SUMMER 5-DAY detox SUGGESTED RECIPES

2 SERVINGS

TOTAL BALANCED HEALTH

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TABLE OF CONTENTS

Suggested Meal Plan

Breakfast Recipes

Lunch Recipes

Dinner Recipes

Snack Recipes

Meal Plan Shopping List

Alternative Recipes

Blank Shopping List

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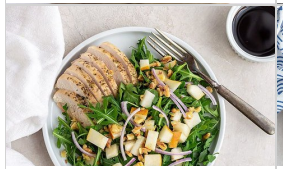
	Mon	Tue	Wed	Thu	Fri
Breakfast	Bell Pepper & Spinach Egg Bake	Pineapple Fruit Salad	Spinach Scramble with Fruit	Chicken & Apple Sausage Patties	Crispy Broccolini & Eggs
Snack 1	Orange	Celery with Creamy Sunflower Seed Butter	Almonds	Fruit & Egg Snack Plate	Chopped Bell Peppers
Lunch	 Pear & Arugula Salad with Chicken	Taco Salad with Beef	Ginger Chicken Stir Fry - Soy Free	Tuna Salad Lettuce Wraps	Lemon Chicken Salad with Cucumber Ribbons
Snack 2	Warm Apples with Cinnamon	Chili & Lime Cucumbers	Fruit Skewers	Apple with Sunflower Seed Butter	Applesauce & Berries
Dinner	Grilled Bruschetta Chicken Balsamic Roasted Vegetables	One Pan Salmon with Green Beans & Roasted Tomato	Cuban Mojo Chicken Citrusy Kale & Carrot Salad	Grilled Fajita Burgers Zucchini Fries	Grilled Mediterranean Chicken Kabobs
Snack 3	Almonds	Apple	Carrot Sticks	Pear & Walnuts	Cherries

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BREAKFAST
RECIPES

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Bell Pepper & Spinach Egg Bake

2 servings
30 minutes

Ingredients

1/2 tsp Extra Virgin Olive Oil (divided)
1/3 Red Bell Pepper
2/3 cup Baby Spinach (chopped)
2 2/3 tbsps Cherry Tomatoes (halved)
1 stalk Green Onion (chopped)
2 2/3 Egg
2 2/3 tbsps Water
1/8 tsp Sea Salt

Directions

1. Preheat the oven to 400°F (204°C). Grease a baking dish with half of the oil.
2. Add the remaining oil to a pan over medium heat. Add the peppers and cook for about five minutes or until just tender and starting to brown. Add the spinach, tomatoes, and green onion. Continue to cook until the spinach wilts. Transfer the vegetables to the prepared baking dish and arrange them in an even layer.
3. Add the eggs, water, and salt to a bowl and whisk well. Pour the egg mixture into the baking dish.
4. Bake for 23 to 25 minutes or until the eggs have set and are firm to touch. Cut into squares and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: An 8.5- x 11.5-inch baking dish was used to make six servings. You can also make this in a 9 x 9-inch baking dish.

More Flavor: Use milk instead of water. Season the vegetables with your favourite dried herbs and spices.

Veggies: This recipe works well with nearly any vegetable. Use kale, steamed broccoli, cooked sweet potato, red onion, or mushrooms instead.

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Pineapple Fruit Salad

2 servings
10 minutes

Ingredients

1 cup Pineapple (diced)
1/2 cup Strawberries (stems removed, diced)
1/2 cup Blueberries
1 Kiwi (peeled, diced)
1/4 tsp Cinnamon
1 tsp Lemon Juice

Directions

1. Add all the ingredients to a mixing bowl and toss until well combined. Divide into small bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving equals approximately 1 1/4 cup.

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Spinach Scramble with Fruit

2 servings
10 minutes

Ingredients

6 Egg
1/4 tsp Sea Salt (divided)
1/4 tsp Black Pepper (divided)
2 tsps Extra Virgin Olive Oil
4 cups Baby Spinach
2 Tomato (medium, diced)
2 Navel Orange (sliced)

Directions

1. Whisk the eggs in a small bowl and season with half of the salt and half of the pepper. Set aside.
2. Heat the oil in a pan over medium heat. Add the spinach and cook until wilted and then add the tomato. Continue to cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt and pepper.
3. Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through.
4. Transfer the eggs to a plate. Serve with orange slices and enjoy!

Notes

Leftovers: Best served immediately.
More Flavor: Add dried herbs and spices like garlic powder.
No Spinach: Use kale instead.
No Oranges: Serve with sliced strawberries or apple slices instead.

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Chicken & Apple Sausage Patties

2 servings
30 minutes

Ingredients

4 ozs Extra Lean Ground Chicken
1/4 Apple (medium, cored, finely chopped or grated)
1/4 tsp Ground Sage
1/8 tsp Cinnamon
1/8 tsp Sea Salt
1 1/2 tsps Coconut Oil

Directions

1. In a mixing bowl, combine the ground chicken, apple, sage, cinnamon and salt.
2. Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 10 minutes.
3. Heat coconut oil in a large cast-iron pan over medium heat. Fry each sausage patty until cooked through, about 3 to 5 minutes per side.
4. Set aside to cool slightly. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: Each serving equals approximately one sausage patty.
More Flavor: Add garlic powder and/or onion powder.
Additional Toppings: Top with an egg, sauerkraut and/or mustard.

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Crispy Broccolini & Eggs

2 servings
15 minutes

Ingredients

1 bunch Broccolini
1 1/3 tbsps Avocado Oil (divided)
1/4 tsp Sea Salt (divided)
4 Egg

Directions

1. In a small bowl, toss the broccolini with half the avocado oil and half the salt.
2. Heat a cast iron pan over medium heat. Once hot, add the broccolini and sear on one side until charred, about three to four minutes. Then flip and cook for an additional three to four minutes. Remove and set aside.
3. Add the remaining oil to the skillet and crack the eggs into the pan. Fry the eggs until the whites are set and the yolks are cooked to your liking. Season the eggs with the remaining salt.
4. Serve the broccolini with the eggs. Enjoy!

