

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*, * Waldorfesque 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

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

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

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

*Food Shopping Check-list**

Fruits :

- | | | | |
|-------------------------------------|--|-------------------------------------|---------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Oranges | <input type="checkbox"/> Grapes | <input type="checkbox"/> Blueberries |
| <input type="checkbox"/> Watermelon | <input type="checkbox"/> Cantalope | <input type="checkbox"/> Tangerines | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Pears | <input type="checkbox"/> Honey Dew Melon | <input type="checkbox"/> Kiwi | <input type="checkbox"/> Strawberries |
| <input type="checkbox"/> Peaches | <input type="checkbox"/> Plums | <input type="checkbox"/> Nectarines | |

Vegetables :

- | | | | |
|---|---|---|--------------------------------------|
| <input type="checkbox"/> Lettuce | <input type="checkbox"/> Mixed Greens | <input type="checkbox"/> Tomatoes** | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Green Peppers** | <input type="checkbox"/> Yellow Peppers** | <input type="checkbox"/> Red Peppers** | <input type="checkbox"/> Broccoli |
| <input type="checkbox"/> Brussels Sprouts | <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Asparagus | <input type="checkbox"/> Cabbage |
| <input type="checkbox"/> Onions | <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Radishes | <input type="checkbox"/> Collard Greens | <input type="checkbox"/> Turnips |
| <input type="checkbox"/> Red Beets | <input type="checkbox"/> Mustard Greens | <input type="checkbox"/> Sweet Potatoes | <input type="checkbox"/> Green Beans |
| <input type="checkbox"/> Swiss Chard | <input type="checkbox"/> Watercress | <input type="checkbox"/> Artichokes | <input type="checkbox"/> Eggplant** |

Meats : (only during days 8 thru 21)

- | | | | |
|---|--|-------------------------------|----------------------------------|
| <input type="checkbox"/> Chicken (white meat) | <input type="checkbox"/> Turkey (white meat) | <input type="checkbox"/> Beef | <input type="checkbox"/> Buffalo |
|---|--|-------------------------------|----------------------------------|
- ☐ Fish (cold-water fish preferred...Cod, Salmon, Halibut - No farm-raised or lake fish !)

**** Use organic vegetables/fruits and organic or free-range meats if available...
If organic produce is unavailable, then thoroughly wash to remove pesticides
and other chemicals before consuming...***

***** If you have arthritis, avoid the nightshade family of vegetables...***

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. EVOO
3 Tbs. melted butter	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	1 cup of beef stock
4 Tbs. butter	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 Tbs. EVOO
2 garlic cloves, minced	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	1 Tbs. EVOO
2 zucchini, medium, sliced into 1 inch strips	1 tsp. dried oregano or sweet basil
1 garlic clove, minced	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.

Taboulleh

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	

Steam the broccoli, cauliflower, and carrots until cooked but still crisp. Rinse under cold water. In a small skillet over medium heat, combine the canola oil, salt, ginger, cumin, coriander, nutmeg, and red pepper flakes. Cook for 2 minutes, until lightly browned. Stir constantly. In a large bowl, combine the spice mixture, vegan sour cream, vinegar, and agave nectar. Add the broccoli mixture and toss to coat. Stir in the green onions and serve immediately. 20 minutes preparation time. Makes 6 servings.

Green Beans with Onions

1½ lbs. green beans, French cut

4 Tbs. butter

½ cup dehydrated onions

Cut each end from the bean with a knife, being careful to remove any strings. Break or cut the beans sideways to fit into your food processor. Fit the processor with the regular slicing blade and place the beans in sideways. When processed the result will be beautifully French-cut beans. Please beans in a vegetable steamer and steam for about 8 minutes until they have turned bright green and are just tender. Melt butter in a frying pan; add onions and sauté, stirring, until lightly browned. Toss with beans and serve immediately. 25 minutes preparation time. Makes 6 servings.

Sweet Potato Fries

2 yams, cut into sticks

Sea salt to taste

2 Tbs. EVOO

Cinnamon

In a mixing bowl, toss yams with EVOO and coat with cinnamon. Sea salt to taste. Bake at 400 for 35-40 min. Sea salt to taste. Makes 4 servings.

