



Parasite Cleanse Meal Plan

NEW ROOTS HERBAL



Parasite Cleanse Meal Plan

Hi,

Eating a healthy clean diet can help aid the cleansing and detoxification process and support immunity. As parasites feed off sugar, sticking closely to a low glycaemic diet; avoiding starchy and refined foods and including lots of healthy fats such as coconut oil and clean proteins can be beneficial. It is recommended to cut out all pork products from your diet as they can contain parasites.

Herbs to include when cooking or sprinkling on foods/ salads: ginger, cayenne pepper, thyme, garlic, oregano, turmeric.

Intermittent fasting with a vegetable or bone broth is an ideal way to start the cleanse, and should be done under the supervision of your practitioner. An example of this would be an 8-hour eating window 11-7pm, and drinking lots of replenishing fluids outside this window.

Optimally hydrating outside of mealtimes is very important, sipping on lemon water and herbal teas throughout the day to maximise the cleansing process.

HOW TO USE

All of these recipes have been selected based on your needs, but you don't need to make them all at once. Start by adding a couple of new recipes from this book into your regular meal rotation. If you like to write out your own weekly meal plan to stay organized, you can print a blank meal plan template [here](#).

RECIPE TIPS

On each recipe, you'll see total time, number of servings, ingredients and directions. Before you start, check the ingredients list to see if anything needs to be prepped in advance. For example, you might need to dice up your veggies. It's also helpful to read through the directions before you start cooking so you have an idea of what's coming up before you dive in.

LEFTOVERS

Cook once, eat multiple times! Most leftovers can last about three days in the fridge, so maximize your time in the kitchen. Make enough dinner to take for lunch the next day or double a recipe to last for a few days. This is a great habit that will save you time and money.

MON



BREAKFAST
Zucchini Turkey Breakfast Skillet



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Cream of Celery & Asparagus Soup



