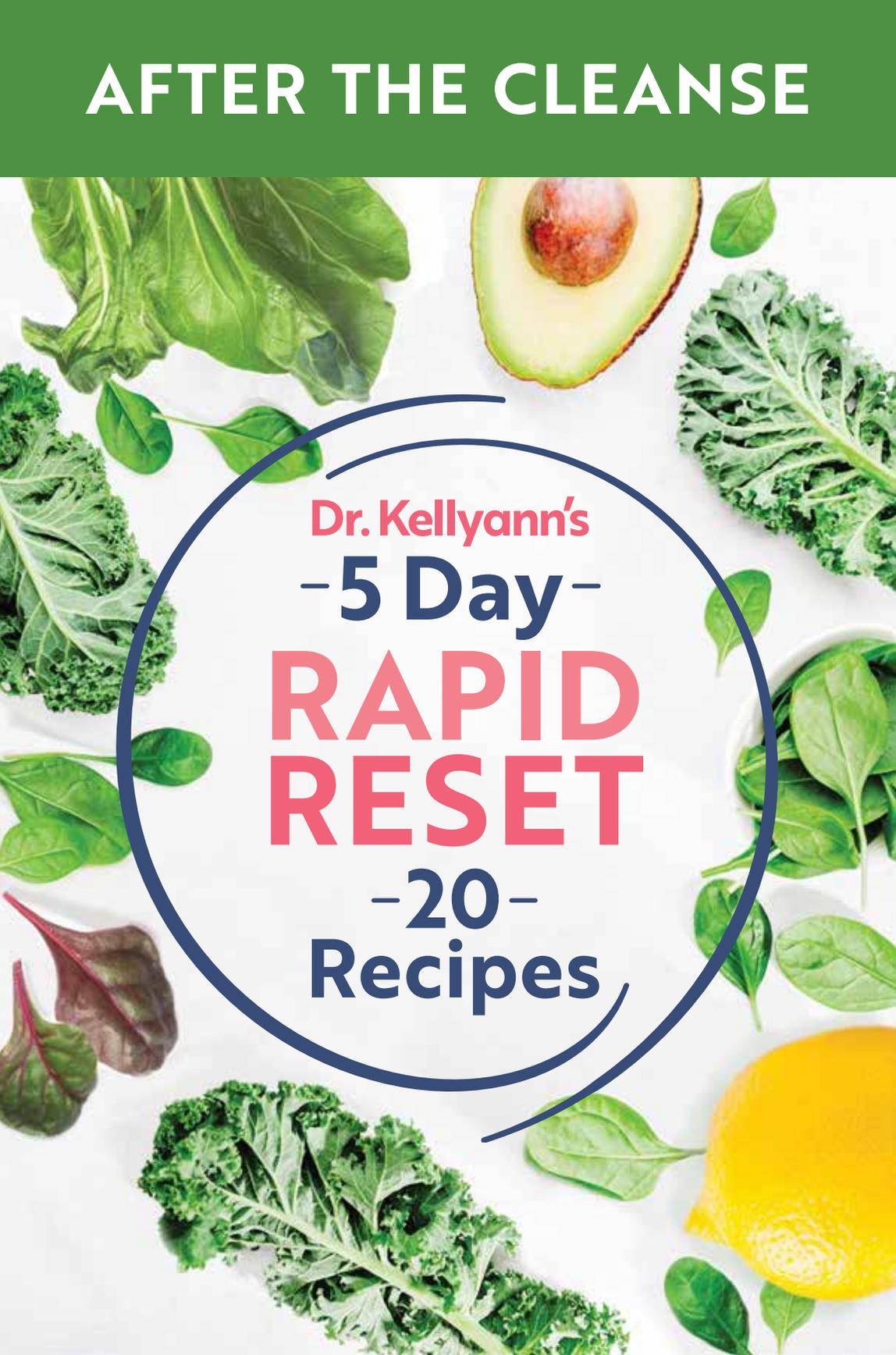
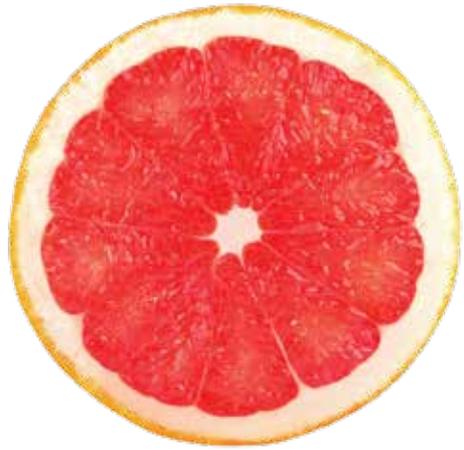


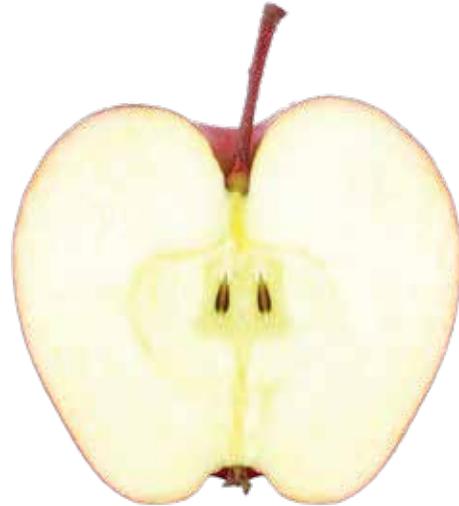
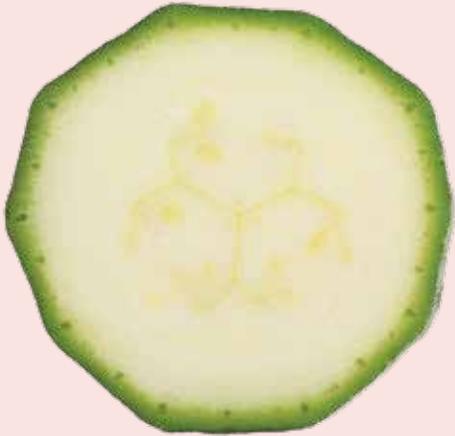
AFTER THE CLEANSE



Dr. Kellyann's
- 5 Day -
**RAPID
RESET**
- 20 -
Recipes



-20- Recipes FEATURING CLEANSING FOODS



Once you've completed your rapid reset, I recommend you continue to feed your body the nutrients it craves.

Use this recipe book as your secret tool for staying vibrant and energetic after your cleanse. The more you eat natural foods that keep your body clean and healthy, the less likely you are to crave the foods that make you sluggish.