Notes

Leftovers: This dish is best enjoyed immediately.
More Flavor: Add chili flakes or hot sauce to the eggs.

LUNCH
RECIPES

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Pear & Arugula Salad with Chicken

2 servings
35 minutes

Ingredients

12 ozs Chicken Breast
1/2 tsp Italian Seasoning
1/8 tsp Sea Salt
4 cups Arugula
1 Pear (chopped)
2 tbsps Red Onion (thinly sliced)
1 tbsp Walnuts (finely chopped)
3 tbsps Balsamic Vinegar

Directions

1. Preheat the oven to 400°F (204°C). Place chicken breasts in a baking dish and season with salt and Italian seasoning. Bake for about 25 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes then cut it into slices.
2. Meanwhile, divide the arugula between plates and top with the pear, red onion, and chopped walnuts. Drizzle with the balsamic vinegar and top with the sliced chicken. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Slice the pears just before serving for best results.
Nut-Free: Omit the walnuts or use sunflower or pumpkin seeds instead.
No Chicken: Use salmon, shrimp
No Arugula: Use baby spinach instead.
No Pear: Use apple instead.
More Fat: Add extra virgin olive oil and mix with the balsamic vinegar.

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Taco Salad with Beef

2 servings
25 minutes

Ingredients

8 ozs Extra Lean Ground Beef
1 tbsp Chili Powder
1 1/2 tsps Cumin
1/4 tsp Sea Salt
1/2 cup Cherry Tomatoes (chopped)
1/2 Jalapeno Pepper (chopped)
1 stalk Green Onion (chopped)
1 1/2 tbsps Lime Juice (divided)
1 head Romaine Hearts (chopped)
1 tbsp Extra Virgin Olive Oil
1 Avocado (sliced)

Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the chili powder, cumin, salt, tomatoes, jalapeno and green onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft. Remove from heat and stir in half of the lime juice. Season with additional salt if needed.
3. In a large mixing bowl toss the chopped romaine lettuce with olive oil and remaining lime juice.
4. To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

Notes

Storage: Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

More Flavor: Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, cilantro, lime juice or hot sauce.

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Ginger Chicken Stir Fry - Soy Free

2 servings
30 minutes

Ingredients

3 tbsps Coconut Aminos
1 Garlic (cloves, minced)
1 1/2 tsps Ginger (peeled and grated)
1 1/2 tsps Coconut Oil
10 ozs Chicken Breast (sliced into cubes)
1/4 Yellow Onion (diced)
1 1/2 stalks Celery (sliced)
1/2 Red Bell Pepper (diced)
1 cup Broccoli (chopped into florets)
2 cups Kale Leaves (chopped)

Directions

1. Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
2. Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat and stir in your kale. Continue to stir just until kale is wilted.
3. Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

Notes

Alternative Veggies: Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

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Tuna Salad Lettuce Wraps

2 servings
15 minutes

Ingredients

1 Avocado
2 tbsps Lime Juice
1/4 tsp Sea Salt
1 can Tuna (flaked)
2 stalks Green Onion (sliced)
1/8 Cucumber (deseeded and finely chopped)
4 leaves Romaine

Directions

1. In a mixing bowl mash the avocado together with lime juice and salt. Stir in the tuna until well combined.
2. Fold in the green onion and cucumber. Season with additional salt and lime if needed. Divide the tuna salad between the romaine leaves and enjoy!

Notes

Leftovers: Keep refrigerated in an airtight container for up to two days.
Serving Size: One serving is approximately two lettuce wraps with 1/4 cup tuna salad in each wrap.
More Flavor: Add fresh herbs like parsley or cilantro, dried dill, red pepper flakes or black pepper to taste.
Additional Toppings: Top with sunflower seeds, pumpkin seeds or hemp seeds.

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Lemon Chicken Salad with Cucumber Ribbons

2 servings
1 hour

Ingredients

8 ozs Chicken Breast
1 1/2 tsps Avocado Oil
1/4 tsp Italian Seasoning
1/4 tsp Sea Salt (divided)
1/2 Cucumber (large)
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1 tbsp Fresh Dill
1/2 Garlic (clove, minced)
1/2 stalk Celery (finely chopped)
2 tbsps Red Onion (finely chopped)

Directions

1. Preheat the oven to 400°F (204°C) and line a baking dish with parchment paper. Place the chicken breasts in the prepared baking dish and drizzle with avocado oil. Season with Italian seasoning and half the salt. Bake for 25 minutes, or until the chicken is cooked through. Remove from the oven and immediately cover with a piece of aluminium foil for at least 10 minutes. Carefully remove the foil and let chicken cool before chopping into cubes.
2. Spiralize the cucumber using the ribbon blade. If you do not have a spiralizer, use a vegetable peeler or mandoline to create ribbons instead.
3. In a mixing bowl, whisk the olive oil, lemon juice, fresh dill, garlic and the remaining salt together. Add the chopped chicken, celery and onion to the dressing and mix well to combine. Season with additional salt if needed.
4. To serve, divide cucumber ribbons between plates and top with chicken salad. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Store the chicken salad and cucumber ribbons separately until ready to serve.

More Flavor: Add other chopped veggies to the salad like radish, peppers or tomatoes.

Meal Prep Option: Cook the chicken ahead of time or use leftover cooked chicken instead.

No Fresh Dill: Use other fresh herbs like parsley or chives instead.

No Avocado Oil: Use extra virgin olive oil instead.

