

# Purification Menu

## Day 1

**Breakfast:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber* with ½ Grapefruit

**Snack:** (Optional) \*Guacamole with veggies

**Lunch:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with \*Brussels Sprout and Cabbage Salad

**Snack:** (Optional) 1 Pear

**Dinner:** \*Carrot Curry with Brown Rice, *7 SP Cleanse Capsules and 3 Gastro-Fiber*

## Day 2

**Breakfast:** *SP Cleanse Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with the other half of Grapefruit

**Snack:** (Optional) Pepper Sticks

**Lunch:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with Quinoa Salad,

**Snack:** (Optional) ½ cup \*Lentils

**Dinner:** \*Sweet Potato Fries, \*Roasted Cauliflower, Brown Rice, \*Side Salad  
*7 SP Cleanse Capsules and 3 Gastro-Fiber*

## Day 3

**Breakfast:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with a handful of strawberries

**Snack:** 1 Apple

**Lunch:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with \*Zucchini Salad

**Snack:** (Optional) ½ Avocado

**Dinner:** *7 SP Cleanse Capsules and 3 Gastro-Fiber*, \*Spaghetti Squash with \*Marinara Sauce

## Day 4

**Breakfast:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with an Apple

**Snack:** (Optional) Cucumber and Tomato Slices

**Lunch:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with Green Salad with \*Basic Vinaigrette,

**Snack:** (Optional) \*Guacamole with Veggie Sticks

**Dinner:** *7 SP Cleanse Capsules and 3 Gastro-Fiber*, \*Stir-Fried Tomatoes and Eggplant with Brown Rice

## Day 5

**Breakfast:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with ½ Grapefruit

**Snack:** (Optional) ½ cup of \*Lentils

**Lunch:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with \*Lettuce Wraps

**Snack:** (Optional) Handful of Strawberries

**Dinner:** *7 SP Cleanse Capsules and 3 Gastro-Fiber*, \*Veggie Stir-fry with Brown Rice

## Day 6

**Breakfast:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with a handful of Blueberries

**Snack:** (Optional) Zucchini Sticks

**Lunch:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with \*Kiwi Leaf and Apple Salad

**Snack:** (Optional) Handful of Grapes

**Dinner:** *7 SP Cleanse Capsules and 3 Gastro-Fiber*, Vegetable Brown Rice Risotto

#### Day 7

**Breakfast:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with ½ Grapefruit

**Snack:** (Optional) 1 Apple

**Lunch:** *SP Complete Shake, 7 SP Cleanse Capsules and 3 Gastro-Fiber*, with \*Roasted Beets and Wild Rice

**Snack:** (Optional) Side of \*Brussels Sprout and Cabbage Salad

**Dinner:** *7 SP Cleanse Capsules and 3 Gastro-Fiber*,

\*Mashed "Potatoes", Steamed Green Beans with Butter, 1 Baked Sweet Potato

#### Day 8 – Start SP Green Food!

**Breakfast:** *SP Complete Shake, 5 SP Green Food and 3 Gastro-Fiber*, with \*Breakfast Fruit Salad

**Snack:** (Optional) Orange

**Lunch:** *SP Complete Shake, 3 Gastro-Fiber*, with \*Herbed Rice

**Snack:** (Optional) \*Salsa with veggies

**Dinner:** *5 SP Green Food and 3 Gastro-Fiber*, \*Oven Roasted Winter Veggies with Brown Rice

#### Day 9

**Breakfast:** *SP Complete Shake, 5 SP Green Food and 3 Gastro-Fiber*, with a Pear

**Snack:** (Optional) Strawberries

**Lunch:** *SP Complete Shake, 3 Gastro-Fiber*, with Strawberry Spinach Salad

**Snack:** (Optional) \*Salsa with Veggies

**Dinner:** *5 SP Green Food and 3 Gastro-Fiber*, \*Crock Pot Layered Dinner

#### Day 10

**Breakfast:** *SP Complete Shake, 5 SP Green Food and 3 Gastro-Fiber*, with a handful of blueberries

**Snack:** (Optional) \*Breakfast Fruit Salad

**Lunch:** *SP Complete Shake, 3 Gastro-Fiber* with \*Fresh Spinach and Avocado Salad

**Snack:** (Optional) ½ cup \*Lentils

**Dinner:** *5 SP Green Food and 3 Gastro-Fiber*, \*Quinoa Risotto

#### Day 11 – Today you get to add PROTEIN!