Follow these recipes as a guide to how you'll eat for the next few days, or even the rest of your life. Each recipe features a cleansing food that is vital to your overall health.

Have no fear, I've found tons of creative, and delicious ways to incorporate the natural foods you need into dishes you'll love!



Dr Kellyann XO

For recipes, tips, and additional resources, visit us at:

drkellyann.com



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BEET BERRY DETOX SHAKE

Prep Time: 5 Min. *Yield:* 1 Serving

Ingredients:

1 cup coconut or almond milk, unsweetened and carrageen-free
1 packet of Dr. Kellyann's Vanilla Collagen Shake or 1 scoop Vanilla Bone Broth Protein
¼ cup grated raw beets
1 cup fresh or frozen berries, this is especially good with raspberries and blueberries
1 tablespoon avocado or MCT oil
Dash Celtic or pink Himalayan salt, optional
Ice, add to blender or pour shake over ice, optional

Directions: Pour liquid into blender first then add all other ingredients. Blend until smooth and creamy. If shake is too thick, add additional coconut or almond milk.

Notes: You can substitute ⅓ can full fat coconut milk for the base liquid if you choose, but you'll probably want to add some additional water or coconut/almond milk. If you use canned coconut milk, adding the oil is optional.

If you use unsweetened protein powder, you will want to sweeten your shake with stevia or monk fruit sweetener.

— Raspberries —



Raspberries have the highest phytochemical called ellagic acid which lowers cholesterol and prevents cancer.

BREAKFAST ZOATS

Prep Time: 5 Min. **Cook Time:** 10 Min. **Yield:** 1 Serving

Zucchini and oats? YES! It sounds like a crazy combination, but wait until you try it. The zucchini adds fiber, vitamins, and minerals but its flavor is so delicate it doesn't change the flavor of the oats.

Ingredients for Basic Zoats:

1/3 cup gluten free oats

1 cup zucchini, grated, about 1 small to medium zucchini

1 cup almond or coconut milk, sugar- and carrageenan-free

Pinch Celtic or pink Himalayan salt

1 packet of Dr. Kellyann's Vanilla Collagen Shake or 1 scoop Bone Broth

Protein in vanilla or Dr. Kellyann's Unflavored Collagen Protein™, optional, but adds protein

Stevia or monk fruit sweetener to taste, optional

1 egg or egg white, optional

Directions: Place oats, zucchini, almond/coconut milk, and salt in a saucepan and cook over medium-low to low heat until all liquid is absorbed. This will take 5 to 10 minutes depending on how much water was in the zucchini. Optionally stir in protein powder or collagen and/or stevia or monk fruit sweetener.

If you choose to add an egg white or a whole egg, remove the pan from the heat when the zoats are nearly done and vigorously stir the egg white or egg into the mixture until it is fully incorporated. Return to the heat for 1 to 2 minutes and stir until mixture is fluffy.

Variations: Top with any of your favorite fruits, nuts, seeds and/or a tablespoon of nut butter, or a tablespoon healthy fat (e.g. pastured butter or ghee, avocado oil, MCT oil, etc.). Here are additional ideas:

Vanilla Almond Zoats:

Stir in 1 serving vanilla protein powder, a few drops almond extract, and 1 tablespoon almond butter or 1 to 2 tablespoons chopped or sliced almonds, and optionally stevia or monk fruit sweetener.

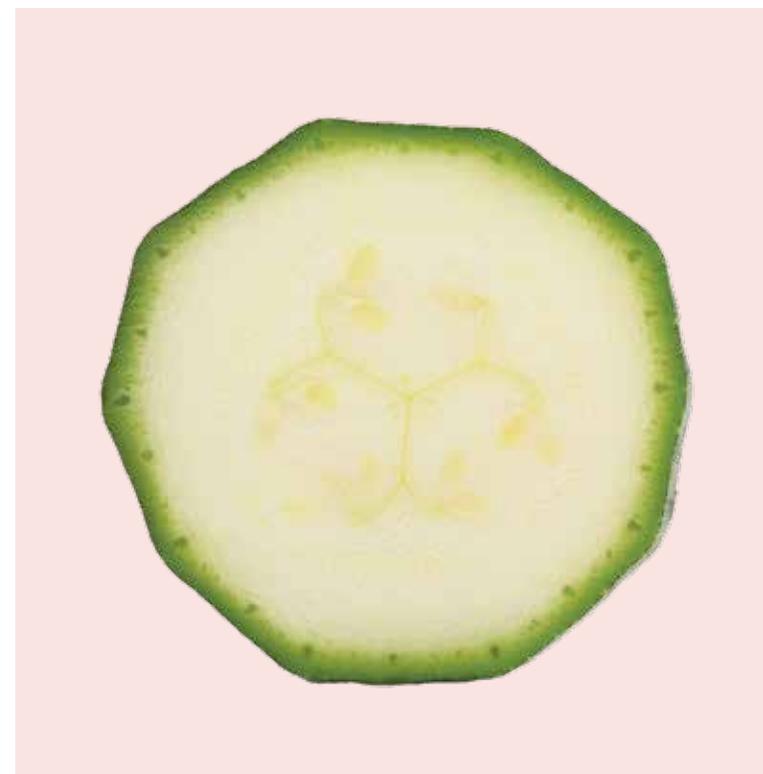
Very Berry Zoats:

Add about 1 cup of your favorite berries, 1 serving vanilla protein powder or a few drops of vanilla extract, and optionally stevia or monk fruit sweetener.

Chocolate Zoats:

Stir in 1 tablespoon non-Dutched cocoa/cacao powder or 1 serving chocolate protein powder and optionally 1 to 2 tablespoons chopped walnuts, stevia or monk fruit sweetener.

— Zucchini —



Zucchini is rich in antioxidants and anti-inflammatory phytonutrients which help protect against illness and inflammation that can cause aging.

GOLDEN BEET SALAD

with Pomegranate

Prep Time: 15 Min. **Yield:** 2 Entrée Servings or 4 Salad Servings

This is a perfect antioxidant-rich salad. Not only are the red and gold colors from the pomegranate arils, beets, and grapes beautiful, but they are all immune boosters and help cleanse your body.

