

21 DAY TRANSFORMATIONAL NUTRITION CLEANSE®



Krissy Gillay Nutritional Coach

Transformational Nutrition Cleanse Recipes

SMOOTHIE RECIPES

Transformational Nutrition Berry Clean Detox Shake

Servings: 1

Ingredients:

4 tbsp protein powder

1 c organic almond milk

¼ c organic fresh or frozen blueberries

¼ c organic fresh or frozen raspberries

Directions:

1. Place all ingredients in blender and blend for 2 minutes to ensure ingredients are properly mixed.
2. Relax and drink up while allowing this cleansing shake to flush the toxins out of your body and mind!

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Transformational Nutrition Perfect Pecan Pie Smoothie

Servings: 1

Ingredients:

4 oz unsweetened almond milk

2 tbsp protein powder

¼ cup pecans, soaked for 2 hours or more (optional if you have a high powered blender)

1 frozen peeled banana, sliced

1 medjool date, pitted

¼ teaspoon vanilla extract

½ • teaspoon ground cinnamon

Pinch of Celtic Sea Salt to taste

Directions:

1. Add all the ingredients to your blender and blend for 30 – 60 seconds or until the smoothie is creamy.

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Transformational Nutrition Sinful Slimming Choco-Cleanse Shake

Servings: 1

Ingredients:

4 tbsp protein powder

1 tbsp raw cacao nibs

1 c coconut milk

1 c coconut water or filtered water

1 banana

¼ c frozen blueberries

Directions:

1. Place all ingredients in blender and blend for 2 minutes to ensure ingredients are properly mixed
2. Find a quiet place to fully enjoy the flavor and let the ingredients nourish your soul

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Transformational Nutrition Kiss (Keep It Simple Shake)

Servings: 1

Ingredients:

4 tbsp protein powder

2 c almond milk

1 banana

1 c organic fresh or frozen blueberries

Directions:

1. Place all ingredients in blender and blend for 2 minutes to ensure ingredients are properly mixed
2. Drink up gorgeous!

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Fiber Fantastic Shake:

Servings: 1

Ingredients:

4 tbsp protein powder

1 tsp of chia seeds or flax seed powder

1 cup organic pineapple juice

½ cup organic coconut kefir (any flavor)

½ banana

1 handful of spinach or other leafy greens

Directions:

1. Place all ingredients in blender and blend for 2 minutes to ensure ingredients are properly mixed.
2. Enjoy!

21 DAY TRANSFORMATIONAL NUTRITION CLEANSE®

Transformational Nutrition Tropical Tango Toxin Buster

Servings: 1

Ingredients:

4 tbsp protein powder

1 c almond milk

2 c of cubed organic mango, pineapple, and papaya blend

¼ c of organic coconut milk

Directions:

1. Place all ingredients in blender and blend for two minutes to ensure ingredients are properly mixed
2. Enjoy with a smile!

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BREAKFAST RECIPES

Beautifying Breakfast Cereal

Servings: 1

Ingredients:

4 tbsp raw sunflower seeds

3 tbsp sliced almonds

1 tbsp flax meal

¼ c blueberries

¼ c strawberries

1 tsp cinnamon

½ - ¾ c coconut milk

Directions:

1. Combine almonds, sunflower seeds, flax meal and berries in a bowl and pour coconut milk over them
2. Top with cinnamon and serve in a beautiful bowl that makes you feel like the awesome being you are!

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Quinoa Breakfast Cereal

Servings: 3

Ingredients:

1 c quinoa

1 c water

1 c almond milk

1 tbsp coconut flakes

1 tsp vanilla

½ tsp cinnamon

Liquid stevia

Directions:

1. Rinse quinoa well in a strainer to remove the coating of bitter-tasting saponins
2. Combine quinoa, almond milk, and water in a pot and bring to a boil
3. Add vanilla, cinnamon and coconut flakes
4. Lower heat and cover pot. Simmer for 20 minutes or until liquid is absorbed and quinoa is tender.
5. Add liquid Stevia to taste, then spend some time being fully present with this dish before starting your busy day!

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Berry Buckwheat Breakfast

Servings: 1

Ingredients:

½ c buckwheat groats

¼ c sliced almonds

½ tbsp chia seeds

1 tbsp shaved unsweetened coconut

½ tsp of cinnamon

½ c blueberries

½ sliced banana

1 c coconut or almond milk

Stevia, to taste

Directions:

1. Rinse buckwheat groats in a strainer
2. Using a fork stir the milk, buckwheat groats and chia seeds for 2 minutes to avoid clumping
3. Mix in the rest of the ingredients except for the banana and refrigerate overnight
4. Top with banana, sit quietly for a few seconds enjoying the moment, and then savor each yummy bite!

