

## **Nutri-Dyn Detox Challenge Recipe Booklet**

Delicious, Gourmet Recipes for Intensive Detox

### **Shakes**

#### Anti-Inflammatory Shake

4-6 oz of either almond, coconut or flax milk or water. Add more if too thick 1 Cup of frozen fruit (strawberries, mango, pineapple)

1 Cup of ice cubes

1/2 Banana

1 Tablespoon of a nut butter (almond, cashew, peanut, etc.) 2 Scoops UltraInflamX Plus 360 (Any Flavor)

2 Scoops Dynamic Greens (Strawberry Kiwi)

1 Teaspoon of Ultra Flora Synergy Powder

1 Tablespoon of OmegaGenics EPA-DHA 2325 Liquid

2-3 drops of D3 Liquid

#### Chocolate Lovers Medical Food Shake

4 -6 oz of either almond, coconut or flax milk or water. Add more if too thick 1 Cup frozen berries

1 Cup of ice cubes

1/2 Banana

1 Tablespoon of a nut butter (almond, cashew, peanut, etc.)

2 Scoops UltraMeal Plus 360 Chocolate (Regular, Rice, Whey or Stevia) 2 Scoops Dynamic Greens (Chocolate or Espresso)

1 Teaspoon of Ultra Flora Synergy Powder

1 Tablespoon OmegaGenics EPA-DHA 1200 Liquid

2-3 drops of D3 Liquid

#### Estrogen Detox Shake

4 -6 oz of either almond, coconut or flax milk or water. Add more if too thick 1 Cup of frozen berries

1 Cup of ice cubes

1/2 Banana

2 Scoops of Estrium (Regular or Whey)

1 Teaspoon of Ultra Flora Synergy Powder

2 Scoop of Dynamic Greens (Strawberry Kiwi)

1 Tablespoon OmegaGenics EPA-DHA 1200 Liquid 2-3 drops of D3 Liquid

## Quick Recipes

### Fennel Salad

1 large fennel bulb  
1 small red onion  
1 cup (250mL) fresh blueberries  
1/4 cup (60mL) extra-virgin olive oil  
juice of 1 orange  
salt and freshly ground pepper, QB

Wash you fennel, cut off stems and fronds. Discard the stems, and set the fronds aside for a garnish, if you want. With a mandolin or a knife, cut the fennel bulb into very thin slices. Dice the red onion. Put the fennel and onion into a mixing bowl and add the blueberries. Now add olive oil, orange juice, salt and pepper, and mix it all together. This dish can be made in advance or served immediately. Tip: substitute pomegranate seeds for the blueberries for a change of pace.

### Green Been Salad

2 lb green beens, trimmed  
5 tbsp extra-virgin olive oil  
8 fresh mint leaves, chopped  
2 cloves garlic, very finely diced  
salt and freshly ground pepper, QB  
2 tbsp red wine vinegar (optional)  
Tomatoes (Optional)

Boil the green beans for 3 to 5 minutes until slightly soft but still a bit crunchy. Drain well, pat dry and put in a mixing bowl. Add olive oil, fresh mint, garlic, salt and pepper, and red wine vinegar if using. Toss gently so the dressing coats all the beans.

### Grilled Vegetable

Pick your favorite vegetables, example:

1 medium eggplant  
1 large zucchini  
1 red pepper

extra-virgin olive oil, QB  
salt, QB  
chopped fresh mint leaves, QB  
chopped fresh basil leaves, QB  
chopped fresh flat-leaf parsley, QB

Depending on what vegetables you use, some can go straight on the grill. Some- especially root vegetables like beets- need to be parboiled. So, clean them, peel them if

you like, put them into cold unsalted water and bring them to a boil. Let them cook for about 10 minutes, until they're somewhat fork-tender-not fully cooked, but softened. Drain them, and set them aside until they're cool enough to handle. At that point, slice them along with your other vegetables. Cut into 1/4 inch slices.

