

**Wellness Next Step**

# **14 DAY DETOX**

**- RECIPE GUIDE -**



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# MEAL PLAN SHOPPING LIST

## MEATS & DAIRY

- Bacon (nitrite free)
- Beef (ground)
- Beef steak, thinly sliced
- Chicken breast
- Pork shoulder
- Salmon
- Eggs

## HEALTHY FATS

- Avocados
- Sunflower seeds
- Walnuts
- Coconut Oil
- Olive Oil
- Butter

## FRUITS

- Lemon
- Lime
- Orange

## VEGETABLES

- Bell peppers
- Broccoli
- Butternut Squash
- Carrots
- Celery
- Jalapeño peppers
- Garlic
- Ginger
- Green Onions
- Lettuce
- Mushrooms
- Onions
- Red Onions
- Spinach
- Sweet Potatoes
- Tomatoes
- Zucchini

## CUPBOARD

- Balsamic vinegar
- Mustard

## HERBS & SPICES

- Chives
- Cilantro
- Garlic powder
- Chilli powder
- Onion powder
- Crushed pepper flakes
- Dried basil
- Dried chives
- Dried coriander
- Ground cumin
- Ground mustard
- Smoked paprika
- Kosher salt
- Salt and pepper

# SWEET POTATO BACON QUICHE

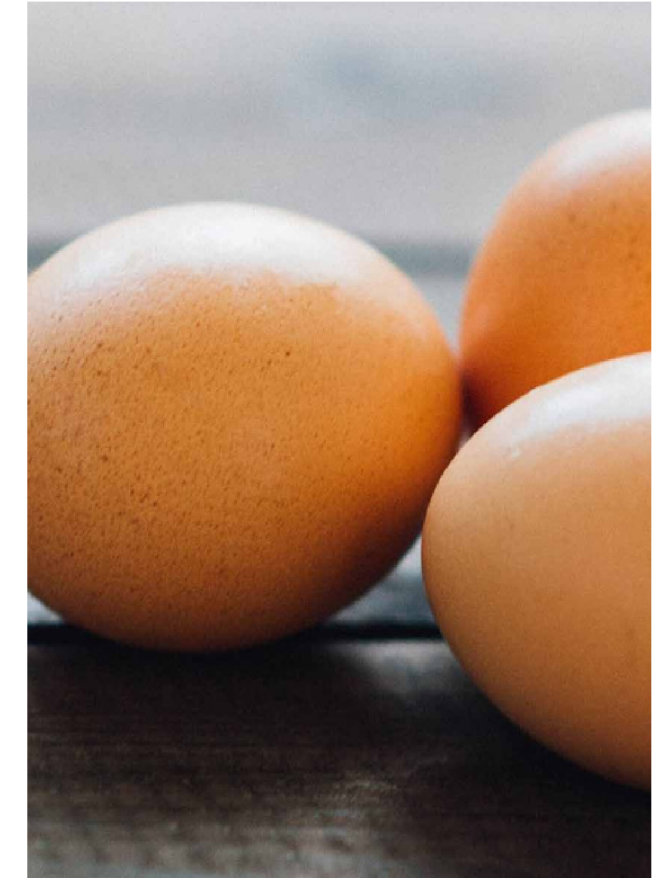
4 servings • 1 hour 15 mins • 11 ingredients

## INGREDIENTS

4 5 2 cups 3 slices	Bacon (nitrate free), cooked and Sweet potatoes, thinly sliced Eggs, beaten Fresh spinach	2 tbsp	Fresh chives
	crumbled	2 tsp	Olive oil
1	Onion, sliced	2 tbsp	Butter or coconut oil
1 clove	Garlic, minced		Sea salt
			Freshly ground black pepper

## DIRECTIONS

01. Preheat oven to 400°F (200°C).
02. Peel and slice the sweet potatoes into thin slices (the slices should be thin enough to bend easily). Arrange potato slices in a pie dish in a circular pattern to form a “crust” for the quiche.
03. Drizzle sweet potatoes with olive oil and season to taste. Place in the oven and bake 15 to 20 minutes.
04. Meanwhile, melt some cooking fat in a skillet over medium heat and add the garlic and onion.
05. Cook until the onion and garlic are soft and fragrant, around 5 minutes. Add the spinach. Sauté until wilted, 2 to 3 minutes, and set aside to cool down.
06. When the sweet potatoes are done, lower the oven heat to 375°F (190°C).
07. In a bowl, combine beaten eggs with the spinach mixture, bacon, and chives. Pour over the sweet potato crust and return to the oven.
08. Bake 30 to 35 minutes, or until the eggs are set; serve warm.