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Choco-Cherry Chia Bowl

Servings: 1

Ingredients:

3 tbsp chia seeds

1 c coconut or almond milk

1 tbsp raw cacao

½ c sliced cherries

Stevia to taste (optional)

Directions:

1. Using a fork, stir the chia seeds and milk for 2 minutes to avoid clumping
2. Add the cacao, cherries and stevia (optional) and mix well
3. Refrigerate for at least 30 minutes, and stir well before enjoying the fruits of your labor!

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Citrus Sunshine Salad

Servings: 2

Ingredients:

1 c citrus fruits (navel oranges, blood oranges, tangerines, grapefruit, meyer lemons, mandarins, minneolas, kumquats or clementines)

2 tbsp Ginger Mint Lime Syrup

Directions:

1. Prepare syrup
2. While the syrup is cooling, slice the citrus
3. Arrange fruit on a plate or bowl and pour syrup over top
4. Savor each bite and let your taste buds do the tango!

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Ginger Mint Lime Syrup

Servings: 2

Ingredients:

¼ c water

3 slices fresh ginger

2 tbsp fresh lime juice

4 – 6 fresh mint leaves, chopped

Liquid stevia to taste

Directions:

1. Place all ingredients in a saucepan
2. Bring to a boil
3. Reduce heat and let simmer for 1-2 minutes
4. Remove from heat and let cool

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Chocolate Strawberry Oats Cereal

Servings: 1 - 2

Ingredients:

1 c cooked steel cut oats

½ c of fresh strawberries, sliced

½ tbsp raw cacao powder

¼ c chopped dates

½ c almond milk, unsweetened

Directions:

1. Place oats in a bowl
2. Add in cocoa powder and dates and mix well
3. Top with fresh strawberries
4. Add almond milk and enjoy!

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Sweet Potato Breakfast

Servings: 1

Ingredients:

1 medium sweet potato

Cinnamon

Coconut oil

Optional: 1 cage free egg or other high quality protein

Directions:

1. Bake sweet potato until tender
2. Top with ½ tsp of coconut oil
3. Sprinkle cinnamon on top to taste, and let this food of the earth ground your mind, body and spirit

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Chia Berry Breakfast Bowl

Servings: 1

Ingredients:

1 c unsweetened almond or coconut milk

3 tbsp whole chia seeds

1 tbsp grade b maple syrup

¼ tsp vanilla extract

¼ tsp cinnamon

½ banana sliced

½ c mixed berries

Directions:

1. Pour milk into a bowl and add all of the ingredients except the fruit
2. Stir or whisk for 2 minutes to hydrate and de-clump the chia
3. Refrigerate for at least 2 hours or overnight
4. Add fruit and eat mindfully

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Heavenly Hash Browns

Servings: 1

Ingredients:

1 medium sweet potato, grated

1 tbsp coconut oil

Sea salt, to taste

Black pepper, to taste

Crushed red pepper flakes, to taste

Optional: 1 cage free egg on top

Directions:

1. Heat skillet on high heat for 2 minutes and reduce to medium heat
2. Add oil to skillet and let it get hot
3. Add potatoes and spread thinly
4. Cook 5 minutes on each side, continuing to flip every 2 minutes until golden brown and crispy on both sides
5. Place on a plate and add sea salt, black pepper, and crushed red pepper flakes to taste. Spicy!

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LUNCH & DINNER RECIPES

Simple Spinach Salad

Servings: 2

Ingredients:

4 c baby spinach

Juice of ½ lemon

2 tbsp Olive oil

Sea salt, to taste

Directions:

1. Place spinach in bowl
2. Add lemon juice, olive oil, and sea salt and toss
3. Use the time saved to be completely present and enjoy each bite!

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Chickpea Curry Comfort

Servings: 3

Ingredients:

2 tsp coconut oil

1 onion, minced

2 garlic cloves, minced

1½ c chickpeas, cooked (or 1 15 oz. can, drained and rinsed)

2 ripe tomatoes, diced

2 tbsp curry powder

Sea salt, to taste

Directions:

1. Heat oil in a large pot and sauté onions and garlic until onions are translucent
2. Add curry to the pot and cook, stirring continuously, for 1 minute or until fragrant
3. Add the chickpeas and tomatoes and cook over medium heat stirring occasionally for 20 minutes
4. Add sea salt and enjoy!