Ingredients:

For the salad:

5 small or 3 medium golden beets, roasted
5-ounce bag, box, or head of tender greens, e.g. arugula, spring mix, mache, Bibb, or red leaf lettuce
4 tablespoons walnuts, halves or coarsely chopped pieces, toasted
½ cup seedless red grapes, cut in half
4 to 6 tablespoons pomegranate arils

For the dressing:

6 tablespoons toasted walnut or olive oil (the toasted walnut oil adds a delicate nutty flavor to the salad)
2 tablespoons sherry or raspberry vinegar
¼ cup fresh parsley leaves, coarsely chopped
¼ to ½ teaspoon Celtic or pink Himalayan salt, or to taste
¼ to ½ teaspoon freshly ground pepper, or to taste

Directions: Roast the beets. (See recipe on page 42.)

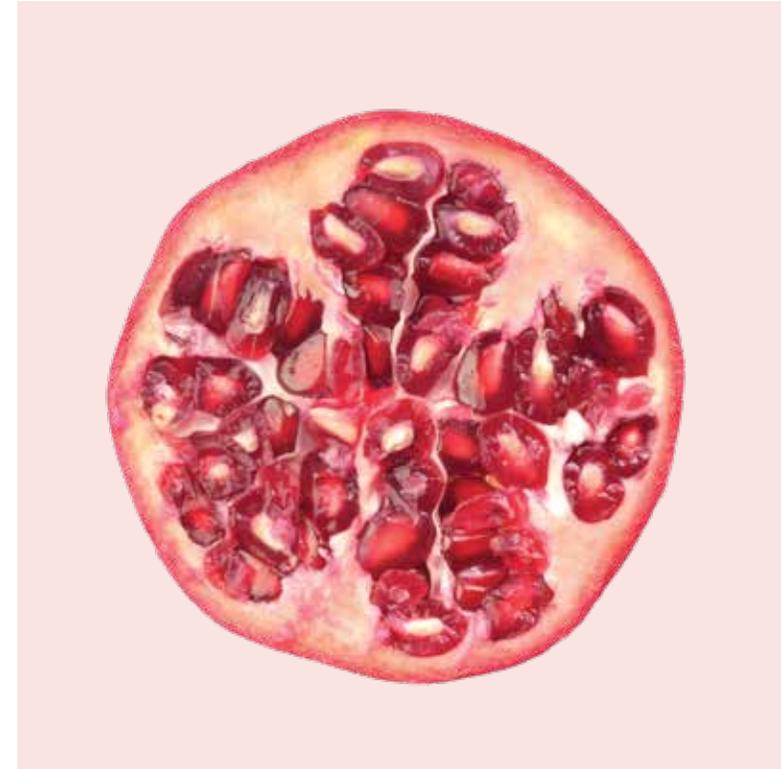
To toast the walnuts, preheat oven to 350° F. Arrange walnuts on a cookie sheet in a single layer. Bake 8 to 10 minutes, checking frequently. Nuts burn easily so be sure to set a timer or keep your eyes on the oven after the first 5 minutes.

Divide the greens evenly among the plates. Top with roasted beets, toasted walnuts, grapes, and pomegranate arils.

In a small bowl with a wire whisk or in a sealed jar, combine all salad dressing ingredients and whisk or shake to mix. Drizzle over the salads and serve.

Variations: My very favorite way to compose this salad is using arugula, toasted walnut oil, and raspberry vinegar. When they are in season I like to add in a big handful of fresh raspberries and omit the grapes.

— Pomegranate —



Pomegranates are one of the most heart healthy fruits that improves blood flow and keeps the arteries from becoming stiff and thick.

FENNEL GRAPEFRUIT SALAD

with Olives

Prep Time: 10 Min. **Cook Time:** 10 Min. **Yield:** 4 Servings

Ingredients:

2 ruby red grapefruits
1 large bulb fennel, trimmed, cored, and thinly sliced
½ cup kalamata or niçoise olives, pitted and chopped
¼ cup chopped fresh mint
1 tablespoon chopped
fresh tarragon
2 tablespoons avocado oil or olive oil
1 tablespoon rice vinegar
¼ teaspoon freshly ground black pepper

Directions: Segment the grapefruit over a small bowl (see Tip). Squeeze the juice from the membranes over the bowl. Transfer the segments to a larger bowl and gently toss with the fennel, olives, mint, and tarragon. To the juice, whisk in the oil, vinegar, and pepper. Drizzle over the fennel mixture, tossing gently to coat well.

Tip: To segment the grapefruit, slice off the top and bottom of each fruit so it can stand steadily. Use a sharp paring knife to cut the peel and white pith off the flesh, starting at the top and following down along the natural curve of the fruit inside the peel. Once peeled, hold the fruit in one hand over a bowl, then use that paring knife to cut between the flesh and the white membranes separating the individual segments, allowing these to fall into the bowl along with any juice.

— Fennel —



Fennel is a natural diuretic
and an effective digestive aid.

APPLE FENNEL SALAD

Prep Time: 15 Min. *Yield:* 4 Servings

Ingredients:

For the Salad:

2 Granny Smith apples, sliced into matchsticks
1 cup of fennel, thinly sliced
¼ cup carrot, grated
2 tablespoon chopped mint
Cinnamon, to garnish

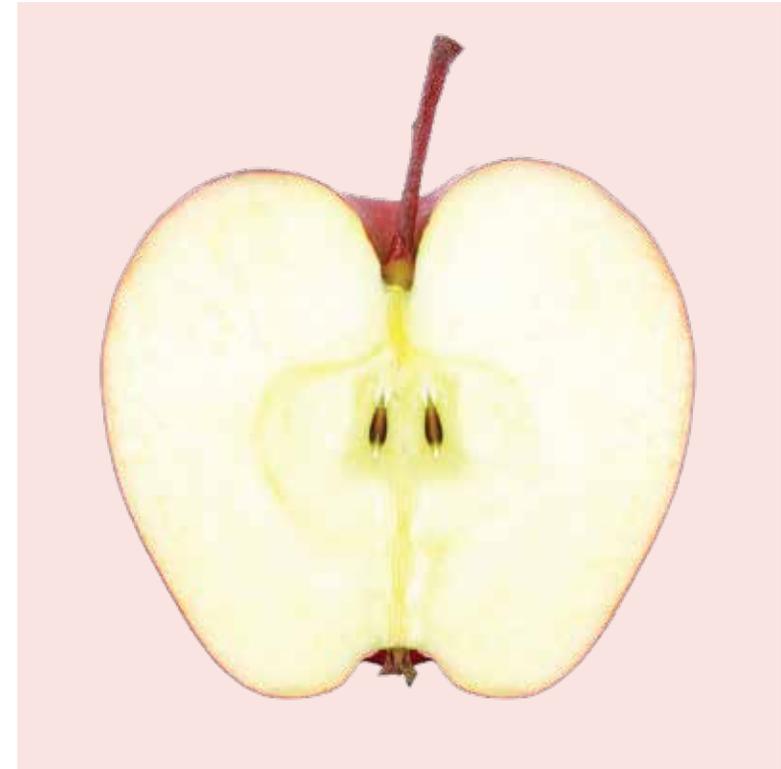
For the Dressing:

½ cup extra virgin olive oil
4 tablespoon apple cider vinegar
1 teaspoon fennel seeds, minced
½ teaspoon cinnamon
½ teaspoon onion powder
Coarse sea salt and black pepper, to taste

Directions: In a medium bowl, combine the green apple, fennel, carrot, mint and toss to combine. Place all the dressing ingredients in a jelly jar, close and shake until all the ingredients are well blended.

