

# Recommended Foods List & Recipes for Sample Menus

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The easiest way to take advantage of this program is to follow

Thank you for partnering with us, **JumpStart January!** This personalized program offers you an exciting and simple way to start improving your health and changing your life.

## Introduction:

Over time, the buildup of toxins from the environment and lifestyle choices can compromise the ways our bodies work and can even affect our health. While many people are familiar with the idea of detox, there is a great deal of confusion about how to do it safely.

This program enhances the body's natural metabolic detoxification process while providing adequate fuel for both cleansing and other daily activities- supporting energy metabolism and overall well-being.

## Support for Success:

Before you get started, please read the guidelines below to ensure your success on this program.

- Use the eating from the recommended food list provided as your food guide for the program. Do not make substitutions except those that are recommended by your health care practitioner. Be sure to avoid any food to which you know you are intolerant or allergic.
- If you normally consume significant amounts of caffeinated beverages or simple sugars, we recommend that you gradually decrease these items from your diets before starting the program.
- Be sure to take all the recommended servings of the supplements. These products contain critical ingredients to nutritionally support your body's detox process. If you miss a dose of supplements, that is ok. Just try to make it up within the same day.
- Many people experience hunger at first, but that tends to dissipate. If you are feeling light headed or excessively fatigued, then you may not be consuming enough calories. Eat as much as much of the allowed foods as you want.
- Ensure that you are experiencing a daily bowel movement on this program. If needed apply peppermint oil or Digest Zen to your tummy or small of back for support.
- Remember to drink at least 2 quarts (64 oz.) of plain, filter or mineral water each day.
- Strenuous or prolonged exercise should be reduced during this program as you may be consuming fewer calories that you normally do—your body needs that fuel for detox activities.
- dōTERRA trim shakes should be consumed within 30 minutes. Discard any unused portion.

# Recommended Foods List

## CARBOHYDRATES

### Grains & Starches

Serving size (after cooking): ½ cup, or as indicated

1 serving = 80 calories

**CORE GRAIN.....Days 1,2,8,9**

Rice: white

### **Other Grains.....Days 1,2,9**

Amaranth ¼ cup

Buckwheat groats

Buckwheat noodles, pure ¾ cup

Millet 1/3 cup

Oats: Gluten free whole or steel cut oats

Quinoa 1/3 cup

Rice: basmati, brown 1/3 cup

Rice: wild

Rice cakes (2)

Rice cereal: unsweetened ½ cup

Teff 1/3 cup

**NOTE:** Look for certified Gluten free oats and organic amaranth.

### **Legumes/Plant Based Proteins.....(Omit days 5-8)\*\***

Serving size after cooking: ½ cup, or as indicated

1 serving=100 calories

Beans: Black, cannellini, garbanzo, kidney, lima, mung, navy, pinto, etc.

Beans: vegetarian refried

Bean Soups ¾ cup

Lentils: brown, green, yellow

Peas: black-eyed, pigeon peas, split

Hummus 4 Tbsp.

*\*\*Vegetarians may consume on Day 5-8 as a protein source alternative to fish.*

**NOTE:** Organic and reduced sodium varieties preferred. Avoid soybeans, edamame, wasabi, soy protein powders, and other soy based protein options, such as tempeh, tofu, and texturized vegetable protein.

### **Dairy Alternatives.....Days 1,2,9**

Serving size: 1 Cup, or as indicated

1 serving = 25-75 calories

Almond milk

Coconut milk, boxed ¼ cup

Hazelnut milk

Hemp milk

Rice milk

Yogurt: coconut ½ cup

**NOTE:** organic, plain, unsweetened varieties recommended. Also avoid non-dairy creamers, soy yogurt, and soy milk. Eliminate animal milks, yogurts and cheeses.

**Fruits**

Serving size: as indicated  
1 serving= 60 calories

**CORE FRUITS.....Days 1-9**

- Apple 1 small
- Apple sauce ½ cup
- Pear 1 small

**Other Fruits.....Omit Days 5-7**

- Apricots 3 small
- Banana ½
- Blackberries ¾ cup
- Boysenberries 1 cup
- Cantaloupe 1 cup cubed
- Cranberries 1 cup
- Fresh figs 2 small
- Grapes 17 small
- Honeydew melon 1 slice or 1 cup cubed
- Kiwi 2 small
- Loganberries ¾ cup
- Mango ½ cup
- Nectarine 1 medium
- Papaya 1 cup cubed
- Peach 1 medium
- Persimmon ½
- Pineapple ¾ cup cubed
- Plums 2 small
- Raspberries 1 cup
- Strawberries 1 ¼ cup whole
- Tangerines 1 large
- Watermelon 1 ¼ cup cubed

NOTE: fresh organic varieties preferred. Avoid oranges, fruit juices, and spreads/preserves with added sugars.