SNACK 2
Toasted Walnuts



DINNER
Butter Chicken & Cauliflower Rice



SNACK 3
Hibiscus Iced Tea, Lemon Ginger Tea

TUE



BREAKFAST
High Fat Green Smoothie



SNACK 1
Celery with Sunflower Seed Butter



LUNCH
Butter Chicken & Cauliflower Rice



SNACK 2
Steamed Radishes with Dill, Homemade Coconut Yogurt



DINNER
Cream of Celery & Asparagus Soup



SNACK 3
Green Tea, Ginger Mint Tea

WED



BREAKFAST
Zucchini Turkey Breakfast Skillet



SNACK 1
Steamed Radishes with Dill, Homemade Coconut Yogurt



LUNCH
Cream of Celery & Asparagus Soup



SNACK 2
Hummus Dippers



DINNER
Baked Lemon Cod, Crispy Asparagus with Coconut



SNACK 3
Hibiscus Iced Tea, Lemon Ginger Tea

THU



BREAKFAST
Pesto Zoodles with Poached Egg



SNACK 1
Toasted Walnuts



LUNCH
Baked Lemon Cod, Crispy Asparagus with Coconut



SNACK 2
Coconut Almond Cups



DINNER
Cream of Broccoli, Kale & Spinach Soup



SNACK 3
Green Tea, Ginger Mint Tea

FRI



BREAKFAST
Grain-Free Coconut Almond Porridge



SNACK 1
Sea Salt & Garlic Crackers



LUNCH
Cream of Broccoli, Kale & Spinach Soup



SNACK 2
Hummus Dippers



DINNER
Baked Chicken with Tomatoes, Avocado & Spinach Salad



SNACK 3
Hibiscus Iced Tea, Lemon Ginger Tea

SAT



BREAKFAST
Pesto Zoodles with Poached Egg



SNACK 1
Sea Salt & Garlic Crackers



LUNCH
Baked Chicken with Tomatoes, Avocado & Spinach Salad



SNACK 2
Coconut Almond Cups



DINNER
Spaghetti Squash Burrito Bowls



SNACK 3
Green Tea, Ginger Mint Tea

SUN



BREAKFAST
Breakfast Cauliflower Casserole



SNACK 1
Hummus Dippers



LUNCH
Spaghetti Squash Burrito Bowls



SNACK 2
Toasted Walnuts



DINNER
Baked Chicken with Tomatoes, Avocado & Spinach Salad



SNACK 3
Hibiscus Iced Tea, Lemon Ginger Tea

FRUITS

- 3 Avocado
- 4 Lemon
- 1/3 cup Lemon Juice
- 1 3/4 Lime
- 1 tsp Lime Juice

BREAKFAST

- 1/4 cup Almond Butter
- 3 cups Green Tea

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1/2 cup Chia Seeds
- 1/4 tsp Chili Flakes
- 1 1/2 tsps Chili Powder
- 2 tsps Cinnamon
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 2 1/2 tsps Garlic Powder
- 1 tbsp Ground Flax Seed
- 1/2 cup Hemp Seeds
- 1/2 tsp Oregano
- 2 1/2 tsps Paprika
- 1/2 cup Pumpkin Seeds
- 1 1/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Sunflower Seeds
- 1 3/4 cups Walnuts

VEGETABLES

- 4 cups Asparagus
- 12 cups Baby Spinach
- 1 cup Basil Leaves
- 3 cups Broccoli
- 1 Carrot
- 1 head Cauliflower
- 18 stalks Celery
- 1 1/2 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 1 tbsp Fresh Dill
- 9 Garlic
- 1 1/3 cups Ginger
- 2 cups Kale Leaves
- 2 cups Mint Leaves
- 1/4 cup Parsley
- 2 cups Radishes
- 3 tsps Red Onion
- 1/2 tsp Thyme
- 1 Yellow Bell Pepper
- 2 1/2 Yellow Onion
- 6 Zucchini

BOXED & CANNED

- 1 1/2 cups Organic Coconut Milk
- 1 cup Organic Salsa
- 2 cups Organic Vegetable Broth
- 2 tsps Tomato Paste

BAKING

- 3/4 cup Almond Flour
- 1/4 cup Coconut Flour
- 1 tbsp Nutritional Yeast
- 2 tsps Unsweetened Coconut Flakes
- 1/4 cup Unsweetened Shredded Coconut
- 1 1/2 tsps Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 510 grams Chicken Breast
- 2 Cod Fillet
- 454 grams Extra Lean Ground Turkey
- 1 cup Hummus

CONDIMENTS & OILS

- 1 tsp Apple Cider Vinegar
- 1/2 tsp Avocado Oil
- 1 tbsp Coconut Aminos
- 1/3 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/2 tsp Sesame Oil
- 1/2 cup Sunflower Seed Butter

COLD

- 1/4 cup Coconut Butter
- 14 Egg
- 1 1/4 cups Unsweetened Almond Milk

OTHER

- 454 grams Coconut Meat
- 1/4 cup Hibiscus Tea
- 2 Probiotic Capsules
- 8 grams Reishi Powder
- 35 2/3 cups Water

Zucchini Turkey Breakfast Skillet

3 SERVINGS 20 MINUTES



INGREDIENTS

1 1/2 tsps Coconut Oil
454 grams Extra Lean Ground Turkey
2 Zucchini (large, finely diced)
1 cup Organic Salsa
3 Egg
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Add the coconut oil to a large skillet and place over medium heat.
- 02 Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
- 03 Add the salsa to the skillet and stir well to mix.
- 04 Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
- 05 Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

NOTES

LEFTOVERS

For best results, refrigerate the turkey/zucchini mixture separate from the eggs in an airtight container for up to three days. When reheating, add the eggs just before serving.

MORE PROTEIN

Add extra eggs.

VEGETARIAN

Use lentils instead of ground turkey.

MORE GREENS

Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

NO SALSA

Use crushed tomatoes instead.

High Fat Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Water (cold)
- 2 tbsps Lemon Juice
- 1 cup Baby Spinach
- 1/2 Avocado (frozen)
- 1/4 cup Mint Leaves (fresh, roughly chopped)
- 1 tsp Ginger (fresh, roughly chopped)

DIRECTIONS

- 01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to one day.