Add the dressing to the salad and toss; garnish the salad with the cinnamon.

— Apples —



Apples contain pectin which is a prebiotic fiber. This fiber feeds the good bacteria in your gut.

CALIFORNIA PLATE

with *Green Goddess Dressing*

Prep Time 15 Min. **Yield** 4 Servings

Ingredients:

For the dressing:

½ cup homemade mayonnaise
¼ cup parsley leaves
¼ cup cilantro leaves
1 tablespoon minced fresh chives
1 clove garlic, minced
1 teaspoon apple cider vinegar
Celtic or pink Himalayan salt and freshly ground black pepper

For the salad:

1 pound deli sliced turkey breast
4 large eggs, hard-boiled, peeled, and sliced
1 avocado, peeled, pitted, and quartered
1 cup marinated artichoke hearts (from a 6-ounce jar)
½ cup alfalfa or radish sprouts
1 cup cherry tomatoes

Directions: *For the dressing:* In a food processor or blender, combine the mayonnaise, parsley, cilantro, chives, garlic, and vinegar. Blend until smooth, adding water, 1 tablespoon at a time, until the desired consistency. Season to taste with salt and pepper.

For the salad: Divide the salad ingredients among 4 plates and serve with dressing drizzled over top or on the side.

Tip: Make this a portable lunch by layering the ingredients in a large mason jar, starting with the dressing at the bottom. When ready to eat, just shake it up!

— Artichoke Hearts —



Artichoke Hearts are an excellent source of fiber that can help detox the liver and digestive track to restore gut health.

CREAMY AVOCADO SAUCE

for Vegetables, Meat, Seafood or as a Salad Dressing

Prep Time: 5 Min. **Yield:** 4 1/3 Cup Servings

Ingredients:

2 whole medium avocados (6-7 ounces each)

1 small clove garlic

1 1/2-2 tablespoons fresh lime or lemon juice

1/2-1 teaspoon Celtic or pink Himalayan salt

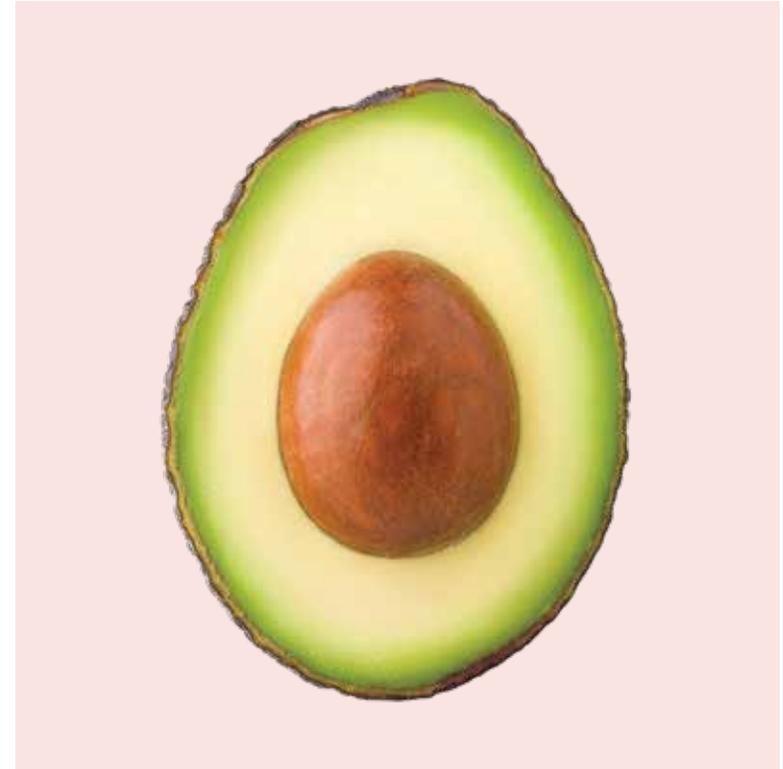
Pinch of ground black pepper

1/3-3/4 cup water

Directions: Slice each avocado in half, remove the pit, and scoop out the flesh with a spoon. Place the avocado flesh, garlic, lime juice, salt, and pepper in a blender or food processor. Combine until smooth, stopping a few times to scrape down the sides. Thin as desired with the water, adding little by little until you reach the desired consistency.

Store in an airtight container in the refrigerator for up to 7 days. Use any of the variations below as a creamy salad dressing or as a sauce for vegetables, meat, poultry, or seafood.

— Avocado —



Avocado is a superfood packed with fiber and nutrients like potassium, which promotes a healthy digestive system. It is a low-fructose food which means that it's less likely to cause gas and bloating.

GREEN SOUP

Prep Time: 15 Min. **Cook Time:** 15 Min. **Yield:** 4 Servings

Ingredients:

4 to 6 cups Chicken Bone Broth or chicken stock
¼ teaspoon turmeric
3 cloves garlic, thinly sliced
1 to 2 large leeks, white parts only, washed thoroughly and
thinly sliced
3 heads baby bok choy, each cut into 6 to 8 wedges
¼ teaspoon Celtic or pink Himalayan salt
Freshly ground black pepper

Directions: In a 2-quart pot, bring the broth to a simmer over medium heat. Add the turmeric, garlic, and leeks and simmer for 10 minutes. Add the bok choy and season with salt and pepper; stir. Simmer for about 2 minutes more. Once the bok choy is tender and bright green, serve immediately.

— Bok Choy —



Bok Choy contains selenium, unlike other fruits and vegetables. Selenium is a mineral that helps detoxify the body

SAUTÉED BEET GREENS

with Garlic and Olive Oil

Prep Time: 10 Min. **Cook Time:** 10 Min. **Yield:** 4 Servings

When I was growing up my mom made this classic Italian dish year round, but as a kid I didn't know how incredibly nutritious it was. I just knew I liked the robust flavor of olive oil and garlic on a big pile of greens. I've continued this tradition with my family, knowing they're enjoying a great detox dish. This simple classic is great on its own as a side dish, or you can toss the greens with cauliflower rice, add them to an omelet, or use them in a baked egg dish.