**Category 1 (Non-starchy) Vegetables**

Serving size: ½ cup cooked (all veggies), ~2-3 cups raw (leafy greens only), 1 cup raw (all other veggies) 1 serving=25 calories.

**CORE VEGETABLES.....Days 1-9**

- Broccoli
- Broccoflower
- Brussels sprouts
- Cabbage: red, green, bok choy, etc.
- Cauliflower
- Green onions or scallions

Greens: arugula, collard, dandelion, endive, escarole, kale, spinach, Swiss chard, radicchio, turnip, watercress  
Kohlrabi  
Leeks  
Lettuce: all varieties  
Onions  
Radishes  
Rutabaga  
Turnips

**Other Vegetables .....Omit Days 5-7**

Artichoke  
Asparagus  
Bamboo shoots  
Beans: green, wax, Italian  
Beets, beet greens  
Carrots  
Celery, celery root  
Chayote  
Cucumber  
Garlic  
Eggplant  
Gourds: bitter, bottle, bitter melon  
Hearts of palm  
Jicama  
Kelp  
Mushrooms  
Okra  
Peppers: all varieties  
Seaweeds  
Sprouts: all varieties  
Squash: summer, crookneck, delicate, spaghetti, yellow, zucchini  
Sugar snap peas, snow peas  
Tomatoes  
Water chestnuts

NOTE: organic preferred. Avoid corn and breaded vegetables or veggies packed in cheese, cream or butter sauces.

**Category 2 (Starchy) Vegetables.....Omit Days 5-7**

Serving size: ½ cup, or as indicated  
1 serving= 80 calories  
Parsnips ¾ cup  
Peas: green ½ cup  
Potatoes: new, red, ¾ cup or ½ medium  
Squash: acorn ¾ cubed  
Squash butternut 1 cup cubed  
Yam, sweet potato ½ cup or ½ medium

## PROTEINS (Animal Proteins)

Serving size as indicated

1 serving = 150 calories

### FISH – CORE PROTEINS.....Days 1-9

Alaskan, wild caught salmon 4oz

Herring 4oz

Mackerel 4oz

Trout 4oz

### Meat / Poultry.....Days 1, 2,9

Serving size 3-4 oz. cooked

1 serving = 150 calories

Chicken, skinless

Cornish hen, skinless

Lamb: leg, chop, lean roast

Turkey, skinless

Wild game: buffalo, elk, venison

**NOTE:** Avoid eggs, egg replacers, beef, pork, shellfish, processed/canned meats, sausage, and breaded protein options. Organic, free-range poultry and organic, grass-fed meat recommended.

Fresh, wild-caught fish (not farm raised) recommended. Meat, poultry, and fish should be grilled, baked, roasted, stewed, sautéed, or slow cooked; fish may also be pouched.

## FATS

### Oils & Fats

Serving size: 1 tsp., or as indicated

1 serving=45 calories

### CORE FATS.....Days 1-9

Avocado 2T

Coconut oil

Flaxseed oil

Ghee/Clarified butter\*\*

Grapeseed oil

High oleic safflower oil

Olive oil, extra virgin

Sesame oil

### Other Fats.....Days 1,2, 9

Coconut milk, canned 3 T light, 1 ½ T Regular

Olives 8-10 medium

**NOTE:** oils should be minimally refined, cold pressed, and non GMO. Flaxseed oil should be kept refrigerated. Try to avoid all food products/ condiments with processed and hydrogenated oils.

\*\*Dairy based.