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Lentil Soup In A Snap

Servings: 4

Ingredients:

1 tbsp coconut oil

1 white onion, chopped

1 - 2 garlic cloves

1 carrot, sliced

1 c cooked lentils

4 c vegetable broth

1 handful basil

¼ tsp oregano

Juice of ½ lemon

Sea salt and pepper to taste

Optional: ½ c of cooked high quality protein

Directions:

1. Sauté the onions, garlic and carrot in coconut oil until onions become translucent (about 5 minutes)
2. Add the rest of the ingredients except for the basil and lemon, and bring to a boil
3. Reduce heat to simmer, covered, for about 7 minutes, stirring occasionally
4. Turn off the heat and mix in the basil and lemon just before serving
5. Light some candles, take a deep breath, and warm your soul!

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The New & Improved Chopped Salad

Servings: 2

Salad Ingredients:

1 head of romaine, chopped
1 medium shallot, thinly sliced
½ avocado, cubed
½ red bell pepper, chopped
1 handful raw sunflower seeds
1 carrot, sliced
½ c cherry tomatoes, halved
5 mint leaves, minced
1 slice sprouted grain or gluten-free bread
1 tsp coconut oil
Sea salt to taste
Optional: ½ c of cooked high quality protein

Dressing Ingredients:

2 tbsp lemon juice
1 tbsp olive oil
1 tbsp apple cider vinegar
1 tsp Dijon mustard
Sea salt and pepper to taste

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Directions:

1. Mix all of the salad ingredients in a large bowl except for the bread, coconut oil and sea salt
2. Toast the bread and spread the coconut oil and a dash of sea salt to taste
3. Cut into crouton sized squares and sprinkle on top of the salad
4. Whisk together all of the dressing ingredients and pour on top of the salad
5. Toss with your hands to reconnect with the beautiful energy in the food before using it to feed your body and mind!

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White Bean & Spinach Soup

Servings: 2

Ingredients:

1 ½ c Great Northern Beans, cooked (or 1 14 oz. can, drained and rinsed)

1 clove garlic, minced

1 c chopped onion

1 stalk celery, minced

3 c vegetable broth

1 tbsp lemon juice

2 c fresh chopped spinach

¼ c fresh chopped parsley

¼ tsp dried thyme

Pinch dried oregano

Sea salt and pepper, to taste

Optional: ¾ c of cooked high quality protein

Directions:

1. Add cooked beans to a pot
2. Add remaining ingredients and bring to a simmer
3. Cook until onions are tender, approximately 15 minutes
4. Breathe in the nourishing aroma, find your favorite spoon, and enjoy in your favorite chair!

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Coconut Curried Veggies

Servings: 4

Ingredients

½ pkg.(8 oz.) gluten-free, organic pasta

1 tbsp gluten-free flour

3 tsp curry powder

½ tsp sea salt

¼ tsp ground black pepper

1 (14 oz.) can of coconut milk

1 tsp fresh lime juice

¼ onion, chopped

1 c fresh broccoli, chopped

1 c fresh cauliflower, chopped

1 c fresh carrots, chopped

1 c of fresh or frozen sweet peas

Optional: ¾ c of cooked high quality protein

Directions:

1. Cook pasta according to package directions
2. Drain, cover to keep warm and set aside
3. Meanwhile, in a small bowl combine the curry powder, flour, sea salt, pepper and 1/4 cup of coconut milk
4. Use a wire whisk to blend together well. Stir in the remaining coconut milk and lime juice.
Set aside

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5. Using a large saucepan, combine veggies with 1/2-cup water. Bring to a boil and reduce the heat.
6. Cover and simmer for about 8 minutes or until veggies are crisp-tender. Drain and set aside
7. In the same saucepan, pour the rest of the coconut milk mixture and slowly bring to a boil, stirring constantly as to not scorch it. Once at a boil, stir for one more minute.
8. Stir in the veggies and continue to cook over medium heat until the veggies are heated through
9. When heated thoroughly, add the veggie mix to the pasta and gently toss to mix
10. Get out your finest silverware out and enjoy!