**Breakfast:** *\*Strawberry Surprise Shake with 5 SP Green Food and 3 Gastro-Fiber and 1 Pear*

**Snack:** (Optional) 1 Hard Boiled Egg

**Lunch:** *SP Complete Shake and 3 Gastro-Fiber*, with \*Coleslaw

**Snack:** (Optional) ½ cup Pineapple

**Dinner: Vegetable Dinner:** \*Cauliflower Soup with \*Green Salad

**Fish Dinner:** \*Garlic Tilapia with Brown Rice

**Chicken Dinner:** \*Chicken Piccata with Brown Rice and Roasted \*Brussels Sprouts

**Beef Dinner:** \*Pepper Steak with Brown Rice

*5 SP Green Food and 3 Gastro-Fiber*

#### Day 12

**Breakfast:** *\*Strawberry Twist Shake, 5 SP Green Food and 3 Gastro-Fiber* with 1 C Raspberries

**Snack:** (Optional) Grapefruit

**Lunch:** *SP Complete Shake and 3 Gastro-Fiber*, with \*Alternate Tuna Salad

**Snack:** (Optional) ½ Avocado

**Dinner: Vegetable Dinner:** \*Vegetable Angel Hair Pasta with a \*Green Salad  
**Fish Dinner:** \*Salmon with Tomatoes and Rosemary and Brown Rice  
**Chicken Dinner:** \*Stir-Fry Chicken with Brown Rice  
**Beef Dinner:** \*Eye of Round Roast with Steamed Green Beans  
*5 SP Green Food and 3 Gastro-Fiber*

#### Day 13

**Breakfast:** \**Banana Berry Splash Shake, 5 SP Green Food and 3 Gastro-Fiber* with ½ Avocado  
**Snack:** (Optional) 1 Hard Boiled Egg  
**Lunch:** *SP Complete Shake and 3 Gastro-Fiber*, \* Greek Lettuce Wraps  
**Snack:** (Optional) \*Guacamole with Veggie Sticks  
**Dinner: Vegetable Dinner:** \*Vegetable Soup with \*Simple Green Salad  
**Fish Dinner:** \*Fish Creole with Brown Rice  
**Chicken Dinner:** \*Chicken Soup with \*Simple Green Salad  
**Beef Dinner:** \*Quick Homemade Beef Soup with \*Simple Green Salad  
*5 SP Green Food and 3 Gastro-Fiber*

#### Day 14

**Breakfast:** \**Citrus Berry Splash Shake, 5 SP Green Food and 3 Gastro-Fiber*  
**Snack:** (Optional) \*Pineapple and Cucumber Salad  
**Lunch:** *SP Complete Shake and 3 Gastro-Fiber*, \*Chicken, Tuna or Red Salmon Salad  
**Snack:** \*Salsa with Veggies  
**Dinner: Vegetable Dinner:** \*Asparagus Curry with Brown Rice  
**Fish Dinner:** \*Salmon with Mint Salsa over Brown Rice  
**Chicken Dinner:** \*Chicken with Sweet and Sour Sauce with Brown Rice  
**Beef Dinner:** \*Bun less Burger with \*Sweet potato Fries and Steamed Broccoli  
*5 SP Green Food and 3 Gastro-Fiber*

#### Day 15

**Breakfast:** *SP Complete Shake, 5 SP Green Food and 3 Gastro-Fiber* with a Kiwi  
**Snack:** (Optional) Green, Red and Orange Pepper Sticks  
**Lunch:** *SP Complete Shake and 3 Gastro-Fiber*, \*Citrus Ginger Bok Choy Salad  
**Snack:** (Optional) 1 Hard Boiled Egg  
**Dinner: Vegetable Dinner:** \*Fennel Leek Soup and Dinner Salad  
**Fish Dinner:** \*Flounder Almandine with Brown Rice  
**Chicken Dinner:** \*Grilled Chicken with Cherries over Brown Rice & Steamed Asparagus  
**Beef Dinner:** \*Spiced Rubbed Bison with Roasted Cauliflower  
*5 SP Green Food and 3 Gastro-Fiber*

#### Day 16

**Breakfast:** *Complete Shake, 5 SP Green Food and 3 Gastro-Fiber* with 1 ½ cup of Strawberries  
**Snack:** (Optional) Tomato and Cucumber Slices  
**Lunch:** *SP Complete Shake and 3 Gastro-Fiber*, \* Waldorfesqu Delight Salad  
**Snack:** (Optional) \*Salsa and Veggie Chips (Zucchini Slices)  
**Dinner: Vegetable Dinner:** \*Mushroom Oven Rice with a Dinner Salad  
**Fish Dinner:** \*Garden Tilapia with Brown Rice and Steamed Beans  
**Chicken Dinner:** \*Moroccan Chicken with Dinner Salad  
**Beef Dinner:** \*Boneless Rib eye or Bison Steaks Chimichurri with a Sweet Potato  
*5 SP Green Food and 3 Gastro-Fiber*