### Nuts & Seeds .....Days 1,2,9

Serving size: as indicated

1 serving=45 calories

Almonds 6

- Almond butter 1 ½ tsp.
- Brazil nuts 2
- Cashews 6
- Cashew butter 1 ½ Tsp.
- Chia seeds 1 Tbsp.
- Coconut: unsweetened, shredded 1 ½ Tbsp.
- Flaxseed 1 Tbsp. whole, 1 ½ Tbsp. ground
- Hazelnuts 5
- Hemp seeds 2 tsp.
- Macadamia 3
- Pecans 4
- Pine nuts 1 Tbsp.
- Pistachios 12
- Pumpkin seeds 1 Tbsp.
- Sesame seeds 1 Tbsp.
- Sunflower seeds 1 Tbsp.
- Tahini ½ Tbsp.
- Walnuts 4

**NOTE:** Raw, unsalted preferred—and organic if possible. Avoid peanuts and peanut butter.

## OTHER

### **Beverages.....Days 1-9**

- Green tea, unsweetened
- Non-caffeinated herbal teas: mint, chamomile hibiscus, etc.
- Mineral water still or carbonated
- Rooibos tea, unsweetened
- Water (ideally filtered)

**NOTE:** avoid sodas, diet sodas, energy / sport drinks, alcoholic beverages coffee, non –herbal teas, and other caffeinated or decaf beverages.

### **Condiments, Herbs & Spices.....Days 1-9**

- Fresh or dried herbs: any, dill, basil, chives, cilantro, mint, oregano, rosemary, sage, thyme, etc.
- Fresh or dried spices: any chili powder, cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder, paprika, pepper, turmeric. Etc.
- Ginger
- Lemon
- Lime
- Horseradish
- Mustard
- Salsa, unsweetened\*\*
- Tomato sauce, unsweetened\*\*
- Vinegars, unsweetened

**NOTE:** Look for gluten free, unsweetened varieties, and organic if possible.

**Avoid** extracts vanilla, chocolate, ketchup, barbecue sauces, Dijon mustard, relish, prepackaged seasonings with gluten/dairy/sugars/MSG, and mayonnaise or dressings with dairy/gluten/sugars.

\*\*Omit on Days 5-7.

## Sweeteners.....Days 1,2,9

Luo han guo (monk fruit) extract Stevia

NOTE: for these recommended sweeteners, use only small amounts to help reduce cravings for sweet foods. Avoid maple syrup, honey, and foods made with refined sugars, fruit juices, corn syrup, glucose, sucrose, or dextrose.

# RECIPES

## Lunch & Dinner

### **Minestrone Soup** (8 servings)

1 sp. olive oil

1 medium to large onion, chopped

3 carrots, sliced or diced

2 stalks celery, diced

2 cloves garlic, minced

6 cups vegetable stock or water

1 bay leaf

28-oz. can low sodium, organic tomatoes with juice

1/4cup brown rice

16-oz. can low sodium, organic kidney beans, undrained, or 2 cups home-cooked beans

1 lb. fresh green beans. cut into 1" pieces or a 10-oz. package frozen cut green beans

In a 6-qt pot, saute onion, celery, carrots, and garlic until softened.

Add stock or water, tomatoes, rice, and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes; stir occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remember to remove bay leaf before serving.

### **Spicy Black Beans & Tomatoes** (8 servings]

1 tsp. olive oil

1 small onion, chopped

2 cloves garlic, minced

1 can chopped low sodium, organic stewed tomatoes or

2-3 fresh tomatoes, chopped

4-oz. can low sodium, organic, diced green chilies

15-oz. can low sodium, organic black beans, drained or

2 cups home-cooked beans

1/2 tsp. cumin

1/2 tsp. ground red pepper

1/4 tsp. chili powder

1Tbsp.chopped fresh cilantro or parsley

Sauté chopped onion and minced garlic in olive oil over medium heat until tender. Add tomatoes and green chilies. Reduce heat and cook uncovered for 6 to 8 minutes or until thickened. Stir in beans and remaining ingredients. Cover and heat 5 minutes more.

### **Vegetable Rice Soup** (8 servings)

1 Tbsp. olive oil  
1 medium to large onion, chopped  
3 carrots, sliced or diced  
2 stalks celery, diced  
2 cloves garlic, minced  
6 cups vegetable stock or water  
1 bay leaf  
28-oz. can low sodium, organic tomatoes with juice  
½ cup brown rice  
1 lb. Fresh cut green beans, cut into  
1" pieces or a 10-oz. package frozen cut green beans  
Vegetables or your choice (chopped cabbage, spinach, peppers, etc.) if desired  
Follow same cooking instructions for Minestrone soup.