# FAJITA FRITTATA WITH SALSA

4 servings • 25 mins • 14 ingredients

## INGREDIENTS

2 tsp	Cumin	2 cloves	Garlic, finely chopped
½ tsp	Chili powder	8	Eggs, whisked
	Sea salt, to taste	2	Avocados, cut into small chunks
2 tbsp	Olive oil	<b>2</b>	Green onions, sliced
1 lb	Steak (skirt or flank), thinly sliced	<b>1</b>	Jalapeño pepper, finely chopped
2	Green bell peppers, cut into thin rounds	1	Lime, juice
1	Red bell pepper, cut into thin rounds	1 bunch	Cilantro, roughly chopped

## DIRECTIONS

- 01.** Season steak with cumin, chili powder and salt. Preheat oven broiler to high. Heat coconut oil in a 12-inch ovenproof skillet over medium-high heat on the stove. Add steak. Sauté 3
- 02.** minutes (meat should be just slightly pink) then add garlic and peppers. Sauté 3 minutes more then add eggs and a handful of cilantro. Stir quickly then turn heat down to medium.
- 03.** Cook 3-4 minutes, until the egg is set around the edges but still runny in the middle. Transfer the pan to the oven under the broiler and cook until the frittata is golden and firm in the middle, about 3-5 minutes. Remove from oven. Gently mix together avocado, green onion, jalapeño (optional), and lime juice. Add sea salt to taste.
- 04.**
- 05.**
- 06.**
- 07.** Serve with slices of frittata.
- 08.**
- 09.**



# AVOCADO CHICKEN SALAD

1 serving • 10 mins • 14 ingredients

## INGREDIENTS

### AVOCADO CHICKEN SALAD:

1 1 cup Chicken breast, cooked  
¼ ½ Baby spinach  
cup 1 Avocado  
stalk ¼ Cherry tomatoes  
cup ½ Green onion, sliced  
tsp ½ Red onion, chopped  
tbsp Cilantro, chopped  
Lime juice to taste  
Salt/pepper to taste

### MAYONNAISE:

1 ½ Egg  
tsp ½ Salt  
tsp 2 Ground mustard  
tbsp 1 Lemon juice  
cup Lightly flavored olive oil

## DIRECTIONS

### AVOCADO CHICKEN SALAD:

**01.** Combine everything in a bowl - experiment with amounts to meet your needs as far as flavor & texture goes!

### MAYONNAISE:

**01.** Add egg, salt, mustard and lemon juice to a food processor. Put the lid on, and turn on. Very lightly drizzle in the olive oil extremely slowly as the food processor is running.





# SLOW COOKER MEXICAN CHICKEN

4 servings • 4 hours 10 mins • 15 ingredients

## INGREDIENTS

1¼ tsp	Cumin	4	Chicken breasts, skinless
1 tbsp	Chilli powder	½ cup	Chicken broth or water
¼ tsp	Onion powder	⅓ cup	Cilantro leaves
¾ tsp	Garlic powder	1 large	Onion, cut into wedges
½ tsp	Smoked paprika	1	Jalapeño, sliced
½ tsp	Coriander	2	Limes, juice
1½ tsp	Salt	1 stalk	Sliced green onion, optional
½ tsp	Black pepper		

## DIRECTIONS

01. In a small bowl, combine the cumin, chili powder, onion powder, garlic powder, smoked paprika, coriander, salt and black pepper. Stir until well mixed. Place the chicken inside the insert of your crock pot. Sprinkle the top of the chicken breasts with half of the seasoning.
02. Then, flip the chicken and sprinkle the other side with the remaining seasoning mixture. Add the chicken broth or water to the crock pot. Squeeze the juice from the limes over the top of the seasoned chicken. Add the cilantro leaves, onion wedges, and jalapeño slices to the crock pot, arranging them in and around the seasoned chicken breasts. Cook on low for 3-5 hours, or until cooked through (different crock-pots cook at varying heats) and tender. Remove chicken breasts from the crock pot, shred and place in a bowl. Set aside. Strain the liquid through a fine mesh strainer, reserving the liquid and discarding the solids. Add all of the juices back to the shredded chicken. Stir to distribute them all over the meat. Garnish, if desired, with chopped cilantro and sliced green onions.
- 03.
- 04.
- 05.
- 06.

Enjoy in a variety of ways throughout the week such as with roasted peppers and onions, in a lettuce wrap or with a side salad.

