10 DAY CRAVINGS RESET & BODY DETOX

Protein Recipes

SELINA ROSE

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This meal guide includes the recipes in your 10-day meal plan. The meal plan recipes not included in this guide can be found in your digital copy of the Everyday Eats Cookbook.

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Three-Day Liquid Cleanse Recipes

Kale Avocado Smoothie

Ingredients

- 2 cups chopped kale half an avocado
- 1 cup chopped pineapple
- 1 tbsp. chia seed
- 1 scoop vanilla protein powder
- 1 cup unsweetened almond milk
- 1 cup water

Add all ingredients to a blender with 4 ice cubes, blend and enjoy.

Ingredients

- Half a cucumber, chopped
- 1 cup chopped spinach
- Half an apple, chopped
- 1 cup romaine, chopped
- Juice of half a lemon
- 1 tsp grated fresh ginger
- 1-2 cups water

Add all ingredients to a blender with 4 ice cubes, blend and enjoy.

Emerald Smoothie

Clean & Green Smoothie

Ingredients

- 2 cups kale, chopped
- 2-3 celery stalks, chopped
- Half a cucumber, chopped
- 2 Tbsp. parsley, chopped (optional)
- 1 apple, chopped
- Half a banana, chopped
- Juice of half a lemon
- 1 scoop protein powder
- Enough water to blend thoroughly – approx. 1-2 cups

Add all ingredients to a blender with 4 ice cubes, blend and enjoy.

Ingredients

- ¼ cup blueberries
- ¼ cup raspberries
- 1 handful spinach
- 1 large tbsp. almond butter
- 1 Tbsp. chia seeds
- 1 scoop protein powder
- 1 cup coconut milk

Add all ingredients to a blender with 4 ice cubes, blend and enjoy.

Berry Almond Butter Smoothie

Butternut Squash Soup

Ingredients

- 1 large butternut squash, peeled and chopped into chunks
- 1 large onion, chopped
- 3 garlic cloves, chopped
- 2 Tbsp. curry powder (use less or more, depending on preference)
- 1 Tbsp. ground cinnamon
- 1 Tsp ground nutmeg
- 1 Tbsp. coconut oil
- Vegetable broth and/or water
  sea salt and pepper
- Walnuts, chopped, for garnish (optional)

Directions

STEP 01 In a large pot, sauté onion in coconut oil for a few minutes. Once onion has softened, add garlic, spices, salt and pepper and stir. Sauté for 1 minute.

STEP 02 Add butternut squash and cover with vegetable broth or water. Add just enough liquid to cover the squash. Cook on medium-low heat for 15-20 minutes, or until squash is soft and cooked through.

STEP 03 Transfer to a blender, or use an immersion blender to puree the soup.

STEP 04 Transfer back to pot, taste and add additional spices if necessary.

STEP 05 Serve hot with a Tbsp. of chopped walnuts and a sprinkle of cinnamon.

Sweet Potato Soup

Ingredients

- 2 tablespoons coconut oil
- 2 onions, peeled and chopped
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 large sweet potato, or 2 small, peeled and cut into small chunks
- 2-3 cups vegetable broth
- Sprinkled sea salt and freshly ground black pepper, to taste

Directions

STEP 01 Melt coconut oil in a saucepan or soup pot over medium heat. When it begins to get hot, add the onions, carrots and celery.

STEP 02 Sauté until softened and fully aromatic.

STEP 03 Add the sweet potatoes and enough broth to completely cover all the vegetables.

STEP 04 Season with cinnamon, salt and pepper and bring to a simmer.

STEP 05 Cook until potatoes are very soft and then puree with a hand blender, food processor or countertop blender until smooth.

STEP 06 Taste and add more seasoning if needed

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Breakfast Recipes

Quick Quinoa Breakfast Cereal

Ingredients

- 1/3 Cup Cooked quinoa (follow regular cooking directions and store in the fridge)
- 1 Cup Almond Milk
- ½ Tbsp. Coconut oil
- ½ Tbsp. Cinnamon
- ¼ Tbsp. Vanilla
- Half Berries (fresh or frozen)
- 8-10 Chopped almonds, walnuts or pecans
- 1 Tbsp. Ground chia or flax seeds (for added fiber)

It's a good idea to make extra quinoa when cooking for a recipe. Use leftover quinoa for a quick hot breakfast.