### **Red Potato & Green Bean Salad** (4-6 servings]

4 medium red potatoes - washed, unpeeled. steamed.  
or baked and cut into chunks (leftovers may be used)  
1 lb. fresh green beans -cleaned, cut into thirds and lightly steam  
2-4 Tbsp. olive or flaxseed oil  
2 tsp. balsamic vinegar  
¼-½ cup red onion, thinly sliced  
2 garlic cloves, slivered  
2 Tbsp. fresh basil and/or oregano, chopped (or 1 tsp. each dried herb )

Combine potatoes and beans with olive or flaxseed oil, vinegar, onion, garlic, basil and/or oregano.  
(For a pleasant flavor mix all the ingredients together except for the potatoes and chill. Just before serving, add warm potatoes to the cold salad.)

### **Vegetarian Chili** (4 servings)

1 Tbsp. olive oil  
1 medium onion, chopped  
2 whole carrots, diced  
4 cloves garlic, minced  
1 sweet red bell pepper, chopped  
1 green bell pepper, chopped  
1 jalapeno pepper, fresh finely chopped  
2 Tbsp. chili powder  
1 tsp. cumin

1 cup low sodium, organic kidney beans  
1 cup low sodium, organic pinto beans  
28-oz. can low sodium organic tomatoes, chopped (reserve juice)  
½ tsp. freshly ground pepper  
2 Tbsp. parsley, finely chopped

In a large (non-aluminum) soup kettle, heat oil over low heat: add onion. Carrot, garlic, and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid. Add chili powder and cumin and cook an additional 2-3 minutes, stirring occasionally. Add beans, tomatoes, and their juice. Simmer 20 minutes. Add pepper. Top bowls of chili with parsley. Freeze leftovers for later use.

### **Pasta & Beans** (4 servings)

16-oz can low sodium. organic white beans- navy, Great Northern (reserve liquid)  
3 Tbsp. olive oil  
2 onions, chopped  
2 carrots, chopped  
2 Tbsp. Dried basil  
1 tsp. dried oregano  
16-oz. can low sodium. organic tomatoes or 4 tomatoes, peeled and chopped  
½ cup bean liquid  
½ tsp salt  
½ lb. Rice elbow macaroni

Drain beans, reserving liquid. Heat 1-2 T. olive oil in a heavy casserole dish. Add onions, carrots, oregano and basil: cook until onions are wilted. Add tomatoes and juice, bean liquid. Salt and pepper. Cover and simmer for another 10 minutes, until the carrots are tender. Add the drained beans and simmer for another 10 minutes. Meanwhile, cook and drain the macaroni. Toss with 1 T. more olive oil and mix with bean sauce.

### **Slow Roasted Salmon** (8 servings)

2 lb. salmon fillets (about 1 ½ " thick)  
1-2 Tbsp. olive oil  
Sea salt to taste  
Black pepper to taste

Pre-heat oven to 275 degrees. Place salmon skin side down, in oven proof pan. Brush with olive oil. Roast uncovered until it flakes with a fork, about 25-30 minutes. Season it with sea salt and black pepper. Do not allow it to overcook. Serve warm or at room temperature on top of a salad. If you make one day ahead, refrigerate and bring to room temperature before serving.

### **Nutty Green Rice** (4 servings)

1 cup basmati rice  
2 cups water  
½ cup , almonds

½ small bunch parsley  
1 clove garlic  
1 ½ Tb. Lemon juice  
1 ½ Tb. Olive oil  
½ cucumber, diced  
Salt and pepper to taste

Bring water to a boil. Add rice, stir and simmer covered for 45 minutes (do not stir again). Remove from heat and let sit for another 10 minutes. Then remove cover and allow to cool. While rice is cooking, blend almond, parsley, garlic, oil, and lemon juice in a food processor. When rice is cool, stir with nut mixture. Add cucumber. Add salt & pepper to taste.

### **Greens & White Bean Soup** (4-5 servings)

1 Tbsp. olive oil  
2 medium garlic cloves, crushed  
1 large onion, chopped  
1 bay leaf  
1 stalk celery, diced  
1 medium carrot, diced  
5 cups water or vegetable broth  
2 cups cooked white beans  
½ lb. fresh escarole or spinach, chopped  
Salt and freshly ground black pepper to taste  
Nutmeg, freshly grated (optional)

In a 6-qt pot, sauté the onions and garlic in olive oil over low heat. When onions are soft, add bay leaf, celery, carrot, salt and pepper. Stir and sauté another 5 minutes. Add broth or water and cover. Simmer about 20 minutes. Add cooked beans and escarole or spinach. Cover and continue to simmer over very low heat another 15-20 minutes. Season to taste.

