

FALL 5-DAY
detox
SUGGESTED RECIPES

8 SERVINGS



TOTAL
BALANCED
HEALTH

Denise Coombes
www.totalbalancedhealth.com

TABLE OF CONTENTS

[Suggested Meal Plan](#)

[Breakfast Recipes](#)

[Lunch Recipes](#)

[Dinner Recipes](#)

[Snack Recipes](#)

[Meal Plan Shopping List](#)

[Alternative Recipes](#)

[Blank Shopping List](#)

[Disclaimer and Terms of Use](#)



TOTAL
BALANCED
HEALTH

	Snack 3	Dinner	Snack 2	Lunch	Snack 1	Breakfast	Mon	Tue	Wed	Thu	Fri
Day	Almonds	Beef & Broccoli Stir Fry	Pear & Arugula Salad with Chicken	Pineapple Fruit Salad	Warm Apples with Cinnamon	Turkey Spinach Scramble	Beef & Salsa Breakfast Skillet	Chicken & Apple Sausage Patties	Taco Breakfast Skillet	Bell Pepper & Spinach Egg Bake	Cucumber & Avocado Salad
Snack 3											
Dinner											
Snack 2											
Lunch											
Snack 1											
Breakfast											



BREAKFAST RECIPES



Turkey Spinach Scramble

8 servings

10 minutes

Ingredients

- 2 lbs Extra Lean Ground Turkey
- 2 tsps Dried Parsley
- 2 tsps Italian Seasoning
- 1 1/2 tsps Black Pepper
- 1/2 tsp Fennel Seed (You can use use whole or crush the seeds if you like)
- 1 Garlic (minced)
- 2 tsps Sea Salt
- 8 cups Baby Spinach (chopped)
- 16 Egg (whisked)

Directions

- 1 In a small bowl, combine all of the seasonings. Add the seasonings to the 2 lbs of ground turkey. Mix until combined.
- 2 Heat a pan over medium heat then add the ground turkey to the pan. Brown for five to six minutes or until cooked through, breaking it up as it cooks.
- 3 Add the spinach to the pan with the ground turkey and move it around until it's wilted.
- 4 Push the sausage and spinach to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the spinach and sausage into the egg once the eggs are cooked through.

Notes

Leftovers: Best enjoyed immediately. Sausage can be cooked ahead of time and reheated in the pan to save time.

More Flavor: Add onion, mushrooms, or bell pepper.

Additional Toppings: Avocado, or salsa.

No Spinach: Use kale instead.



Beef & Salsa Breakfast Skillet

8 servings

20 minutes

Ingredients

1 1/2 lbs Extra Lean Ground Beef

3 cups Salsa (Salsa can be from a jar or can if ingredients are vegetables. Fresh salsa can be used as well.)

8 Egg

Directions

- 1 Add the ground beef to a large skillet over medium heat. Stir occasionally until cooked through, about eight minutes. Stir in the salsa.
- 2 Gently form a pocket for each egg in the beef salsa mixture. Crack an egg into each pocket and cover the skillet. Cook for five to eight minutes, or until the eggs are cooked to your liking. Scoop into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups of the mixture with one egg.



Chicken & Apple Sausage Patties

8 servings

30 minutes

Ingredients

1 lb Extra Lean Ground Chicken (or ground turkey)

1 Apple (medium, cored, finely chopped or grated)

1 tsp Ground Sage

1/2 tsp Cinnamon

1/2 tsp Sea Salt

2 tbsps 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 or add a fruit salad on the side.



