

# **Shopping List For The 14-Day Red Smoothie Detox**

## **Ingredients List Days 1-5**

Powdered cinnamon

Unsweetened almond milk, 64 ounces by volume

Stevia powder in packets

Cayenne pepper

Raisins, 4 ounces by volume

Rolled oats, 8 ounces by volume

Coconut water, 24 ounces by volume

Pomegranate juice, 16 ounces by volume

Dried goji berries, 4 ounces by volume

Raw, unsalted cashews, 4 ounces by volume

5 cups frozen mango chunks (40 ounces by volume)

Fresh ginger root (1-inch section)

1 small red apple

1 pineapple

5 bananas

2 cups berries (fresh or frozen, 16 ounces by volume)

2 bunches fresh baby spinach

2 small heads leaf lettuce, or one larger head of leaf lettuce

1 small head baby bok choy

6 mandarins

1 bunch red beets

1 fresh lemon

6 fresh limes

1 ruby red grapefruit OR 2 blood oranges

Remember to purchase additional foods for snacking. Eggs to boil, celery, cucumbers, carrots, grape tomatoes, salad greens, apples, pears, nuts, and pumpkin seeds are all fantastic choices.

### **Ingredients List Days 6-9**

Unsweetened coconut milk, 16 ounces by volume

Unsweetened almond milk, 32 ounces by volume

Coconut water, 8 ounces by volume

1/4 cup raw, unsalted almonds, 2 ounces by volume

1/2 cup raisins, 4 ounces by volume

1/2-inch section ginger root

5 cups frozen sweet cherries, 40 ounces by volume

4 cups fresh or frozen cranberries, 32 ounces by volume

4 cups fresh or frozen raspberries, 32 ounces by volume

2 cups fresh or frozen blackberries, 16 ounces by volume

2 cups fresh or frozen strawberries, 16 ounces by volume

3 bananas

16 plums

1 small head of green leaf lettuce

1 bunch baby bok choy

2 bunches fresh baby spinach

1 lemon

Remember to purchase additional foods for snacking. Apples, celery, and carrots, for crunch, cucumbers to sprinkle with apple cider vinegar, heirloom tomatoes, salad greens, peaches or plums, apricots, and pistachios are all wonderful options. If you want to eat eggs, be sure to get organic ones from free-range hens. You can save money on these eggs by purchasing them directly from farmers who produce eggs in small volumes. These people often set up at farmer's markets or sell their eggs directly from their farms.

### **Ingredients List Days 10-14**

Unsweetened almond milk, 24 ounces by volume

Unsweetened pomegranate juice, 4 ounces by volume

Coconut water, 8 ounces by volume  
7 cups fresh or frozen strawberries, 86 ounces by volume  
2 cups frozen mango chunks, 16 ounces by volume  
1 cup frozen pineapple chunks, 8 ounces by volume  
2 cups fresh or frozen sweet cherries, 16 ounces by volume  
5 cups fresh or frozen raspberries, 40 ounces by volume  
1 small seedless watermelon  
2 bunches baby bok choy  
1 small head of leaf lettuce  
1 small head of red cabbage  
1 bunch baby spinach  
4 cups red seedless grapes, 32 ounces by volume  
1 medium beet  
1 banana  
1 red apple  
5 oranges  
1 ruby red grapefruit OR 2 blood oranges  
1 lemon

### **Superfoods to buy**

Click the links below to purchase these directly from Amazon.com

[Maca Powder](#)

[Chia seeds](#)

[Pure Vanilla](#)

[Organic Cocoa Powder](#)

Remember to purchase some additional foods for snacking. Do you have enough eggs? What about crunchy snacks like nuts, seeds, crisp celery, cucumbers, apples, and carrots? Remember some extra greens, too!

## **Base Smoothies For The 14-Day Detox**

### **Mandarin Zinger**

Lightly sweet with just the right amount of zip to wake up your taste buds, this smoothie offers a delicate hint of spice that will have you hooked in a heartbeat. The beets contain lots of vitamins and minerals that help get your detox off to a great start by helping to purify your liver as well as your blood. The delicate sugars they contain are released gradually into your system, providing steady energy that lasts. Add a luscious mélange of apple, banana and tart citrus, and you've got an incredibly healthy, delicious meal.

- 1 teaspoon cinnamon
- 2 bananas, peeled and cut in one-inch chunks
- 1 inch peeled ginger root
- 1 small red apple, cored
- 2 handfuls fresh baby spinach
- 6 fresh mandarins, peeled and seeded
- ½ cup red beetroot, scrubbed, peeled, and cut in one-inch chunks
- Juice of one fresh lemon
- 2 tablespoons chia seeds soaked in 4 cups water

Toss the banana chunks with the cinnamon to help ensure even mixing. Add the rest of the ingredients and blend away! You'll know you're finished when your smoothie has a smooth, creamy consistency.

### **Coconut Red Velvet Smoothie**

While this smoothie makes day two of your cleanse an absolute pleasure, it also happens to make an excellent stand-in for dessert. Make this recipe for guests sometime and watch their amazement when they hear that it contains a few super-secret ingredients!

- 3 cups unsweetened almond milk
- 1 ½ cups beets, peeled and cut in 1-inch chunks
- 2 handfuls lettuce leaves
- 6 packets stevia powder (more to taste, if needed)

- 5 tablespoons cacao powder
- ¼ cup raw, unsalted cashews, soaked in water overnight
- 1 ½ teaspoons vanilla extract
- 2 cups ice cubes made with coconut water

Pour the almond milk into the blender, and then add everything else. Process until velvety smooth, and enjoy! If it's summertime and you'd like to enjoy a frozen treat, pour some of this mix into your popsicle molds and you'll discover a whole new, utterly nutritious way to cool off.

### **Mango Sunset**

Today you're in for a treat – a wonderful smoothie with plenty of tart sweetness and just a little kick. Omit the cayenne if you're sensitive, but try it if you're merely feeling a bit of trepidation. The capsaicin it contains gives your metabolism a boost and treats you to a totally unique flavor that you're likely to find irresistible.

- 2 cups pure pomegranate juice
- 5 cups frozen mango chunks
- 2 teaspoons to 1 tablespoon maca powder
- 6 tablespoons dried goji berries
- 2 handfuls baby bok choy leaves
- ½ teaspoon cayenne pepper (more or less to taste)
- 4 packets stevia powder (more to taste, if needed)
- Juice of two fresh limes
- 1 tablespoon chia seeds soaked in ½ cup water

Pour the pomegranate juice into the blender. Add the rest of the ingredients and blend until smooth. If your smoothie seems to thick, add more water in ¼ cup increments.