### **Ratatouille** (6 servings)

½ cup olive oil  
2 large onions, sliced  
3 garlic cloves. minced  
1 medium eggplant cut into 1" cubes  
2 green peppers. chopped  
3 zucchini squash, cut into ¼" slices  
28-oz. can low sodium. organic tomatoes. drained or 4 cups fresh tomatoes, chopped  
1 tsp. salt  
¼ tsp. pepper  
1 tsp. oregano  
½ tsp. thyme

In a 6-qt pot, saute onion and garlic in oil for 2 minutes. Add eggplant and stirfry for 5 minutes. Add pepper and cook 5 minutes. Add zucchini and cook for 5 more minutes. Then add seasonings and

tomatoes: cover and simmer for 30 minutes. Serve as a vegetable side dish or use to top rice noodles, quinoa, or spaghetti squash.

**Red Cabbage & Apple Salad** (4 servings)

Small head red cabbage, coarsely chopped  
10 radishes, sliced  
3 tart green apples, unpeeled, washed, and diced  
2 green onions, chopped  
1 stalk celery, chopped  
¼ cup walnuts, chopped  
1-2 Tbsp. lemon juice  
Dash of garlic powder  
2 Tbsp. olive oil  
1 Tbsp. balsamic or apple cider Vinegar

Mix everything in a serving bowl. Let it sit for an hour, stirring once or twice.

**Bean & Spinach Soup** (6 servings)

2 cups organic, low sodium white kidney beans (cannellini), canned or home-cooked  
1-2 cups organic, low sodium kidney or red beans, canned or home-cooked  
1 cup organic, low sodium garbanzo beans (chickpeas). canned or home-cooked  
4 cups fresh spinach or escarole. Washed, drained and chopped or 10-oz. package or frozen chopped spinach  
4 cups vegetable broth  
2 medium onions, chopped  
1 large garlic clove, minced  
1 tsp. dried basil  
1 tsp. dried parsley  
1 tsp. dried oregano  
Pepper to taste

Combine all ingredients and simmer about 45 minutes, until onions are soft.

**Quinoa Vegetable Soup** (4-6 servings)

¼ cup quinoa, well rinsed  
½ cup carrots, diced  
¼ cup celery, diced  
2 Tbsp. onion. chopped  
1 cup green pepper, diced  
2 cloves garlic, chopped  
2 tsp. olive oil  
4 cups water  
½ cup tomatoes, chopped

½ cup cabbage, chopped  
Salt and pepper to taste  
¼ cup fresh parsley, chopped

Sauté quinoa, carrots, celery, onions, green pepper, and garlic in oil until softened. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20-30 minutes or until tender. Season to taste and garnish with parsley.

(For variations, try adding some of your other favorite vegetables chopped and sautéed)

### **Quinoa Salad** (12 servings)

1 ½ -cups quinoa, rinsed well  
3 cups vegetable broth or water  
¼ cup Basic salad dressing  
1 red bell pepper, diced  
1 cup frozen baby peas, thawed  
1 cup diced red onion  
3 scallions, thinly sliced (with 4" of green included) or 1 shallot, chopped  
1 cup chopped fresh dill  
¼ cup chopped parsley

Add quinoa to broth or water in a medium saucepan. Stir and bring to a boil. Reduce to simmer. Cover and cook 15 minutes without stirring, or until liquid is absorbed. Remove to bowl and toss with salad dressing. Cool slightly and add remaining ingredients, tossing well with fork. Add more dressing as needed and adjust seasoning. (Add any leftover veggies for variety.)

### **Dilly Fish** (4servings)

1 lb. salmon fillets  
Salt and pepper to taste  
2 garlic cloves  
1 Tbsp. olive oil  
1 tsp. dried dill weed or 1 Tbsp. fresh dill weed  
1 Tbsp. lemon juice  
½ tsp onion powder

Preheat oven to 400 degrees. Rinse fish and put into a 9"x 13" baking dish. Sprinkle with salt and pepper. Sauté garlic in olive oil for 2 minutes. Add dill, lemon juice, and onion powder and pour over fish. Bake in preheated oven for about 15 minutes, basting with remaining sauce after 7 minutes. Do not overcook. fish is done when flakes easily with a fork.