LIKES IT SWEETER

Add frozen banana, pineapple or apple.

MORE PROTEIN

Add protein powder or collagen powder.

NO MINT

Use cilantro or basil instead.

Pesto Zoodles with Poached Egg

4 SERVINGS 20 MINUTES



INGREDIENTS

4 Zucchini (large)
1 cup Basil Leaves
1 cup Baby Spinach
1 Garlic (clove, minced)
1/4 cup Walnuts
1/3 cup Extra Virgin Olive Oil
1 Lemon (juiced)
1/2 tsp Sea Salt
4 Egg

DIRECTIONS

- 01 Spiralize your zucchinis into noodles and set aside.
- 02 In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
- 03 Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
- 04 You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!

NOTES

NUT-FREE

Use sunflower or pumpkin seeds instead of walnuts.

MORE CARBS

Use brown rice pasta instead of zucchini noodles.

NO SPINACH

Use kale or any dark leafy green.

MEAT LOVER

Skip the poached egg and top with chicken, bacon or steak instead.

VEGAN

Skip the poached egg and top with beans, lentils or chickpeas instead.

Grain-Free Coconut Almond Porridge

1 SERVING 10 MINUTES



INGREDIENTS

3/4 cup Unsweetened Almond Milk
1/4 cup Almond Flour
1/4 cup Unsweetened Shredded Coconut
1 tbsp Ground Flax Seed
1/2 tsp Cinnamon

DIRECTIONS

- 01 Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
- 02 Divide into bowls and enjoy!

NOTES

NO RICE MILK

Use an alternative milk of your choice.

LIKES IT SWEET

Add raisins, dates, maple syrup, honey or your sweetener of choice.

LEFTOVERS

Refrigerate in an airtight container up to 3 to 5 days.

SERVING SIZE

One serving is equal to approximately 1 1/4 cup of porridge.

Breakfast Cauliflower Casserole

3 SERVINGS 1 HOUR



INGREDIENTS

1/2 head Cauliflower (chopped into florets)
7 Egg
1/2 cup Unsweetened Almond Milk
1 tsp Garlic Powder
1 tbsp Nutritional Yeast
1 tsp Sea Salt
1 cup Baby Spinach

DIRECTIONS

- 01 Preheat oven to 375°F (191°C).
- 02 On the stove, bring a large pot of water to a boil. Drop in your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). Roughly chop the cooked cauliflower and set aside.
- 03 In a bowl, whisk together egg, almond milk, garlic powder, nutritional yeast, salt and chopped spinach. Toss in chopped cauliflower florets until evenly coated.
- 04 Pour mixture into a baking dish and bake for 45 minutes.
- 05 Remove from oven and let cool slightly before serving. Enjoy!

NOTES

MORE GREENS

Add an extra cup of chopped spinach, or serve with a side of mixed greens tossed in olive oil and balsamic vinegar.

DON'T LIKE CAULIFLOWER

Use steamed broccoli instead.

STORAGE

Store in an airtight container up to three days. Reheat before serving.

Celery with Sunflower Seed Butter

4 SERVINGS 5 MINUTES



INGREDIENTS

8 stalks Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

DIRECTIONS

01 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

NOTES

NO CELERY
Use cucumber instead

Sea Salt & Garlic Crackers

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Sunflower Seeds
1/2 cup Pumpkin Seeds
1/2 cup Chia Seeds
1/2 cup Almond Flour
1/2 tsp Sea Salt
1 1/2 tsps Garlic Powder
1/2 cup Water

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Combine all ingredients in a bowl and let sit for 1 to 2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
- 03 Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
- 04 Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
- 05 Enjoy!

NOTES

STORAGE

Refrigerate in an air-tight container up to 1 week.

SERVE THEM WITH

Hummus, nut butter, cheese, on top of salad or soup.