### **Inca's Secret Smoothie**

This red smoothie is an exotic one, and the combination of flavors inside add up to pure intoxication. Limes, chili, velvety chocolate, and a mix of summer berries provide craveable nutrition you won't be able to get enough of!

- 3 cups unsweetened almond milk
- 2 bananas, peeled and cut in one-inch chunks
- 2 cups frozen mixed berries or mixed fresh berries, your choice
- 2 handfuls baby spinach
- 1 cup rolled oats
- ¼ cup soaked cashews
- 4 tablespoons cacao powder
- ½ cup raisins
- ¼ to ½ teaspoon cayenne pepper (use just a pinch if you dislike spicy foods)
- Juice from 4 fresh limes

Pour the almond milk into the blender. Add the banana and blend until smooth. Add the berries and process until well-blended. Finally, add the rest of the ingredients and continue to blend until the mixture is silky smooth.

### **Tropical Tango Smoothie**

With tangy pineapple and citrus, smooth, sweet bananas, and mild tasting lettuce leaves, this concoction is one that might just make it onto your list of favorites. Add a helping of maca powder to give it an extra boost, if you like!

- 2 cups unsweetened almond milk
- 2 bananas, peeled and cut in one-inch chunks
- 2 handfuls lettuce leaves
- 3 cups fresh pineapple, cut in one-inch chunks
- 1 ruby red grapefruit or 2 blood oranges
- Ice cubes made from 8 ounces of coconut water
- 1 teaspoon vanilla extract

Pour the almond milk into the blender. Add everything but the ice and process until well-blended. Finally, add the ice cubes, blend until smooth, and enjoy. If the smoothie doesn't seem sweet enough, add a little stevia.

## **Cherry Champion**

Frozen cherries, chocolate, and coconut milk come together to make this a smoothie that tastes like a decadent dessert. If you dislike coconut milk or prefer the taste of another type of non-dairy milk, feel free to make a substitution. Note that the coconut milk in this recipe isn't the fat-laden canned kind; instead, it's the type available in cartons from companies such as Silk and So Delicious Dairy Free.

- 2 cups unsweetened coconut milk
- 5 cups sweet cherries, frozen, pits removed
- 2 handfuls baby spinach
- 3 tablespoons cacao powder
- Ice cubes made with 1 cup coconut water
- 1 – 2 packets of stevia powder, if needed
- 1/2 teaspoon vanilla

Pour the coconut milk into the blender. Add the remainder of the ingredients and blend until smooth. You can add more superfoods to this smoothie for even more nutritional value.

## **Cranberry Blast**

Tart and tangy, cranberries are just right for pairing with sweeter fruits, nutty maca, and even cacao. The more you get to know cranberries, the more often you may find yourself adding them to your smoothies! If you have trouble finding fresh or frozen cranberries for this recipe, look for organic dried cranberries, either unsweetened or sweetened only with apple juice.

- 4 cups water
- 4 cups fresh or frozen cranberries, or one cup dried cranberries soaked in one cup of water
- 2 cups fresh or frozen raspberries
- 1 banana, peeled and cut in one-inch chunks
- 2 handfuls baby bok choy
- 1/4 cup raw, unsalted almonds

- 2 teaspoons to 1 tablespoon maca powder
- Juice from one lemon
- 1 teaspoon vanilla
- 2 to 4 packets of stevia, to taste

Pour the water into the blender, then add the rest of the ingredients and process until smooth. If you are using rehydrated cranberries, you may need to add a little more water, about ¼ cup at a time. If you're craving the flavor of chocolate, you can add a tablespoon or two of cacao to transform this recipe. If you do add cacao, you may need to increase the amount of stevia by one to two packets.

### **Triple-Berry Treat**

Fiber-rich berries combine with almond milk, chia seeds, maca, cacao, and vanilla to create a sumptuous treat that will have you craving more. Drink up! This smoothie helps fight inflammation and gives your detox a powerful boost.

- 2 cups unsweetened almond milk
- 2 cups fresh or frozen strawberries
- 2 cups fresh or frozen blackberries
- 2 cups fresh or frozen raspberries
- 2 handfuls lettuce leaves
- 2 teaspoons to 1 tablespoon maca powder
- 2 tablespoons chia seeds soaked in ½ cup water
- 2 tablespoons cacao
- 1 teaspoon vanilla

Pour the almond milk into the blender. Add the rest of the ingredients and process until well-blended. Taste-test this recipe before pouring it out of the blender. Depending on the sweetness of the berries, you may find you need to add one or two packets of stevia.

### **Plum Passion**

Time to kick things up with just a hint of spice! Rich in fiber and brimming with delicious flavor, this smoothie contains fresh ginger that counteracts its natural sweetness perfectly. When choosing plums, pick ones that have a deep,



even color. Store them on the countertop if they're not quite ripe when you bring them home, and by the time you're ready to make this smoothie they should be at their peak.

- 2 cups unsweetened almond milk
- 2 bananas, peeled and cut in one-inch chunks
- 16 plums, pits removed
- 2 handfuls baby spinach
- 1/2 cup raisins soaked in 1/2 cup water
- 1/2-inch section ginger root, peeled
- 2 tablespoons chia seeds soaked in 1/2 cup water
- 1/2 teaspoon vanilla

Pour the almond milk into the blender. Add the rest of the ingredients and process until smooth. This smoothie should be naturally sweet, just a little tart, and a tiny bit spicy. Add a bit more ginger to increase the spice, and make it even spicier by putting in a pinch of cinnamon or nutmeg.

### **Strawberry Mango Madness**

Wake up your taste buds and enjoy energy that lasts all day! This luscious smoothie is brimming with fruit flavor; best of all, it provides an immunity-boosting blast of vitamin C, along with plenty of fiber.

- 2 cups unsweetened almond milk
- 3 cups fresh or frozen strawberries
- 2 cups frozen mango chunks
- 1 cup frozen pineapple chunks
- 2 handfuls baby bok choy
- 2 teaspoons to 1 tablespoon powder
- 2 tablespoons chia seeds soaked in 1/2 cup water
- 1 or 2 packets of stevia (optional)
- 1 teaspoon vanilla

Pour the almond milk into the blender. Add the rest of the ingredients and blend until smooth. Make this smoothie even more nutritious by adding a superfood such as spirulina or blue-green algae.

### **The Grape Escape**

Grapes, strawberries, oranges, and beets contribute to this powerful red smoothie. Want to make it even more powerful? Buy your beets with their tops still intact throw the leaves right into the blender along with the rest of the ingredients. C'mon, I dare you!

