

# BREAKFAST

## Purification Smoothie

Drink ½ for breakfast & ½ for AM snack & ½ for PM snack



### Purification Smoothie

2 cups water, coconut water or coconut milk

1 handful of organic spinach

1 handful organic Romaine lettuce

1 celery stalk-chopped

\_\_\_ scoops of SP Complete to make 3 servings

1 Tbsp of healthy oil (flax, borage, olive, sesame or coconut)

The following ingredients can be precut and stored in lemon juice or frozen:

1/2 organic apple-cored and sliced

1/2 organic pear-cored and sliced

1/2 Banana (Optional)

2 Tablespoons fresh lemon juice

Mix vegetables until mixed. Add rest of ingredients. Mix well. This will make 3-4 pint jars.

Variety is best! Use this as a base recipe and trade out the greens /fruit. Be creative but stay away from the melons.

### Tips

\*Coconut oil will harden and be chunky if added to a cold smoothie, so add before the frozen ingredients.

\*Bananas can be frozen for easy use by peeling, breaking in half and packaging in Ziploc bags.

\*Apples and Pears can be pre-cut and stored fresh for a day or 2, or frozen in portion sizes, if coated with lemon juice.

\*The oil makes the smoothie healthier, creamier and more satisfying.

\*Avocado acts like the oil, and can also be frozen with lemon.

\*Do not store smoothie for more than a day, the fresh ingredients deteriorate.

### Mix Up Your Smoothie Options

3 cups of liquid

1.5 cup of fruit

3 cups of veggies

\_\_\_ scoops of SP Complete to equal 3 servings

1 Tbsp of healthy oil

## LUNCH

### Salad Instructions:

Mix up your Salad with these ingredient options:

Base: Mixed greens, spinach,

Veggie Toppings: Celery, Carrots, Radishes, Cucumbers, broccoli, cauliflower, broccoli slaw, snow peas

Grape tomatoes, mushrooms, peppers, bean sprouts, Other leftover cut veggies from dinner recipes

Salad Dressing:

1 tablespoon Dijon mustard

2 tablespoons balsamic vinegar

¼ cup olive oil

Sea salt and pepper

## DINNERS

### Day 1: Layered Mexican Bowl

#### Layered Mexican Bowl

#### Serves 2

Layer 1: ½ lb Ground Beef (cooked)

1 Organic can of Black beans – rinsed & drained

½ Onion chopped

1 Avocado diced

2 Tomatoes chopped

½ c Lettuce shredded

6 Olives

¼ cup Cilantro

Layer 9: Lime Juice

### Day 2: Turkey Breast & Roasted Veggies

Simple Herb and Garlic Roasted Turkey Breast

Prep time 5 mins Cook time 45 mins Total time 50 mins

Ingredients

- 3 pound turkey breast, bone in, skin on
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- 1 teaspoon dried sage leaves
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 tablespoons extra virgin olive oil

Instructions

1. Preheat the oven to 350 degrees. Rinse the turkey and pat it dry.
2. Combine the garlic, herbs, salt, pepper, and olive oil in a small bowl. Rub the mixture all over the turkey, top to bottom, and underneath the skin. Place in a roasting pan or a rimmed baking sheet. No rack required.
3. Roast at 350 degrees for 45 minutes to one hour, or until an instant read thermometer inserted into the thickest part of the breast, without touching bone, reaches 165 degrees.
4. Cover the turkey with foil and allow it to rest for at least 10 minutes. Carve and serve!

Notes

For best results, rub the turkey breast and leave out at room temperature for about one hour prior to roasting. This way, it will cook much more evenly.

Use the drippings to make a pan gravy if you wish. The meat will be plenty moist without it, so the choice is yours!

I used the convection roast feature on my oven at 325 degrees. If you don't have convection, simply roast at 350 degrees.

Fresh herbs may be substituted for dried -- use about 1 tablespoon of each.