Cream of Celery & Asparagus Soup

4 SERVINGS 25 MINUTES



INGREDIENTS

- 2 tbsps Coconut Oil
- 1 Yellow Onion (chopped)
- 6 stalks Celery (chopped)
- 3 Garlic (cloves, minced)
- 4 cups Water
- 1 tsp Sea Salt
- 1/2 tsp Black Pepper
- 3 cups Asparagus (woody ends snapped off)
- 1/2 cup Hemp Seeds
- 4 cups Baby Spinach

DIRECTIONS

- 01 Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
- 02 Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
- 03 Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

SERVING SIZE

One serving is approximately 2 cups.

NO HEMP SEEDS

Use cashews.

ADD SOME CRUNCH

Set aside a few spears of asparagus, roast before serving and use as a garnish.

NO SPINACH

Use kale, swiss chard or any leafy green.

Toasted Walnuts

5 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 cups Walnuts (shelled)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 02 Remove from oven, let cool and enjoy!

NOTES

EXTRA FLAVOUR

Sprinkle with sea salt or spices of your choice.

Steamed Radishes with Dill

2 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Radishes (trimmed)
1 1/2 tsps Coconut Oil
1 tbsp Fresh Dill (chopped)
1 tsp Apple Cider Vinegar
1/4 tsp Sea Salt

DIRECTIONS

- 01** Slice radishes into halves or quarters, so that all pieces are approximately the same size.
- 02** Bring a pot of water to a boil. Place radishes in a steamer over boiling water and cover. Let steam for 8 to 10 minutes, or until tender. Time may vary depending on size of radishes.
- 03** Melt coconut oil in a pan over medium-high heat. Toss in radishes, dill, vinegar and salt. Saute for a minute, or until all ingredients are well combined. Serve immediately. Enjoy!

NOTES

NO COCONUT OIL

Use butter, ghee or avocado oil instead.

NO APPLE CIDER VINEGAR

Use lemon juice instead.

NO FRESH DILL

Use chives, fennel seeds, basil or thyme instead.

SERVE THEM WITH

Our 15 Minute Halibut with Dill Pesto, Everything Bagel Seasoned Chicken, Mushroom Lentil Burgers or Marinated Baked Tofu recipe.

LEFTOVERS

Refrigerate in an airtight container up to two days.

Homemade Coconut Yogurt

4 SERVINGS 24 HOURS



INGREDIENTS

454 grams Coconut Meat (thawed)
1/2 cup Water
2 tbsps Lemon Juice
2 Probiotic Capsules

DIRECTIONS

- 01 In a blender add the coconut meat, water and lemon juice. Blend on high until smooth and creamy. Remove from the blender and add to a large glass container such as a mason jar.
- 02 Open up the probiotic capsules and empty the contents into the coconut meat mixture. Stir with a wooden or plastic spoon until incorporated.
- 03 Place a piece of cheesecloth over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot, such as your oven with the light on and let it sit. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to seven days.

PROBIOTIC SENSITIVITY

Due to the sensitivity of the probiotics, do not use a metal spoon to mix the probiotic in.

MORE FLAVOR

Use coconut water instead of water.

Hummus Dippers

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

DIRECTIONS

- 01 Slice your pepper, carrot and celery into sticks.
- 02 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

NOTES

HOMEMADE

Make your own hummus! Check out our Sweet Potato Hummus or Green Pea Hummus recipes.

MIX IT UP

Substitute in different veggies like cucumber or zucchini.

Coconut Almond Cups

6 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

1/4 cup Almond Butter (not runny)
2 tbsps Coconut Oil (melted, divided)
1 1/2 tsps Vanilla Extract
1 1/2 tsps Cinnamon
1/16 tsp Sea Salt
1/4 cup Coconut Butter

DIRECTIONS

- 01 Arrange paper baking cups on a plate or a small baking sheet. Set aside.
- 02 In a mixing bowl, stir the almond butter with half of the melted coconut oil together until smooth. Stir in the vanilla, cinnamon and salt. The mixture will stiffen.
- 03 In a second small mixing bowl, combine the remaining melted coconut oil and coconut butter together and stir until runny.
- 04 Fold the coconut butter mixture into the almond butter mixture until just combined.
- 05 Divide into the prepared baking cups. Freeze for at least one hour or until solid. Enjoy!