- 4 cups red seedless grapes
- 2 cups fresh or frozen strawberries
- 1 banana, peeled and cut into one-inch chunks
- 1 medium beet, peeled and chopped
- 1 orange, peeled and seeded
- 2 handfuls of lettuce leaves
- 2 tablespoons chia seeds soaked in ½ cup water

Process the grapes in the blender, then add the rest of the ingredients and continue to blend until smooth. Remember my challenge to add the beet tops! If you find the taste to be a little bitter, add one or two packets of stevia.

### **Cherry Berry Bliss**

Gorgeous red fruits and a surprise “green” give this smoothie incredible color and an irresistible flavor. Don't be surprised if others beg you for a sip!

- ½ cup unsweetened pomegranate juice
- 1 red apple, seeded
- 1 orange, peeled
- 2 cups fresh or frozen sweet cherries
- 2 cups fresh or frozen strawberries
- 2 cups fresh or frozen raspberries
- ¼ cup red cabbage leaves
- 2 tablespoons chia seeds soaked in ½ cup water

- 1/2 teaspoon vanilla

Pour the pomegranate juice into the blender. Add the apple and orange, and blend until smooth. Add the rest of the ingredients and process until well-blended.

### **Melon-Berry Marvel**

Berries, Melon, and citrus come together to create a delicious medley you'll want to enjoy more than once. This simple smoothie has a light, refreshing texture; freeze all the ingredients before blending and dish it up for dessert sometime!

- 1 cup coconut water
- 1 ruby red grapefruit, peeled and seeded OR 2 blood oranges, peeled and seeded
- 6 cups watermelon chunks
- 2 handfuls baby bok choy
- 1/2 teaspoon vanilla

Pour the coconut water into the blender, then add the rest of the ingredients and process until smooth. If you'd like to add some protein and make the texture a bit thicker, add 2 tablespoons of chia seeds to the coconut water and let them soak overnight before making the smoothie.

### **Citrus Surprise**

Celebrate the final day of your detox with this decadent-tasting smoothie, which combines the essence of citrus, red berries and chocolate into one amazing flavor sensation.

- 1 cup unsweetened almond milk
- 3 oranges, peeled and seeded
- 3 cups fresh or frozen raspberries
- 2 handfuls baby spinach
- 3 tablespoons cacao powder
- Juice from one lemon
- 2 to 3 packets of stevia

- 1/2 teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. You can add an energy boost by incorporating a helping of maca powder into the mix!

## 14 Bonus Red Smoothie Fat Cleansing Recipes For The 14-Day Detox

### Maca-Melon Madness

Sweet watermelon and citrus come together with energizing maca to create a delicious medley that will keep you going for hours. This light, refreshing smoothie is perfect for enjoying in hot weather.

- 1 cup coconut water
- 2 oranges, peeled and seeded
- 6 cups watermelon chunks
- 2 handfuls red leaf lettuce
- 2 teaspoons to 1 tablespoon maca powder
- 1/2 teaspoon vanilla

Pour the coconut water into the blender, then add the rest of the ingredients and process until smooth. If you'd like to make this smoothie thicker while adding some protein, add 2 tablespoons of chia seeds to the coconut water and let them soak overnight before making the smoothie.

### Raspberry Zinger

Ripe raspberries and succulent citrus give this recipe flavor galore. This simple smoothie has a refreshing taste that even those who aren't familiar with smoothies will appreciate. If you're trying to get a friend or family member to try smoothies, this recipe is definitely one to consider.

- 1 cup unsweetened almond milk
- 1 ruby red grapefruit, peeled and seeded OR 2 blood oranges, peeled and seeded
- 6 cups fresh or frozen raspberries
- 2 handfuls baby bok choy
- 2 to 4 packets stevia
- 1/2 teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth.

## **Strawberries and Cream**

Delicious strawberries, luscious almond milk, and plenty of vanilla give this recipe an astonishing berry flavor that almost everyone loves. It's an excellent one for freezing in popsicle molds, or freezing in ice cube trays and re-blending to create a delicious frozen dessert that's 100 percent guilt free.

- 2 cups unsweetened almond milk
- 6 cups fresh or frozen strawberries
- 2 handfuls leaf lettuce
- 2 to 4 packets of stevia
- 1 teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. If you'd like to add some protein and make the texture a bit thicker, add 2 tablespoons of chia seeds to the almond milk and allow them to soak overnight before making the smoothie.

## **Chocolate Covered Strawberries**

A favorite romantic treat is reimagined in this delicious, nutritious smoothie. It tastes so good, you won't believe that it's doing amazing things for your health.

- 3 cups almond milk
- 5 cups fresh or frozen strawberries
- 2 handfuls kale
- 2 tablespoons cacao powder
- 4 packets stevia
- 1/2 teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. If you like this recipe, try it with raspberries instead of strawberries. The flavor will be a little different but equally delicious!

## **Cranberry Energy**

A medley of zingy berries, a bit of maca, protein-rich chia seeds, and sweet bananas come together to create a filling smoothie that gives you the energy you need to make it through the most demanding workday.

- 1 cup unsweetened pomegranate juice
- 2 bananas, cut in one-inch chunks
- 2 cups fresh or frozen cranberries
- 2 cups fresh or frozen raspberries
- 2 cups fresh or frozen strawberries
- 2 handfuls baby spinach
- 2 teaspoons to 1 tablespoon maca powder
- 2 to 4 packets stevia
- 1/2 teaspoon vanilla

Pour the pomegranate juice into the blender, then add the rest of the ingredients and process until smooth. This smoothie can be quite tart if the strawberries and raspberries you're using are on the sour side; you may find that you need to add more stevia to get the taste you crave.

### **Berry-Mint Delight**

Berries, melon, citrus, and just a hint of mint come together to create a delicious medley that refreshes the body and mind. This delicious smoothie has a light, refreshing texture that makes it perfect for warm weather.

- 1 cup coconut water
- 1 orange or blood orange, peeled and seeded
- 2 cups watermelon chunks
- 2 cups fresh or frozen strawberries or raspberries
- 2 cups blueberries
- 2 handfuls baby bok choy
- 1 small handful fresh peppermint leaves
- 2 tablespoons chia seeds soaked in 1/2 cup water
- 1/2 teaspoon vanilla

Pour the coconut water into the blender, then add the rest of the ingredients and process until smooth. Treat yourself to an energy boost by adding one or two tablespoons of maca powder to the mix.