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Plant Power Antipasto Plate

Servings: 1

Ingredients:

½ c white cannellini beans

1 tomato, sliced

½ c roasted red pepper (sliced)

½ c chopped raw cauliflower

Several leaves of lettuce

1 tbsp extra virgin olive oil

1 tbsp balsamic vinegar

Directions:

1. Place all ingredients into a bowl, toss and serve with love!

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Crunchy Southwestern Ensalata

Servings: 2

Ingredients

1 c black beans
1 c green cabbage, shredded
½ c red cabbage, shredded
1 tomato, diced
¼ red onion, minced
½ avocado, cubed
2 tbsp cilantro, chopped
1 handful pine nuts
2 tbsp lime juice
2 tbsp olive oil
1 sprouted grain or gluten free tortilla, sliced into thin strips
Sea salt and pepper to taste
Optional: ½ c of cooked high quality protein

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Directions

1. Mix the black beans, cabbage, tomato, onion and avocado in a large bowl.
2. In another bowl mix 1 tbsp olive oil with pine nuts and tortilla strips, add sea salt and pepper to taste
3. Heat a large skillet and add oiled pine nuts and tortilla strips
4. Lightly brown them (about 4 minutes) and put on top the salad
5. Whisk together the remaining 1 tbsp olive oil, lime juice, cilantro, sea salt and pepper and pour over salad.
6. Savor every bite!

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Summer Salad

Servings: 2

Ingredients

4 c arugula
1 ½ c cooked chickpeas or 1 (15 oz.) can chickpeas, drained and rinsed
1 medium green bell pepper, sliced
1 cucumber, diced
1 medium tomato, diced
¼ red onion, sliced thinly
½ avocado
2 tbsp almond milk
1 tbsp lemon juice
1 tbsp unrefined coconut oil
2 cloves garlic
2 tbsp fresh basil leaves
Sea salt and fresh black pepper to taste
Optional: ½ c of cooked high quality protein

Directions

1. Combine chickpeas, bell pepper, cucumber, tomato, and red onion in large bowl
2. Combine avocado, almond milk, lemon juice, coconut oil, garlic, and basil. Blend until creamy.
3. Place chickpea mixture over arugula and top with avocado dressing
4. Find a sunny place to sit and indulge!

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Citrus Veggie Stir-Fry

Servings: 4

Ingredients:

1 tbsp coconut oil
¼ c sliced onion
2 cloves chopped garlic
1 c sliced fennel bulb and fronds
1 c broccoli florets
3 small carrots peeled and sliced
4 stalk celery sliced
8 shiitake mushrooms sliced
1 mandarin orange (thinly slice the peel)
½ c vegetable broth
1 tbsp red chili
1 tsp cracked pepper
1 tsp sesame seeds
½ c of fresh cilantro leaves
Braggs Liquid Aminos to taste
Optional: ¾ c of cooked high quality protein

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Directions:

1. Heat oil in a large skillet over medium-high heat
2. Add garlic and onions and sauté until onions are transparent
3. Add fennel, broccoli, celery, carrot, mushroom and orange peel. Reduce heat and cover for 3-5 minutes
4. Blend the peeled orange, vegetable broth, chili and pepper until smooth. Add Bragg's Liquid Aminos to taste.
5. Add liquid to the vegetables and heat on high until liquid just starts to bubble
6. Remove from heat and mix in the sesame seeds and cilantro
7. Serve over ½ cup brown rice or quinoa on a plate that makes you smile!

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60-Second Soup

Servings: 2

Ingredients

¾ c vegetable broth

1 avocado

1 tomato

1 leek

½ red pepper

1 cucumber

1 c kale

1 handful cilantro

½ clove garlic

Juice of 1 lemon

½ tsp cumin

Sea salt and pepper to taste

Optional: ¼ c of cooked high quality protein

Directions

1. Blend avocado and vegetable broth until well mixed
2. Add the rest of the ingredients to the blender and blend on high until smooth
3. Relax into the moment and savor every spoonful!

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Spicy Coco-Potato Soup

Servings: 3

Ingredients:

3 medium sweet potatoes, cubed

1 ½ c coconut milk

1 ½ tbsp coconut oil

2 ½ c kale

1 medium yellow onion

1 clove garlic

1 tsp cumin

1 tsp mustard seed

¼ tsp cinnamon

¼ tsp cayenne

Sea salt to taste

½ lime, juiced

Directions:

1. Chop the onion and garlic and sauté with the coconut oil and mustard seeds for about 3 minutes.
2. Add the coconut milk, sweet potatoes, cinnamon, cumin, and cayenne and simmer covered until the sweet potato starts to soften, about 10 minutes
3. Chop the kale leaves (with or without the stem) and add to pot.
4. Cover and simmer for another 10 minutes until the yams are soft
5. Add lime and sea salt to taste and dig in!