#### Day 17

**Breakfast:** *Complete Shake, 5 SP Green Food and 3 Gastro-Fiber* with 1 Egg  
**Snack:** (Optional) \*Carrot Vichy

**Lunch:** *SP Complete Shake and 3 Gastro-Fiber*, \*Kiwi Leek Apple Salad

**Snack:** (Optional) \*Taboulleh

**Dinner: Vegetable Dinner:** \*Crock Pot Layered Dinner with Brown Rice

**Fish Dinner:** \*Fish Rub with Brown Rice and \*Roasted Cabbage

**Chicken Dinner:** \*Chicken Cacciatore with Brown Rice and Roasted Brussels Sprouts

**Beef Dinner:** \*Korean Beef with Brown Rice and \*Pepper and Onions

*5 SP Green Food and 3 Gastro-Fiber*

#### Day 18

**Breakfast:** *Complete Shake, 5 SP Green Food and 3 Gastro-Fiber* with a plum

**Snack:** (Optional) 1 Hard Boiled Egg

**Lunch:** *SP Complete Shake and 3 Gastro-Fiber*, \*Spinach Pomegranate Mushroom Salad

**Snack:** (Optional) Sliced Mango

**Dinner: Vegetable Dinner:** \*Vegetarian Moussaka with Brown Rice

**Fish Dinner:** \*Garlic Salmon Fillet with Brown Rice and \*Mediterranean Collard Greens

**Chicken Dinner:** \*Curried Chicken with Peppers and Peas and Brown Rice

**Beef Dinner:** \*Pot Roast with \*Brown rice and Lentils

*5 SP Green Food and 3 Gastro-Fiber*

#### Day 19

**Breakfast:** *Complete Shake, 5 SP Green Food and 3 Gastro-Fiber*, with a nectarine

**Snack:** (Optional) ½ avocado

**Lunch:** *SP Complete Shake and 3 Gastro-Fiber*, \*Herbed Rice

**Snack:** (Optional) \*Avocado and Cherry Salad

**Dinner: Vegetable Dinner:** \*Moroccan Spiced Red Lentil Soup

**Fish Dinner:** \*Salmon with Mustard Dill Sauce with \*Beet Salad

**Chicken Dinner:** \*Chicken Rub with Brown Rice and \*Sunshine Cauliflower

**Beef Dinner:** \*Arugula with Steak and Lemon with Roasted Cauliflower

*5 SP Green Food and 3 Gastro-Fiber*

#### Day 20

**Breakfast:** *Complete Shake, 5 SP Green Food and 3 Gastro-Fiber*, with a grapefruit

**Snack:** (Optional) 1 Hardboiled Egg

**Lunch:** *SP Complete Shake and 3 Gastro-Fiber*, \*Quinoa Lentil Salad

**Snack:** (Optional) \*Kale Treats

**Dinner: Vegetable Dinner:** \*Stuffed Portobello Mushrooms with Brown Rice

**Fish Dinner:** \*Fennel Crusted Salmon on a Bed of Brown Rice with \*Roasted Asparagus

**Chicken Dinner:** \*Chicken with Sweet and Sour Sauce with Brown Rice

**Beef Dinner:** \*Steak Bombs with \*Zucchini Rice

*5 SP Green Food and 3 Gastro-Fiber*

#### Day 21

**Breakfast:** *Complete Shake, 5 SP Green Food and 3 Gastro-Fiber*, with 1 C Strawberries

**Snack:** (Optional) \*Cabbage Salad

**Lunch:** *SP Complete Shake and 3 Gastro-Fiber*, \*Rice and Vegetable Salad

**Snack:** (Optional) \*Fruit Salad

**Dinner: Vegetable Dinner:** \*Oriental Vegetable Sauté with Brown Rice

**Fish Dinner:** \*Baked Halibut with Brown Rice and Steamed Broccoli

**Chicken Dinner:** \*Asparagus, Spinach & Turkey Salad

**Beef Dinner:** \*Crock Pot Steak with Steamed Green Beans

*5 SP Green Food and 3 Gastro-Fiber*

# Recipes

## Shakes

### Tips for your shakes

- Blend in a blender
- Use frozen fruit to eliminate ice for a thicker smoothie
- Freeze Bananas
- Increasing fruit will increase the sweetness, but may interfere with weight management
- Fresh or frozen fruit may be used
- After day 11 add 2 rounded scoops of Whey Pro Complete for additional protein (optional)

