

# Staying Nourished



Recipes and Tips for Detox

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## Staying Nourished

### Keep it Simple ~ Tips for Detox

Make enough for leftovers. Last night's chicken will be great in today's lunch. Make substitutions by replacing ingredients for a variety of tastes, interests, and nutrition. Be creative. One healthy carb can easily be replaced with another healthy carb. Leftover veggies? Throw them into a salad or make a soup. Add a salad to your meals to increase your veggie intake. Sprinkle in the spice - adding herbs and spices to a dish not only adds flavor they also have medicinal properties.

### On the plate

Select a protein, add 2 or more servings of non-starchy veggies – more is even better! Include 1 serving of high fiber starchy veggies and some healthy fat.

### Salads

Dress your salads with extra virgin olive oil, lemon or lime juice, and raw apple cider vinegar. Add any herbs of your choice and a shake of *Celtic sea salt*.

Use a variety of dark leafy greens and other veggies. Add a protein choice such as chicken, turkey, salmon etc. Add a healthy fat such as chopped olives, avocado, walnuts. Include a high fiber carb such as beans, or a grain if desired.

### Soup

Begin by sautéing: onions, leeks, peppers, or garlic in coconut oil. Use a base such as water, chicken, or vegetable broth. Add a variety of chopped veggies; include leafy greens such as kale, collards, spinach or chard. Add in a protein.





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## Staying Nourished Smoothie Recipes

### Basic Recipe

- Liquid – 8 to 12 ounces water, coconut water, or coconut milk
- PaleoCleanse – 2 scoops
- PaleoFiber – 1 Tbsp
- PaleoGreens – 1 Tbsp

### Blender Lickin' Smoothie – a favorite!

Add to the basic recipe:

½ apple, chopped

1 handful of frozen berries (blueberries, raspberries, cherries, or strawberries)

Options: *Equal Exchange Organic Bakers Cocoa*, spoonful of coconut oil, dash of cinnamon, tad of vanilla extract

### Chocolate Nut Butter Smoothie

Add to the basic recipe:

1 Tbsp nut butter

1 Tbsp *Equal Exchange Organic Bakers Cocoa*

### Cinnamon Walnut Smoothie

Add to the basic recipe:

½ cup walnuts

1 tsp vanilla extract

½ tsp cinnamon

### Brownie Smoothie

Add to the basic recipe:

½ cup walnuts

1 ½ tsp vanilla extract

½ - 1 tsp cinnamon

1 Tbsp *Equal Exchange Organic Bakers Cocoa*





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## Pumpkin Patch Smoothie

Add to the basic recipe:

- 2-3 Tbsp canned pumpkin puree (not pumpkin pie filling)
- ½ tsp cinnamon
- ⅛ tsp nutmeg
- 1 tsp vanilla extract

## Tropical Smoothie

Add to the basic recipe:

- ½ cup frozen mango
- Pinch of ground ginger

## Peach Cobbler Smoothie

Add to the basic recipe:

- 1 cup frozen peaches
- 1 pinch ground ginger
- 1 pinch cinnamon

## Avocado Cucumber Refresher

Add to the basic recipe:

- 1 peeled ripe avocado
- ½ cucumber, peeled and seeded
- 1-2 sprigs fresh parsley (opt)



## Virgin Mary Smoothie

Add to the basic recipe:

- 1 tomato, chopped
- 1 stalk celery, chopped
- Dash of Tabasco

## Vegetable Zinger

Add to the basic recipe:

- 1 tomato, chopped
- ½ red pepper, seeded and chopped
- ½ cucumber, peeled and chopped
- 1 scallion, chopped
- 1 handful fresh parsley, spinach, or cilantro
- 3 Tbsp lemon juice
- ¼ tsp freshly ground pepper
- Tabasco, to taste



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## Staying Nourished Recipes for Detox

### BEVERAGES

#### Hot Lemon Water Flush

This drink flushes all the systems of elimination, especially the kidneys, the liver, and the colon. It helps to cleanse waste from the digestive tract and keep your breath sweet.

8-ounce glass warm purified water

Juice of  $\frac{1}{4}$  -  $\frac{1}{2}$  lemon

Pinch of cayenne pepper

Bring water to a boil and add the lemon juice and cayenne.