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Garlic and Lemon Roasted Beets

Servings: 4

Ingredients:

2 cs beets, peeled and sliced 1/4 inch thick

4 medium garlic cloves, sliced thinly

2 tbsp lemon juice

¼ tsp lemon zest

1 tbsp coconut oil

Pinch of sea salt and pepper

Directions:

1. Preheat the oven to 375°.
2. In an 8-inch square baking dish, toss the beets with the garlic, lemon juice, lemon zest and coconut oil
3. Season with sea salt and pepper and spread the beets in a single layer
4. Cover tightly with foil and roast, shaking the pan occasionally, for about 40 minutes, until the beets are tender
5. Place on a plate, marvel at a job well done and eat mindfully

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Goddess Soup

Servings: 2 - 3

Ingredients:

1 ½ tbsp extra virgin olive oil

1 c chopped onion

1 garlic clove, finely chopped

1 handful spinach

½ tsp finely chopped fresh ginger

½ tsp cumin

½ tsp dried basil

2 pinches sea salt, plus more to taste

½ c chopped carrots

½ c chopped potatoes

3 large tomatoes, chopped

3 c low-sodium vegetable broth

1 c water

1 c brown lentils

Ground black pepper, to taste

Optional: ½ c of cooked high quality protein

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Directions:

1. In a medium to large pot, heat the olive oil over medium-high heat. Once hot, add the onions and garlic.
2. Once the onions are slightly transparent and tender, add the ginger and stir well for 1 minute
3. Add in the cumin, dried basil, and sea salt, and cook for 2 minutes more, stirring constantly so it doesn't burn
4. Add in carrots, potatoes, tomatoes, vegetable broth, water and lentils and bring it to a boil
5. Once boiling, reduce the heat and simmer for 30 – 45 minutes, or until the lentils and carrots are soft
6. Add the spinach and cook until slightly wilted
7. Add sea salt and pepper to taste, and serve hot
8. For an extra hearty meal, you can serve this over brown rice or quinoa in your favorite bowl!

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Yes! It's Veggie Chili

Servings: 3 - 4

Ingredients:

3 ears corn, husks and silks removed, kernels cut off or 1 10oz bag frozen corn

1 ½ c cooked kidney beans (or 1 15oz can, rinsed and drained)

4 large tomatoes, diced

1 large red bell pepper, diced

1 large green bell pepper, diced

1 medium red onion, diced

2 tbsp extra virgin olive oil

2 cloves garlic, minced

2 tbsp sea salt

½ tbsp chili powder

1 tsp cumin

¼ tsp cayenne pepper

Optional: ¾ c of cooked high quality protein

Directions:

1. Heat a large pot over medium heat and add the oil and onion
2. Sauté for 3 minutes and add the corn, garlic, cumin, sea salt, chili powder and cayenne pepper
3. Sauté for another 4 minutes, then add the tomatoes, green bell peppers, red bell peppers and cover
4. Turn heat to low and simmer for 30 minutes
5. Add more sea salt to taste and curl up with your favorite blanket to fully savor this dish!

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Top-Notch Tacos

Servings: 4

Ingredients:

1 c raw walnuts

½ clove garlic, minced

½ green onion, chopped

Juice of ½ lemon

2 tsp Bragg's Liquid Aminos

1 tsp cumin

1 medium tomato, diced

4 lettuce leaves

Sea Salt and pepper to taste

Optional: ¼ c of cooked high quality protein

Directions:

1. Place walnuts into a food processor until finely chopped
2. Place walnuts into a bowl and add garlic, green onion, lemon juice, Bragg's Liquid Aminos, and cumin.
3. Mix together well
4. Add sea salt and pepper to taste
5. Place an amount of mixture on a lettuce leaf and top with tomatoes
6. Roll up and enjoy with a smile!

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Veggie Burger With a Twist

Servings: 6 - 8

Ingredients:

2 tbsp coconut oil
3 cloves garlic, minced
½ c red onion, chopped
¼ c water
½ c green pepper, diced
½ c peas
1 c spinach
2 c cooked black beans
1 tbsp cumin
½ tsp chili powder
½ tsp onion powder
1 tsp sea salt
½ tsp fresh black pepper
1 tbsp Braggs Liquid Aminos
½ c dry rolled oats

Directions:

1. Heat 1 tbsp coconut oil in pan on medium
2. Add garlic & red onion and sauté until slightly soft
3. Add water, peas and pepper and cover with lid
4. Steam for 3 – 5 minutes

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5. Toss in spinach and steam for 1 minute
6. Place contents of pan in food processor
7. Add beans, cumin, chili powder, onion powder, Braggs Liquid Aminos, dry rolled oats, sea salt and pepper
8. Blend until smooth
7. Using wet hands, form mixture into patties and sauté with remaining coconut oil over medium heat for 7 – 10 minutes or until brown on each side
8. Serve wrapped in lettuce with love.