### **Original Recipe**

8 oz. water

1-1 ½ cups of your favorite fruit fresh or frozen fruit or vegetables

1 Tbs. of Flaxseed Oil

2 rounded scoops of SP Complete

### **Strawberry Twist**

8 oz. water

1 cup strawberries

1 cup freshly juiced carrots

1 Tbs. Flaxseed Oil

2 rounded scoops of SP Complete

### **Citrus Berry Splash**

8 oz. water

½ cup of blackberries

¼ cup blueberries

½ strawberries

½ banana

Juice from 2 freshly squeezed oranges

2 rounded scoops of SP Complete

### **Pina Colada**

2 rounded scoops of SP Complete

8 oz. water

1 Tbs. coconut oil

1 cup fresh pineapple

Handful of organic, unsweetened shredded coconut

### **Vegetable Breakfast**

2 rounded scoops of SP Complete

8 oz. water

1 Tbs. Flaxseed Oil

1 cup diced tomato

1 cup sliced carrot

1 stalk sliced celery

¼ ripe avocado

### **Banana Berry Blast**

8 oz. water

½ cup blueberries

½ cup Strawberries

½ banana

2 rounded scoops of SP Complete

### **Apple Cinnamon**

8 oz. water

1 Tbs. Flaxseed Oil

2 apples cored, but not peeled

Splash of organic vanilla extract

Dash of cinnamon

2 rounded scoops of SP Complete

### **Strawberry Surprise**

2 rounded scoops of SP Complete

8 oz. water

1 Tbs. Flaxseed Oil

1 cup strawberries

¼ ripe avocado & splash vanilla extract

### **12-oz. High-protein Smoothie**

¼ bananas

¼ cup pineapple

1 Tbs. Flaxseed Oil

2 rounded scoops of SP Complete

2 rounded scoops of Whey Pro Complete

½ cup water

## SIDE DISH RECIPES

### **Red Cabbage with Orange**

1 medium red cabbage, shredded	1 tsp. sea salt
1 small onion, peeled and chopped	1 clove garlic, peeled and chopped
Grated rind of 2 oranges	1 Tsp. raw honey (not during cleanse)
Juice of 2 oranges, strained	3 Tbs. red wine vinegar
4 Tbs. butter	

Combine onion, orange, rind, orange juice, garlic, salt, honey, and vinegar. Pour over the cabbage and toss well. Marinate overnight, tossing occasionally. Melt butter in a large saucepan or frying pan. Add cabbage mixture and bring to a simmer. Reduce heat, cover and cook gently for about 1 hour, uncovered, until cabbage is tender and liquid has evaporated. 1½ hours preparation time. Makes 6 servings.

### **Lacinato (Kale)**

1 bunch lacinato (This is a flatter, milder flavored, darker green leaf than curly Kale.)  
1 cup chicken broth  
1 clove garlic, minced  
Butter to taste

Cut the lacinato into strips, width-wise. Steam in broth for 3 minutes. Serve immediately. 12 minutes preparation time. Makes 4 servings.

### **Sautéed Spinach with Garlic**

2 Tbs. Olive oil  
4 cloves garlic, thinly sliced lengthwise  
2 lbs. fresh spinach, washed and leaves damp  
Salt and freshly ground black pepper to taste

In a large sauté pan heat olive oil over medium heat. Add garlic, and cook until golden brown, 2 to 3 minutes. Using a slotted spoon, transfer garlic to paper towels; reserve. Discard oil. Place some olive oil in pan, and heat over medium heat. Coarsely chop spinach and stalks. Working in batches, add damp spinach to the pan. Cover and cook until spinach just begins to wilt, 4 to 5 minutes. Transfer the cooked spinach to a metal bowl, and cook remaining spinach. Season with salt and pepper. Sprinkle reserved garlic over spinach, and serve warm. 20 minutes preparation time. Makes 4 servings.

### **Mashed "Potatoes"**

1 head cauliflower	½ tsp. sea salt
3 ounces rice milk	2 garlic cloves, minced
¼ tsp. white pepper	Paprika to taste

Preheat oven to 350 degrees. Cut cauliflower into florets or even size. Drop into boiling salted water and cook for about 15 minutes. Put rice milk in blender, add cooked cauliflower and garlic and blend until creamy. Add salt and pepper to taste. Pour into one quart greased casserole dish. Top with a light sprinkle of paprika and bake for about 20 minutes or until bubbly and hot. 35 minutes preparation time. Makes 6 servings.

### **Glazed Pearl Onions**

30 pearl onions, peeled	1 tsp. raw honey (not during cleanse)
1 Tbs. butter	½ cup beef stock
1 Tbs. extra virgin olive oil	Sea salt to taste

Remove ends of onions and plunge briefly into boiling water. Skins will come off easily. Mix honey with stock and heat until honey is dissolved. Place onions, butter, oil honey mixture, and salt in a skillet large enough to accommodate the onions in one layer. Bring the mixture to a boil, cover and cook a few minutes until the onions begin to soften. Remove lid from pan and continue cooking, stirring frequently, until liquid has evaporated and the onions become coated with glaze.

### **Swiss Chard**

1 bunch Swiss chard  
½ cup water

Wash leaves thoroughly. Cut width-wise into strips. Bring water to boil and steam for 3 minutes. (This has a very mild, almost spinach-like, taste.) 6 minutes preparation time. Makes 4 servings.

### **Dr. Steph's Famous Guacamole**

2 avocados	1 Tbs. fresh basil
2 cloves of fresh garlic	Sea salt and pepper to taste
1 lime, juice of, freshly squeezed	

Mix all ingredients into a food processor and blend until smooth or dice by hand and mix.