Directions

STEP 01 Place cooked quinoa, almond milk and coconut oil in a small pot on medium heat until milk starts to simmer (coconut oil will melt and mix in).

STEP 02 Add cinnamon, vanilla, berries, sliced banana, nuts and seeds to the pot and stir.

STEP 03 Heat ingredients until just warm. Serve and enjoy.

Ingredients

- 1 can Coconut milk
  (make sure it's the full-fat version, not "lite")
- 1 Tbsp. Vanilla
- 2 Tbsp. Cinnamon

Directions

STEP 01 Place can of coconut milk upside down in the fridge and let cool overnight (or for 3 hours)

STEP 02 Open can from bottom (now the top) and pour out the liquid coconut milk. You can save this coconut milk to use in smoothies, if desired.

STEP 03 Spoon out the thick coconut cream at the bottom of the can, and place in a stainless-steel mixing bowl. Add 1 tsp. vanilla and whip until smooth (2 minutes).

Baked Oatmeal Topping Whipped Coconut Cream

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Lunch Recipes

Oven Roasted Mixed Vegetables

Ingredients

- 2 sweet potato
- 1 red onion
- 3 large carrots
- 2 red beets
- 4 cups Brussels Sprouts (halved)
- 2 cups white mushrooms (quartered)
- 4 cloves garlic (minced)
- 2 Tbsp. Coconut oil (melted)
- 2 tsp sea salt
- 2 tsp black pepper
- 2 tsp dried Italian seasoning
- 1 tsp paprika

Directions

STEP 01 Preheat oven to 350°F

STEP 02 Wash all vegetables and set aside to dry.

STEP 03 Peel sweet potato and beets and cut into 1" chunks. Chop onion and carrots into 1" chunks as well. Slice mushrooms into quarters (so they're roughly the same size as the other vegetable pieces.) Peel the outer leaves off the Brussels sprouts and cut them in half.

STEP 04 Place all vegetables into a large mixing bowl and coat with melted coconut oil.

STEP 05 Mix all spices together in a small bowl and pour over vegetables, tossing to coat evenly.

STEP 06 Coat a large baking sheet with coconut oil and spread the vegetables out evenly across it. Bake in the oven on the middle rack for 20 minutes before stirring. Flip vegetables and roast for another 20-25 minutes or until potatoes are soft when poked with a fork.

Ingredients

- 2 cups Quinoa (cooked and cooled)
- 1 cup Brown lentils (cooked)
- 2 cups Cherry tomatoes (diced)
- 12 Kalamata olives (sliced)
- 1 medium Zucchini (grated)
- 1 large Carrot (grated)
- 1 small Red onion (diced)
- ¼ cup Chopped fresh parsley (chopped)
- 1 Tbsp Mint (fresh or dried)
- Juice from one lemon
- ¼ cup Olive Oil
- ½ tsp. Sea salt & Black pepper

Directions

STEP 01 Cook quinoa and brown lentils according to package instructions and let cool.

STEP 02 Chop tomatoes, olives, onion and parsley and add to a large mixing bowl.

STEP 03 Grate carrot and zucchini and add to the other ingredients.

STEP 04 Stir in quinoa, lentils and other spices and mix until evenly combined.

STEP 05 Season with salt, pepper, olive oil and lemon juice and mix together.

Store in a large air-tight glass container in the fridge for up to 4 days.

Mediterranean Quinoa Lentil Salad

Lettuce Wraps with Chicken

Ingredients

- 1 head Boston lettuce (green or purple)
- 1 Tomato
- 4” piece Cucumber
- 1 Medium Avocado
- 4 Radishes
- 1 Chicken breast (pre-cooked)
- Kimchi (I like the one by Wildbrine)
- 2 Tbsp. Hummus
- 2 Tbsp. Hemp Hearts

Directions

STEP 01 Break Boston leaves off from lettuce head. Sprits with water (I like to use a spray bottle) and pat dry with a dish towel.