Ingredients:

- 1 pound beet greens (from 2 large or 3 small bunches of beets)
- 1 to 2 tablespoons extra virgin olive oil
- 2 garlic cloves, minced
- ¼ teaspoon (or more) dried red pepper flakes
- ¼ teaspoon Celtic or pink Himalayan salt, or to taste
- ¼ teaspoon freshly ground pepper, or to taste

Directions: Thoroughly wash the beet greens through at least two rinses of water. Cut the stems into 1-inch pieces and chop the leaves.

Heat olive oil in a medium sauté pan over medium heat until the oil shimmers. Add the beet greens, stems, and garlic. Toss and cook until the greens are wilted and tender, 5 to 8 minutes. Add the red pepper flakes and season with salt and pepper.

Variations: There are a number of variations to this recipe that you might want to try:

Lemon: When you add the seasonings, add the juice of ¼ to ½ lemon and about ½ teaspoon lemon zest.

Capers: Just after you add the oil, add a tablespoon of capers to the pan and sauté for a few minutes.

Sundried Tomatoes: Add ¼ cup sliced sundried tomatoes when you add the greens and garlic to the pan.

Balsamic Vinegar: Add a splash of balsamic vinegar when you season the greens.

Bacon: Use ½ to 1 tablespoon oil and sauté 2 pieces of cubed bacon. When the bacon is done, continue with the recipe.

— Beet Greens —



Beet Greens are packed with high amounts of vitamins and nutrients, they can help lower blood pressure, fight inflammation and are extremely low in calories, fat, and cholesterol.

SIZZLING SESAME SCALLIONS

Prep Time: 10 Min. **Cook Time:** 15 Min. **Yield:** 4 Servings

Ingredients:

2 tablespoons fresh lemon juice
1½ teaspoons toasted sesame oil
1 teaspoon gluten free hot sauce or ¼ teaspoon crushed red pepper flakes
¼ teaspoon Celtic or pink Himalayan salt
¼ cup sesame seeds
2 bunches scallions, cut crosswise into 1-inch lengths (halve any larger ones lengthwise first)

Directions: In a medium bowl, whisk together the lemon juice, 1 teaspoon of the sesame oil, the hot sauce, and salt. Stir in the sesame seeds, then the scallions. Heat a large skillet over medium heat. Pour the mixture into the skillet and cook, stirring occasionally, until the scallions have browned and the sesame seeds have toasted, 7 to 8 minutes. Stir in the remaining ½ teaspoon oil and serve.

— Scallions —



Scallions can prevent infections by killing bacteria, fungi, and viruses in the body. Typically use the green part as a garnish and the white part to cook with.

BRAISED BRUSSELS SPROUTS

with Bacon

Prep Time: 10 Min. **Cook Time:** 20 Min. **Yield:** 4 Servings

Ingredients:

4 slices uncured bacon
1 pound medium brussels sprouts, trimmed and halved
1 large shallot, thinly sliced
¼ teaspoon Celtic or Himalayan Sea Salt
¼ teaspoon freshly ground black pepper
⅓ cup chicken bone broth
2 teaspoons dijon mustard
1½ teaspoons chopped fresh thyme

Directions: In a large skillet, cook the bacon over medium heat until crisp, about 8 minutes. Remove the bacon to a plate lined with paper towels. Crumble when cool.

Add the brussels sprouts to the skillet, cut side down. Cook, undisturbed, until the sprouts start to take color, about 2 minutes. Add the shallot, tossing to combine, and cook until the shallot begins to soften, about 2 minutes. Sprinkle with salt and pepper. Add ¼ cup of the broth to the skillet, cover, and cook until the sprouts are crisp tender, about 3 minutes more.

In a small bowl, combine the mustard, thyme and remaining broth, Stir the sauce into the sprouts. Cook, stirring, until well combined, about 1 minute. Serve the sprouts topped with the crumbled bacon.

— Brussels Sprouts —



Brussels Sprouts are a cruciferous veggie. They are rich in sulfur-containing compounds called glucosinolates, which break down when you chew and digest into biologically active compounds that can inhibit various types of cancer.

CHICKEN TIKKA

Prep Time: 10 Min. **Cook Time:** 10 Min. + 1 Hr. Marinating Time **Yield:** 4 servings

Ingredients:

3 tablespoons cilantro leaves, plus more for garnish
2 tablespoons fresh lemon juice
2 cloves garlic, peeled
1 small fresh Thai chile, seeded (wear gloves when handling)
1 piece fresh ginger (1 inch), peeled
1 teaspoon ground turmeric
½ teaspoon ground cumin
½ teaspoon garam masala
Celtic or pink Himalayan salt
½ cup coconut cream
1½ pounds boneless, skinless chicken breasts, cut into 1-inch pieces
8 bamboo skewers (12 inches), soaked in water for 30 minutes and dried
Freshly ground black pepper
1 pint heirloom cherry tomatoes
4 tablespoons ghee
Lemon wedges, for serving

Directions: In a mini food processor, combine cilantro, lemon juice, garlic, chile, ginger, turmeric, cumin, garam masala, and 1 teaspoon salt and pulse to a smooth paste. Transfer the paste to a large bowl, stir in coconut cream, and toss in the chicken, mixing to coat completely. Cover and marinate in the refrigerator for 1 hour. Prepare a gas grill (or a charcoal fire) to medium-high heat. Oil the grates. Thread the marinated chicken onto the skewers, adding a tomato between every 2 pieces of chicken and leaving space between the pieces. Season with salt and pepper. Warm the ghee until liquid. Grill the skewers, turning and basting with the ghee every 2 to 3 minutes, until the chicken is browned and just cooked through, about 10 minutes total. Transfer the skewers to a serving platter. Garnish with cilantro and lemon wedges.

Tip: Coconut cream is available wherever canned coconut milk is sold. If you can't find it, chill a can of regular full-fat, unsweetened coconut milk and scoop out the solid white part that solidifies at the top.

— Lemon —



Lemon is high in vitamin C which is a nutrient crucial for building gut-healing and skin-firming collagen.