### **Berry Lemon Drop**

Berries and tangy lemon combine to create a sensational smoothie that you're sure to love. Chia and cashews mellow the flavor and add protein, while banana adds a hint of creamy sweetness.

- 1 cup almond milk
- 1 banana, cut into chunks
- 5 cups fresh or frozen raspberries
- Juice from two lemons (meyer lemons are preferable, if you can get them)
- 2 handfuls baby bok choy
- 2 tablespoons chia seeds, soaked in 1/2 cup water
- 1/4 cup raw cashews
- 4 packets stevia powder
- 1/2 teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. Taste test before removing from the blender to be sure the results aren't too tangy, and add more stevia if needed.

### **Peanut Butter and “Jelly”**

Enjoy the classic taste of a childhood favorite with this luscious yet nutritious smoothie! Super-filling and packed with protein, it helps beat hunger and makes cravings a thing of the past. This smoothie is a good one for kids of all ages.

- 1 cup almond milk
- 1 banana, cut into chunks
- 4 cups fresh or frozen strawberries
- 1 cup goji berries, soaked in 1/2 cup water
- 2 handfuls baby spinach



- 4 tablespoons unsweetened peanut butter
- 2 to 4 packets stevia
- 2 tablespoons chia seeds soaked in ½ cup water
- ½ teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. Taste test before pouring out of the blender, and add more berries or peanut butter to adjust the flavor to your liking.

### **Banana Nut Sundae**

Bananas, nuts, and cacao come together with red veggies and leafy greens to create a sumptuous surprise that you'll love. It tastes so good, you might not believe it's giving your body a boost!

- 3 cups unsweetened almond milk
- 4 bananas, cut into 1-inch chunks
- ½ cup cashews
- 1 medium beet, cut into chunks
- 1 cup red cabbage leaves
- 2 teaspoons to 1 tablespoon maca powder
- 3 tablespoons cacao powder
- 2 handfuls leaf lettuce
- 2 tablespoons chia seeds soaked in ½ cup water
- 4 to 6 packets stevia powder
- 1 teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. If serving to kids, omit the maca powder.

### **Pumpkin-Apple Pie**

Believe it or not, raw pumpkin is one of the most nutritionally dense veggies there is. Combined with sweet red apples and warm spices, it is transformed into a wonderful treat that tastes almost too good to be true.

- 1 cup unsweetened almond milk
- 2 cups raw pumpkin meat, cubed
- 4 red apples (McIntosh are fantastic)
- 2 handfuls baby bok choy
- 2 tablespoons chia seeds soaked in ½ cup water
- 4 to 6 packets stevia
- ½ teaspoon pumpkin pie spice
- 1 teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. For an extra-festive touch and just a little more authentic flavor, top your smoothie with a pinch of ground nutmeg.

### **Apple-Almond Delight**

Bright red apples, protein-rich almonds, and sweet spices combine with bananas and greens, making this smoothie delicious as well as nutritious.

- 2 cups unsweetened almond milk
- 6 red apples, cored
- ½ cup raw almonds
- 2 handfuls spinach
- 2 handfuls baby bok choy
- 2 teaspoons to 1 tablespoon maca powder
- a pinch of nutmeg
- a pinch of ground clove
- 4 packets of stevia powder
- 1 teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. If you'd like to add some protein and make the texture a bit thicker, add 2 tablespoons of chia seeds to the almond milk and let them soak overnight before making the smoothie.

## **Apricot Sunset**

This smoothie provides an abundance of luscious fruits and plenty of protein, making a delicious addition to any day.

- 2 cups unsweetened almond milk
- 1 medium beet, peeled and cut into cubes
- 5 plums, pitted
- 3 peaches, pitted
- 16 apricots, pitted
- 2 handfuls red leaf lettuce
- 2 tablespoons chia seeds soaked in ½ cup water
- ½ teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. Taste test before pouring the smoothie out of the blender and add some stevia if needed.

## **Tutti Fruity Smoothie**

Take a little bit of everything, throw it in the blender, and you've got the crazy concoction known as the tutti fruity smoothie. Inspired by the famous ice cream with the same name, this is a fun recipe to share with kids.

- 2 cups coconut water
- 2 cups watermelon chunks
- 1 cup fresh or frozen sweet cherries
- 1 cup fresh or frozen raspberries
- 1 cup fresh or frozen strawberries
- 1 cup red grapes
- 2 handfuls baby bok choy
- 2 tablespoons chia seeds soaked in ½ cup water
- ½ teaspoon vanilla

Pour the coconut water into the blender, then add the rest of the ingredients and process until smooth. If you're not serving this to kids, give it some extra kick by adding a heaping helping of maca powder.

### **Savory Tomato Smoothie**

When you're craving something savory, this delightful smoothie comes to the rescue. Packed with colorful veggies, it delivers a pleasant, spicy kick that you can adjust to please your palate.

- 1 cup water
- 6 large red tomatoes
- 2 carrots, cut into chunks
- 1 red bell pepper, seeded
- 1 handful red cabbage leaves
- 2 handfuls baby spinach
- 2 handfuls leaf lettuce
- 2 teaspoons to 1 tablespoon maca powder
- Juice from one lime
- 1/2 jalapeno pepper, seeded OR cayenne pepper to taste
- Pinch of sea salt

Pour the water into the blender, then add the rest of the ingredients and process until smooth. If you'd like to add some protein and make the texture a bit thicker, add 2 tablespoons of chia seeds to the water and let them soak overnight before making the smoothie. Note: If you are not a fan of spice, feel free to omit the jalapeno or cayenne.

# **Delicious, Nutritious Protein Packed Recipes For The 21 Day Meal Plan**

## **Breakfast Smoothies**

Some of the recipes below will yield 1 serving of smoothie while other will yield up to 2 servings. You should drink 1 cup of smoothie for breakfast so if you have more left store it in your fridge and have another glass between lunch and dinner for a mid-day boost!

### **Anti-Inflammatory Ginger Beet Smoothie Recipe**

- 2 cups water (mineral optional)
- 1 medium beet
- 1 ripe banana
- 1 scoop plant based protein powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 inch ginger root peeled

Combine filtered water, beets, and bananas in a high-speed blender, add vanilla extract and ginger and blend till smooth.

### **Rejuvenating Red Smoothie Delight**

- 1 1/2 cups Strawberries, fresh or frozen
- 1/2 cup Tomato
- 1/2 cup Beets
- 1 tablespoon Chia seeds
- 1 teaspoon maca powder
- 1/4 teaspoon Cinnamon
- 1 cup Coconut water

Put all the ingredients in a blender and puree until smooth. Add tap water until it reaches the desired consistency.