### **Roasted Cauliflower and Brussels Sprouts**

1 medium cauliflower, cut into 1-inch florets  
2 cups Brussels sprouts, ends trimmed, halved  
4 tablespoons olive oil  
3 cloves garlic, mince  
1 1/2 teaspoons fresh rosemary, chopped (or 1/2 teaspoon dried rosemary)  
Sea salt and pepper  
Preheat oven to 450 F. In a large bowl, combine all ingredients.  
Mix well. Spread vegetables in single layer on large baking sheet.  
Roast until vegetables are crisp-tender and beginning to brown at the edges, about 20 minutes. Serves 3



### **Day 3: Stuffed Mushrooms**

#### **Stuffed Mushrooms**

##### **Serves 1**

1/4 cup sunflower seeds, soaked 4 hours  
1 tablespoon water  
1 tablespoon fresh lemon juice  
1/4 teaspoon garlic, minced  
1/2 tablespoon onion, minced  
1/4 teaspoon dried basil, parsley, or dill  
1 Tomato  
1/4 onion  
1 cup Spinach  
Sea salt and ground pepper  
1 portobello mushroom, stem removed  
2 tablespoons olive oil

Place all ingredients except portobello mushroom and olive oil into a food processor. Process into a paste. Fill the center of the mushroom with the paste mixture. Drizzle 1 Tbl of olive oil in a baking pan and place mushrooms in pan. Drizzle remaining olive oil on top. Bake 350 for 15min. Serves 1.

### **Day 4: Purification Taco Soup**

#### **Purification Taco Soup**

Serves 4

1lb ground beef, browned  
1 tsp olive oil  
1 small onion  
2 small carrots  
1 stalk celery  
2 cloves of garlic  
1/2 jalapeno, seeded and diced  
1 cup of purple cabbage  
1 tsp ground cumin  
1 tsp chili powder  
1tsp dried oregano  
1/2 tsp salt  
1 large 28oz can of diced tomatoes

1 can(8oz) of tomato sauce  
4 cups of chicken broth  
1 small zucchini, cubed  
1 small yellow squash, cubed  
Juice of 1 lime

Optional toppings: cilantro, red onion, diced avocado, salsa

Brown ground beef. Sauté the onion, carrot, and celery until tender 5-7 minutes. Add garlic, jalapeno, cabbage, cumin, chili powder, oregano and salt. Stir to combine and cook for 5 min. Add diced tomatoes and tomato sauce, chicken stock and summer squash. Turn heat to medium high and bring to a simmer. Simmer for 20min. Add lime juice and season to taste with salt and pepper. Serve in deep bowls and added optional toppings.

### Day 5: Stuffed Sweet Potatoes Southwestern Style

#### Stuffed Sweet Potatoes Southwestern Style

<http://skinnynms.com/stuffed-sweet-potatoes-southwestern-style/>

Yields: 4 | Serving Size: 1 potato | Calories: 215 | Total Fat: 2 g | Saturated Fat: 1 g | Trans Fat: 0 g | Cholesterol: 0 mg | Sodium: 15 mg | Carbohydrates: 43 g | Dietary Fiber: 8 g | Sugars: 3.5 g | Protein: 8.5 g | SmartPoints: 6 |

#### Ingredients

- 4 small sweet potatoes
- 1 teaspoon olive oil
- 1 small red onion, diced
- 1 clove garlic, minced
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1 cup canned, chopped tomatoes with juices
- 1/2 cup cooked [black beans](#)
- 2 tablespoons fresh chopped cilantro
- Sea salt and freshly ground pepper, to taste

#### Directions

Preheat oven to 400 degrees F.

Put the sweet potatoes on baking sheet and bake for 30 minutes. Remove from oven, prick a few times with a fork and put back in the oven for 30 more minutes or until tender.