GRILLED LOBSTER TAILS

with Garlic and Herb Ghee

Prep Time: 10 Min. **Cook Time:** 15 Min. **Yield:** 4 Servings

Ingredients:

4 tablespoons ghee, softened
1 tablespoon thinly sliced fresh chives
1 tablespoon finely chopped fresh tarragon
1 teaspoon finely grated lemon zest
1 clove garlic, minced
Celtic or pink Himalayan salt and freshly ground black pepper
4 lobster tails (6 to 7 ounces each), thawed if frozen
Lemon wedges, for serving

Directions: Prepare a gas grill (or a charcoal fire) to medium-high heat. In a small bowl, combine the ghee, chives, tarragon, lemon zest, garlic, and a pinch of salt and pepper. Using a fork, lightly mash all the ingredients together to release their flavors. Set aside.

Using kitchen shears, cut along the center of the back of the lobster tails from the opening to the tail fin. Turn the tail over and repeat the same cut on the bottom. Use a knife to cut through the meat to create two halves. Clean out the intestinal tract, if present. Place the tails, shell side up, on the grill and close the lid. Grill until the meat of the tails is lightly marked, about 3 minutes. Flip the tails over. Dollop the ghee over the lobster meat, close the lid, and grill until the lobster meat is firm, moist, and opaque, 2 to 3 minutes more. Serve warm, room temperature, or chilled as part of a lobster salad.

— Garlic —



Garlic filters out toxins from the bloodstream by producing detoxification enzymes. Garlic also helps to eliminate bad bacteria, yeast and more from the digestive system or gut.

ZESTY MEDITERRANEAN PASTA

Prep Time: 20 Min. **Cook Time:** 10 Min. **Yield:** 4 Servings

Ingredients:

3 7-ounce packages Shirataki pasta (Miracle noodles), fettuccini or angel hair, or wide zucchini noodles
3 tablespoons olive oil
1/8 to 1/4 teaspoon crushed red pepper flakes
3 cloves garlic, very finely sliced
2 cups grape tomatoes, cut in half
14-ounce can artichoke hearts in water, drained and cut into quarters
6-ounce can black olives, pitted
2 generous cups or handfuls baby arugula or baby spinach (arugula will give the dish a nice peppery finish)
12 to 16 fresh basil leaves
1/2 teaspoon Celtic or pink Himalayan salt
1/2 teaspoon freshly ground black pepper

Directions: Pour the noodles into a colander and rinse for 30 seconds under cold running water. (Ignore the aroma of the konnyaku plant. It will disappear when you immerse the noodles in boiling water.) If the noodles are long, cut in half with kitchen shears. Immerse in a pot of boiling water for 2 to 3 minutes. Pour the noodles back into the colander and drain off as much water as you can. Then place noodles in a preheated, large, non-oiled, and nonstick skillet, and dry roast for 1 to 2 minutes, until they are visibly dry. This step will soften the noodles' texture and help them better absorb the sauce. Remove from the heat, pour into a large bowl or into the kettle in which you boiled them (dry the kettle first) and set aside.

Place the same large skillet you used to dry-roast the noodles on medium heat and add olive oil. When it shimmers, add garlic and crushed red pepper and sauté for about 10 seconds. Toss in tomatoes, artichokes, and olives and cook for 2 to 3 minutes just to warm through. Toss in arugula/spinach, basil, salt, and pepper and combine. The greens will steam in the heat of the pan. Add noodles to the skillet, toss together and warm through for 1 to 2 minutes.

Serve with additional crushed red pepper and optionally grated Parmesan or Romano cheese.

Notes: If you choose to use zucchini, begin preparing the zucchini about 30 minutes before making the sauce. If you wish to add protein to this dish, shredded or cubed pre-cooked chicken is a nice addition.

— Tomato —



Tomatoes help detoxify your body by clearing out waste and toxins that build up in the liver, gut, and other parts of the body.

TURKEY KALE MEATBALLS

with Zucchini Noodles and Salsa Cruda

Prep Time: 20 Min. **Cook Time:** 20 Min. **Yield:** 4 Servings

Ingredients:

For the meatballs:

1 pound ground turkey
10 ounces frozen kale, thawed
½ cup minced yellow onion
½ cup grated carrot
2 large egg whites
1 clove garlic, minced
Celtic or Himalayan Sea Salt

For the Salsa Cruda and Noodles:

2 tomatoes, coarsely chopped
½ medium yellow onion, chopped
1 clove garlic, minced
2 tablespoons olive oil
1 tablespoon balsamic vinegar
3 medium zucchini, spiralized or peeled
2 tablespoons thinly sliced basil leaves

Directions: *For the meatballs:* Position a rack in center of oven and preheat to 425° F. Line a large rimmed baking sheet with foil or parchment paper and coat with coconut oil spray.

In a large bowl, combine all of the ingredients and a pinch of salt and pepper. Wet hands, form 12 meatballs the size of golf balls. Place on the prepared baking sheet and coat with more coconut oil spray. Bake until no longer pink and lightly golden, turning the meatballs halfway through, about 18 minutes.

Meanwhile, *for the salsa and noodles:* In a medium bowl, toss together the tomatoes, onion, garlic, oil, and vinegar. Season to taste with salt and pepper.

Divide the zucchini noodles among 4 plates. Top with the salsa, 3 meatballs each and a sprinkle of fresh basil.

— Kale —



Kale has one of the highest levels of antioxidants of any plant. Kale helps to reduce inflammation, and detox the liver.

BAKED COCONUT SHRIMP

with Cocktail Sauce

Prep Time: 5 Min. **Cook Time:** 15 Min. **Yield:** 4 Servings

Ingredients:

For the Shrimp:

Coconut oil cooking spray
¾ cup unsweetened shredded coconut
¼ cup ground golden flaxseed
½ teaspoon Celtic or pink Himalayan salt
¼ cup ghee or coconut oil, melted and briefly cooled
1 pound peeled and deveined large shrimp (tails left on)
Lemon wedges, for serving

For the Cocktail Sauce:

½ cup tomato paste, sugar- and dextrose-free
¼ cup apple cider vinegar
¼ cup apple juice, unsweetened
Pinch onion powder
⅛ teaspoon ground cloves

Directions: *For the shrimp:* Heat the oven to 400° F. Set a wire rack inside a baking sheet and coat with coconut oil spray or brush with melted coconut oil. In a medium bowl, combine the coconut, ground flax, and salt. Place the ghee in a separate bowl. Add the shrimp to the ghee tossing to evenly coat. Working in batches, transfer the shrimp to the coconut mixture, turning to coat and pressing to adhere, if necessary. Place the shrimp on the wire rack. Coat lightly with coconut oil spray or brush with melted coconut oil. Bake until the coating is golden and the shrimp are cooked through (curled and opaque), about 10 minutes.