### **Wilted Greens** (4 servings)

1 lb. collard or turnip greens, cleaned and chopped

¼ tsp. salt  
1 ½ Tbsp. olive oil  
1 small red or yellow onion, diced  
1 clove garlic, minced  
½ cup vegetable broth  
1-2 Tbsp. balsamic vinegar  
Black pepper to taste

Partially fill a 4-qt. saucepan with water and bring to a boil. Add greens and salt, stirring until wilted, about 1-2 minutes. Drain and rinse with cold water to stop cooking. When cooled, squeeze greens to remove excess water. In a large heavy skillet, heat olive oil over medium heat and sauté onion until soft and golden brown, about 5 minutes. Add garlic and stir for 1 minute, not allowing it to brown. Add greens and broth and continue to sauté, stirring occasionally, until broth evaporates and greens are tender, about 5 minutes. Add vinegar, and pepper to taste just prior to serving.

### **Oven Roasted Brussels Sprouts with Apples** (2 servings)

1 pint Brussels sprouts, cleaned and left whole  
1 small apple, peeled, cored, and cut into eighths  
1 tsp. olive oil

Preheat oven to 375 degrees. In a large bowl, toss Brussels sprouts, apple, and oil together. Cover a cookie sheet with aluminum foil; spread mixture evenly. Roast uncovered for 20-30 minutes stirring occasionally. Also try with cayenne pepper, lime juice, and/or unsweetened apple juice.

### **Salmon with Potatoes & Red Onions** (4 servings)

2 tsp. olive oil or coconut oil  
2 small red onions, diced  
1 red pepper, thinly sliced  
Salt and black pepper to taste  
1 lb. small potatoes, quartered  
1 ½ cups vegetable broth  
8 tarragon leaves  
4 skinless salmon fillets  
(4 oz. to 6 oz. each)

In a large skillet, heat oil over medium-high. Add onions and season with salt and pepper. Cook until onions are golden brown, 4 minutes, turning once. Add potatoes, broth, and 8 tarragon leaves, and bring to a boil. Reduce to a simmer and cover. Cook until potatoes are just tender when pierced with a knife, about 15 minutes. Season each fillet with salt and pepper. Place fish on top of potatoes. Cover and cook until opaque throughout, about 8 minutes. Do not overcook!

### **Fish Creole** (4 servings)

1 Tbsp. olive oil

1 onion, chopped  
1/4 cup thin-sliced celery  
1/4 cup green pepper, chopped  
1 garlic clove, minced  
2 Tbsp. fresh parsley or 2 tsp. dried  
1 bay leaf  
1/4 tsp. rosemary, chopped  
28-oz. can low sodium, organic tomatoes with liquid  
1 lb. fish fillets  
2 cups cooked white/brown rice or spaghetti squash

Heat oil in a large saucepan and lightly sauté the onion, celery, pepper, and garlic until soft. Add parsley, bay leaf, rosemary, and tomatoes. Simmer, uncovered, about 20 minutes. Add fish fillets in small pieces and simmer until cook through, about 5-7 minutes more. Remove bay leaf. Serve over cooked rice or spaghetti squash.

### **Baked Salmon with Salsa** (4 servings)

4 salmon, 8 oz. each  
4 tsp. olive oil  
1 Tbsp. lime juice  
1 Tbsp. cilantro, freshly chopped  
Salt and black pepper to taste

Preheat oven to 400 degrees. Brush 1 tsp. olive oil on a baking sheet and place fish, skin side down. Combine remaining olive oil, lime juice, and cilantro: and brush on each fillet. Sprinkle with salt and pepper to taste. Allow to sit for 15 minutes. Then bake for 20 minutes or until just cooked. Garnish with salsa (see recipe) and serve immediately.

