

5 Day Detox With Real Food



Sample Recipes

Hi there! Thank you for checking out some sample recipes from past 5-Day Detox for Beginners so you can taste how delicious these recipes are. Here's the scoop on the cleanse:

- Choose 5 days that are best in your schedule to do the 5-day Whole Foods Cleanse. Email me for additional support! Cleanse can be run multiple times.
- This 5-Day Cleanse is whole foods based, meaning you'll be eating lots of fruits and veggies, whole grains, and lean proteins. You won't be hungry, I promise. Looking forward to hearing what you think of the below recipes. When you sign up, you'll get:
 - Receive over 50 recipes to choose from, so you'll be able to pick meals you and your family will enjoy.
 - A proven protocol that can help you drop weight, sleep better and have more energy.
 - A pre-cleanse live training webinar where I'll walk you through what we'll do and what to expect, plus you'll be able to ask any questions you have.
 - "Eating out guide," "Deepening your Cleanse" guide, and more bonus hand-outs to support you.
 - A post- cleanse live training webinar on how to continue to focus on real foods after the cleanse.
 - Tons of support from me and the Whole Foods Cleanse community via our members-only Facebook forum



Enjoy! If you have any questions, please contact me at info@sauvagewellness.solutions

~ Melinda

Protein Pancakes

Serves 1

Ingredients:

- 1 small ripe banana
- 1 egg
- 1 TB almond butter
- Coconut oil for cooking

Directions:

1. Using a fork, mash banana in a medium size bowl, then add egg and almond butter and stir until combined.
2. Heat a medium skillet-over medium high heat. When warm, add coconut oil and swirl to coat skillet. When oil has melted, scoop some of the pancake mix into the pan and cook until set and browned on one side, then flip, cooking and set until browned on the other side, then remove from pan.
3. Serve with a little real maple syrup or fresh fruit.

Quinoa Tabbouleh

Serves 4

Ingredients:

- 2 C broth
- 1 C quinoa
- 1 cucumber, cut in quarters lengthwise, seeded, and chopped
- 1 C parsley, rinsed, dried and finely chopped
- ½ C cherry or grape tomatoes, quartered
- ¼ C mint leaves, rinsed, dried and chopped
- ¼ C extra virgin olive oil
- ¼ C lemon juice, freshly squeezed – about 1 lemon
- Sea salt and freshly ground pepper to taste

Directions:

1. Place quinoa in a fine mesh sieve and rinse. Combine broth and quinoa in a pot and bring to a boil. When boiling, cover and reduce heat to low. Allow to simmer for 15 minutes – quinoa is finished when the germ has expelled from the seed, which will look like it's grown little tails. Don't stir quinoa (or any grain!) while it's cooking.
2. Combine all ingredients except olive oil and lemon juice in a large bowl and add cooked quinoa.
3. Whisk lemon juice and olive oil until blended, then pour over the quinoa. Toss gently to mix and distribute dressing over the grains and vegetables. Add more lemon juice and olive oil if salad is too dry.
4. Store in a glass container in the fridge for 4-5 days. This is a great grab-and-go lunch option.

Lemony Chicken Skewers

Serves 2

Ingredients:

- ½ lb boneless, skinless organic free-range chicken breasts
- 1 TB fresh thyme or oregano, de-stemmed and roughly chopped
 - 1 lemon, juiced
 - 2 TB olive oil, divided
- Sea salt and fresh ground pepper

Directions:

1. Heat grill to medium-high. Meanwhile, cut chicken into 1-inch chunks and place in a medium bowl. Add salt, pepper, and olive oil, toss to coat, then thread onto skewers. If using wooden skewers, be sure to soak them in water for 10 minutes to avoid burning them.
2. Grill for 8-10 minutes, turning halfway through. You know the chicken is done when the juices run clear.
3. In a separate bowl, whisk together lemon juice, olive oil and fresh herbs. When chicken is cooked, remove from skewers and toss in lemon juice mixture. Serve immediately.

Note: Alternately, bake chicken in a 375-degree preheated oven for 10-12 minutes, turning once or twice, or sauté over medium-high heat in a skillet on the stove.