Alternate cooking directions:

1. Preheat the oven to 300 degrees
2. Bake burgers for 35 – 40 minutes, flipping burgers once in the middle

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Quinoa and Black Beans Feast

Servings: 1

Ingredients:

1 tsp olive oil

½ bell pepper, chopped

2 tbsp chopped red onion

½ c canned black beans, rinsed

2 tbsp broth, (or water)

½ c hot cooked quinoa

Directions:

1. Heat oil in a small saucepan over medium heat
2. Add bell pepper and onion and cook until almost tender
3. Add beans and broth (or water) to the pan
4. Cook until heated through
5. Stir in quinoa, take three deep breaths to slow your mind and enjoy!

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Sprout Yourself Clean Salad

Servings: 2

Ingredients for Salad:

- ½ c grated carrots
- 1 c broccoli slaw (or julienned broccoli stalks)
- 1 c mung bean sprouts
- ½ large cucumber, peeled, seeded and julienned
- 1 c fresh coriander chopped finely
- ½ bunch of spring onions finely chopped
- ½ avocado cubed

Ingredients for Dressing:

- ¼ c freshly squeezed lime juice
- 1 ½ tbsp flaxseed or hemp oil
- ½ tbsp apple cider vinegar
- 1 tsp Bragg's Liquid Aminos
- Pinch of ground pepper and sea salt
- 1 tbsp fresh minced green chili
- 1-2 tbsp freshly minced garlic
- Stevia to taste (about 5-10 drops)

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Directions:

1. Toss all of the salad ingredients together except the avocado
2. Place all of the dressing ingredients in the food processor except for the garlic and chili
3. Once processed then stir in the minced chili and garlic
4. Pour the dressing over the salad and carefully add your cubed avocados
5. Add a touch of heart-felt bliss and focus on the vibrant flavors in every bite

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Simply Tomato & Cucumber Salad

Servings: 2

Ingredients:

2 large tomatoes, chopped

1 cucumber, chopped

Juice of 1 small lemon

2 tsp extra virgin olive oil

Sea salt, to taste

Directions:

1. Combine tomatoes and cucumber in a bowl
2. Top with lemon juice, olive oil, and sea salt and mix well
3. Serve immediately to refresh your soul!

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SNACK RECIPES

Kale Chips

Servings: 2

Ingredients:

1 bunch kale

½ tbsp olive oil

Sea salt, to taste

Nutritional yeast, to taste (optional)

Directions:

1. Preheat an oven to 350 degrees
2. Remove kale leaves from the stem and tear into bite size pieces
3. Wash and thoroughly dry kale
4. Lightly drizzle kale with olive oil and sprinkle with sea salt
5. Bake until the edges brown but are not burnt, approximately 10 to 15 minutes
6. Sprinkle with nutritional yeast, place in a beautiful bowl and get your crunchin' on!

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Spicy Sea Chips

Servings: 2 - 4

Ingredients:

1 ½ tbsp chili powder

¼ c peeled garlic cloves

1 tbsp water

10 sheets of nori

Pinch of sea salt (optional)

Directions:

1. Preheat oven to 250 degrees
2. Combine the garlic, chili powder and water in a food processor and mix until you create a paste
3. Fold one sheet of nori in half to create a crease and then unfold
4. On one half of the sheet lightly brush on the garlic chili paste (you can add a tiny bit more water to the paste if needed). Sprinkle a tiny bit of sea salt inside (if desired) and press closed.
5. Seal by lightly brushing the top with the chili paste mixture
6. Cut into six strips and transfer to a baking sheet
7. Repeat with all of the nori sheets making sure to create a single layer on your baking sheet without overlapping the chips
8. Bake for 10-13 minutes until darkened, dry to the touch, and brittle
9. Carefully transfer the Spicy Sea Chips to a cooling rack. Sea-licious!

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Cucumber Rolls

Servings: 2

Ingredients:

1 large cucumber
4 tbsp organic hummus
2 tbsp coconut aminos

Directions:

1. Use a mandolin or knife to slice cucumbers thin
2. Spread hummus on top
3. Roll up, dip in coconut aminos, and enjoy!