

Detox-Friendly Recipes

Online Resources

www.whfoods.org

www.mitoku.com/recipes/index.html

www.edenfoods.com/recipes/

www.living-foods.com/recipes/

www.goneraw.com/

www.totallynatural.com.au/detox_recipes.htm

www.healthfree.com/raw_food_recipes.html

Detox Menu Guidelines

Breakfast

- Quinoa with brown rice milk, blueberries and maple syrup
- Bowl of mixed fruit with pumpkinseeds and sunflower seeds
- Brown rice cake with almond butter and pomegranate
- Hemp protein powder smoothie with banana, mango and almond milk

Lunch

- Mixed organic greens with walnuts, avocado, red onions, balsamic vinegar and olive oil
- Brown rice with mixed ginger-vegetable tofu stir-fry
- Lentil and kidney bean stew with onions, garlic, brown rice, coriander and cumin
- Vegetarian chili with mixed beans, tomatoes, garlic, ginger, basil, bay leaves

Dinner

- Steamed broccoli, kale and carrots with soy-lemon dressing on brown rice
- Miso soup with wakame or kombu (kelp) and brown rice cucumber-avocado rolls
- Brown rice curry with lentils, chickpeas, carrots and celery
- Butternut squash soup and baked beans
- Brown rice pasta with pine nut-basil pesto

Snacks

- Celery sticks with almond butter
- Carrot sticks and hummus
- Raw asparagus spears and eggplant dip
- Almonds, sunflower seeds, raisins and pumpkin seeds
- Pear, plum, grapefruit or banana