Taco Breakfast Skillet

8 servings

30 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 cup Red Onion (chopped)
- 2 lbs Extra Lean Ground Beef
- 1/4 cup Chili Powder
- 2 tbsps Cumin
- 1/2 tsp Onion Powder
- 1/2 tsp Black Pepper
- 8 Egg
- 1 Tomato (chopped)
- 1/2 cup Black Olives
- 1 Avocado (cubed)
- 2 Jalapeno Pepper (sliced)
- 1/2 cup Cilantro

Directions

- 1 In a large skillet, heat the olive oil over medium heat. Add in the red onion and ground beef. Cook for 10 to 12 minutes or until the beef is completely cooked through.
- 2 Once the beef is cooked, add in the chili powder, cumin, onion powder, & black pepper until well combined. Make little sockets in the beef mixture and crack an egg in one at a time.
- 3 Once the eggs begin to cook, add a lid on top for 3 minutes or until the yolk is cooked to your liking.
- 4 Remove from the stove and top with the tomatoes, black olives, avocado, jalapeños and cilantro. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Eggs are best enjoyed the same day.

Serving Size: One serving is approximately one egg with one cup of beef and veggie mixture.



Bell Pepper & Spinach Egg Bake

8 servings

30 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil (divided)
- 1 1/2 Red Bell Pepper
- 2 3/4 cups Baby Spinach (chopped)
- 1 cup Cherry Tomatoes (halved)
- 4 stalks Green Onion (chopped)
- 12 Egg
- 3/4 cup Water
- 1 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: You can also make this in a 9 x 13-inch baking dish.

More Flavor: Use chicken broth 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, cauliflower, red onion, mushrooms, or a combination of these.



LUNCH RECIPES



Pear & Arugula Salad with Chicken

8 servings

35 minutes

Ingredients

- 3 lbs Chicken Breast
- 2 tsps Italian Seasoning
- 1/2 tsp Sea Salt
- 16 cups Arugula
- 4 Pear (chopped)
- 1/2 cup Red Onion (thinly sliced)
- 1/4 cup Walnuts (finely chopped)
- 3/4 cup 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 or shrimp instead.

No Arugula: Use baby spinach instead.

No Pear: Use apple instead.

Make ahead notes: Make the chicken the night before to save on preparation time.



Fajita Steak Salad

8 servings

30 minutes

Ingredients

2/3 cup Extra Virgin Olive Oil (divided)
 1 1/3 lbs Flank Steak (Substitute chicken if you prefer)
 Sea Salt & Black Pepper (to taste)
 1/3 cup Lime Juice
 1 1/3 cups Cilantro
 2 2/3 Yellow Bell Pepper (sliced)
 2/3 cup Red Onion (sliced)
 1 1/3 cups Cherry Tomatoes (halved)
 2 1 1/3 leaves Romaine (chopped)
 2 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.



Cleaned Up Chicken Salad

8 servings

30 minutes

Ingredients

- 1 lb Chicken Breast, Cooked (substitute tuna if preferred)
- 4 stalks Celery (diced)
- 1 cup Grapes (halved)
- 8 cups Kale Leaves (finely sliced into ribbons)
- 2/3 cup Slivered Almonds
- 2 tbsps Hemp Seeds
- 1/4 cup Dijon Mustard
- 1/4 cup Extra Virgin Olive Oil
- 1 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!

Notes

Additional Fat: If you like avocado, try mashing one and mixing it into the chicken salad.
Additional ideas: For a "fun" lunch, hollow out a tomato, fresh colored pepper and fill with chicken salad. Cut a cucumber in half longways and hollow out the inside. Dice the cucumber you remove and add it to the chicken salad and fill the cucumber "boat"



Turkey Taco Lettuce Wraps

8 servings

25 minutes

Ingredients

- 2 tbsps Avocado Oil (can sub olive or coconut oil)
- 2 Yellow Onion (diced)
- 2 lbs Extra Lean Ground Turkey (or lean ground beef)
- 1/4 cup Chili Powder
- 2 tbsps Cumin
- 1 1/3 tbsps Smoked Paprika
- 2 tps Garlic Powder
- 2 tps Sea Salt
- 1 tsp Red Pepper Flakes
- 2 Lime (juiced)
- 6 Tomato (finely chopped and divided)
- 2 Jalapeno Pepper (seeds removed and chopped)
- 2 heads Iceberg Lettuce (leaves pulled apart and washed)
- 4 Avocado (diced)

