

RECIPES

Salads & Slaw *page 5*

Apple Kale Salad, chef Robyn
Arugula Butternut Squash Salad, chef Fila
Beet and Carrot Salad with Dill, chef Lindsay
Cabbage Crunch Slaw, chef Fila
Citrus Cabbage Fennel Slaw, chef Talia
Lentil Kale Salad with Tahini Dressing, chef Talia
Spring Pea Salad, chef Fila
Tangy Kale Salad, chef Rebecca

Sauces *page 13*

Arugula Pesto
Very Versatile Herb Sauces/Dressings/Marinades/Dips, chef Rebecca
Chimichurri Sauce
Dill Sauce
Mint-Lime Sauce

Smoothie/ SP Shakes *page 17*

Peachy-Green Tea and Chia Smoothie, chef Lindsay
Standard Process Shakes:
Exotic Flowers, chef Rebecca
Key Lime Pie, chef Rebecca
Refreshing Coconut Mint-Lime, chef Rebecca
The Spicy Mayan, chef Rebecca

Soup *page 20*

Red Lentil Soup, chef Rebecca
Roasted Squash Soup, chef Rebecca

Vegetables *page 23*

Any Veggie Hash, chef Rebecca
Baked Yam Fans, chef Hillari
Cauliflower Pilaf, chef Robyn
How to grill veggies, chef Rebecca

Quinoa *page 28*

Fennel and Onion Quinoa, chef Talia
Quinoa Salad, chef Rebecca

Lentils *page 31*

Curry Vegetables and Lentils, chef Robyn
Lentil & Tomato Stew, chef Hillari
Lentil Dip, chef Rebecca

Seafood *page 34*

Ginger Garlic Poached Sablefish & Sautéed Kale and Quinoa, chef Sarah
Salmon and Raspberry Salad, chef Rebecca

Chicken and Turkey *page 37*

Chicken Cacciatore, chef Robyn
Sesame Chicken, chef Robyn
Spicy Chicken and Pineapple Stir Fry, chef Lindsay
Turkey Zucchini Lasagna, chef Robyn

Beef *page 42*

Beef and Broccoli, chef Robyn
Beef and Mushroom Bake, chef Lindsay

Meal Preparation Plans with suggested menu, grocery list, and prep list

Meals plan for cleanse days 1-5, *page 45*
Meals plan for cleanse days 6-10, *page 48*
Meals plan for cleanse days 11-16, *page 51*
Meals plan for cleanse days 17-21, *page 54*

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