### **Salsa**

2 large diced tomatoes	1 Tbs. chopped cilantro
2 scallions, thinly chopped	1 Tbs. EVOO
1 garlic clove, minced	2 tsp. fresh lime juice

Combine all ingredients in a bowl and let sit for a few minutes before serving. Great as a topping on fish. 15 minutes preparation time. Makes 4 servings.

### **Steamed Beets**

1 bunch beets  
1 inch Water

Wash beets thoroughly and cut the leaves off, leaving about 2 to 3 inches of the stems. Leave the root on to avoid excess loss of nutrients. Place beets in a steamer and fill water just to where it touches the beets. Steam for approximately 20 minutes for a medium to small beet. More time is required for larger beets. Test with fork for tenderness. Raw beets can be grated on a salad; they are very sweet. Use the beet leaves as salad greens. 25 minutes preparation time. Makes 6 to 8 servings.

### **Peppers and Onions**

2 medium onions, peeled and thinly sliced	2 Tbs. butter
2 red peppers, seeded and sliced into strips	2 Tbs. EVOO
½ tsp. dried fine herbs	Sea salt and pepper to taste
2 cloves garlic, peeled and crushed	½ cup finely shredded basil leaves

Sauté onions and peppers gently in butter and olive oil for about 45 minutes until soft. Add herbs, crushed garlic, and basil, and cook another few minutes, stirring constantly. The consistency should be like marmalade. Season to taste. 1 hour preparation time. Makes 4 servings.

### **Sweet Potato Dollars**

3-4 sweet potatoes  
3 Tbs. melted butter

3 Tbs. EVOO  
Sea salt to taste

Peel potatoes and slice crosswise at ¼-inch intervals into “dollars.” Brush two cookie sheets with mixture of butter and olive oil. Arrange the dollars in one layer and brush with the remaining butter and oil. Season lightly with sea salt. Bake about 45 minutes at 350 degrees. 1 hour preparation time. Makes 4 servings.

### **Glazed Turnips**

2 lbs. turnips, peeled and quartered  
4 Tbs. butter

1 cup of beef stock  
1 Tbs. parsley finely minced

Plunge turnips into boiling salted water for 3 to 5 minutes. Drain and pat dry. Sauté in butter until lightly browned. Add stock and boil down until turnips are coated with liquid has almost completely evaporated. Sprinkle with parsley and serve. 20 minutes preparation time. Makes 6 servings.

### **Sautéed Asparagus with Garlic**

1 small bunch asparagus  
2 garlic cloves, minced

2 Tbs. EVOO  
Water for blanching

Rinse and cut bottoms off stalks. Blanch in boiling water for 2 minutes. Heat olive oil in pan and add garlic and asparagus. Heat on medium until garlic is golden brown. Serve immediately. 10 minutes preparation time. Makes 4 servings.

### **Sautéed Zucchini and Red Pepper**

2 sweet red peppers, sliced into 1 inch strips  
2 zucchini, medium, sliced into 1 inch strips  
1 garlic clove, minced

1 Tbs. EVOO  
1 tsp. dried oregano or sweet basil  
Sea salt and pepper to taste

Sauté zucchini in olive oil for 5 minutes over medium-high heat, just until lightly browned. Add garlic and continue sautéing for 30 seconds. Add peppers and sauté an additional 4 minutes. Add salt and pepper and serve. 15 minutes preparation time. Makes 4 servings.

### **Broccoli with Garlic**

1 head broccoli, cut into florets  
2 garlic cloves, minced  
1 Tb. Extra virgin olive oil

Steam broccoli florets for 2 minutes in large pan over salted boiling water. Drain. Heat oil in pan, add broccoli florets and garlic. Cook until garlic is golden brown. 10 minutes preparation time. Makes 4 servings.

### **Spaghetti Squash**

1 large spaghetti squash  
Salt and pepper to taste

Preheat oven to 350 degrees. Cut spaghetti squash length-wise in half. Place on baking sheet and bake 25 to 30 minutes, or until tender. Remove from oven and shred the squash with a fork. Serve with Primavera vegetables or Marinara sauce. 35 minutes preparation time. Makes 4 servings.

### **Marinara Sauce**

2 Tbs. olive oil	1 cup fresh Italian flat leaf parsley, chopped
3 garlic cloves, minced	½ cup fresh basil leaves, rolled and thinly sliced
1 medium onion, finely chopped	Sea salt and pepper to taste
1 28 oz. can crushed tomatoes (slightly drained)	

Heat pan on medium high heat and add olive oil, garlic, and onions. Stir until soft; add remaining ingredients. Stir occasionally and reduce heat to simmer for 10-15 minutes. Serve over pasta, chicken, or fish. 30 minutes preparation time. Makes 4 servings.