Salads

Zucchini Salad

3 zucchini, thinly sliced

Cumin to taste

2 red apples, cut in small pieces

Braggs Amino Acid to taste

1 avocado, cut in small slices

Mix all ingredients together and serve. 15 minutes preparation time. Makes 2 servings.

Mango Coconut Cucumber Salad

1 cucumber, peeled, seeded, and diced

½ tsp. chili pepper, minced

1 mango, peeled and diced

1 small red pepper, minced

1-2 Tbs. lime juice

1 Tbs. dried shredded coconut

1-2 Tbs. lemon juice

Mix everything in a bowl. Chill for 15-20 minutes before serving. Works very well with Brazilian, Thai, or Indian dishes. 10 minutes preparation time. Makes 6 servings.

Fresh Spinach and Avocado Salad

1 large avocado

4 scallions, sliced

1 lime, juice of

½ cucumbers cut into chunks

8 ounces fresh baby spinach leaves

2 ounces radishes, sliced

4 ounces cherry tomatoes

Herb sprigs to garnish

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

Cut one apple (or sweet fruit) into sticks

Add 1/8 Cup Goji Berries

3 Tbs. flax oil

3 T olive oil

3 Tbs. Agave (not during cleanse)

3 Tbs. EVOO

Massage together and let sit. (Tastes better the next day.)

Brussels Sprout and Red Cabbage Salad

Slice 15-20 Brussel Sprouts very thin

2 cups of Red Cabbage sliced Thin

¼ tsp Sea Salt

¼ Garlic Salt

¼ tsp. garlic salt

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.

Kiwi Leek Apple Salad

1 Leek Cut thin

2 kiwi peeled and diced

1 apple cut into thin slices

¼ tsp. Sea Salt

¼ tsp. garlic salt

3 Tbs. flax oil

3 Tbs. EVOO

Agave to taste (not during cleanse)

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

Waldorfesque Delight

1 apple

2 celery stalks

1 cucumber

1 avocado

10 baby carrots

Handful of cilantro

Handful of dried cranberries

Handful of chopped dried apricots

Chop apple, celery, cucumber & avocado into bite sized chunks. Pulse carrots & cilantro in food processor until minced. Chop apricots into little bits. Stir all ingredients together

Ted's Slaw

½ head of red cabbage

½ head of green cabbage

½ bunch of kale chopped fine

2 carrots julienned

2 celery stalks finally chopped

Pesto Sauce (can be used as a dip too!)

2 mustard green leaves chopped

4 oz. EVOO

4 oz. balsamic vinegar

½ lemon juiced

Sea salt and pepper to taste

Puree in a food processor or blender. Add vinegar and EVOO a little at a time. You may not need all of it.

Combine the cabbages, kale, carrots and celery and toss with pesto sauce.

Salad Dressings

Basic Vinaigrette Dressing

½ cup extra virgin olive oil

3 Tbs. apple cider vinegar

1 tsp. oregano

½ tsp. sea salt

1/8 tsp. pepper

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.

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

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

1 stalk sliced celery

½ cup water

¼ ripe avocado

[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 line, 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. EVOO

3 Tbs. melted butter

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

1 cup of beef stock

4 Tbs. butter

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 Tbs. EVOO

2 garlic cloves, minced

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

1 Tbs. EVOO

2 zucchini, medium, sliced into 1 inch strips

1 tsp. dried oregano or sweet basil

1 garlic clove, minced

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

2 cups flat leaf Italian parsley, chopped

¾ cup finely chopped tomatoes

¾ cup finely chopped cucumber

½ cup finely chopped celery

1 Tbs. pine nut (not during cleanse)

2 Tbs. fresh lemon juice

2 Tbs. EVOO

1 tsp. sea salt

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

½ small cucumber

2 stalks celery, thinly sliced

½ medium red onion or 2 scallions, chopped

½ cup fresh parsley

1 clove garlic, minced

½ cup sunflower seeds (not during cleanse)

1 Tbs. EVOO

Sea salt to taste

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

12 baby white onions, peeled and halved

2 baby bok choy, quartered

1 clove garlic, very thinly sliced

4 tsp. EVOO

4 sprigs mint

2 tsp. grated orange zest

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	

Steam the broccoli, cauliflower, and carrots until cooked but still crisp. Rinse under cold water. In a small skillet over medium heat, combine the canola oil, salt, ginger, cumin, coriander, nutmeg, and red pepper flakes. Cook for 2 minutes, until lightly browned. Stir constantly. In a large bowl, combine the spice mixture, vegan sour cream, vinegar, and agave nectar. Add the broccoli mixture and toss to coat. Stir in the green onions and serve immediately. 20 minutes preparation time. Makes 6 servings.