While the sweet potatoes are baking, heat a medium skillet over medium heat. Add the olive oil and the onions. Cook for 2 minutes, until the onions are softened, but not translucent. Add the garlic and cook for 30 more seconds, and then add the cumin, chili powder, and a pinch of salt. Add the tomatoes and beans. Stir until combined; add the cilantro and season with salt and pepper to taste.

To serve, remove the sweet potatoes from the oven, slice down the middle and season lightly with salt. Divide the filling between the potatoes and serve.

### Day 6: Greek Quinoa Bowls

#### Greek Quinoa Bowls

##### Serves 1

Layer 1: ½ cup of cooked quinoa

Layer 2: 3oz of cooked chicken seasoned with chicken shwarma seasoning or greek seasoning

Layer 3: 1 cup of spinach

Layer 4: Marinated Veggies

1 Tomato, ½ bell pepper, ¼ onion, ¼ cucumber, 1 banana pepper, 4 black olives  
1/4c olive oil, 3T of red wine vinegar, 1tsp of oregano, salt & pepper

## Day 7: Turkey Breast & Roasted Root Veggies

Turkey Breast Leftovers from Day 2: You can heat up by warming in a pan with some oil

### Roasted Root Vegetables

1 beet, red or golden, trimmed, scrubbed, and chopped  
1 butternut squash, peeled and seeded, chopped  
1 large yam, peeled, chopped  
1 large parsnip, peeled, chopped  
1 large carrot, peeled, chopped  
½ red onion, chopped  
6 cloves garlic, chopped or whole  
3 tablespoons fresh thyme leaves  
3 tablespoons extra-virgin olive oil  
Sea salt and pepper



Preheat oven to 425 F. Place all chopped vegetables into a large bowl with garlic, thyme leaves, and olive oil. Toss to coat evenly. Spread vegetables out evenly on a cookie sheet in a single layer. Sprinkle with sea salt and pepper. Place vegetables in the oven and bake for about 45 minutes, stirring once halfway through baking, until vegetables are tender and starting to turn golden.

## Day 8: Spaghetti Zoodles

### Spaghetti Zoodles

#### Serves 4

3-4 medium to large zucchini  
1 24 oz jar of Oranagic (no sugar) Marinara Sauce  
1 lb. Ground Turkey or Ground Beef  
1 Tbsp of Extra Virgin Olive Oil  
1/2 tsp Italian Seasoning  
1/2 tsp Oregano  
1/4 tsp of Red Pepper Flakes

#### Instructions:

In a large skillet, add Extra Virgin Olive Oil and bring to medium heat. Add ground turkey and brown the meat. Add a jar of your favorite organic Marinara Sauce to the browned turkey and let simmer over low – medium heat. Add Italian Seasoning, Oregano, Red Pepper Flakes. Simmer for another 15-20 minutes that way the spices can all blend together. Serve of spiralized zucchini zoodles.

## Day 9: Meditteran Hummus Bowl

### Meditteran Hummus Bowl

#### Serves 1

Layer 1: 1/2cup cooked quinoa  
3oz of cooked chicken seasoned with chicken shawma seasoning  
3Tbl of Hummus  
Marinated Veggies: ½ cucumber, 1 tomato, ¼ red onion

## Day 10: Stir-Fried Veggies With Quinoa

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### Stir-Fried Veggies With Quinoa

**Serves 4**

- 1 cup quinoa, cooked *f*
- ½ cup broccoli, chopped *f*
- 2 carrots, chopped *f*
- 1 medium onion, chopped *f*
- ½ cup bok choy leaf and stem, chopped
- 1 red bell pepper, stem and seeds removed, chopped
- 4-6 ounces of mushrooms, any variety *f*
- 2 tablespoons coconut oil *f*
- 2 tablespoons balsamic vinegar *f*
- Sea salt and pepper

Cook quinoa according to package directions. In a large sauté pan, melt coconut oil. Add all vegetables and cook over medium-high heat for 3-5 minutes until vegetables are slightly softened. Add vinegar and any preferred seasonings to taste. Serve immediately on top of quinoa. Serves 4