### **Red Velvet Dessert Smoothie**

- 1 cup almond milk (or any plant-based milk)
- 1 large ripe bananas, frozen & sliced
- 1 1/2 cups frozen raspberries
- 1-2 tablespoon cocoa powder or raw cacao powder
- 2 dates, pitted, chopped
- Pinch of sea salt
- 2 tablespoons hemp protein

Blend all ingredients in a high-powered blender until thick and creamy. Pour into a glass and top with berries & cacao nibs.

### **Red Smoothie Orange Zinger**

- 5 cubes ice
- 1 blood orange, peeled and segmented
- 1 organic banana, sliced
- 1/2 guava, ends trimmed, then quartered
- 1 cup almond milk
- 1 tsp of Chia Seeds
- Teaspoon Goji berries

Add ice cubes to the blender, 1 cup of almond or coconut milk and a teaspoon of Chia seeds. Blend until the mixture turns a rich red and enjoy!

### **Mint Chocolate Superfood Smoothie**

- 1 cup raw spinach
- 1 large frozen banana
- 1 tsp cashew nuts
- 3 tbsp cacao nibs
- 2 tbsp (packed) minced fresh mint leaves
- 1 tsp vanilla extract
- 1 cup rice milk (original variety)
- 1/4 cup coconut water
- Sweetener, to taste

Tip: Add 1/4 teaspoon chlorella powder for a super powered detox boost

Blend all the ingredients together until smooth. Taste, and sweeten as desired.

### **Green Mango Detox Smoothie**

1 scoop protein powder

1 tsp cocoa powder

1 cup frozen mango

1 handful spinach

1 orange

1 banana

1 handful parsley

1/2 cup water (mineral optional)

Add all ingredients into a high powered blender. Blend until smooth and creamy - enjoy!

### **PB&J Pick-Me-Up Smoothie**

1 cup Almond or Rice Milk

1 cup frozen raspberries or strawberries

1 Scoop Protein Powder

1 ripe Banana

1 tbsp Peanut Butter

Add all ingredients into a high powered blender. Blend until smooth and creamy - enjoy!

## **Lunches**

### **Tuscan Tuna with Lemon Dressing**

Enjoy this fresh take on a Northern Italian favorite. Make it a day ahead to let the flavors blend. (Makes 2 servings)

- 1 6-ounce can chunk light tuna in water, drained
- 8 ounces cooked cannellini beans
- 2 green onions, trimmed and thinly sliced
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon fresh basil, finely chopped
- Sea salt and ground pepper to taste

Combine all ingredients in a bowl with a tight fitting lid, stirring gently to mix. Refrigerate. Serve on top of a bed of greens or inside a wrap.

### **Chicken and Black Bean Salad**

Just a little spicy, this filling salad is great for lunch or a light dinner. (Makes 2 servings)

- 1 cup cooked chicken breast, diced
- 1 cup cooked black beans
- 1/2 cup diced red bell pepper
- 1/2 cup diced celery
- 1/2 cup shredded carrot

- 1 cup cherry tomatoes, cut in quarters
- ¼ cup chopped cilantro
- 1 small clove garlic, finely chopped
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons fresh lime juice
- ¼ teaspoon cayenne pepper
- Sea salt and cracked black pepper to taste

Combine all ingredients in a medium-sized bowl and stir gently to mix. Serve atop a bed of mixed greens.

### **Grilled Chicken Salad with Apples**

Slightly sweet and perfectly crunchy, this salad provides plenty of protein and fiber, and it's packed with flavor. (Makes 2 servings)

- 1 cup chopped grilled chicken breast
- 1 tablespoon thin red onion slices (optional)
- 1 tablespoon golden raisins
- 1 tablespoon mild Dijon mustard
- 1 tablespoon extra-virgin olive oil
- Sea salt and pepper to taste
- 1 apple, thinly sliced and tossed with the juice of a fresh lemon to prevent browning

Combine everything but the sliced apple in a medium-sized bowl and stir gently to mix. Lay mixed greens on a plate, top with sliced apples, and then top with chicken salad.

### **Greens and Beets Salad with Pecans and Gorgonzola**

This colorful salad is perfect for a light lunch, and makes a wonderful addition to a festive autumn dinner as well. (Makes 2 servings)

- 2 medium beets, peeled, boiled until tender, and cut into ½-inch chunks
- Juice from 1 fresh orange



- 1 tablespoon balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 6 ounces mixed salad greens
- 1 pear, thinly sliced
- 1 ounce gorgonzola cheese, crumbled
- 1/2 cup pecans, chopped

In a medium bowl, combine the orange juice, balsamic vinegar, olive oil, and sea salt and pepper to taste. Whisk until blended, then add the beets and pecans, stirring gently to combine. Lay the greens on a plate, top them with the beets, then top with sliced pear and gorgonzola. Sprinkle chopped pecans on top.

### **Cranberry Chicken Wraps**

Tasty and nutritious, these wraps are packed with flavor. This recipe is easy to double or triple to feed a larger number of people, and is sure to become a lunchtime favorite. (Makes 2 servings)

- 1 cup cooked chicken breast, shredded
- 1 apple, cored and chopped into cubes
- 1 teaspoon extra-virgin olive oil
- 1/2 teaspoon lemon juice
- 1/4 cup unsweetened dried cranberries
- 1/4 teaspoon fresh rosemary, minced
- Sea salt and pepper to taste
- 2 Raw Wrap Spinach Tortillas
- 1 teaspoon balsamic salad dressing
- 1/2 cup baby spinach leaves

Combine the chicken, apple, cranberries, olive oil, lemon juice, rosemary, salt and pepper in a medium bowl and stir gently to blend. Spread an equal amount of balsamic salad dressing on each tortilla, then top with the baby spinach leaves. Divide the chicken mixture between the two tortillas. Fold in half and enjoy.

## **Chicken-Almond Salad with Summer Fruits**

Don't put the blender away just yet! This salad calls for a surprise ingredient that tastes better than any store-bought dressing. (Makes 2 servings)

### **Dressing**

- 4 fresh apricots
- ¼ cup fresh squeezed orange juice
- 2 teaspoons mild Dijon mustard
- 2 tablespoons red wine vinegar
- 1 packet stevia powder
- 1 tablespoon extra-virgin olive oil
- 1 pinch sea salt
- ¼ teaspoon black pepper

### **Salad**

- 2 fresh apricots, thinly sliced
- 2 fresh plums, thinly sliced
- 1 10-ounce package spring salad greens
- 1 tablespoon mint leaves, finely chopped
- 2 boneless, skinless chicken breasts, cooked and sliced into thin strips
- ¼ cup raw almonds, chopped

Place all dressing ingredients in the blender and process until smooth. For the salad, combine the spring greens with the apricots and plums, then mix in the dressing. Place the greens and fruit on plates and sprinkle with the chopped mint leaves, then top with sliced chicken breast. Top with raw almonds and serve.

