

# WINTER 5-DAY detox

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## **SUPPLEMENTAL RECIPES**

We all have differing tastes, food sensitivities, allergies, and nutritional needs. If the suggested recipe plan doesn't suit you, here are several others to choose from. However, you aren't restricted to the options I provide. Feel free to get creative! Just remember the goal is to stay away from alcohol, gluten, corn, soy, dairy, sugar, and artificial sweeteners.



## BREAKFASTS

### Veggie Scramble

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Serves 2

Ingredients:

- A few asparagus spears, cut into 1" segments
- ½ cup sliced mushrooms
- ½ cup chopped tomatoes
- 2 garlic gloves, minced
- 4 eggs
- 1 Tbsp coconut oil or butter
- 1/3 cup plus 2 Tbsp grated cheddar cheese

Directions:

1. Melt fat in skillet on medium.
2. Add mushrooms, sauté for a few minutes, until moisture starts to cook out.
3. Add asparagus, garlic and tomatoes.
4. Cook until garlic browning and asparagus softening.
5. Beat the eggs together with a fork, mix in 1/3 cup cheese, then add to pan.
6. Cook to your liking.
7. Add to plates, then sprinkle the remaining cheese on top.

## Breakfast Skillet

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### Ingredients:

- Leftover roasted or steamed vegetables
- Sugar-free breakfast sausage, removed from casing, or ground turkey
- Any dark leafy greens, like spinach or kale

### Directions:

1. Cook meat on medium heat in skillet, adding in a little liquid when it sticks to the pan. Broth is great here, but water is fine too.
2. Once just about cooked through, add in the leftover veggies and greens.
3. Cover, cook a few more minutes, and voila!

## Dijon-Herb Chicken and Vegetables

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Serves 4

Ingredients:

- 3 tablespoons Dijon mustard
- 3 tablespoons olive oil, divided
- 2 tablespoons coconut aminos or tamari
- 1½ teaspoons dried basil
- ¼ teaspoon sea salt
- 4 bone-in, skin-on chicken organic breasts
- 1 bunch baby rainbow carrots, cut in thirds on the diagonal
- 1 fennel bulb, trimmed and cut into 6 wedges
- ½ lb. crimini mushrooms Sea salt to taste

Directions:

1. Preheat oven to 400°.
2. In a small bowl mix together the mustard, 1 tablespoon of the olive oil, coconut aminos, basil, and salt.
3. Pat chicken dry with paper towel, place in a bowl and pour marinade over chicken, tossing to coat.
4. In a large baking dish toss the vegetables with remaining 2 tablespoons olive oil and a pinch of sea salt.
5. Nestle the chicken in the vegetables and roast 35-45 minutes until chicken is cooked through to 165° and vegetables are tender.

## Spaghetti Squash with Tomatoes and Garlic

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**Note from Genevieve:** Brown some ground chicken or turkey with seasonings and add to finished product for extra flavor and protein.

Ingredients:

- 1 smallish spaghetti squash
- 4 cloves garlic, minced
- 1 Tbsp coconut oil
- Small container of grape or cherry tomatoes, sliced in quarters (or similar amount of your favorite tomato, chopped)
- 1 bunch fresh basil, finely chopped
- Handful of fresh spinach

Directions:

1. Preheat the oven to 375.
2. Cut off ends of squash, then cut lengthwise. You can microwave for 2-3 minutes first for easier cutting. Scrape out seeds.
3. Place in baking dish face up, and cook about 20 minutes, then put face down and cook until skin can easily be punctured with a fork. Should be about 20 minutes more.
4. Meanwhile, heat the oil on medium heat and add in garlic.
5. Add about ½ of the basil and all the tomatoes. Reduce to simmer. Stir occasionally.
6. Once squash is ready, remove from oven and let sit a few minutes to be cool enough to touch. Meanwhile, add the last of the basil and the spinach to the sauce and cook a few more minutes.
7. Using a fork, scrape out squash into spaghetti. Put onto plates with the sauce and optional meat on top.

## Slow-Cooked Teriyaki Chicken

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This Teriyaki Chicken is tasty and simple to make. Pair it with sautéed greens for a complete meal.

Ingredients:

- 2 lbs skinless chicken thighs
- ½ cup coconut aminos or tamari
- 1 Tbsp honey
- 1 Tbsp fresh ginger, grated
- 2 garlic cloves, minced
- Sea salt to taste

Directions:

1. Place chicken in slow cooker.
2. In a small bowl, mix aminos, honey, ginger and garlic.
3. Pour sauce over chicken and cook on low for 4 – 5 hours.
4. Add salt to taste
5. Enjoy!

## Chocolate Chia Pudding

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Serves 4

Ingredients:

- 1 1/2 cups hemp milk
- 1/3 cup chia seeds
- 1/4 cup cacao or unsweetened cocoa powder
- 2-5 Tbsp (30-75 ml) maple syrup
- 1/4 tsp sea salt

Directions:

1. Put everything in a mixing bowl and whisk vigorously.
2. Let rest covered in the fridge overnight or at least 4 hours (until it looks like pudding).
3. Stir and eat!

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