Indian-style Coconut Curry

Serves 2, with leftovers

Ingredients:

- 1 TB coconut oil
 - 1 small yellow onion, peeled and chopped
- 1 lb boneless, skinless free-range organic chicken breasts, cut into small chunks
 - 1-inch piece fresh ginger, peeled and diced
 - 4 garlic cloves, minced
 - 1 TB ground turmeric
 - 2 TB curry powder
 - 2 C vegetable or chicken broth
 - 1 (14-oz) can full-fat coconut milk
- 3 carrots, peeled and cut into ½-inch rounds
- 1 small head cauliflower, broken into florets and chopped into bite-sized pieces
 - 1 C frozen peas

Directions:

1. Heat a large soup pot or Dutch oven over medium-high heat.
2. Add olive oil, chicken, ginger and onion to pan and cook until chicken begins to brown, then add garlic and cook for another minute.
3. Add curry powder and turmeric and stir until the chicken is coated and spices are fragrant, then pour in broth and coconut milk, and stir to combine.
4. Next, add carrots and cauliflower, bring to a simmer, cover and let cook for 15 minutes.
5. Just before serving, stir in peas. Taste, and add sea salt if needed. Serve with a side of brown rice.

Note: You can also swap out a 14-oz can of rinsed and drained chickpeas for the chicken to make this a vegetarian meal. Simply add them when you add the carrots and cauliflower.

Breakfast Salad

Serves 1

Ingredients:

- 2 C baby lettuce or baby kale mix
- 1 TB raw sunflower seeds
- ¼ ripe avocado, thinly sliced
- 1 TB diced red onion
- ¼ C cherry tomatoes, cut in half
- 2 organic, free-range, or pastured eggs
- 2 TB olive oil
- 1-2 tsp Dijon mustard
- 1-2 TB lemon juice
- ½ tsp sea salt
- ½ tsp freshly ground pepper

Directions:

1. Bring a small pot of water to a boil.
2. Meanwhile, place salad greens in a large bowl.
3. Add Dijon mustard, olive oil, lemon juice, and salt and pepper to a small jar with a tight fitting lid. Shake well to combine, then drizzle half the dressing over the salad greens. Mix well, using your hands if needed, then taste and add more dressing if desired.
4. Add red onion, avocado, and cherry tomatoes to the salad greens and set aside.
5. Once water is boiling, remove pot from heat. Using a spoon, add the eggs still in their shells. Place pot back over burner and bring to a low boil. Cook for six minutes, then drain, rinse with cold water, and peel. Cut eggs in half lengthwise and place on top of salad. The eggs will be soft-boiled which means they'll have a runny center – if you'd like hard-boiled eggs, cook them for 8-9 minutes instead.
6. Season with freshly ground pepper and a little salt, and enjoy.

Tropical Green Smoothie

Serves 1

This smoothie looks green, but tastes oh-so-good.

Ingredients:

- 1 handful fresh spinach or baby kale, rinsed and dried
- 1 C frozen pineapple
- ½ ripe banana (frozen if possible)
- 2 TB chia seeds, soaked in water to form chia gel
- 1 C coconut or almond milk
- 2-4 ice cubes

Directions:

1. First, make the chia gel: add 2 TB chia seeds to a small bowl with ½ C water. Let sit for 10 minutes, then add gel to your blender.
2. Add remaining ingredients and blend, slowly increasing speed until all ingredients are incorporated.
3. Pour smoothie into a glass and enjoy.

Southwestern Bean and Rice Bowls with Avocado Salsa

Serves 2

Ingredients:

- 2 TB olive oil, divided
- 1 (14-oz) can black or pinto beans, rinsed and drained
- 1 C cooked brown rice
- 1 tsp cumin
- 1 tsp smoked paprika
- ¼ tsp cayenne pepper (optional)
- 1 tsp sea salt
- 1 zucchini or summer squash, cut into thin rounds
- 1 bell pepper, seeded and cut into quarters
- 1 ripe avocado, cut into chunks
- 1 TB chopped red onion
- Juice of a lime
- ½ bunch cilantro, washed, dried and roughly chopped
- Salsa and hot sauce for serving

Directions:

1. Combine olive oil, beans, rice and spices in a medium pot and warm gently until heated through.
2. Meanwhile, heat your grill to medium-high heat and brush the zucchini and bell pepper with the remaining olive oil. Grill the vegetables, turning once or twice, until they are lightly charred, about 10 minutes. Once they are cooked, cut the bell pepper into slices. While veggies are grilling, prep the avocado salsa by combining the avocado, red onion, lime juice and remaining salt to taste in a small bowl.
3. Divide bean and rice mixture in two bowls and top with the grilled vegetables and avocado salsa, then add cilantro, salsa and hot sauce to taste when serving.



Have Questions? I would love to help you figure out if this is the right program for you. You can check out the details of the 5 Day Detox for Beginners at www.5-daydetox.com Enjoy these real food recipes on me!

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