Lemon juice helps to breakdown and dislodge the sticky mucus deposits that tend to clog up the system. Its powerful enzymes and high vitamin C content are natural cleansers, helping to flush the system of toxic wastes. The bioflavonoids in the white inner rind and the fibrous strands are also very cleansing, so use a squeezer to derive the benefits from these fibrous parts of the lemon as well. Cayenne pepper aids digestion by stimulating the production of digestive juices, and helps to eliminate mucus. It is healing to the respiratory system and is thought to enhance the effects of many other herbs and vitamin C. Some people find that drinking hot water, even by itself, helps to encourage a bowel movement in the morning.





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## Herbal Purification Tea

This pleasant tasting herbal flush helps to eliminate congestion and toxicity in the digestive and lymph systems.

- ¼ cup fennel seeds
- ¼ cup fenugreek seeds
- ¼ cup licorice root
- ½ cup flax seed
- ½ cup peppermint leaves

Prepare a supply of Herbal Purification Tea blend by combining all ingredients and storing the mixture in an airtight container. To make a quart of tea for the day, bring 4 cups water to a boil, add 4 tsp. of the herbs, and simmer, covered for 7 minutes. Strain out the herbs immediately and save the strained tea to drink through out the day. You do not need to refrigerate the tea, and you can reheat it if you wish.

This tasty, fragrant herbal blend has powerful detoxifying effects, helping to expel mucus, remove gas from the intestines, promote digestion, cleanse the digestive system and the urinary tract, and soothe the mucus membranes. It is so effective at flushing the lymph system that people have reported a shrinking of swollen lymph nodes shortly after drinking this tea.

*The Body Smart System*, Helene Silver



## Mocha Dandy Blend Delight

- ¼ cup *So Delicious Coconut Milk*, unsweetened
- 1 tsp, rounded *Dandy Blend*
- ¼ tsp cinnamon
- 1 tsp rounded baking cocoa
- 1 cup hot water
- Stevia to taste

Using a blender combine coconut milk, baking cocoa, cinnamon, and stevia on low. Add *Dandy Blend* and hot water. Blend on high until foamy. Pour into a mug and serve.

Fast and east shortcut: Skip the blender and simply mix all in your mug.



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## Salads/Veggies/Toppings

### Raw Kale Salad

- 4-6 cups kale torn off the stems into strips
- ¼ cup extra virgin olive oil
- Juice of 1 lemon or ½ cup lemon juice
- 2 garlic cloves, minced
- Celtic sea salt* and pepper to taste

Tear kale into strips and put into a big salad bowl. Squeeze lemon juice over the kale and massage slightly. Add remaining ingredients and toss. Marinate for 30 minutes, as the lemon juice will break down the tough fibers. This will keep for 3-4 days.

Optional – add diced bell pepper, or chopped apple or pear

### Guacamole

- 2 ripe avocado
- ½ medium tomato, finely chopped
- ¼ red onion, finely chopped
- ½ lime, juiced
- 1 tsp cumin
- Pinch of cayenne pepper
- 2 cloves of garlic, mashed
- ½ tsp *Celtic sea salt*
- 1 Tbsp parsley or cilantro, chopped

Peel the avocados, place in a bowl and sprinkle with lemon juice. Using a fork, mash the avocado. Stir in the remaining ingredients.

### Roasted Brussels

- 1.5 pounds of Brussels sprouts
- 8 cloves garlic, sliced (optional)
- 2 Tbsp extra virgin olive oil
- 1 Tbsp Dijon mustard

Preheat oven to 375 degrees.

Cut off the ends of the Brussels sprouts and remove any yellowed leaves. Cut in half. Combine in a bowl with garlic cloves and toss with olive oil and mustard. Transfer to a baking pan and roast for 30-45 minutes, until crisp on outside and tender enough to be pierced with a fork, stirring occasionally.





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## Raw Beet Salad

- 2 lbs beets, peeled and shredded
- ½ red onion, diced
- 2 Tbsp cilantro, chopped
- 2 Tbsp parsley, chopped
- 2 Tbsp extra virgin olive oil
- 1 Tbsp lemon zest and juice
- 2 tsp *Celtic sea salt*
- 1 tsp black pepper
- ½ tsp ground coriander
- 4 sprigs fresh mint, chopped

Combine raw beets, onion, parsley and cilantro.