### **Primavera Vegetables**

2 zucchini, medium, sliced	4 garlic cloves, sliced
2 celery stalks, diagonally sliced	¾ cup fresh basil leaves or 3 Tbs. dried
1 red pepper, seeded and cut into strips	1 cup flat leaf Italian parsley, chopped
1 yellow pepper, seeded and cut into strips	1 15 oz. can roasted or regular diced tomatoes
½ green pepper, seeded and cut into thin strips	Sea salt and pepper to taste
1½ cups broccoli florets, fresh or frozen	Parmesan cheese (not during cleanse)
2 Tbs. olive oil	

Prepare all the vegetables. Heat pan or wok over high heat. Add olive oil and sliced garlic. Stir fry 1 to 2 minutes. Add zucchini, celery, and broccoli while constantly stirring, just until vegetables soften, approximately 6-7 minutes. Add the peppers, basil, parsley, salt, pepper and entire can of tomatoes. Cover and reduce heat to medium high for 2 to 3 minutes. Remove from heat and sprinkle with Parmesan cheese. Serve on top of fish, chicken, or cooked and shredded spaghetti squash. 35 minutes preparation time. Makes 4 servings.

### **Roasted Sweet Potatoes**

4-5 medium sweet potatoes, peeled and cut into large pieces	1 ½ Tbs. EVOO
2 sweet onions cut into one-inch pieces	¾ tsp. garlic pepper
½ tsp. salt	

Preheat oven to 425 degrees. In a large bowl combine all ingredients and toss thoroughly. Spread onto 9 x 13" baking dish and bake for 30 to 35 minutes or until tender. 45 minutes preparation time. Makes 4 servings.

### **Coleslaw**

1 cup shredded red cabbage	1 lemon juiced
1 cup shredded green cabbage	1 tsp. sea salt
1 carrot, shredded	1 garlic clove, minced
¼ cup onion, finely chopped	1 tsp. paprika
1/3 cup EVOO	3 Tbs. raw apple cider vinegar

Mix all ingredients together in a large bowl and serve. 25 minutes preparation time. Makes 4 servings.

### **Tabouleh**

2 cups curly parsley, chopped	1 Tbs. pine nut (not during cleanse)
2 cups flat leaf Italian parsley, chopped	2 Tbs. fresh lemon juice
¾ cup finely chopped tomatoes	2 Tbs. EVOO
¾ cup finely chopped cucumber	1 tsp. sea salt
½ cup finely chopped celery	Pinch of fresh ground pepper

Combine the parsley, tomatoes, cucumber, celery, and pine nuts in a medium bowl. Mix lemon juice, olive oil, salt, and pepper in a cup and toss over salad to mix well. Preferably, use a food processor to mix all ingredients into a finely chopped mixture. 15 minutes preparation time. Makes 4 servings.

### **Tomato Cups**

6 medium tomatoes	1 clove garlic, minced
½ small cucumber	½ cup sunflower seeds (not during cleanse)
2 stalks celery, thinly sliced	1 Tbs. EVOO
½ medium red onion or 2 scallions, chopped	Sea salt to taste
½ cup fresh parsley	1 Tbs. fresh mint (optional)

Cut tomatoes in half and scoop out centers. Add tomato pulp to the other ingredients and finely chop everything. Mix well and fill tomato halves. 15 minutes preparation time. Makes 12 cups.

### **Baby Bok Choy, Snap Peas & Garlic**

32 snap peas	4 tsp. EVOO
12 baby white onions, peeled and halved	4 sprigs mint
2 baby bok choy, quartered	2 tsp. grated orange zest
1 clove garlic, very thinly sliced	sea salt and pepper to taste

Preheat the oven to 400 degrees. Cut 4 12-inch-long pieces of nonstick foil. Mix all the ingredients together and spoon equal amounts onto the center of each piece of foil or parchment paper. Draw up the sides of the foil and seal the packets well; leave room around the ingredients so they can steam. Put packets on a baking sheet. Bake 15 minutes or until the bok choy is tender. Serve immediately.

30 minutes preparation time. Makes 4 servings.

### **Lettuce Wraps**

Oriental Lettuce Wraps:

Dice small or grate: carrots, celery, broccoli stalks, mushrooms, or any variety of vegetable that you prefer. Toss with 1 tsp. good oyster sauce or tamari sauce (or to taste). Add fresh bean sprouts and toss. Spoon vegetables into fresh, washed lettuce leaves of your choice, preferably leaf lettuce. Roll cabbage style. 30 minutes preparation time. Makes 4 servings.

Greek Lettuce Wraps:

Dice small: tomatoes, cucumbers, onion, and minced garlic. Toss with extra virgin olive oil, and a little lemon juice; add fresh chopped basil or any herbs that you prefer. Spoon vegetables into fresh, washed lettuce leaves, and add a few olives and grated feta cheese (not during cleanse). Roll cabbage style. 30 minutes preparation time. Makes 4 servings.