### **Sweet Potato Squash Delight** (6-8 servings)

1 medium butternut squash, cut into chunks  
2 medium sweet potatoes cut into chunks  
1/4 tsp ginger  
1/2 tsp cinnamon  
Dash nutmeg  
1/4 cup unsweetened rice milk

Preheat oven to 350 degrees. Steam squash and sweet potato until tender. Remove peel, and puree in food processor. Add ginger, cinnamon, nutmeg, and rice milk. (Add enough rice milk for desired consistency of mashed potatoes.) Put mixture into 1 1/2 qt. Casserole dish. Garnish with a sprinkle of cinnamon and bake for 15 minutes.

### **Kasha Chili** (4-6 servings)

2 medium onions, diced  
2 medium peppers, diced  
1 Tbsp. olive oil  
28 oz. can low sodium, organic Italian tomatoes  
2 cups water  
15 oz. can low sodium, organic pinto or kidney beans. drained  
1-2 Tbsp. chili powder to taste  
4 cloves garlic, minced  
½ tsp cumin  
¼ tsp pepper, or to taste  
¼ cup whole kasha (buckwheat groats)  
Salt and black pepper to taste

In a 4-qt. saucepot, sauté onions and peppers in olive oil. Add tomatoes with their juice, water, beans, and spices. Bring to a boil, stir, and cover. Reduce heat and simmer for 10-15 minutes, then add kasha and cook 10-15 minutes more, until kasha is tender. Taste and adjust seasoning. Serve hot.

## **Snacks & Dressings**

### **Cauliflower Popcorn** (4 servings)

2 Tbsp. olive oil  
¾ - 1 lb. cauliflower  
Salt to taste

Preheat oven to 425 degrees. Brush 1 or 2 baking sheets with some olive oil. Cut cauliflower into 1" florets. Toss with olive oil and spread evenly on the baking sheet(s). Roast for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. This may also be served at room temperature.

### **Kale Chips** (4 servings)

Large bunch of kale  
2 Tbsp. olive oil  
Sea salt  
Curry powder or cumin to taste (optional)

Preheat oven to 415 degrees. Remove kale from stalk, cutting the greens into strips. Place a little olive oil in a bowl, dip your fingers, and rub a very light coating of oil over the kale. Lay the kale on a baking sheet and bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on it; it can burn quickly.

Turn the kale over, add a little salt, curry, or cumin to taste, and bake another 5 minutes. Remove and serve.

### **Tropical Salad** (4-6 servings)

1 avocado, cubed  
8 pineapple slices, cubed  
1 papaya or mango, cubed  
½ cup celery, diced

Combine all and garnish with fresh mint leaves.

### **Basic Salad Dressing** (2-3 servings)

½ cup flaxseed oil (or 2 Tbsp. each flaxseed and olive oils)  
1-2 Tbsp. vinegar (apple cider, rice, red wine, balsamic)  
½ -1 Tbsp. water  
1 tsp. mustard (any type except Dijon) (optional, but delicious), whisked into liquid for easy mixing  
Whole minced garlic, oregano, basil, or other herbs of choice. Increase recipe for more servings. Mix well in a shaker jar and store any leftovers in your refrigerator. Keep a jar in the refrigerator at work and one at home for convenience.

### **Hummus** (6 servings)

16-oz. can low sodium, organic garbanzo beans (chickpeas) or 2 cups home-cooked  
½ cup lemon juice  
2 Tbsp. olive oil or flaxseed oil  
2 cloves of garlic, crushed  
Paprika, sea salt. and fresh parsley to taste  
1 tsp. cumin  
¼ cup tahini (sesame butter)

Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley.

### **Baked Apples (or Pears)** (2 servings)

2 small apples or pears  
¼ cup water (or unsweetened apple/pear juice if permitted)  
½ tsp. cinnamon

Preheat oven to 350 degrees. Core apples and peel only the top ½ of the skin. Place in baking pan, pour water/juice over, and sprinkle with cinnamon. Bake for 20-30 minutes or until soft and juicy.

**Salsa** (4+ servings)

2 large tomatoes, diced

2 scallions chopped

1 Tbsp. cilantro chopped

1 clove garlic chopped

1 clove chopped

1 Tbsp. olive oil

2 tsp. fresh lime juice

Combine ingredients in bowl. Also makes a great topping for fish.