DINNER
RECIPES

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Grilled Bruschetta Chicken

2 servings
30 minutes

Ingredients

8 ozs Chicken Breast
Sea Salt & Black Pepper (to taste)
1 1/2 Tomato (medium, diced)
1/4 cup Red Onion (finely diced)
1 Garlic (cloves, minced)
2 tbsps Basil Leaves (chopped)
1 1/2 tsps Extra Virgin Olive Oil
1 1/2 tsps Balsamic Vinegar

Directions

1. Preheat the grill to medium heat. Add the chicken breasts, season with sea salt and black pepper, and cook for about 10 to 15 minutes per side, or until cooked through.
2. In a small bowl, combine the tomatoes, red onion, garlic, basil, olive oil, and balsamic vinegar. Season with sea salt and black pepper to taste.
3. To serve, top the chicken breasts with the bruschetta mix. Enjoy!

Notes

Serve it With: Serve with grilled or roasted vegetables, quinoa or rice or your favorite leafy green.

No Grill: Bake the chicken breasts in the oven at 350°F (177°C) for 30 minutes.

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Balsamic Roasted Vegetables

2 servings
30 minutes

Ingredients

2 Carrot (medium, peeled and chopped)
1/2 Red Bell Pepper (chopped)
1 cup Broccoli (cut into florets)
1/2 cup Red Onion (chopped)
1 tbsp Balsamic Vinegar
1 tsp Italian Seasoning
Sea Salt & Black Pepper (to taste)

Directions

1. Place the vegetables in a mixing bowl and drizzle with the balsamic vinegar and Italian seasoning. Season with sea salt and black pepper to taste. Let the vegetables marinate while preheating the oven.
2. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
3. Arrange the vegetables on the baking sheet in an even layer and roast for 25 to 30 minutes until tender, stirring halfway through.
4. Remove the vegetables from the oven and season with additional salt and pepper if needed. Transfer to a plate and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
Serving Size: One serving is approximately one cup of roasted vegetables.
More Flavor: Add other dried herbs and spices like garlic powder, onion powder or paprika.
Vegetables: Ensure the vegetables are diced to approximately the same size for even cooking.

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One Pan Salmon with Green Beans & Roasted Tomato

2 servings
25 minutes

Ingredients

2 cups Green Beans (washed and trimmed)
1 cup Cherry Tomatoes
1 1/2 tsps Extra Virgin Olive Oil (or coconut oil)
Sea Salt & Black Pepper (to taste)
10 ozs Salmon Fillet

Directions

1. Preheat oven to 510°F (266°C).
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
No Salmon: Use any type of fish fillet. Baking times will vary depending on thickness.
Vegan: Use roasted chickpeas instead of salmon.
More Carbs: Serve with millett or rice.
Added Touch: Toss the green beans in balsamic vinegar before serving.

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Cuban Mojo Chicken

2 servings
1 hour 20 minutes

Ingredients

1/3 Navel Orange (medium, zested, juiced)
1/3 Lime (juiced)
1 1/3 Garlic (clove, minced)
2 tsps Extra Virgin Olive Oil
2 2/3 tbsps Cilantro (finely chopped)
1/3 tsp Cumin
1/8 tsp Sea Salt
8 ozs Chicken Thighs with Skin (bone-in, trimmed)

Directions

1. To a zipper-lock bag, add the zest and juice of the orange, juice of the lime, garlic, oil, cilantro, cumin, and salt, and mix well. Add the chicken thighs to the bag and marinate for at least 30 minutes.
2. Preheat the oven to 400°F (204°C).
3. Transfer the chicken thighs and the marinade to a baking dish and bake for 40 to 45 minutes or until the chicken has browned.
4. Divide the chicken between plates and spoon the cooking liquid over top if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
More Flavor: Add oregano, mint, or black pepper.
Crispier Chicken: Broil the chicken thighs for a few minutes before serving.

Like it Spicy: Add jalapeno or red pepper flakes.

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Citrusy Kale & Carrot Salad

2 servings
10 minutes

Ingredients

1/2 Navel Orange (medium)
1 tbsp Extra Virgin Olive Oil
1 tbsp Lemon Juice
1 1/2 tsps Dijon Mustard
4 cups Kale Leaves (finely chopped)
1/2 Carrot (small, peeled and finely grated)
2 2/3 tbsps Walnuts (chopped)

Directions

1. Cut away the peel and pith of the orange then cut the orange into segments away from the membranes. Roughly chop the orange segments and set aside.
2. In a small bowl combine the oil, lemon juice, and Dijon mustard
3. Add the kale to a mixing bowl. Add the dressing to the kale and massage with your hands for one to two minutes until wilted and tender.
4. Stir in the carrot then top with the orange segments and walnuts. Season the salad with additional lemon juice, if needed, and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Nut-Free: Omit the walnuts or use pumpkin seeds instead.
More Flavor: Use roasted walnuts and add fresh parsley. Season with salt and pepper.

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Grilled Fajita Burgers

2 servings
25 minutes

Ingredients

8 ozs Extra Lean Ground Beef
2 1/4 tsps Taco Seasoning
1/4 Yellow Onion (small, finely chopped)
1/4 Jalapeno Pepper (medium, finely chopped)
1 Garlic (clove, minced)
1 Orange Bell Pepper (stem and seeds removed, quartered)
1/2 tsp Avocado Oil
4 leaves Romaine
1 Avocado (small, mashed)

Directions

1. Preheat your grill to medium heat.
2. In a mixing bowl combine the beef, taco seasoning, onion, jalapeno, and garlic. Mix until well combined. Form the meat into tightly packed patties, 4 to 5-inches in diameter.
3. Rub the peppers with the oil.
4. Grill the burger patties and peppers for five to seven minutes per side or until the burgers are cooked through and peppers are tender.
5. To serve, use a few leaves of lettuce as a bun and top burgers with mashed avocado and grilled peppers. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Additional Toppings: Salsa, cilantro, hot sauce, pickled jalapeno, or mayonnaise.
More Flavor: If your taco seasoning doesn't have salt added, be sure to add salt to the meat mixture. Season the bell peppers with salt and pepper before grilling.