# BALSAMIC PULLED PORK

8 servings • 8 hours 10 mins • 7 ingredients



## INGREDIENTS

2 lb  $\frac{1}{2}$  cup **cup**  $\frac{1}{2}$  cup  
 Pork shoulder  
 Water or broth  
 Balsamic vinegar  
 Garlic powder  
 Crushed red pepper flakes  
 Sea salt  
 Black pepper

## DIRECTIONS

- 01.** Place pork shoulder in crockpot.
- 02.** Mix water/broth and balsamic vinegar, and pour over pork.
- 03.** Season pork with garlic, crushed red pepper flakes, salt, and pepper.
- 04.** Cook on low for 8-10 hours.
- 05.** Shred & enjoy!

Enjoy in many different ways including mixed with eggs, served with sauerkraut, or eaten with steamed Brussels sprouts.

are TIP: Prep morning in the m and have it ready ar or prepe by dinner before bed and it'll be done by the morning!

# BEEF BURGERS

4 servings • 15 mins • 12 ingredients



## INGREDIENTS

1 tbsp 1 tsp  $\frac{1}{2}$  tsp 1 lb 1 clove 1 tsp 1 tsp 1 head 1  $\frac{1}{2}$  1 2  $\frac{1}{2}$  tsp  
 Dijon mustard (sugar free)  
 Coconut oil Sea salt Black pepper  
 Ground beef (grass-fed, organic) Garlic, minced Granulated garlic Dried chives  
 Butter lettuce Avocado Red onion, sliced Tomato, ripe

## DIRECTIONS

- 01.** Preheat a cast iron skillet (or heavy-bottomed pan) on the stove on high heat. Add 1 tbsp coconut oil to the pan.
- 02.** Mix together the ground beef, salt, pepper, garlic granules, garlic clove, and chives and form 4 burger patties.
- 03.** Place the patties on the skillet and press down on them with your spatula.
- 04.** Cook for 3-5 minutes on each side, depending on how you like them cooked.
- 05.** Let rest 5 minutes, then serve with lettuce, avocado, onion, and tomato.

# LEMON BASIL GARLIC SALMON

4 servings • 25 mins • 13 ingredients

## INGREDIENTS

### LEMON BUTTER SALMON:

4 2 3 ½ Salmon filets (6oz filet)  
 oz 2 Lemons  
 tbsp 1 Butter  
 tsp 1 Minced garlic  
 pinch Sweet basil leaf (dried)  
 Red pepper flakes

### SIDE SALAD

4 cups Spinach  
 1 bag Tricolor coleslaw mix (no dressing)  
 4 4 Apples, diced  
 tbsp 4 Walnuts  
 tbsp Sunflower seeds  
 Olive oil and vinegar of choice

## DIRECTIONS

### LEMON BUTTER SALMON

01. Preheat oven to 375F. Lay out your foil sheets, one per filet of fish. Put your salmon on your foil.
02. In a microwave safe bowl, combine butter, garlic, basil, and red pepper. Microwave 30 seconds to 1 minute until butter is melted, stir well. Spoon butter mixture evenly over the fish.
03. Squeeze half a lemon over each filet. Wrap in foil, place on baking sheet. Bake for 15-17 minutes, until cooked to your personal taste.
04. Turn oven on to broil on high. Broil 1-2 minutes to crisp up edges of Salmon. Serve immediately.

### SIDE SALAD

05. Shred spinach with hands or cut with knife & place in bowl. Add a handful of coleslaw mix, diced apple, walnuts, and seeds. Mix together.
06. Add dressing when you're ready to eat it! Great vinegar choices: red wine, apple cider, balsamic.





# MARINATED STEAK KEBOBS

4 servings • 1 hour 10 mins • 13 ingredients

## INGREDIENTS

1 lb 1 1 1 1 1 2  
cloves Garlic, minced  
Steak, cut into cubes Lemon,  
zest and juice Orange, zest and  
juice Lime, zest and juice Olive oil

½ tsp Black pepper  
2 Bell peppers  
12 Mushrooms  
1 cup Baby tomatoes  
1 Zucchini  
1 cup Yellow squash

1 tsp Sea salt  
1 tsp Smoked paprika

## DIRECTIONS

**NOTE** If using wooden skewers, soak in water before threading to prevent burning and to stop the wood splintering into the food.

01. Put the chicken cubes in a freezer bag.
02. Add the zest and juice of the citrus fruit, olive oil, garlic, salt, smoked paprika and pepper.
03. Coat the ingredients thoroughly.
04. Allow the ingredients to marinate in the refrigerator for at least 30-60 minutes for best results.
05. Re-coat once or twice as it's marinating.
06. Thread the chicken and vegetable pieces onto skewers alternately.
07. Grill the skewers over direct high heat, with the lid closed, until the meat is cooked through, turning occasionally.



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# **14 DAY DETOX AND REBOOT CHALLENGE**

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Updated: January 2020

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