Heat up your grill until its hot. Put the vegetable slices on. The trick here is to leave them until they get there grill marks, and not move them around until they're ready to flip, about 5 minutes on each side.

When they're cooked remove them to a platter and season with good olive oil, salt and fresh herbs. This dish is delicious served immediately, but it will also keep in the fridge for a few days (and become even more flavorful).

### Really, really good Mashed Cauliflower

1 large head cauliflower  
1 medium white onion  
1/4 cup extra virgin olive oil  
1 bunch fresh flat-leaf parsley, chopped  
salt and pepper, QB  
2 cups (500mL) tomato puree  
1/2 cup (125 mL) water

Cut the cauliflower into small pieces and set aside. Finely chop up your onion. In a fairly large pot, heat up the olive oil and add your onions. Cook until they're translucent. This is your flavor base! Throw in the chopped parsley and all your cauliflower. Give it all a good mix. Add a generous amount of salt and pepper, then add the pureed tomatoes and water. Mix again, lower your heat to medium, put the lid on and let it cook, checking on it every so often, for 40 minutes. Take it off the heat. Mix it very well and let it rest for 10 to 15 minutes. It will thicken up.

### Yummy Baked Cauliflower

3 heads of cauliflower  
1/2 cup olive oil  
4 cloves minced garlic  
salt and pepper to taste

Put ingredients onto the cauliflower heads. Bake at 425 for 30-45 mins (until golden brown or to your preference)...it's super yummy!

### Celery Salad

3 stalks celery  
extra-virgin olive oil, QB  
salt and freshly ground pepper, QB

juice of 1 lemon  
finely chopped fresh flat-leafed parsley

Using a mandolin, thinly shred your celery. Put it in an ice bath. The ice will give the celery a nice crisp and cold texture.

Remove the celery from the ice, shake to remove the excess water and dry with a clean cloth or paper towel. Put it in a bowl and season with salt, pepper, lemon juice, a bit of chopped parsley and olive oil. Serve immediately

### Tomato Melon Salad

2 or 3 medium vine-ripened tomatoes  
1 cucumber, peeled and sliced  
1/2 cantaloupe, peeled and diced  
1/4 red onion, diced  
1-2 tbsp (15-30mL) red wine vinegar  
4 tbsp (60mL) extra-virgin olive oil  
salt and freshly ground pepper, QB  
dried oregano, QB (optional)  
1 bunch arugula, torn

The key here is to mix your tomatoes, cucumber, melon and red onions in the vinegar, oil and spices and let that sit for 5 minutes. Make sure, though, that you don't overdo it with the oregano or the red wine vinegar. These are really just slight complements to the fruit and the fantastic olive oil, and too much of either will overpower the dish.

On a serving platter, lay out your greens (arugula works well because it has a nice pepperiness and makes a great base for the salad). Add the seasoned fruits and vegetables on top. Serve immediately.

### Raw Kale and Avocado Salad

1 bunch organic kale  
1/4 teaspoon sea salt  
1 avocado  
2 medium tomatoes  
2 tablespoons olive oil  
1 tablespoon lemon juice  
1 tablespoons chopped fresh mint or fresh basil

1. Wash kale and remove stems by either cutting along the spine or grabbing from the base of leaf and pulling along the stem toward the top, stripping the leaf from the spine. Chop kale into small pieces.

2. Place in a large bowl and sprinkle with sea salt.
3. Massage the salt into the kale until it turns bright green and goes limp as though it's been cooked.
4. Dice tomatoes and avocados.
5. Chop fresh herbs.
6. Add all ingredients to the kale in the large bowl and toss until well mixed.