### **African Broccoli**

4½ cups small broccoli florets	½ tsp. nutmeg
2½ cups small cauliflower florets	½ tsp. crushed red pepper (or to taste)
1½ cups sliced carrots	1 cup organic sour cream (not during cleanse)
1 Tbs. canola oil	2 Tbs. raw apple cider vinegar
1 tsp. salt	1 Tsp. raw agave (not during cleanse)
1 tsp. cumin	½ cup green onion
½ tsp. ground coriander	



Cut the avocado in half, remove the pit, and strip off the skin. Cut the flesh into slices. Transfer to a plate, drizzle with the lime juice and set aside. Wash and dry the spinach leaves. Put into mixing bowl. Cut the larger cherry tomatoes in half, and add all the tomatoes to the mixing bowl, with the scallions, cucumbers, and sliced radishes. Add avocados, add your dressing, and toss. 30 minutes preparation time. Makes 2 servings.

### **Tomato and Onion Salad**

1 box plum tomatoes, wedged  
1 red onion, thinly sliced (or chopped scallions)

Combine with basic vinaigrette dressing and marinade at least 15 minutes at room temperature before serving. Preparation time 20 minutes. Makes 4 servings.

### **Greek Salad**

1 head romaine lettuce, torn into bite-size pieces	10 fresh mint leaves, finely chopped
1 cucumber, peeled, seeded, and sliced	15-16 kalamata olives
1 small red onion, thinly sliced	4-5 mild peperonini peppers, whole
1 red bell pepper, seeded and cut into thin strips	Sea salt to taste
2 tomatoes, cut into thin wedges	Freshly ground pepper

Combine salad ingredients in salad bowl, add your dressing and toss. 15 minutes preparation time. Makes 4 servings.

### **Raspberry Salad**

4 Tbs. Extra virgin olive oil	1 ½ cups of fresh raspberries
2 Tbs. raspberry puree	1-12 ounce package salad greens
2 Tbs. raspberry vinegar	¼ tsp. pepper
½ tsp. Sea salt	

To make the dressing, in a small bowl, whisk the olive oil, raspberry puree, raspberry vinegar, salt, and pepper together. In a serving bowl, toss the salad greens, and raspberries together. Pour the dressing over the salad, toss to coat. 20 minutes preparation time. Makes 4 servings.

### **Spinach Salad**

1 10 ounce bags fresh baby spinach leaves, washed and stemmed	3 Tbs. vinaigrette dressing
8 ounce button mushrooms, sliced	3 Tbs. walnuts chopped (not during cleanse)
½ medium cucumber, sliced	4 hard boiled eggs, sliced

Spin spinach once washed. Place in salad bowl. Add remaining ingredients and toss with dressing. 15 minutes preparation time. Makes 8 servings.

### **Greek Cranberry Salad**

5 ounces salad greens (Spring mix is good.)	½ cup parsley sprigs
¾ cup dried cranberries (not during cleanse)	2 dashes garlic powder
¼ cup thinly sliced red onions	½ tsp. dried oregano
1 cup coarsely chopped pecans (leave out)	½ tsp. sea salt
¼ cup red wine vinegar	1/8 tsp. pepper
¼ cup olive oil	

To prepare the dressing pour the red wine vinegar, olive oil, parsley, garlic powder, oregano, salt, and pepper into a blender. Blend well until the ingredients are combined and the parsley is well processed. Toss the greens, nuts, cranberries, onions, with the dressing. Serve immediately. 15 minutes preparation time. Makes 4 servings.

### **Strawberry Spinach Salad**

¼ cup sliced almonds, toasted (not during cleanse)	1-6 ounce baby spinach
1½ cups strawberries, hulled and quartered	¼ cup red onion, sliced
½ cup cucumbers, sliced and cut in half	½ cup cucumber, sliced

Preheat oven to 30 degrees. Spread almonds in a single layer over bottom of small pan. Bake 10-12 minutes or until lightly toasted. Remove from oven; cool almonds in pan. Meanwhile, hull strawberries into quarters. Score cucumber lengthwise, remove seeds. Slice cucumber and cut slices in half. Slice onion into thin wedges. Place spinach in large serving bowl, add strawberries, cucumber, and onion. Whisk dressing you are using and pour over salad, gently tossing to coat. Sprinkle with almonds. Serve immediately. 22 minutes preparation time. Makes 4 servings.

### **Chicken, Tuna, or Red Salmon Salad**

1 can tuna, 1 cooked breast chicken, or 1 can red salmon (or use leftover baked salmon), but into small pieces or mashed

½ stalk celery, chopped in fine pieces

1 Tb. onion, finely chopped (or green onion)

1 Tbs. Hain Safflower mayonnaise (enough to just moisten)

NOTE: When using chicken, add ¼ to ½ tsp. dill weed.

Mix all ingredients together thoroughly. Serve on pieces of lettuce leaves. 15 minutes preparation time. Makes 2 servings.