Green Beans with Onions

1½ lbs. green beans, French cut
4 Tbs. butter
½ cup dehydrated onions

Cut each end from the bean with a knife, being careful to remove any strings. Break or cut the beans sideways to fit into your food processor. Fit the processor with the regular slicing blade and place the beans in sideways. When processed the result will be beautifully French-cut beans. Please beans in a vegetable steamer and steam for about 8 minutes until they have turned bright green and are just tender. Melt butter in a frying pan; add onions and sauté, stirring, until lightly browned. Toss with beans and serve immediately. 25 minutes preparation time. Makes 6 servings.

Sweet Potato Fries

2 yams, cut into sticks	Sea salt to taste
2 Tbs. EVOO	Cinnamon

In a mixing bowl, toss yams with EVOO and coat with cinnamon. Sea salt to taste. Bake at 400 for 35-40 min. Sea salt to taste. Makes 4 servings.

Salads

Zucchini Salad

3 zucchini, thinly sliced	Cumin to taste
2 red apples, cut in small pieces	Braggs Amino Acid to taste
1 avocado, cut in small slices	

Mix all ingredients together and serve. 15 minutes preparation time. Makes 2 servings.

Mango Coconut Cucumber Salad

1 cucumber, peeled, seeded, and diced	½ tsp. chili pepper, minced
1 mango, peeled and diced	1 small red pepper, minced
1-2 Tbs. lime juice	1 Tbs. dried shredded coconut
1-2 Tbs. lemon juice	

Mix everything in a bowl. Chill for 15-20 minutes before serving. Works very well with Brazilian, Thai, or Indian dishes. 10 minutes preparation time. Makes 6 servings.

Fresh Spinach and Avocado Salad

1 large avocado	4 scallions, sliced
1 lime, juice of	½ cucumbers cut into chunks
8 ounces fresh baby spinach leaves	2 ounces radishes, sliced
4 ounces cherry tomatoes	Herb sprigs to garnish

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

Cut one apple (or sweet fruit) into sticks

Add 1/8 Cup Goji Berries	3 Tbs. Agave (not during cleanse)
3 Tbs. flax oil	3 Tbs. EVOO
3 T olive oil	

Massage together and let sit. (Tastes better the next day.)

Brussels Sprout and Red Cabbage Salad

Slice 15-20 Brussel Sprouts very thin	¼ tsp. garlic salt
2 cups of Red Cabbage sliced Thin	3 Tbs. flax oil
¼ tsp Sea Salt	3 Tbs. EVOO
¼ Garlic Salt	

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

Kiwi Leek Apple Salad

1 Leek Cut thin	¼ tsp. garlic salt
2 kiwi peeled and diced	3 Tbs. flax oil
1 apple cut into thin slices	3 Tbs. EVOO
¼ tsp. Sea Salt	Agave to taste (not during cleanse)

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

Waldorfesque Delight

1 apple	10 baby carrots
2 celery stalks	Handful of cilantro
1 cucumber	Handful of dried cranberries
1 avocado	Handful of chopped dried apricots

Chop apple, celery, cucumber & avocado into bite sized chunks. Pulse carrots & cilantro in food processor until minced. Chop apricots into little bits. Stir all ingredients together

Ted's Slaw

½ head of red cabbage
 ½ head of green cabbage
 ½ bunch of kale chopped fine
 2 carrots julienned
 2 celery stalks finally chopped

Pesto Sauce (can be used as a dip too!)
 2 mustard green leaves chopped
 4 oz. EVOO
 4 oz. balsamic vinegar
 ½ lemon juiced
 Sea salt and pepper to taste

Puree in a food processor or blender. Add vinegar and EVOO a little at a time. You may not need all of it.

Combine the cabbages, kale, carrots and celery and toss with pesto sauce.

Salad Dressings

Basic Vinaigrette Dressing

½ cup extra virgin olive oil	½ tsp. sea salt
3 Tbs. apple cider vinegar	1/8 tsp. pepper
1 tsp. oregano	

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
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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.