No Beef: Use chicken or turkey instead.

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Zucchini Fries

2 servings
35 minutes

Ingredients

1 Zucchini (medium, quartered, seeds removed and cut into fries)
3/4 tsp Avocado Oil
1/2 tsp Italian Seasoning
1/8 tsp Garlic Powder
1/16 tsp Sea Salt

Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. To a mixing bowl, add the zucchini, oil, Italian seasoning, garlic powder, and salt and toss to combine.
3. Arrange the seasoned zucchini on the prepared baking sheet in a single, even layer (do not overcrowd the pan). Bake for 28 to 30 minutes, flipping halfway, or until the fries are browned and crispy along the edges. Season with additional salt (optional) and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat in the oven for best results.
More Flavor: Add other dried herbs and spices.

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Grilled Mediterranean Chicken Kabobs

2 servings
30 minutes

Ingredients

1/2 Lemon (juiced)
1 1/2 tsps Red Wine Vinegar
1 1/2 tsps Oregano (dried)
1 tbsp Extra Virgin Olive Oil (divided)
8 ozs Chicken Breast (boneless, skinless, diced into cubes)
1/2 Zucchini (large)
1/2 Yellow Bell Pepper
1/2 cup Red Onion
1 cup Cherry Tomatoes
4 Barbecue Skewers

Directions

1. Combine the lemon juice, red wine vinegar, oregano and 1/2 of the olive oil in a mixing bowl. Add in the cubed chicken breast and mix well. Place in the fridge and let marinate while you prep the vegetables.
2. Dice the zucchini, yellow bell pepper, and red onion into large chunks. Toss in the remaining olive oil.
3. Slide the marinated cubed chicken, zucchini, yellow bell pepper, red onion and cherry tomatoes onto the skewers.
4. Preheat the grill to medium heat.
5. Grill the kabobs for 8 to 10 minutes per side or until chicken is cooked through.
6. Remove the kabobs from the grill and divide onto plates. Enjoy!

Notes

Leftovers: Store covered in an airtight container in the fridge up to three days.
Serving Size: One serving is equal to approximately two kabobs.
Serve Them With: Add to leafy greens to make a salad.

Vegan & Vegetarian: Omit the chicken and use whole mushrooms instead.
Iff grilling with wooden skewers, be sure to soak them in water before using to avoid them catching fire on the grill.

SNACK
RECIPES

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Orange

1 serving
2 minutes

Ingredients

1 Navel Orange

Directions

1. Slice into wedges or peel and section. Enjoy!

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Celery with Creamy Sunflower Seed Butter

1 serving
10 minutes

Ingredients

1/4 cup Sunflower Seeds (raw, soaked overnight, drained, rinsed)
2/3 cup Water
1/16 tsp Sea Salt
1 stalk Celery (cut into sticks)

Directions

1. Combine the sunflower seeds, water and salt in a blender and blend until smooth. If needed, add more water for a thinner consistency.
2. Serve with celery sticks and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.
Serving Size: Each serving equals approximately one celery stalk and 1/3 cup of sunflower seed cream.
No Sunflower Seeds: Use almond butter

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Almonds

1 serving
2 minutes

Ingredients

1/4 cup Almonds (raw)

Directions

1. Place in a bowl and enjoy!

Notes

Leftovers: Store in an airtight container in the pantry.
More Flavor: Roast, toast and/or season with salt.

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Fruit & Egg Snack Plate

1 serving
20 minutes

Ingredients

1 Egg
1/2 cup Blueberries
1/2 cup Strawberries (halved)

Directions

1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat then turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes. Transfer the eggs to a bowl of cold water and let the eggs sit until cool enough to handle.
2. Peel and slice the hard boiled egg and serve with the blueberries and strawberries. Enjoy!

Notes

Leftovers: Store the eggs and fruit separately. Refrigerate the hard boiled eggs in a covered container with the shell on for up to seven days. Refrigerate the fruit in an airtight container for up to two days.
Serving Size: One serving is one egg and one cup of fruit.
More Flavor: Season the hard boiled egg with salt and pepper.

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Chopped Bell Peppers

1 serving
5 minutes

Ingredients

1/4 Yellow Bell Pepper
1/4 Orange Bell Pepper
1/4 Red Bell Pepper

Directions

1. Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 to 4 days.

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Warm Apples with Cinnamon

1 serving
10 minutes

Ingredients

- 1 1/2 tsps Coconut Oil
- 1 Apple (cored and sliced)
- 1/2 tsp Cinnamon

Directions

1. In a pan, melt coconut oil over medium heat.
2. Add apple slices and sauté until soft, about 5 to 8 minutes.
3. Sprinkle cinnamon over top and stir to coat evenly.
4. Divide into bowls and enjoy!