## **Quinoa Salad with Goat Cheese**

This is a beautiful salad with every color of the rainbow represented, plus it's easy to take along. Double or triple it to share with friends and family. (Makes 2 servings)

- 1 cup cooked quinoa
- 1 cup cooked wild rice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon cranberry juice
- Sea salt and black pepper to taste
- 1 cup pitted sweet cherries, cut in halves
- 1/2 cup chopped fresh apple
- 1/2 cup diced celery
- 1/2 cup shredded carrot
- 1/4 cup crumbled goat cheese
- 1/4 cup chopped pecans

In a medium bowl, combine all ingredients but the goat cheese and pecans, and stir gently to mix. Divide the salad into two portions and serve in shallow bowls. Top with equal portions of goat cheese and pecans. For a heartier lunch or satisfying dinner, have a grilled chicken breast and some greens alongside this fiber-rich salad.

## **Dinners**

### **Chicken Stew with Autumn Vegetables**

Light, healthy, and perfectly satisfying, this rich-tasting stew is just the thing for a chilly day. Have a green salad alongside, if you like. (Makes 6 servings)

- 1 tablespoon extra-virgin olive oil
- 1 red onion, chopped
- 3 to 4 parsnips, peeled and sliced
- 3 carrots, peeled and sliced
- 32 ounces reduced sodium chicken broth
- 1 pound chicken breast, cut into 1-inch chunks
- 2 crisp apples, cored and thinly sliced

- 1 cup baby bok choy leaves, thinly sliced
- 1 teaspoon poultry seasoning
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground white pepper
- 3 tablespoons fresh chopped rosemary (optional)

In your favorite soup pot, combine the olive oil, onion, parsnip, and carrot. Cook gently over medium-low heat until onions are translucent, then add the chicken broth to the pot and increase the heat to medium. Add all remaining ingredients, reserving one tablespoon of chopped rosemary to top soup in bowls. Bring the soup to a simmer, stirring occasionally. Transfer to bowls, sprinkle each serving with a bit of fresh rosemary, and enjoy.

### **Tangerine Poached Salmon with Salad**

This zesty, Asian-inspired salmon is so delicious that it may become a favorite. Serve the salmon warm or chill it for a few hours and enjoy it cold. If you like, you can substitute trout or mahi-mahi for the salmon. (Makes 2 servings)

- 1/2 cup coconut water
- Juice from 2 tangerines
- Pinch of sea salt
- 2 6-ounce portions salmon, skin and bones removed
- 1 10-ounce package spring greens
- 2 radishes, thinly sliced
- 1/2 cup snow peas, thinly sliced
- 1 teaspoon fresh ginger, finely grated

Combine the coconut water and tangerine juice in a skillet. Bring to a boil over medium-high heat, then add fish and sprinkle with sea salt. Cover, reduce heat to medium, and cook for 4 to 8 minutes or until fish is opaque, turning halfway through.

While fish is cooking, combine the greens, radishes, and snow peas in a bowl. Once fish is done, transfer it to plates. Allow the liquid to cool slightly, then use it to coat the salad. Serve the salad on top of the fish, with any additional liquid on the plates alongside. Sprinkle with fresh ginger and enjoy.

## **Steak with Mango Marmalade**

A delicious way to enjoy a bit of red meat, this recipe is super-easy to make. Pair it with a fresh, green salad for a satisfying, protein-rich meal. (Serves 4)

### **Mango Marmalade**

- 2 cups diced fresh mango
- 1/2 cup low-sugar orange marmalade
- 1/4 cup chopped fresh cilantro
- 1 tablespoon chopped red onion (optional)
- 1/2 teaspoon red pepper flakes (optional)

### **Steak**

- 1 pound London broil or other lean steak
- 1 tablespoon extra-virgin olive oil
- Sea salt
- Black pepper
- Red Pepper

Make the mango marmalade up to a day in advance to allow the flavors to mingle. To prepare it, simply combine all ingredients in a medium bowl with a tight-fitting lid. Store it in the refrigerator until an hour before making the steak, as it becomes more flavorful at room temperature.

Preheat the grill or broiler. Meanwhile, brush both sides of the steak with the olive oil and sprinkle sea salt, black pepper, and red pepper on it according to taste. Grill or broil the steak to the preferred doneness.

If serving with salad, slice the London broil into thin strips and lay on top of the greens. Top each portion with mango marmalade and serve

## **Herbed Spaghetti Genovese**

Herbs and greens elevate traditional spaghetti Genovese to new heights, while fiber-rich whole grain pasta provides a touch of filling comfort. This sumptuous pasta is surprisingly quick and easy to make, and is wonderful when served alongside a bowl of minestrone soup and a simple green salad. (Makes 5 to 6 large servings)

- 2 cups baby spinach leaves
- 8 ounces uncooked spelt spaghetti
- 1 cup baby red skin potatoes, thinly sliced
- 1/2 pound fresh or frozen green beans
- 1/2 pound zucchini or yellow summer squash, sliced in bite size segments
- 1/2 cup organic pesto (look for a brand made with 100 percent olive oil)
- 1 teaspoon sea salt
- 1 teaspoon finely ground white pepper
- 1/4 cup chopped fresh basil
- 1/2 cup cherry tomatoes, sliced in quarters

Bring a large pot of water to boil over high heat. Add the spinach leaves and cook just until wilted, then remove and strain. Place the pasta and potatoes into the pot and allow to cook for five minutes.

In the meantime, place the wilted spinach into the blender and process it until smooth. Pour the pesto into the bottom of a large bowl and add the processed spinach to the bowl, along with the salt and pepper. Stir to combine.

After the pasta and potatoes have cooked for five minutes, add the green beans and zucchini to the pot. Cook for three minutes longer. When pasta and potatoes are cooked through, strain the mixture over the sink. When excess water has been eliminated, transfer the pasta and vegetables to the bowl with the spinach and pesto in it. Combine everything well and transfer to a serving dish or individual plates. Top each portion with chopped fresh basil and cherry tomatoes.