### Balsamic Beets and Beet Greens

2 bunches beets with greens (about 6 medium beets)

2 tablespoons fresh lemon juice

1 tablespoon balsamic vinegar

2 tablespoons extra virgin olive oil

sea salt to taste

Parsley (to garnish)

1 red onion

1. Separate the beets from the greens. Wash greens thoroughly, cut into strips and set aside.
2. Scrub the beets and place whole in a steamer to cook until tender – 30-40 minutes.
3. Peel beets by running under cold water, then cut into bite-size pieces. Toss with lemon juice, balsamic vinegar, 1 tablespoon of olive oil, and salt.
4. Slice onion into thin half moons. In a large skillet, heat 1 tablespoon of olive oil and sauté onions for 3 minutes. Add sliced greens and cook uncovered for 5 to 7 minutes, until wilted.
5. Just before serving add beets to the beet greens and heat 1 to 2 minutes.

### Garlic and Dill Vegetables

Zucchini, julienned

Carrots, julienned

Garlic, pressed

Butter

Dill

1. In a large skillet over medium-high heat, melt the butter and add pressed garlic.

2. Place the carrots into the pan. Season with sea salt and black pepper to taste. Cook the carrots until they become brighter in color and just begin to brown on the edges – this will take approximately 10 minutes.
3. Next, add the zucchini to the pan along with the dill and the garlic powder. Stir to combine. Continue to cook until the zucchini is slightly browned on the edges – approximately 3-5 minutes.

### Kale Chips

2 bunches of kale

1-2 tablespoons of avocado oil

Fleur de sel or your favorite seasoning salt

1. Preheat the oven to 350°F. Then, remove the leaves from the stems and wash the leaves well in a few changes of water.
2. Then, in small batches, spin the leaves dry in a salad spinner.
3. Pro tip: If at all possible, use child labor to help with the spinning. Toss the dry leaves with avocado oil and use your hands to distribute the oil evenly. Then, line a baking sheet with parchment paper and lay some of the leaves on top in a single layer. Make sure the leaves are all flat and not folded over or they won't crisp properly. Pop the tray in the oven
4. After just 12 minutes, the chips'll be done! (Set your timer and keep an eye on the kale, 'cause if the chips burns, they'll be bitter — and so will you.)
5. Once the kale's out of the oven, season the chips with some fleur de sel or your favorite seasoning salt.

*To make kale chips, there are a few key points to keep in mind:*

1. *The kale leaves must be SUPER DRY.*
2. *Bake the kale at 350°F.*
3. *Cook the chips for 12 minutes.*
4. *Salt AFTER the kale chips are out of the oven.*

### Roasted Sweet Potato with Coconut Basil Pesto Pasta

1 cup fresh basil

1/2 cup coconut flesh (or 1/2 cup dried, soaked in water and drained)

Juice from 1 lemon

Olive oil, used to desired consistency

Freshly ground black pepper

2 cups roasted sweet potato (you can use any leftover roasted veg you have as well)

2 zucchinis, spiralized and sprinkled with salt

1 cup mixed salad greens

1. In a food processor or blender, process the basil, coconut, lemon juice and olive oil
2. Taste and adjust to taste- add a pinch of salt if you like, pepper, more lemon juice or more basil
3. Rinse zucchini pasta well, then massage the pesto into the noodles
4. Toss with roasted sweet potato and salad greens

### Raw Mexican Tacos

2 avocados, peeled

Juice of 2 lemons

Juice of 1 lime

1 cup of coriander, chopped

4 cherry tomatoes, quartered

Pinch of cayenne pepper

Sprinkle of salt, to taste

Small lettuce or radicchio leaves

1 whole raw beetroot, spiralized

1 carrot, sliced lengthways

1. In a large bowl, mash the avocado, lemon and lime juice, coriander, cayenne pepper and salt
2. Gently fold in the tomatoes- make sure you don't mash them
3. Layer the leaves with the beetroot and carrot, and pile with the avocado mash
4. Serve immediately