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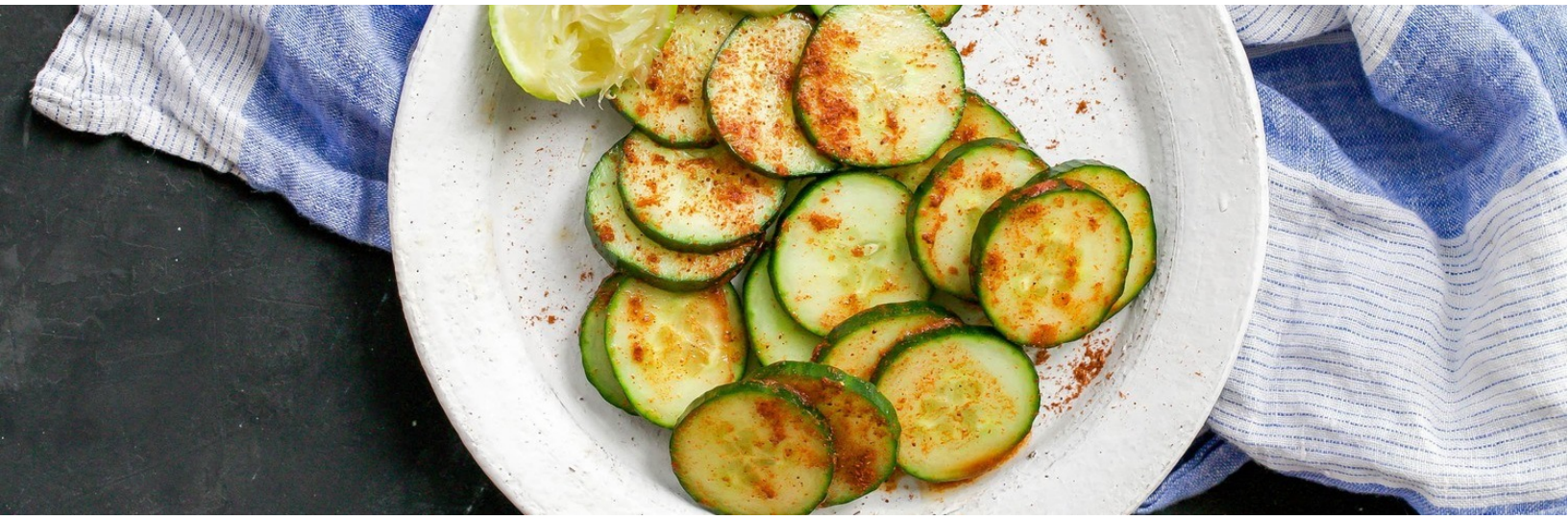

Chili & Lime Cucumbers

1 serving
5 minutes

Ingredients

1/2 Cucumber (sliced)
1/4 tsp Chili Powder
1 1/2 tsps Lime Juice

Directions

1. In a small bowl, add the cucumber. Toss with the chili power and lime juice. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.
More Flavor: Add chili flakes or cayenne for extra heat.

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Fruit Skewers

1 serving
10 minutes

Ingredients

3 Barbecue Skewers
2 tbsps Strawberries (sliced)
1/4 Kiwi (chopped)
2 tbsps Grapes

Directions

1. Take the wooden skewers and thread a chopped strawberry, kiwi and grape one at a time. Repeat until each skewer is full. Serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to three skewers.
More Flavor: Sprinkle the skewers with cinnamon.
No Wooden Skewers: Make it into a fruit salad instead.

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Apple with Sunflower Seed Butter

1 serving
5 minutes

Ingredients

1 Apple (medium, cored and sliced)
2 tbsps Sunflower Seed Butter

Directions

1. Arrange the apple slices on a plate with sunflower seed butter. Dip and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up four days.

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Applesauce & Berries

1 serving
5 minutes

Ingredients

1 cup Unsweetened Applesauce
1/4 cup Strawberries (chopped)
1/4 cup Blueberries

Directions

1. Divide the applesauce into bowls and top with strawberries and blueberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
More Flavor: Add cinnamon.

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Apple

1 serving
2 minutes

Ingredients

1 Apple

Directions

1. Slice into wedges, or enjoy whole.

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Carrot Sticks

1 serving
5 minutes

Ingredients

1 Carrot (medium)

Directions

1. Peel the carrot and slice it into sticks. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Add water to prevent them from drying out.
More Flavor: Season with salt.

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Pear & Walnuts

1 serving
5 minutes

Ingredients

1 Pear
1/4 cup Walnuts

Directions

1. Slice the pear and serve with walnuts. Enjoy!

Notes

Nut-Free: Use sunflower seeds instead of walnuts.
More Flavor: Season the pear with cinnamon.

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Cherries

1 serving
2 minutes

Ingredients

1 cup Cherries

Directions

1. Wash cherries and place them in a bowl. Enjoy!

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Fruits

- [ ] 3 1/4 Apple
- [ ] 3 Avocado
- [ ] 1 1/4 cups Blueberries
- [ ] 1 cup Cherries
- [ ] 2 tbsps Grapes
- [ ] 1 1/4 Kiwi
- [ ] 1/2 Lemon
- [ ] 2 1/3 tbsps Lemon Juice
- [ ] 1/3 Lime
- [ ] 1/4 cup Lime Juice
- [ ] 3 3/4 Navel Orange
- [ ] 2 Pear
- [ ] 1 cup Pineapple
- [ ] 1 1/3 cups Strawberries

Seeds, Nuts & Spices

- [ ] 1/2 cup Almonds
- [ ] 1/4 tsp Black Pepper
- [ ] 1 1/16 tbsps Chili Powder
- [ ] 1 tsp Cinnamon
- [ ] 1 3/4 tsps Cumin
- [ ] 1/8 tsp Garlic Powder
- [ ] 1/4 tsp Ground Sage
- [ ] 2 1/4 tsps Italian Seasoning
- [ ] 1 1/2 tsps Oregano
- [ ] 2 tsps Sea Salt
- [ ] 0 Sea Salt & Black Pepper
- [ ] 1/4 cup Sunflower Seeds
- [ ] 2 1/4 tsps Taco Seasoning
- [ ] 1/2 cup Walnuts