### **Caesar Salad**

¼ to 1/3 cup extra virgin olive oil	¼ tsp. ground pepper
½ tsp. anchovy paste	1 Tb. Lemon juice
1 tsp. Dijon mustard	Grated parmesan cheese (not during cleanse)
2-3 drops Worcestershire sauce (optional)	Romaine lettuce
1 garlic clove, minced	

Mix the first seven ingredients thoroughly. Add some of the grated parmesan. Toss mixture with the greens until coated. Add more cheese and serve. 20 minutes preparation time. Makes 4 servings.

### **Citrus Ginger Bok Choy Salad**

Julianne cut Bok Choy	¼ tsp. sea salt
Juice from 1 large Orange	¼ tsp. garlic salt
1 tsp of minced Ginger	3 Tbs. Flax Oil
3 Tbs. EVOO	

Place all ingredients in bowl and massage together for 1-2 minutes. Let sit for at least 1 hour.

### **Kale Goji Salad**

(Use either dino kale, spinach or swiss chard)

Stem kale by pulling off green leaf from center (save stems for juicing)

Take kale leaves and stack to cut. Roll the stack and cut in very fine ribbons



Mix in a container and refrigerate. Let it sit out a few minutes before using and shake well. 10 minutes preparation time. Makes 4 servings.

### **Dijon Olive Oil Dressing**

½ cup extra virgin olive oil	6 Tbs. water
6 Tbs. balsamic vinegar or lemon juice	1 tsp. Dijon mustard
6 Tbs. water	1/8 tsp. oregano

Combine all ingredients into an air tight jar and shake vigorously to blend. Or use blender. 10 minutes preparation time. Makes 4 servings.

### **Tahini Dressing (not during cleanse)**

2 Tbs. sesame tahini  
Lemon juice, to taste  
Water, for consistency

Blend. 10 minutes preparation time. Makes 4 servings.

### **Greek Salad Dressing**

1/3 cup extra virgin olive oil	1 Tbs. red wine vinegar
1 tsp. dried oregano	1 Tbs. fresh lemon juice
1 tsp. minced garlic	sea salt and pepper to taste

Whisk together the olive oil, oregano, garlic, wine vinegar, and lemon juice in a small bowl. Season to taste with salt and pepper. Toss with salad. 15 minutes preparation time. Makes 4 servings.

### **Garlic and Red Wine Vinegar Salad Dressing**

2/3 cup extra virgin olive oil	1-2 cloves garlic, crushed
1/3 cup red wine vinegar	sea salt and pepper to taste

Place all ingredients in shaking jar; seal. Shake well. Pour over greens. 10 minutes preparation time. Makes 2 servings.

### **Oliveau Salad Dressing**

2 Cloves garlic, minced	Pepper to taste
2 Tbs. Dijon mustard	2 Tbs. balsamic vinegar
½ tsp. celery salt	1 Tbs. wine vinegar
1 dash sea salt	½ cup EVOO

Place minced garlic, mustard, celery salt, and sea salt and pepper, and vinegars of choice in bowl. Very slowly whisk in olive oil, until emulsified (thick and creamy). Place in glass container. Can be refrigerated for 2 weeks and brought to room temperature prior to dressing salad. 30 minutes preparation time. Makes 6 servings.

### **Lemon Mint Dressing**

2 cloves garlic, minced	pepper to taste
½ cup fresh lemon juice	½ cup EVOO
Sea salt to taste	2 Tbs. finely chopped fresh mint

Prepare the dressing in a small bowl, whisk together the garlic, lemon juice, salt, and pepper. Slowly add the olive oil, whisking until blended. Stir in the mint. Taste for seasoning. 10 minutes preparation time. Makes 6 servings.

### **Spicy Salad Dressing**

2/3 cup olive oil	1 dash Tabasco sauce
1/3 cup vinegar	½ tsp. paprika
3 tsp. fresh squeezed lemon juice	¼ basil leaves, crushed
Freshly ground black pepper	¼ tsp. thyme, crushed
2 cloves garlic, minced	1/2tsp. oregano, crushed
¼ tsp. dry mustard	2 serrano peppers, minced

Blend all ingredients thoroughly. Chill. 10 minutes preparation time. Makes 2 servings.

### **Vegetable Dishes**

#### **Stuffed Collard Greens**

**The Wrap:** Broad leaf collard greens boiled in salted water for 3 minutes, then cooled

**The Stuffing for the wraps:**

½ head green cabbage chopped  
8 brussels sprouts finely chopped  
5 stalks asparagus chopped  
1 small sweet potato finely diced  
½ cup cooked quinoa  
Lightly stir fry in EVOO until wilted

**Assembly:** Place large Tbs. of stuffing into the center of a collard green and wrap. Place the wraps into a glass baking dish. Top the wraps with the left over stuffing and a few thinly sliced sweet potatoes. Bake at 350 for 40 minutes.