Mix together lemon juice, lemon zest, olive oil, mint, coriander, salt and pepper.

Pour dressing over veggies and toss until thoroughly coated.

## Sugar Snap Peas with Sesame

- 1 lbs fresh sugar snap peas
- Toasted sesame oil
- Black sesame seeds

Remove the stem ends and string from each pod. Lightly steam and then cool in cold water. Toss with the toasted sesame oil and sesame seeds. Serve at room temperature.

## Balsamic Onions

Everybody is familiar with marinated bean salads, but onions (particularly effective for their healing and antibiotic qualities) also release much of their flavor and benefits in a marinade.

- 4 red onions, sliced
- 4 Tbsp extra virgin olive oil
- 2-3 Tbsp balsamic vinegar
- 1 tsp dried thyme
- ½ tsp pepper

Sauté onions in oil until aromatic, about 5 minutes.

Add balsamic vinegar, thyme, and pepper. Chill for at least an hour.

Serve with very tart greens.

Adapted from *Cooking for Healthy Healing*, Linda Rector-Page



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## Avocado Dressing

- 2 medium avocados
- ½ cup water
- 1 lemon, juiced
- ⅛ tsp cayenne
- 1 tsp *Celtic sea salt*
- 1 clove garlic, mashed

Blend all ingredients well and toss with salad.

Adapted from *Staying Healthy with Nutrition*, Elson Haas

## Balsamic Dressing

- 1 tsp Dijon-type mustard
- ½ cup extra virgin olive oil
- 2 Tbsp plus 1 tsp balsamic vinegar
- 1 Tbsp flax oil

In a small bowl mix mustard and vinegar. Add olive oil in a thin stream, stirring with a fork until emulsified. Add flax oil and mix. Makes about ¾ cup.

*Nourishing Traditions*, Sally Fallon

## Cilantro Lime Dressing

- ½ cup extra virgin olive oil
- 1 Tbsp cilantro, finely chopped
- 1 Tbsp flax oil
- 1 tsp dried oregano
- 3 Tbsp lime juice
- Dash cayenne pepper

Place all ingredients in a bowl and stir vigorously with a fork.

*Nourishing Traditions*, Sally Fallon





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## Lemon Pepper Dressing

- 2 Tbsp fresh lemon juice
- 1 clove garlic, mashed
- 1 Tbsp red wine vinegar
- ½ cup extra virgin olive oil
- ¼ tsp *Celtic sea salt*
- 1 Tbsp flax oil
- ½ tsp ground pepper

Place all ingredients in a bowl and stir vigorously with a fork.

*Nourishing Traditions*, Sally Fallon

## Tahini Dressing

- 1 small onion, coarsely chopped
- ½ cup tahini (sesame seed butter)
- 1 stalk celery, coarsely chopped
- 4 Tbsp extra virgin olive oil
- Celtic sea salt*
- 1 Tbsp flax oil
- Juice of 2 lemons
- ⅛ – ¼ cup water

Place celery and onion in food processor and pulse until finely chopped. Add remaining ingredients except water and process until well blended. Thin with water until achieving desired consistency.

Adapted from *Nourishing Traditions*, Sally Fallon



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## Crispy Seeds

- 2 cups raw shelled pumpkin seeds
- 2 cups raw shelled sunflower seeds
- 2 Tbsp *Celtic sea salt*
- ½ tsp cayenne pepper (optional)
- Water

Dissolve salt in water and add seeds and cayenne. Water should cover seeds by 1" or so. Leave in a warm place for a least 7 hours or overnight. Drain in a colander and spread on parchment paper on a stainless steel baking pan. Place in a warm oven (no more than 150°) for about 12 hours or overnight, stirring occasionally, until thoroughly dry and crisp. Store in an airtight container. Delicious sprinkled on salads or as a snack.

Adapted from *Nourishing Traditions*, Sally Fallon



## Crispy Pecans

- 4 cups pecan halves
- 2 tsp *Celtic sea salt*
- 2 tsp cinnamon
- Water

Follow instructions for Crispy Seeds using these ingredients.