### **Chinese Five-Spice Chicken Wraps**

Fresh, simple, and super-delicious, these wraps are likely to become a favorite. Looking for a fun party recipe? This one is easy to double or triple to feed a crowd. (Makes 4 servings of about 6 wraps each)

- 1 tablespoon sesame oil
- 1 pound raw chicken breast, cut into 1/2" cubes
- 1 tablespoon fresh ginger, peeled and finely grated
- 1 cup cooked brown rice

- 1 8-ounce can sliced water chestnuts, rinsed and chopped into matchsticks
- 1 large red, yellow or orange bell pepper, chopped into matchsticks
- ½ cup low sodium chicken broth
- 3 tablespoons hoisin sauce
- 1 teaspoon Chinese five spice powder
- ½ teaspoon sea salt
- 1 large carrot, peeled and grated or cut into matchsticks
- ¼ cup chopped fresh cilantro
- ¼ cup chopped fresh basil (preferably Thai basil, but other varieties will work)
- 2 tablespoons thinly sliced scallions or chives
- 2 heads Boston lettuce with leaves separated, washed, and well-dried

Heat the oil in a large wok or skillet over medium-high heat. Add the chicken and ginger, stirring frequently with a wooden spoon for five to six minutes, until the chicken is cooked through. Add the cooked rice, the bell pepper, the water chestnuts, the chicken broth, the hoisin sauce, the sea salt, and the five spice powder. Allow the mixture to cook for about 1 minute.

To serve, divide the lettuce leaves evenly among plates and spoon some of the chicken mixture onto each leaf (a little goes a long way!) Top with the carrot and herbs and serve. To eat, roll the leaves into wraps.

### **Savory Grilled Salmon with Heirloom Tomatoes**

If you've resisted salmon in the past, be sure to give this dish a try. Packed with fresh flavors and super-easy to make, it looks pretty enough to serve to guests. Pair it with a big salad for a light yet satisfying dinner. (Makes 4 Servings)

- 2 cloves fresh garlic, finely chopped
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon kosher salt (divided)
- 1 cup fresh or frozen raspberries
- 1 cup fresh or frozen strawberries

- 1-1/2 pounds salmon, preferably wild-caught
- 2 heirloom tomatoes, thinly sliced (look for tomatoes in different colors. If you can't find heirloom varieties, choose vine-ripened organic tomatoes instead.)
- 2/3 cup of fresh basil, thinly sliced and divided in half
- 1/4 teaspoon cracked black pepper

Preheat the grill or broiler to medium. While it's heating up, combine the garlic and 3/4 teaspoon of the kosher salt with the olive oil in a small bowl.

Check the salmon for visible bones and remove them. Coat a double layer of aluminum foil with cooking spray and place the salmon on it, skin-side down. Spread the salt and garlic mixture evenly on top of the filet, then sprinkle it with 1/3 cup of the basil. Layer the tomato slices on top, overlapping them. Sprinkle the tomatoes with the remaining salt and the cracked black pepper.

Transfer the foil with the salmon on it to the grill or broiler. Cook for approximately 10 to 12 minutes, or until the fish flakes easily with a fork. Slide the salmon off the foil onto a serving platter, sprinkle with the remaining 1/3 cup of fresh basil, and serve.

### **Oven Fried Chicken with Tarragon**

Wait...Fried chicken? Believe it or not, you can enjoy a crispy piece of oven fried chicken without adding harmful toxins to your diet. It's all in the ingredients and preparation. Enjoy some baked sweet potato wedges and a green salad alongside this tasty dish. (Makes 4 Servings)

- 4 bone-in chicken leg quarters, skin removed, OR 4 thighs and 4 drumsticks, skin removed
- 2 tablespoons butter, softened
- 1/4 cup mild Dijon mustard
- 1 1/2 tablespoons fresh tarragon, chopped OR 1 tablespoon dried tarragon
- 1/4 teaspoon ground pepper
- 2/3 cup Aleia's Gluten Free Panko Crumbs
- 1 tablespoon extra-virgin olive oil

Preheat the oven to 425 degrees Fahrenheit. In a small bowl, combine the butter, tarragon, pepper, and mustard. Place the chicken in a roasting pan lined with parchment paper and brush the mustard mixture onto the tops and



sides. Toss the breadcrumbs and olive oil in a medium bowl and press them onto the chicken.

When the oven is hot, place the chicken inside and roast it for 35 to 45 minutes or until a meat thermometer inserted in the thickest part reads 165 degrees Fahrenheit. Serve immediately.

## **Snacks and Treats**

### **Gluten-Free Chocolate Chunk Cookies**

Don't let the "gluten free" part fool you: These cookies are amazing! Choclately, chewy, and just fantastic, they're even fairly good for you. If you don't want to make the whole batch, feel free to cut it in half or freeze some for later. (Makes 24 cookies)

- 2 eggs
- 1/2 cup light olive oil
- 1 1/2 teaspoons vanilla
- 3/4 cup organic sugar (you can use stevia if you like, but the cookies will have a different texture)
- 1 1/2 cups brown rice flour (oat flour will also work)
- 1/2 cup cacao powder
- 1 teaspoon baking soda (look for an aluminum free variety)
- 10 ounces dark chocolate, chopped into small chunks
- Pinch of sea salt

Preheat the oven to 350 degrees Fahrenheit and line two cookie sheets with parchment paper or silpat liners.

Place half the chocolate chunks in a glass bowl and melt in the microwave for 45 seconds. Stir. If not completely melted, wait 20 seconds or so and microwave for another 30 to 45 seconds. Set the bowl aside.

In a large mixing bowl, combine the eggs and olive oil with the sugar. Beat, either with a mixer or a wire whisk, until well-blended. Add the vanilla and melted chocolate, stirring or blending constantly until the mixture has an even texture.

Add the brown rice flour, baking soda, cacao powder, salt, and remaining chocolate chunks to the bowl and mix until all combined. If you aren't using a mixer, swap your whisk for a wooden spoon or a stout rubber spatula.

Use a large spoon or a medium cookie scoop to divide the batter into 24 equally sized portions on the baking sheets, placing the cookies about 2 inches apart. Bake for 10 to 12 minutes and allow to cool. Store in an airtight container.