STEP 02 Arrange lettuce leaves on a tray and spread hummus across the bottom.

STEP 03 Cut tomato, cucumber, radish and avocado into thin lengthwise slices and arrange 1 piece of each onto each Boston lettuce leaf.

STEP 04 Cut chicken into strips and top each leaf with chicken pieces and kimchi

STEP 05 Sprinkle with hemp hearts.

STEP 09 Serve chilled.

Note: These lettuce wraps will store for up to 24 hours in an air-tight container. If you’re making them ahead of time, add the avocado and kimchi just before serving.

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Dinner Recipes

Roasted Lemon Rosemary Chicken

Ingredients

- 8 organic chicken thighs, skin on
- 2 Tbsp. Dijon mustard
- 1 tsp grainy mustard
- 2 sprigs fresh rosemary, chopped
- 2 sprigs fresh thyme
- 2 Tbsp. olive oil
- Juice of half a lemon
- Sea salt and fresh pepper

Directions

STEP 01 Preheat oven to 350° F. Place chicken in a large bowl and add in all ingredients (sprigs should be removed from fresh herbs).

STEP 02 Using your hands mix together well. Place bowl in the fridge and let sit for 20 minutes to marinate.

STEP 03 Place chicken on a baking sheet covered with parchment paper. Cook chicken for 35 minutes. Then turn oven to broil (low) and cook another 10 minutes until skin is crispy and fully cooked through.

STEP 04 Serve this alongside roasted asparagus, steamed green beans, or a large salad for a simple week-night meal.

Mediterranean Tomato Salad

Ingredients

- 2 large tomatoes
- 1 avocado
- 5” cucumber
- 1 can (15 oz.) chickpeas (rinsed and drained)
- ½ medium red onion
- 10 Kalamata olives
- 1 clove garlic (minced)
- 3 Tbsp. olive oil
- 1 lemon (juiced)
- 1 Tbsp. dried basil (or 2 Tbsp. fresh)
- 1 Tbsp. dried oregano
- 1 tsp each sea salt and black pepper

Directions

STEP 01 Dice tomato, avocado, cucumber, and onion into bite-sized pieces. Mince garlic with a press. Add to a large salad bowl along with the olives and chickpeas once they’ve been rinsed and drained.

STEP 02 Add spices, olive oil and lemon juice to the bowl and stir all ingredients together.

STEP 03 Serve on its own, or add to a bed of mixed greens.

STEP 04 Optional- top with fresh pesto.

Pickerel with Lemon & Thyme

Ingredients

- 2 Pickerel fillets (4 oz. each)
- 1 Lemon cut into 4 wedges
- 1 tsp. Fresh thyme (chopped)
- To taste Black pepper

Directions

STEP 01 Preheat the oven on broil. Position the rack 4 inches from the heat source. Lightly coat a baking sheet with coconut or grape seed oil.

STEP 02 Place the fish on the prepared baking sheet. Squeeze the juice from 2 lemon wedges over the fillets. Sprinkle with thyme.

STEP 03 Broil until the fish is opaque throughout when tested with a tip of a knife, about 8 to 10 minutes. Remove from the oven. Garnish with the two remaining lemon wedges and serve immediately.

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Snack Recipes

Fresh & Easy Fruit Salad

Ingredients

- 1 green apple
- 1 orange
- 1 grapefruit
- 1 cup blueberries
- 3 Tbsp. hemp hearts
- 3 Tbsp. pumpkin seeds
- 1 cup alfalfa sprouts
- Juice from 1 lemon
- 1 tsp cinnamon

Directions

STEP 01 Chop all fruit into bite-sized pieces (except for blueberries), and add to a mixing bowl with the alfalfa sprouts.

STEP 02 Top with lemon juice, cinnamon and seeds. Stir together until fruit is coated.

STEP 03 Store in an air-tight container in the fridge.

STEP 04 Makes 6 servings.

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your digital copy of the Everyday Eats Cookbook.