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## Soups and Broth

Here's what I did to make these next two delicious soups one weekend. Although I don't have exact measurements you'll get the idea.

### Turkey Root Stew

- 2 lbs ground turkey, browned
- Root veggies, chopped (carrots, beets, turnip, potato, rutabaga, etc.)
- Brussels sprouts, washed, trimmed, and quartered
- Celtic sea salt* and ground pepper
- Herbs of your choice
- Water

Put all into a slow cooker and cook according to your slow cookers directions, or cook on the stovetop.

### Fish Stew

- 2 lbs fish (cod or haddock)
- Leeks, chopped
- Onions, diced
- Garlic, chopped
- Root veggies, chopped
- Tomatoes, canned
- Chicken broth
- Kale, washed and trimmed
- 2 Tbsp lemon juice
- Rosemary
- Thyme
- Oregano
- Basil
- Parsley
- Turmeric
- Celtic sea salt*
- Pepper

Sauté leeks, onions, and garlic in a soup pot. Add in the herbs and sauté a few more minutes. Add tomatoes, chicken broth and root veggies. Simmer until the veggies are just tender. Add fish and kale. Cook until fish is just opaque (about 10 minutes). Add lemon juice, salt and pepper to taste. Do not overcook.



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## Portuguese Kale Soup

- 1 Tbsp extra virgin olive oil
- 8 cloves of garlic, crushed
- 1 medium onion, minced
- 4 cups of chopped kale (or 10-oz frozen chopped kale, thawed and squeezed to removed water)
- 4 cups chicken broth
- 2 15-oz cans of cannellini beans, undrained (about 3 cups)
- 28 oz can of tomatoes, diced
- Turkey sausage links (cooked), cut into ½ rounds
- 1 tsp dried thyme
- 1 tsp dried rosemary
- Celtic sea salt* and pepper to taste
- 1 cup chopped parsley

In a large soup pot, heat the olive oil; add the garlic and onion and sauté until soft. Add kale and sauté, stirring until wilted. Add 3 cups of the broth, 2 cups of beans, all of the tomato, herbs, salt and pepper. Simmer 5 minutes.

Blend until soup is smooth. Then add remaining beans, broth, and sausage. Simmer 15 minutes more, ladle into bowls and sprinkle with chopped parsley.

## Zucchini Soup

- 3-4 medium-sized zucchinis
- 1 onion
- Celtic sea salt*
- Black pepper

Chop vegetables and steam until soft. Puree in a blender. Add salt, pepper, and extra virgin olive oil to taste. Delicious hot or cold





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## Curried Red Lentil Soup

- 3 Tbsp coconut oil
- 1 large onion, diced (2 cups)
- 1 cup red lentils, rinsed
- 1 large carrot, diced (1 cup)
- 1 bunch kale, tough stems removed, leaves coarsely chopped (about 8 cups)
- 14-oz can of coconut milk
- 4 cups water
- 1 bay leaf
- 3 cloves garlic, minced
- 1-inch piece of ginger, minced
- 1 Tbsp curry powder
- 1 tsp *Celtic sea salt*
- ½ cup cilantro, chopped

In a soup pot heat coconut oil, add garlic, ginger, curry powder, and cilantro. Cook over medium heat stirring often until fragrant, about 2 minutes. Add onion, stir often until wilted. Add 4 cups of water, lentils, carrots, kale, coconut milk, and bay leaf. Cover and bring to a boil. Reduce heat, and simmer, partially covered, until lentils are tender, about 20 minutes.

Remove bay leaf before serving. Keep the soup chunky or puree.

## Dump the Junk Detox Broth

- 1 large onion
- 2 carrots
- 2 stalks celery
- 1 daikon radish
- 1 cup other root veggies (turnip, parsnip, rutabaga)
- 2 cups greens and stems (kale, collards, chard, beet greens)
- ½ cup cabbage
- 1 bunch of parsley
- 4 cloves of garlic, whole
- 4" slice of fresh ginger, peeled and sliced
- Celtic sea salt* to taste

Coarsely chop veggies, cover with water and simmer for 1 hour or longer. Strain and discard veggies. Reheat and drink throughout the day as desired.