NOTES

LEFTOVERS

Keep in an airtight container or zipper-lock bag in the freezer for up to one month. Best to eat from frozen.

SERVING SIZE

One serving is one piece.

LIKES IT SWEET

Add liquid stevia drops to taste.

Butter Chicken & Cauliflower Rice

2 SERVINGS 30 MINUTES



INGREDIENTS

170 grams Chicken Breast
1 tbsp Extra Virgin Olive Oil
1 Yellow Onion (diced)
1 Garlic (cloves, minced)
1 tbsp Ginger (grated)
2 tbsps Tomato Paste
1 tsp Paprika
1 1/2 tps Curry Powder
1 tsp Garam Masala
1/2 tsp Sea Salt
1 1/2 tps Chili Powder
2 tbsps Water
1/2 cup Organic Coconut Milk (full fat)
1/2 head Cauliflower
1/4 Lime (juiced)

DIRECTIONS

- 01 Dice your chicken into cubes and set aside.
- 02 Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
- 03 Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
- 04 Stir in coconut milk and reduce to simmer for about 5 minutes.
- 05 Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
- 06 Squeeze lime juice on cauliflower rice and transfer into a bowl.
- 07 Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

NOTES

VEGAN OR BUDGET-FRIENDLY

Skip the chicken breast and replace with chickpeas, lentils or beans.

NO COCONUT MILK

Use Greek yogurt instead.

NO CAULIFLOWER RICE

Serve over brown rice or quinoa instead.

MORE VEGGIES

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

STORAGE

Refrigerate in an air-tight container for up to 2 - 3 days.

Baked Lemon Cod

2 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Lemon Juice
2 tbsps Extra Virgin Olive Oil
1/4 cup Coconut Flour
1/2 tsp Oregano (dried)
1/2 tsp Thyme (dried)
1/4 tsp Sea Salt
2 Cod Fillet
2 Garlic (cloves, minced)
1/4 cup Parsley (chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). In a small bowl, add lemon juice and extra virgin olive oil. On a small plate, add coconut flour, oregano, thyme and sea salt. Mix together.
- 02 Place the cod in the olive oil mixture and coat well. Then place in the flour mixture and ensure all sides are covered. Add minced garlic on top and place in a baking dish. Cook for 12 to 15 minutes, until the cod is cooked through and flaky.
- 03 Remove from the oven and top with chopped parsley. Serve with extra lemon on the side and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

NO COCONUT FLOUR

Use almond flour or all-purpose gluten-free flour instead of coconut flour.

MORE FLAVOR

Use additional spices such as paprika, cayenne or cumin.

FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.

Crispy Asparagus with Coconut

2 SERVINGS 15 MINUTES



INGREDIENTS

1/2 tsp Avocado Oil
1 cup Asparagus (trimmed)
1 tbsp Coconut Aminos
1 tsp Lime Juice
1/2 tsp Sesame Oil
1/4 tsp Chili Flakes
2 tbsps Unsweetened Coconut Flakes
1/4 cup Cilantro (finely chopped)

DIRECTIONS

- 01 Heat a cast iron pan over medium-high heat and add the avocado oil. Add the asparagus and cook, tossing around as needed until charred, around 8 to 10 minutes. Remove from the heat and set aside on a plate.
- 02 In a small bowl, whisk together the coconut aminos, lime juice, sesame oil and chili flakes. Pour over the asparagus and top with coconut flakes and cilantro. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

LIKES IT SWEETER

Add raw honey to the dressing.

ADDITIONAL TOPPINGS

Chopped peanuts, cashews or sunflower seeds.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

MORE FLAVOR

Use toasted sesame oil.