### **The Ultimate Fruit Salad**

Filled with colorful, refreshing fruits, this delicious salad is just the thing to take along to a summer picnic or party, and it's very easy to double or triple to satisfy a crowd. The vanilla elevates this salad from "good" to "great!" Make it a day ahead to let the flavors mingle, or go ahead and enjoy it as soon as it's finished. (Makes 8 big servings)

- 1 1/2 cups sliced strawberries
- 1/2 cup blueberries
- 1 cup fresh sweet cherries, pitted and cut in quarters
- 1 cup fresh pineapple
- 1 cup red grapes
- 1 sliced kiwi
- 2 tangerines, sectioned, with each section cut in half
- 1 nectarine, pitted and cut into 1/2 inch chunks
- 1 teaspoon poppy seeds
- 2 teaspoons stevia powder
- 1 teaspoon vanilla
- 3 tablespoons unsweetened coconut shreds

Prepare the fruit and place it in a large bowl. Add the poppy seeds, stevia, vanilla and coconut shreds and stir well to combine everything. Add lemon or lime juice for a tangier salad, and feel free to substitute any of the fruits for whatever you happen to have on hand. Enjoy!

## **Dark Chocolate Volcano Cakes with Salted Caramel**

This decadent dessert is just right for special occasions. It's surprisingly easy to make, and thanks to small portion sizes, it's a good fit for a healthy lifestyle. The stevia ensures it has a lower sugar content than most desserts. (Makes 4 Servings)

- 4 ounces semi-sweet baking chocolate
- 4 ounces coconut oil
- 1/3 cup of baking stevia
- 2 large eggs
- 1/3 cup coconut flour
- 1/2 teaspoon vanilla
- Additional coconut oil for greasing ramekins
- 8 caramel squares
- A pinch of sea salt

Preheat the oven to 425 degrees Fahrenheit. Grease four 3-inch ramekins with a generous amount of coconut oil and dust with a little cocoa powder or cacao powder. Cut each of the caramels into quarters (this is necessary to make them melt) and roll them around in the sea salt. Set aside.

In a large glass bowl, microwave the baking chocolate and coconut oil for one minute or until almost melted. Whisk to combine, then add the stevia and blend again. Allow the mixture to cool slightly, but not so much that it begins to firm up again. Add the eggs and whisk thoroughly to blend them in. Add the flour, stirring with a wooden or metal spoon to combine well.

Divide the resulting batter among the ramekins. Gently push the salted caramel squares into the batter so that they are completely covered.

Place the ramekins on a baking sheet and once the oven is hot, put them inside. Bake for 10-12 minutes. The centers of the cakes should appear a little moist, while the outer edges should have a firm, dry appearance.

Remove the ramekins from the oven and allow them to cool slightly. Use a knife to release the edges of the cakes if they've stuck to the ramekins. Invert over serving plates and tap gently to encourage the cakes to release if needed. Garnish with a little cocoa or cacao powder and a bit of stevia if you like, then serve.

## **Tempting Trail Mix**

Nuts, seeds, dried fruit, and dark chocolate make this trail mix a fantastic snack that's both satisfying and delicious. Whole grain cereal adds volume without increasing fat content, letting you nibble a bit more than you might otherwise feel comfortable with. (Makes 18 generous servings)

- 1 cup pecans
- 1 cup peanuts
- 1 cup roasted pumpkin seeds
- 1 cup dried cranberries
- 1 cup dried blueberries
- 1 cup chopped dried apricots
- 1 cup dark chocolate chips
- 2 cups whole grain granola

Combine all ingredients in a large bowl. Use a 1/2 cup measure to portion the trail mix into individual snack-size zipper bags. Store in an airtight container, and enjoy a pack whenever morning or afternoon hunger strikes!

## **Herbed Veggie Chips**

Next time you crave a salty, savory snack, give these veggie chips a try. They're much more satisfying than potato or corn chips, and they're much healthier for you, too. (Makes 4 big servings)

- 1 sweet potato, peeled
- 1 zucchini
- 1 beet, peeled
- 2 parsnips, peeled
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon sea salt
- 1/2 teaspoon garlic powder
- 2 tablespoons finely grated parmesan cheese

- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- A pinch of ground pepper

Preheat the oven to 375 degrees Fahrenheit.

Using a chef's knife or a mandolin, slice the vegetables into 1/8" thick rounds (you can make them thinner if you like, but not thicker). Place the sliced vegetables into a large bowl and toss them with the olive oil.

Line two large baking sheets with silpat liners or parchment paper and arrange the vegetables in a single layer. Combine the salt, parmesan, and herbs, and sprinkle the mixture evenly over the veggies.

Place the vegetables in the oven and bake them for about 25 minutes, until they develop a light golden brown color and crisp-looking edges. Enjoy immediately, or allow to cool before serving.

Note: You may get better results by baking these chips in two batches. If you want to save time, rotate the pans halfway through baking for better, more even cooking.

### **No-Mayo Deviled Eggs**

Were you wondering where to find the hard boiled egg recipe? Here it is, along with a few extra steps you can take to transform your eggs into delicious deviled eggs that don't contain any unhealthy mayo! These might taste sinful, but they're fantastic for you. (Makes 6 servings)

- 6 eggs
- 3 tablespoons mild Dijon mustard
- 3 tablespoons plain nonfat yogurt
- 1 tablespoon chopped fresh dill
- 1/2 teaspoon sea salt

Place the eggs in a large saucepan and cover them with an inch of cold water. Cover the pan and bring it to a boil over high heat. Allow the eggs to boil for 30 seconds, then remove them from heat and allow them to stand in the hot water for 15 minutes. Place the pan with the hot water and eggs in it in the sink, and run cold water into it. Once all the water is cool, allow the eggs to continue cooling for a few minutes before peeling them.

After peeling the eggs, cut them in half lengthwise and scoop the yolks into a small bowl. Add the Dijon, the yogurt, the dill, and the sea salt to the yolks and use a fork to smash them up. Use a pastry bag or spoon to fill the egg whites with the yolk mixture. Top with a little more fresh dill if you like. Keep refrigerated until ready to enjoy.

### **Honeyed Grapefruit**

This simple dessert tastes divine and will smash sugar cravings like nothing else. It's surprisingly beautiful, making it suitable for serving to open-minded guests (Makes 4 servings)

- 2 ruby red grapefruits, halved with seeds removed
- ¼ teaspoon vanilla
- ¼ teaspoon powdered ginger
- 4 teaspoons raw honey
- 2 fresh strawberries, halved
- 8 mint leaves

Preheat the broiler. Arrange the grapefruit halves on a baking sheet and sprinkle each with a little dash of vanilla and powdered ginger. Drizzle a teaspoon of honey onto each grapefruit half. Broil until bubbly. Remove from the oven, place in shallow bowls, and garnish each grapefruit half with half a strawberry and two mint leaves before serving.