Meanwhile, *for the cocktail sauce,* mix all cocktail sauce ingredients in a small saucepan and heat over very low heat for about 5 minutes, continually stirring to prevent scorching. If you want the sauce to thicken further, you can continue to keep it at a very low simmer for a few more minutes.

Variation: To make spicy cocktail sauce, mix ½ cup ketchup with 1½ to 2 tablespoons prepared horseradish. Add a dash of hot sauce and stir. Adjust horseradish to suit your tastes.

Serve the shrimp with the cocktail sauce and lemon wedges.

— Coconut —



Coconut is high in magnesium which is essential for bone health.

4 - CITRUS SCALLOP CEVICHE

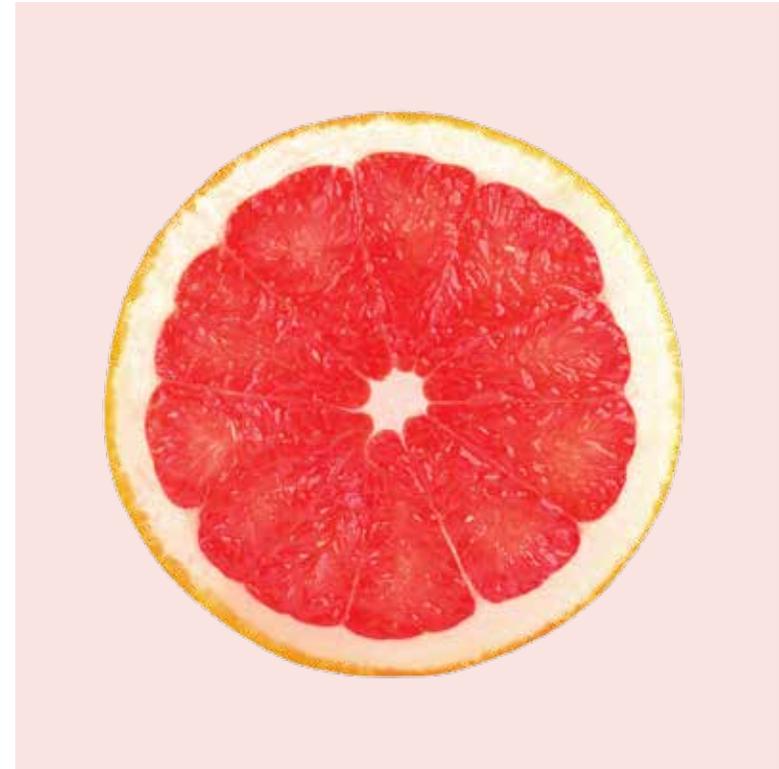
Prep Time: 15 Min. **Cook Time:** 2 Hours **Yield:** 4 Servings

Ingredients:

½ cup fresh grapefruit juice
½ cup fresh orange juice
¼ cup fresh lemon juice
¼ cup fresh lime juice
½ medium red onion, halved lengthwise, then thinly sliced
1 clove garlic, mashed into a paste with the side of a chef's knife
½ small habanero chile (optional, or use less for less heat), seeded and minced (wear gloves when handling)
Celtic or pink Himalayan salt and freshly ground black pepper
1 pound bay scallops halved if large
1 avocado
1 mango
¼ cup finely chopped fresh

Directions: In a large glass, plastic, or stainless steel bowl, stir together the citrus juices, onion, garlic, chile (if using), and a pinch of salt and pepper. Add the scallops and toss well. Cover and refrigerate for at least 2 and up to 16 hours. Just before serving, dice the avocado and mango and toss into the ceviche mixture along with the cilantro. Using a slotted spoon, serve in chilled glasses or bowls, drizzling some of the liquid over the ceviche.

— Grapefruit —



Grapefruit is loaded with a chemical called “nootkatone” which stimulates your metabolism and ramps up your fat burning.

BEEFY CABBAGE

Prep Time: 10 Min. **Cook Time:** 30 Min. **Yield:** 4 – 6 Servings

Ingredients:

21 ounces lean ground beef
1 tablespoon coconut oil
1 large white onion, chopped medium
¼ red pepper, chopped into ¼ inch dice
2 large tomatoes, chopped into ¼ inch dice
1 teaspoon ground cumin
½ teaspoon coriander
1 teaspoon sea salt
¼ teaspoon black pepper
¼ medium head Savoy cabbage, thinly sliced

Directions: In a large frying pan over medium heat, add the coconut oil. When the oil is hot, add the onions and sauté until translucent and push them to the side. In the center of the pan, add the spices and warm for 1 minute. Mix the onions back in to combine with the spices. Add the red pepper and cook for 1 minute. Break up the ground beef as it is added to the pan. Continue breaking up the beef as you brown it; stir in the onion mixture. As the beef cooks it break into loose crumbles and browns. Mix in the tomatoes and stir; cook for 1 minute. Stir in the cabbage slices and mix well. Cover with a lid and cook until the cabbage is tender.

— Cabbage —



Cabbage can help prevent constipation and keep your digestive system working properly due to its water and fiber content. Fiber plays a role in regulating the immune system and lowering inflammation.

ROAST SALMON

with Fennel

Prep Time: 10 Min. **Cook Time:** 10 – 30 Min. **Yield:** 2 Servings

Ingredients:

2 5- to 7-ounce salmon filets
3 tablespoon avocado or olive oil, divided
½ teaspoon lemon or lime zest
Celtic or pink Himalayan salt
Freshly ground black pepper
1 large or 2 small fennel bulbs
2 tablespoons freshly squeezed lemon or lime juice

Directions: Preheat the oven to 425° F and move oven rack to the middle of the oven and move the second rack beneath it. Place salmon on a baking pan, skin side down and drizzle or brush with 1 tablespoon oil. Season with zest, salt, and pepper.

Cut off the stems and the hard base of the fennel bulb(s). Using a mandolin, slice the fennel vertically into very thin slices, about 1/16-inch thick. If you do not have a mandolin, you can slice the fennel with a very sharp knife, but you won't be able to slice it as thinly as you would with a mandolin, and the fennel will take longer to cook. Optionally keep some of the fennel fronds (the fine feathery leaves) for garnish. Place sliced fennel into a small bowl, drizzle with 2 tablespoons oil, season with salt and pepper, and toss to coat. Spread the fennel slices on a sheet pan.

Place the salmon on the middle rack and the fennel on the lower. Baking time for the salmon will be 4 to 5 minutes per half-inch, measuring at the thickest part. The fennel will take about 15 minutes if sliced thinly with a mandolin or about 30 minutes if sliced thicker with a knife. The fennel should be tender and beginning to brown when done. (Depending on the thickness of the fish and the thickness of the fennel, they may not be done at precisely the same time.)