# Smoothie Recipes

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## Recipes for Days 2-9

**Go Green**

2 scoops recommended Trim Shake product (Vanilla or Orange Cream)

½ cup kale or collard greens-stems removed. Chopped, and firmly packed

¼ cup parsley leaves, loosely packed

½ small apple, cored and coarsely chopped

½ small pear, cored and coarsely chopped

¼-½ cup ice

8 oz. cold water

**Green Apple Twister** (1 serving)

2 scoops recommended Trim Shake product Vanilla flavors

1 small green apple or 1 small pear, cored and coarsely chopped

½ cup kale or spinach, chopped

8 oz. cold water

Pinch of cinnamon (optional)

2 ice cubes

## Recipes for Days 2-4 & 8-9

### **Rich & Fruity**

2 scoops recommended Trim Shake product Vanilla flavors

8-10 oz. cold water

2-3 ice cubes (omit if using frozen unit)

Choose 1 of the following:

½ banana

½ medium peach

½ cup pineapple, cubed (fresh or frozen)

¼- 1/3 cup organic berries of choice (fresh or frozen)

### **Peach Melba** (1 serving)

2 scoops recommended Trim Shake product Vanilla.

8-10 oz. cold water

1/3 organic raspberries (fresh or frozen)

½ medium peach or ½ medium nectarine

2 ice cubes (omit if using frozen berries)

### **Very Veggie Shake-Up** (1 serving)

2 scoops recommended Trim Shake product Vanilla

1/2 cup spinach, chopped

½ cup carrots, diced

8-10 oz. cold water

2 ice cubes

## Recipes for Days 2 & 9 Only

### **Pina Colada** (1 serving)

2 scoops recommended dōTERRA Trim Shake product

4 oz. unsweetened coconut milk

(box only. not canned)

4 oz. cold water

½ cup pineapple, cubed (fresh or frozen)

1 Tbsp. unsweetened, shredded coconut

1 tsp grated ginger

2 (omit if using frozen pineapple)

**Pineapple Chai Express** (1 serving)

2 scoops recommended Trim Shake product  
4 oz. unsweetened coconut milk (box only, not canned)  
½ cup pineapple, cubed (fresh or frozen)  
1 medium tangerine (or ½ large)  
2 ice cubes (omit if using frozen pineapple)

**Banana Berry Blast** (1 serving)

1 scoops recommended Trim Shake product  
4 oz. unsweetened almond, rice, hazelnut or coconut milk (box only, not canned)  
4-6 oz. cold water  
¼ cup organic strawberries (fresh or frozen)  
¼ cup organic raspberries (fresh or frozen)  
½ small banana  
2 ice cubes

**Berry Delight** (1 serving)

2 scoops recommended Trim Shake product  
4 oz. unsweetened almond, rice, hazelnut, hemp milk  
4-6 oz. cold water  
½ cup strawberries, blueberries, or raspberries (fresh or frozen)  
2 ice cubes (omit if using frozen berries)

**Cranberry Delight** (1 serving)

2 scoops recommended Trim Shake product  
4-6 oz. unsweetened almond, rice, hazelnut, or hemp milk  
¼ cup unsweetened cranberries (fresh or frozen)  
¼ cup organic blueberries (fresh or frozen)  
4 oz. cold water  
2 ice cubes (omit if using frozen berries)

**Peachy Chai Latte** (1 serving)

2 scoops recommended Trim Shake product  
4 oz. unsweetened almond milk  
1 Tbsp. almond butter  
1 medium peach, sliced  
4 oz. cold water  
¼ tsp. cinnamon  
2 ice cubes

**Tropical Breeze** (1 serving)

2 scoops recommended Trim Shake product

4 oz. unsweetened almond, hazelnut, or coconut milk (boxed only, not canned)  
4-6 oz. cold water  
½ small banana  
4 strawberries  
2 ice cubes

**Mango Tango** (1 serving)

2 scoops recommended Trim Shake product  
4 oz. unsweetened coconut milk (box only, not canned)  
4-6 oz. cold water  
½ cup mango, diced (fresh or frozen)  
2 mint leaves  
2 ice cubes (omit if using frozen mango)

**Almond Reverie** (1 serving)

2 scoops recommended Trim Shake product  
4 oz. unsweetened almond milk  
4-6 oz. cold water  
1 Tbsp. almond butter  
2 ice cubes

**Sweet Potato Pie** (1 serving)

2 scoops recommended Trim Shake product  
4 oz. unsweetened almond milk  
½ cup sweet potato, mashed  
¼ tsp. pumpkin pie spice  
4 oz. cold water  
2 ice cubes