Vegetables

- [ ] 4 cups Arugula
- [ ] 4 2/3 cups Baby Spinach
- [ ] 2 tbsps Basil Leaves
- [ ] 2 cups Broccoli
- [ ] 1 bunch Broccolini
- [ ] 3 1/2 Carrot
- [ ] 3 stalks Celery
- [ ] 2 2/3 cups Cherry Tomatoes
- [ ] 2 2/3 tbsps Cilantro
- [ ] 1 1/8 Cucumber
- [ ] 1 tbsp Fresh Dill
- [ ] 4 3/4 Garlic
- [ ] 1 1/2 tsps Ginger
- [ ] 2 cups Green Beans
- [ ] 4 stalks Green Onion
- [ ] 3/4 Jalapeno Pepper
- [ ] 6 cups Kale Leaves
- [ ] 1 1/4 Orange Bell Pepper
- [ ] 1 1/2 Red Bell Pepper
- [ ] 1 1/2 cups Red Onion
- [ ] 8 leaves Romaine
- [ ] 1 head Romaine Hearts
- [ ] 3 1/2 Tomato
- [ ] 3/4 Yellow Bell Pepper
- [ ] 1/2 Yellow Onion
- [ ] 1 1/2 Zucchini

Boxed & Canned

- [ ] 1 can Tuna

Baking

- [ ] 1 cup Unsweetened Applesauce

Bread, Fish, Meat & Cheese

- [ ] 3 lbs Chicken Breast
- [ ] 8 ozs Chicken Thighs With Skin
- [ ] 1 lb Extra Lean Ground Beef
- [ ] 4 ozs Extra Lean Ground Chicken
- [ ] 10 ozs Salmon Fillet

Condiments & Oils

- [ ] 2 1/4 tbsps Avocado Oil
- [ ] 1/4 cup Balsamic Vinegar
- [ ] 3 tbsps Coconut Aminos
- [ ] 1 1/2 tbsps Coconut Oil
- [ ] 1 1/2 tsps Dijon Mustard
- [ ] 1/2 cup Extra Virgin Olive Oil
- [ ] 1 1/2 tsps Red Wine Vinegar
- [ ] 2 tbsps Sunflower Seed Butter

Cold

- [ ] 13 2/3 Egg

Other

- [ ] 7 Barbecue Skewers
- [ ] 3/4 cup Water

ALTERNATIVE
RECIPES

Green Pineapple Smoothie

2 servings
5 minutes

Ingredients

2 cups Frozen Pineapple
2 cups Baby Spinach
1 1/2 cups Water
1 Apple (peeled and chopped)
1/2 Cucumber (chopped)
1 Lime (juiced)

Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately.
No Spinach: Use kale instead.
Consistency: For a thicker smoothie add some ice cubes.

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Spicy Tomato Scramble

2 servings
10 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1/2 cup Cherry Tomatoes (cut in half)
1 Jalapeno Pepper (small, finely chopped)
2 tbsps Cilantro (optional)
4 Egg
1/4 tsp Sea Salt

Directions

1. Heat the oil in a non-stick pan over medium heat. Add the tomatoes and jalapeno pepper to the pan and sauté for 3 to 5 minutes or until the tomatoes and jalapeno have softened. If using, add the cilantro and mix well.
2. While the tomato mixture is cooking, crack the eggs into a small bowl and beat well. Add in the salt.
3. Push the tomato mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the tomato mixture in once the eggs are no longer very wet.
4. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately 1/2 cup.
More Flavor: Add onions and garlic to the tomato mixture.
Additional Toppings: Top with hot sauce, diced avocado or extra cilantro.

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Pepper & Onion Mini Egg White Bites

2 servings
25 minutes

Ingredients

1/2 cup Egg Whites
1/4 Red Bell Pepper (medium, finely diced)
1/4 Yellow Onion (small, finely diced)
1/4 tsp Italian Seasoning
1/8 tsp Sea Salt

Directions

1. Preheat the oven to 350°F (175°C).
2. In a bowl, combine the egg whites, red bell pepper, onion, Italian seasoning, and salt.
3. Scoop the mixture into lined (or greased) mini muffin cups. Bake for 20 minutes or until cooked through. Let cool before serving. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving equals approximately four mini egg muffins.

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Cleaned Up Chicken Salad

2 servings
30 minutes

Ingredients

4 ozs Chicken Breast, Cooked
1 stalk Celery (diced)
1/4 cup Grapes (halved)
2 cups Kale Leaves (finely sliced into ribbons)
2 2/3 tbsps Slivered Almonds
1 1/2 tsps Hemp Seeds
1 tbsp Dijon Mustard
1 tbsp Extra Virgin Olive Oil
1/4 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

Directions

1. Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.
2. In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
3. Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

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Deconstructed Burger Bowl

4 servings
15 minutes

Ingredients

1 lb Extra Lean Ground Beef
1 tbsp Italian Seasoning
1 tsp Chili Powder
1 tsp Cumin
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1/4 cup Mayonnaise
2 tsps Dijon Mustard
1 1/2 heads Romaine Hearts (chopped)
1 cup Cherry Tomatoes (chopped)
8 stalks Green Onion (chopped, green tops only)

Directions

1. In a pan over medium-high heat, brown the beef. Break the meat into small chunks with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
2. Add the Italian seasoning, chili powder, cumin, salt and pepper to the beef and stir to combine. Season with additional salt and pepper if needed.
3. In a small bowl combine the mayonnaise and Dijon mustard.
4. Divide the lettuce, tomatoes and onion between bowls and top with cooked beef and the Dijon mayo. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. For best results, keep the dressing and beef separate from the lettuce and toppings until ready to serve.

More Flavor: Add garlic powder, onion powder, ground coriander or your favorite steak spice blend to the ground beef.

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Spinach Salad with Tuna & Egg

2 servings
10 minutes

Ingredients

- **2** Egg
- **2 tbsps** Extra Virgin Olive Oil
- **1 tbsp** Lemon Juice
- **5 cups** Baby Spinach
- **1 can** Tuna (flaked and drained)
- **1/2 cup** Pitted Kalamata Olives
- **1/8 tsp** Sea Salt

Directions

1. Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 7 minutes for a soft boiled egg. Once the eggs are done, add them to a bowl of ice water.
2. In a small bowl, whisk together the extra virgin olive oil and lemon juice to create the dressing.
3. Add the spinach to a plate and top with tuna, olives and the egg. Drizzle with the dressing and season with sea salt. Serve and enjoy!