To serve, plate the salmon and fennel and squeeze the lemon/lime juice over the fish. Optionally sprinkle some of the fennel fronds as a garnish and serve with additional lemon/lime wedges if desired.

Notes: How to test when the salmon is done: Use an instant read thermometer in the thickest part of the fish. When done it should read 145° F. If you don't have an instant read thermometer, you can test for doneness by inserting a fork into the thickest part of the fish. If the interior is opaque (not translucent as it is when raw), and if it easily breaks into flakes it is done.

— Salmon —



Salmon is higher in potassium than an equal amount of banana. Potassium helps control blood pressure and can reduce the risk of stroke.

BEETS THREE WAYS

Roasted, Boiled or Steamed

The humble beet so often overlooked from other more popular root vegetables. But beets really are among the heroes of detoxifying food. I want to give you three basic preparation methods for beets and eight quick and easy recipes. Hopefully you'll start to enjoy this delicious and detoxifying vegetable that's been hiding in the shadows for too long.

ROASTED BEETS

Prep Time: 10 Min. **Cook Time:** 35 – 45 Min. **Yield:** Varies

Roasting beets will give you the most depth of flavor because roasting removes some of the moisture from the beet leaving you with a vegetable that has been partially dehydrated thus intensifying the natural flavors and sweetness.

Ingredients:

- 6 medium or 4 large beets, red, gold, or Chioggia (also called candy striped beets because of their red and white rings of color)
- ¼ cup olive or avocado oil
- ½ teaspoon Celtic or pink Himalayan salt

Directions: Preheat oven to 400°F and line a sheet pan with parchment.

Cut off the greens and reserve for another use. (See the recipe for Sautéed Beet Greens with Garlic and Olive Oil on page 20.) Cut off the top knob where the greens were attached and the bottom root stem. Peel the beets using a vegetable peeler. Cut into 1 ½ – to 2-inch pieces. Toss them with olive or avocado oil to coat and sprinkle with salt. Place on prepared sheet and roast for 35 – 45 minutes, turning once half way through. Remove from oven when fork tender. Serve hot, cold, or at room temperature.

(Continued)

— Beets —



Beets are loaded with potassium, folate, fiber, and antioxidants. They also contain betaine, a compound that has been found to lower the levels of several inflammatory markers, protect against liver damage, and help the liver process fats.

BOILED BEETS

Prep Time: 10 Min. **Cook Time:** 30 – 40 Min. **Yield:** Varies

Boiling tenderizes the beets because they retain their moisture since they are submerged in water. Steaming beets is similar because they are cooked by hot water vapor. You don't need to peel beets when you cook them in water because the skins will easily slide off without a knife or peeler after cooking.

Ingredients:

6 medium or 4 large beets, red, gold, or Chioggia (also called candy striped beets because of their red and white rings of color)

Directions: Cut off the greens and reserve for another use. (See the recipe for Sautéed Beet Greens with Garlic and Olive Oil on page 20.) Cut off the top knob where the greens were attached and the bottom root stem.

Add whole, scrubbed, unpeeled beets to a cooking pot, fill the pot with enough water to cover the beets, and place over medium high heat. When the water begins to boil, reduce heat to a slow simmer and cook for about 30 – 40 minutes until beets are fork tender. Small baby beets will be done sooner, and large beets will take a bit longer. When done, pour off the hot water and fill the pot with cold water to stop the cooking process. When the beets are cool enough that you can comfortably hold them, coax the skin off under cold running water. Serve hot, cold, or at room temperature.

STEAMED BEETS

Prep Time: 10 Min. **Cook Time:** 30 – 40 Min. **Yield:** Varies

Steaming beets will also keep in much of the moisture and you won't lose as many vitamins and minerals to the cooking water.

Ingredients:

6 medium or 4 large beets, red, gold, or Chioggia (also called candy striped beets because of their red and white rings of color)

Directions: Cut off the greens and reserve for another use. (See the recipe for Sautéed Beet Greens with Garlic and Olive Oil on page 20.) Cut off the top knob where the greens were attached and the bottom root stem.

Add whole, scrubbed, unpeeled beets to a steamer basket placed inside a saucepan or kettle. The water level should be below the steamer basket. Place over medium high heat. When the water begins to boil, reduce heat to a slow simmer and cook for about 30 – 40 minutes until beets are fork tender. Small baby beets will be done sooner, and large beets will take a bit longer. When done, pour off the hot water and run cold water over the beets to stop the cooking process. When the beets are cool enough that you can comfortably hold them, coax the skin off under cold running water. Serve hot, cold, or at room temperature.

For the Love of Beets: Quick and Easy Recipes

Beets with Olive Oil, Garlic, and Parsley:

Slice boiled or steamed beets into rounds or half-moons, drizzle with olive oil, a dash of red wine vinegar, a minced clove of garlic, a handful of chopped parsley, and salt and pepper. This is a great standalone side salad, or as a topper for any leafy green salad. Serve chilled or at room temperature.

Beets with Orange and Tarragon:

Slice boiled or steamed beets into rounds or half-moons, drizzle with olive oil, the juice of 1 orange, 1 to 2 teaspoons of orange zest, salt and pepper. Optionally, toss in a teaspoon of fresh minced tarragon leaves or ¼ to ½ teaspoon dried. Serve chilled or at room temperature.

Beets with Lemon and Dill:

Slice boiled or steamed beets into rounds or half-moons, drizzle with olive oil, the juice of ½ lemon, a handful of fresh chopped dill, ½ small thinly sliced red onion, salt and pepper. Serve chilled or at room temperature.

Beets with Oranges and Olives:

Slice boiled or steamed beets into rounds or half-moons, drizzle with olive oil, supremes from 2 oranges, ¼ – ½ small thinly sliced red onion, a handful of chopped parsley, ½ cup sliced black California olives, a dash of red wine vinegar, salt and pepper.

Beets with Fennel and Pine Nuts:

Place roasted beets into a medium bowl, with ½ large fennel bulb sliced paper thin on a mandolin, ¼ cup toasted pine nuts, a small handful of dill, salt and pepper. Drizzle with olive oil.

Beets with Blood Oranges, Kalamata Olives, and Hazelnuts:

Place roasted beets into a medium bowl, add 2 sliced blood oranges, ¼ cup toasted hazelnuts, and 2 tablespoon pitted Kalamata olives, ½ – 1 teaspoon fresh thyme leaves, salt and pepper. Drizzle with olive oil or toasted walnut oil.

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