### Raw Veggie Head Wraps

Bib Lettuce

1/2 avocado, sliced

1/2 cup fresh cilantro, chopped

Alfalfa sprouts

1 carrot, julienned

1 cucumber, julienned

1 zucchini, julienned

1. Wash lettuce leaves well
2. Layer the avocado, cucumber, carrot, cilantro, zucchini and sprouts
3. Roll carefully
4. Serve with Curry tahini sauce (ALLOWED??)
  - 1 tbsn tahini
  - 1 tspn curry powder
  - 1 tspn cumin
  - 1/2 tspn honey
  - Pinch of salt
  - Warm water, to desired texture
  - Whisk to achieve desired consistency
  - Sprinkle with paprika

#### Asparagus Basil Salad

1 lb asparagus, trimmed and halved  
1 cup grape tomatoes, halved  
1 ripe avocado, cut into cubes  
1 cup sliced basil leaves  
¼ cup olive oil  
2 teaspoons lemon juice  
2 teaspoons dijon mustard  
½ teaspoon sea salt  
½ teaspoon pepper

1. Steam asparagus for 5-7 minutes until fork tender
2. Place asparagus, tomatoes, avocado and basil in a large bowl
3. Stir in olive oil, lemon juice and mustard
4. Sprinkle with salt and pepper
5. Serve

#### Beet Salad

1 cup jicama, grated  
1 cup carrots, grated

1 cup beets, grated  
2 tablespoons orange juice, freshly squeezed  
1 tablespoon lime juice, freshly squeezed  
¼ cup olive oil  
¼ teaspoon sea salt

1. In a large bowl, combine jicama, carrots and beets
2. In a glass jar, combine orange juice, lime juice, oil and salt; shake well
3. Toss dressing into salad

### Kale Salad with Oranges

1 bunch kale  
1 tablespoon olive oil  
¼ teaspoon celtic sea salt  
1 lime, juiced  
1 teaspoon balsamic vinegar  
1 tablespoon red onion, finely chopped  
1 orange, peeled and sliced

1. Chop the kale into thin ribbons (almost like a chiffonade)
2. Drizzle the kale with olive oil and sprinkle with salt
3. Massage the kale with your hands to soften it, then allow it to sit for 5-10 minutes
4. Add the lime juice, vinegar, onion and orange
5. Allow to marinate for 10 minutes

### **Soup**

#### Helicopter-Blade Pea Soup

1 lb Organic frozen baby peas  
1/2 teaspoon Salt  
Basil leaf (to garnish if desired)

Boil the frozen peas in 3 cups water for 1 minute. Drain the water. Blend the peas with 1 1/2 cups cooking water and 1/2 teaspoon salt in a heavy-duty blender. Blend very well. The rule is to blend it for a very long time: 5-10 minutes. This is the crucial detail

that will make your soup taste creamy, rich and delicious! Push the puree peas back into the saucepan using a fine-mesh sieve. This will remove the grainy pea solids while the soup in the saucepan will be smooth and silky. Reheat over low heat, season with a little more salt if necessary and serve. Alternatively, refrigerate for at least 4 hours and serve chilled.

### Raw Spinach Soup (VitaMix Recipe)

- 1 avocado
- 1 cup water
- 2 cucumbers, unwaxed
- 1 cup fresh, raw spinach
- 2 green onions
- 1 clove garlic
- 1/3 red bell pepper
- 1 teaspoon sea salt (adjust to taste)
- 1 tablespoon fresh lime juice (adjust to taste)
- ¼ teaspoon curry (optional, adjust to taste)

1. Blend ½ cup of water and the avocado in a blender or Vita-Mix blender.
2. Add the rest of the ingredients one at a time, blending to desired thickness and thinning with remaining water if desired.
3. Serve soup cold or warm. To warm, use your Vita-Mix blender and mix for 2-3 minutes to create hot soup. Or gently and carefully heat on stovetop over low heat. Warm the soup only until you can hold your finger in it without having to pull it out (not over 118 degrees F - to preserve the full enzymes of the raw vegetables).