lemon juice and stir to combine. Slowly whisk in olive oil until thoroughly emulsified and set aside.
3. When ready to assemble salad, strain celery root and apples and transfer to a large salad bowl. Toss with celery, grapes, pistachios, parsley and dressing.



DAY 7

- Breakfast: Glowing Greens Juice
- Lunch: Curried Mung Bean Soup
- Dinner: Minty Green Garbanzo Salad with Mustard Seed Tahini



The Details

Makes: (1) 16-ounce serving

Time: 10 minutes

Equipment

Juicer

Ingredients

5 romaine leaves

2 large handfuls spinach

1 large handful dandelion leaves

1 lime, peeled, with pith intact

4 radishes, trimmed

1/2 cucumber, unpeeled

1 medium pear, halved

GLOWING GREENS JUICE

Why Sip?

Dandelion greens are super at stimulating liver production, which is responsible for shifting detoxification into high gear. Radishes have disinfectant properties that help cure skin conditions such as rashes and breakouts and they are a gentle diuretic, supporting the health of your kidneys and urinary tract.

Preparation:

1. Pass all ingredients through juicer in the order suggested.
2. Enjoy immediately and sip slowly.



The Details

Makes: 4 servings

Time: 40 minutes

Equipment

mortar and pestle, large pot, blender

Ingredients

2 garlic cloves, minced
1 tbsp. ginger, minced
1 tsp. sea salt
1 tbsp. coconut oil
2 cups onion, diced
2 large tomatoes, diced
1/2 tsp. ground turmeric
2 tsp. ground cumin
1 tsp. curry powder
1/2 tsp. ground coriander
1 tsp. garam masala
1 cup dried mung beans, rinsed
4 cups vegetable stock
1 cup coconut milk
2 tsp. ground sumac

CURRIED MUNG BEAN SOUP

Why Slurp?

In Ayurveda medicine, mung beans are a favorite for balancing the three primary biological types (also known as 'doshas'.) Most of us are dominant in one or two of the three, and others are biologically 'tri-doshic', meaning a balance of all three. In Ayurveda, we aim to create harmony in the body and to ultimately reach a tri-doshic constitution through meditation, nutrition and holistic self-care. Many dishes that promote this harmony call for the use of mung beans.

Preparation:

1. Using a mortar and pestle, mash garlic, ginger and sea salt into a paste.
2. In a large soup pot, heat oil over medium-high heat. Sauté onions until soft, about six minutes.
3. Reduce heat to low, add garlic and ginger paste, and sauté 1-2 minutes.
4. Add tomatoes, turmeric, cumin, curry, coriander and garam masala, and sauté one minute.
5. Add beans and stock, cover and simmer for 20 minutes. Add coconut milk and simmer another 10 minutes.
6. Transfer soup to a blender, tilt lid to vent and cover with a kitchen towel. Blend on high for one minute.
7. Serve topped with fresh cilantro and a sprinkle of sumac.



The Details

Makes: 2 servings

Time: 15 minutes

Equipment

small saucepan, blender, medium mixing bowl

Ingredients

1 (10-ounce) bag frozen green garbanzo beans, blanched
1 tbsp. coconut oil
1 tsp. each mustard, cumin, and fennel seeds
1/2 cup tahini
2 tbsp. lemon juice
1/4-1/2 cup water
3/4 cup cilantro leaves, minced
1/2 cup mint leaves, minced
1/2 tsp. sea salt

MINTY GREEN GARBANZO SALAD WITH MUSTARD SEED TAHINI

Why Savor?

Tiny mustard seeds are detox worthy with their ample content of vitamin E. This powerful antioxidant aids in the integrity of cell membranes and repels free radicals. Green garbanzo beans are high in fiber helping to induce regular bowel movements and both mint and cilantro support the health of your digestive system, an absolute must to cleanse efficiently.

Preparation:

1. Heat oil over medium-high heat in a small saucepan. Add mustard seeds, cover and let heat until they pop, about one minute.
2. Add cumin and fennel seeds and heat 30 seconds. Stir in chickpeas to coat. Set aside to cool.
3. In a blender combine tahini lemon juice, 1/4 cup water and sea salt. Blend until smooth, adding one tablespoon of water as needed to achieve a pourable consistency. Season to taste with salt.
4. Transfer cooled chickpeas to a mixing bowl. Pour in tahini dressing and herbs. Toss to coat evenly. Enjoy!