Notes

Leftovers: Refrigerate the salad and dressing in separate airtight containers for up to two days. If you're using the egg later, you may wish to cook it hard-boiled.

No Baby Spinach: Use arugula or mixed greens instead.

More Flavor: Mix avocado with the tuna.

Additional Toppings: Add sliced avocado, cherry tomatoes or cucumber to the salad.

No Olives: Omit or use sun-dried tomatoes instead.

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One Pan Steak Fajitas

4 servings
20 minutes

Ingredients

1 tbsp Chili Powder
1/2 tsp Cumin
1/2 tsp Sea Salt
1 Red Bell Pepper (medium, sliced)
1 Orange Bell Pepper (medium, sliced)
1 Sweet Onion (medium, sliced)
1 lb Flank Steak (sliced)
1 tbsp Extra Virgin Olive Oil
1 head Iceberg Lettuce (small, leaves pulled apart)

Directions

1. Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
2. In a bowl, combine the chili powder, cumin, and salt. Set aside.
3. In a large mixing bowl, add your sliced peppers, onion, and steak. Drizzle with oil and then sprinkle with the seasoning. Toss until well coated. Transfer to your baking sheet and bake for 10 to 15 minutes or until the steak is cooked to your liking and the peppers are soft.
4. Scoop the steak and peppers into lettuce wraps and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is approximately three fajitas.
More Flavor: Add jalapeño peppers, paprika, and garlic powder. Cook on the barbecue in a grilling basket. Serve with corn tortillas instead of lettuce.

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Balsamic Burger Salad

2 servings
15 minutes

Ingredients

8 ozs Extra Lean Ground Beef
1/4 tsp Onion Powder
1/2 tsp Chili Powder
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil
1 tbsp Balsamic Vinegar
1 1/2 tsps Dijon Mustard
4 cups Arugula
1/2 Avocado (cubed)
1/4 cup Red Onion (thinly sliced)

Directions

1. In a medium-sized bowl, add the beef, onion powder, chili powder, and salt and pepper to taste. Mix to combine and form into patties.
2. Heat a cast-iron skillet over medium heat. Add a splash of oil if needed. Once hot, add the patties and cook for four to five minutes per side or until cooked through to your liking. Remove and set aside.
3. In a small bowl, whisk together the oil, balsamic vinegar, and dijon mustard. Season with salt and pepper.
4. Divide the arugula onto plates and top with avocado and red onion. Add the burger and drizzle the dressing on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Additional Toppings: Cherry tomatoes, green onions
No Beef: Use ground turkey or chicken to make a burger patty instead.

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Balsamic Dijon Chicken Thighs with Broccoli

2 servings
30 minutes

Ingredients

8 ozs Chicken Thighs (skinless, boneless)
3 cups Broccoli (chopped into florets)
1 tbsp Extra Virgin Olive Oil
1/2 tsp Sea Salt (divided)
1/2 tsp Black Pepper
1/2 tsp Garlic Powder
1 tbsp Dijon Mustard
1/4 cup Balsamic Vinegar
1 tsp Oregano (dried)

Directions

1. Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place chicken in the center of the baking sheet and arrange the broccoli in a single layer around the chicken. Drizzle oil over chicken and veggies then add half of the salt, pepper and garlic powder. Using your hands, toss or rub the spices evenly all over the chicken and the broccoli. Bake in the oven for 15 minutes.
3. Meanwhile, whisk the Dijon mustard, balsamic vinegar, oregano and remaining salt together. Set aside.
4. After the chicken has baked for 15 minutes, remove from oven and brush half the Dijon mixture on top of the chicken and lightly over the broccoli. Return to oven and bake for 10 more minutes.
5. After 10 minutes, repeat step 4 with remaining Dijon mixture. Place back into the oven and continue to bake for 5 to 10 more minutes, or until chicken is cooked through and broccoli is very tender.
6. Remove from oven and serve immediately.

Notes

Leftovers: Keeps well in the fridge for 3 days.
No Chicken Thighs: Use chicken breasts or drumsticks instead.

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Spicy One Pot Beef & Veggies

2 servings
25 minutes

Ingredients

8 ozs Extra Lean Ground Beef
1 Red Bell Pepper (medium, diced)
1 Tomato (medium, diced)
1 tsp Italian Seasoning
1/4 tsp Red Pepper Flakes
1 cup Kale Leaves (finely chopped)
1/3 cup Pitted Kalamata Olives (halved)
2 stalks Green Onion (chopped)

Directions

1. Heat a large pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary.
2. Add the peppers and tomato to the pan with the beef and cook for three to four minutes until the tomatoes start to release their juices.
3. Add the Italian seasoning and red pepper flakes and stir to combine. Add the kale leaves and olives and continue to stir until the kale has wilted.
4. Continue to cook for five to eight minutes, stirring often, until the red peppers are tender. Divide between plates, top with green onions, and season with additional red pepper flakes if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
More Flavor: Add fresh garlic or finish with sea salt.
Make it Vegan: Use lentils instead of ground beef.
Serve it With: Cauliflower rice, brown rice, millet, and/or a side salad.
Make It Less Spicy: Omit red pepper flakes.

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Citrus Coconut White Fish

2 servings
20 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
1/2 Yellow Onion (medium, chopped)
2 Garlic (cloves, minced)
1 tsp Cumin
1/8 tsp Sea Salt
1/2 Tomato (large, diced)
1/4 cup Orange Juice (freshly squeezed)
1/4 cup Canned Coconut Milk (full-fat)
1/4 cup Cilantro (chopped)
2 Cod Fillet

Directions

1. In a pot just large enough to fit the fillets, heat the oil over medium heat. Add the onions and cook for three to five minutes or until the onions start to soften. Add the garlic, cumin, salt, and tomato and stir to combine. Cook for another minute.
2. Add the orange juice and simmer for two to three minutes until the tomatoes begin to soften. Stir in the coconut milk and cilantro and bring the liquid to a simmer.
3. Add the cod fillets to the pot and cover with the lid. Steam the cod for six to 10 minutes or until cooked through and flakey. The cooking time will depend on the thickness of the fillets.
4. Divide the filets between plates and top with the citrus coconut sauce. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.
Additional Toppings: More cilantro, lime wedges, or red pepper flakes.
No Cod: Use another white fish, like haddock, instead.
No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.