Cream of Broccoli, Kale & Spinach Soup

4 SERVINGS 30 MINUTES



INGREDIENTS

- 2 cups Kale Leaves (chopped)
- 2 cups Baby Spinach
- 3 cups Broccoli (cut into florets)
- 1/2 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 1 tbsp Coconut Oil
- 1/8 tsp Sea Salt
- 2 cups Organic Vegetable Broth
- 1 cup Organic Coconut Milk
- 1/2 Lemon (juiced)
- 1 Avocado (sliced)

DIRECTIONS

- 01 Heat coconut oil in a large pot over medium heat. Add onions and sauté until golden (about 5 minutes). Add garlic and stir for another minute.
- 02 Add vegetable broth to the pot. Stir until producing a light steam. Add the broccoli florets in with the mixture and let steam for 5 minutes or until broccoli is bright green.
- 03 Add salt to taste.
- 04 Add coconut milk and stir well.
- 05 Add spinach and kale. Stir just until the greens are wilted and remove from heat.
- 06 In your food processor or magic bullet, blend the soup until smooth. If you are using a blender, ensure to remove the middle piece of the lid to allow steam to escape.
- 07 Transfer blended mixture back into a large pot. Warm to desired temperature.
- 08 Ladle into bowls. Drizzle with a splash of olive oil, lemon juice and garnish with avocado slices.

Baked Chicken with Tomatoes, Avocado & Spinach Salad

3 SERVINGS 40 MINUTES



INGREDIENTS

340 grams Chicken Breast
Sea Salt & Black Pepper (to taste)
1 1/2 tsps Paprika
1 1/2 cups Cherry Tomatoes (halved)
1 1/2 Avocado (peeled and pitted)
1 1/2 Lime (juiced)
3 tbsps Red Onion (finely diced)
3 cups Baby Spinach
1 1/8 tsps Extra Virgin Olive Oil
1/3 Lemon (juiced)

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 Season your chicken breasts with sea salt, black pepper and paprika to taste. Place them to one side of the baking sheet. Spread your cherry tomatoes across the other side of the baking sheet. Bake the chicken and the cherry tomatoes together in the oven for 30 minutes or until chicken is cooked through.
- 03 In the mean time, place avocado, lime juice and red onion together in a mixing bowl. Season with a pinch of sea salt and pepper. Mash with a fork until a creamy consistency forms.
- 04 Toss spinach with olive oil and lemon juice.
- 05 Plate the spinach, and then serve baked chicken over top. Top with guacamole and roasted tomatoes. Enjoy!

Hibiscus Iced Tea

2 SERVINGS 30 MINUTES



INGREDIENTS

- 3 cups Water
- 1 tbsp Hibiscus Tea (loose leaf)
- 2 grams Reishi Powder (optional)
- 1/4 cup Mint Leaves (optional)

DIRECTIONS

- 01 Bring the water to a boil and steep the hibiscus tea for about 10 minutes.
- 02 Mix in the reishi powder, if using, and stir vigorously to combine. Add the tea to a pitcher and refrigerate until cold.
- 03 Divide the ice cubes between glasses and pour the chilled tea overtop. Garnish with mint, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

LIKES IT SWEET

Add sweetener of choice to taste.

ADDITIONAL TOPPINGS

Add crushed or smashed raspberries.

Lemon Ginger Tea

2 SERVINGS 10 MINUTES



INGREDIENTS

2 1/2 cups Water
3 tbsps Ginger (peeled, sliced)
1/2 Lemon

DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 02 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 2 cups.

MORE FLAVOR

Add mint leaves, honey or your sweetener of choice.

ENJOY IT COLD

Add ice cubes.

Green Tea

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Green Tea (brewed)

DIRECTIONS

01 Pour tea into a mug and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Enjoy over ice as iced tea.

LIKE IT SWEET

Add sweetener of choice to taste.

Ginger Mint Tea

2 SERVINGS 10 MINUTES



INGREDIENTS

- 2 1/2 cups Water
- 3 tbsps Ginger (peeled, sliced)
- 1/4 cup Mint Leaves (stems removed)

DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let simmer for about 5 to 10 minutes, or to your desired strength.
- 02 Remove from heat and add mint leaves, steeping for 3 to 5 minutes. Divide into mugs and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 2 cups.

MORE FLAVOR

Add lemon, green tea, chocolate extract, honey or your sweetener of choice.

ENJOY IT COLD

Add ice cubes.

NO MINT LEAVES

Use spearmint leaves instead.