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## Entrees

### Roast Chicken or Turkey with lemon, garlic, and herbs

- 8 cloves of garlic, peeled
- 2 lemons sliced in quarters
- 1 bunch of rosemary (or use dried)
- 1 bunch of marjoram (or use dried)
- 1 whole chicken; or 4 chicken breasts, bone in; or 1 large turkey breast

Preheat oven to 400 degrees. In a shallow baking dish place the garlic, lemon, and herbs on the bottom. Place the meat on top of the ingredients. (For the whole chicken, stuff the cavity with the garlic, lemon, and herbs. Bake until juices run clear when pierced with a fork, which is about 30 minutes for the chicken or turkey breasts, longer for a whole chicken.

### Chicken Broccoli Skillet

- 2 boneless chicken breasts cut into strips with skin and fat removed
- ½ tsp black pepper
- ¼ cup onion, chopped
- 1 tsp fresh lemon juice
- 2 Tbsp extra virgin olive oil
- ¼ tsp dried thyme
- 1 lb broccoli, separated into florets
- 3 medium tomatoes, cut into wedges

Season chicken strips with pepper. In medium skillet, cook chicken and onion quickly in oil until chicken is done. Stir in broccoli, lemon juice and thyme. Cook covered for 6 minutes. Add tomato wedges; cook covered 3-4 minutes longer. Serves 4.

*The 20 Day Rejuvenation Diet, Jeffrey Bland*

### Spaghetti Squash with Meat Sauce

Cut spaghetti squash in ½ lengthwise. Remove seed and place cut side down in a baking dish. Pierce the shell with a fork in a few places. Add 1-2 inches of water and cover and bake at 350 degrees until you can stick a fork into it. Cool slightly. Separate the squash from the shell into spaghetti-type strands. Another way is to cut the squash into chunks and steam on the stovetop.





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## Tomato Meat Sauce

- 2 Tbsp extra virgin olive oil
- 4 cloves of garlic finely chopped
- 1 onion finely chopped
- 1 bell pepper finely chopped
- 1 pound of grass-fed beef, lamb, turkey, or buffalo meat
- 28-oz can of tomatoes, diced
- 6-oz can of tomato paste
- 2 tsp dried basil
- 1 tsp each oregano and thyme
- 1 bay leaf
- 1 tsp raw apple cider vinegar
- Celtic sea salt* to taste

Sauté garlic, onion and pepper in oil. Add meat and cook until browned. Drain drippings. Add diced tomatoes, tomato paste, and herbs. Simmer for 40 minutes, stirring occasionally. Add water if needed. Remove bay leaf. Add vinegar and salt and adjust seasonings. Makes about 2 quarts.

Fast and easy shortcut: Brown the meat with herbs, onions, peppers, and garlic and then add a prepared sauce.



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## Ginger Salmon with Bok Choy and Spinach

Coconut oil or extra virgin olive oil

1 lb wild salmon fillet

2 cloves of garlic, chopped

4 scallions, thinly sliced

1 Tbsp fresh ginger, minced

1 bunch of spinach

1 baby bok choy, chopped

2 halves of freshly squeezed lime

*Celtic sea salt*

Wash and dry the salmon. Line a baking dish with parchment paper. Place fillet skin side down and brush the fish with olive oil and season with salt and pepper. Bake at 350 degrees until the salmon flakes easily with a fork.

While the fish is cooking in a skillet sauté garlic, ginger, and scallions in oil for about 30 seconds. Reduce heat; add spinach, bok choy and cook until veggies are bright and colorful. Also delicious with arugula or a mix of braising greens.

Plate the greens, top with salmon and a squeeze of lime.

## Ginger and Lime Fish

1 pound thick fish fillet (cod or halibut)

3 limes, juiced (about ¼ c)

2 tsp fresh ginger, minced

2 Tbsp water (if necessary)

*Celtic sea salt* to taste

Lime slices for garnish

Place the fillet skin side down in a baking dish. Combine the ginger and lime juice and pour over fish. Add water if there isn't ¼ inch of liquid covering the bottom of the pan. (If time permits, marinate for 30 minutes.) Preheat oven to 375°, bake for 20-30 until fish flakes easily. Serve garnished with lime slices.

Adapted from *For Goodness' Sake*, Terry Joyce Blonder