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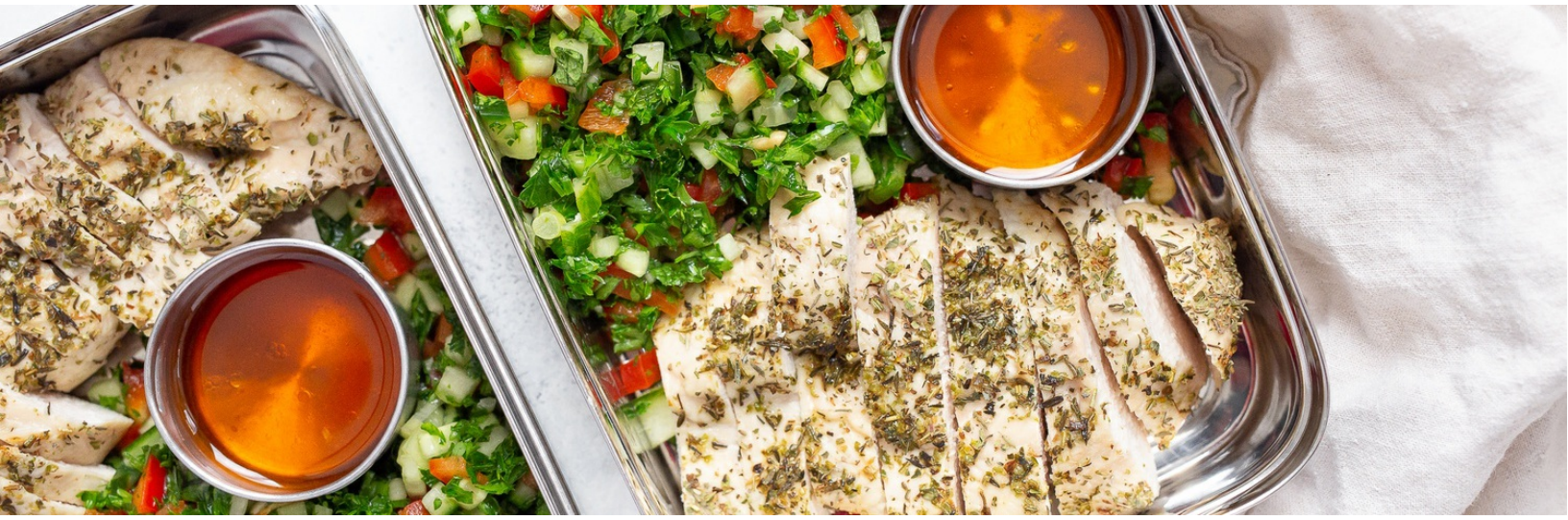

Cucumber & Pepper Tabbouleh with Chicken

2 servings
30 minutes

Ingredients

8 ozs Chicken Breast (boneless, skinless)
1 tbsp Italian Seasoning
3/4 cup Parsley (tough stems removed, finely chopped)
2 2/3 tbsps Mint Leaves (finely chopped)
1/2 Cucumber (medium, finely diced)
1/2 Red Bell Pepper (large, finely diced)
1 1/2 stalks Green Onion (thinly sliced)
1 1/2 tbsps Red Wine Vinegar
1 1/2 tbsps Extra Virgin Olive Oil
1/8 tsp Sea Salt (to taste)

Directions

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. Lay the chicken breast on the baking sheet and sprinkle with Italian seasoning. Place in the oven for about 30 minutes, or until cooked through.
3. In a large bowl, combine the parsley, mint, cucumber, bell pepper, and green onion.
4. In a jar, whisk together the red wine vinegar, oil, and salt (to taste).
5. Divide the tabbouleh and chicken into containers. Drizzle the dressing over top or store on the side. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.
More Flavor: Add olive oil, minced garlic, and black pepper to taste.
Additional Toppings: Diced tomato, quinoa, cauliflower rice, and/or avocado.

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Fajita Steak Salad

2 servings
30 minutes

Ingredients

2 2/3 tbsps Extra Virgin Olive Oil (divided)
5 1/3 ozs Flank Steak
Sea Salt & Black Pepper (to taste)
1 1/3 tbsps Lime Juice
1/3 cup Cilantro
2/3 Yellow Bell Pepper (sliced)
2 2/3 tbsps Red Onion (sliced)
1/3 cup Cherry Tomatoes (halved)
5 1/3 leaves Romaine (chopped)
2/3 Avocado (sliced)

Directions

1. Heat a cast-iron skillet over medium-high heat. Add 1/4 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 10 to 15 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
2. Meanwhile, in a blender or food processor, add the remaining oil, lime juice, cilantro, and salt and pepper to taste. Process until smooth and set aside.
3. In the same cast iron pan used to cook the steak, turn the heat to medium and add the bell pepper, onion, and tomatoes. Cook until charred in spots and softened, about three to five minutes and then remove and set aside.
4. Divide the romaine onto plates and top with steak, onion mixture, and avocado. Add the cilantro dressing and enjoy!

Notes

Leftovers: Salad is best stored separately from the dressing. Refrigerate in an airtight container for up to three days.
No Cilantro: Use parsley instead.
Additional Toppings: Add mushrooms to the charred veggies.

GROCERY LIST

GROCERY LIST

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