Directions

- 1 Heat oil over medium-high heat. Add onion and cook for about 5 minutes until translucent.
- 2 Add ground turkey to the pan and break into very small pieces with a spatula and cook until no longer pink. Drain any excess drippings if necessary.
- 3 Add the chili powder, cumin, smoked paprika, garlic powder, salt, red pepper flakes and lime juice and stir until the meat is coated evenly. Add half the chopped tomatoes and the jalapeno. Stir to combine and cook for another 5 minutes until tomatoes are very soft. Remove from heat.
- 4 To assemble the tacos, divide the turkey into the lettuce leaves, and top with remaining tomatoes and diced avocado. Enjoy!

Notes

Leftovers: Refrigerate the ingredients separately in airtight containers for up to three days.

Serving Size: One serving is approximately three tacos.

Optional Toppings: Try adding cilantro or top with salsa

No Iceberg Lettuce: Use romaine leaves, green lettuce or Boston lettuce instead.

Vegans & Vegetarians: Omit the ground meat and use cooked lentils instead.



Turkey & Cabbage Stir Fry

8 servings

20 minutes

Ingredients

- 3 lbs Extra Lean Ground Turkey
- 2 1/2 tbsps Coconut Oil (or olive oil)
- 2 1/2 cups Green Cabbage (thinly sliced)
- 3 Carrot (large, julienned)
- 2/3 cup Water
- 2/3 cup Coconut Aminos
- 3 Lime (juiced, plus more for garnish)
- 8 Garlic (clove, minced)
- 2 1/2 tbsps Ginger (fresh, minced or grated)
- 1 1/2 cups Cilantro (chopped)

Directions

- 1 Heat a large skillet with a tight-fitting lid over medium-high heat. Leave the lid off and add the turkey, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, drain any excess drippings from the pan and set the turkey aside.
- 2 To the same skillet, add the oil. Once warm, add the cabbage and carrot. Stir to coat in the oil and sauté for a minute. Add the water then cover with the lid. Cook for 4 to 5 minutes or until the cabbage wilts down and carrot is just tender.
- 3 Meanwhile, in a small mixing bowl combine the coconut aminos, lime juice, garlic and ginger. Set aside.
- 4 Add the cooked turkey back to the skillet and stir to mix. Add the coconut aminos mixture and stir to combine everything. Cook for another 2 to 3 minutes to allow the flavors to develop. Stir in the cilantro.
- 5 Divide evenly between plates and serve with lime wedges, if using. Enjoy!

Notes

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

Additional Toppings: Top with additional cilantro.

No Turkey: Use ground chicken instead.



DINNER RECIPES



Beef & Broccoli Stir Fry

8 servings

15 minutes

Ingredients

- 10 2/3 fl ozs Bone Broth
- 1/2 cup Coconut Aminos
- 8 Garlic (cloves, minced)
- 1 1/3 tbsps Ginger (fresh, minced)
- 2 tbsps Avocado Oil (or coconut oil)
- 2 1/2 lbs Flank Steak (sliced against the grain)
- 12 cups Broccoli (florets, chopped)

Directions

- 1 In a small bowl, whisk together the broth, coconut aminos, garlic, and ginger.
- 2 Heat a skillet over medium heat and add the avocado oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

Notes

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

Additional Toppings: Serve on top of brown basmati rice or cauliflower rice. Top with sliced green onion and add some sliced peppers.

No Bone Broth: Use chicken, beef or vegetable broth instead.



One Pan Chicken Thighs & Veggies

8 servings
25 minutes

Ingredients

- 3 1/2 lbs** Chicken Thighs With Skin (bone-in, trimmed)
- 8 cups** Broccoli (cut into florets)
- 4** Red Bell Pepper (medium, chopped)
- 2 cups** Cherry Tomatoes (whole)
- 1/4 cup** Extra Virgin Olive Oil
- 1 1/3 tbsps** Dried Parsley
- 2 tbsps** Garlic Powder
- 1 tsp** Sea Salt

Directions

- 1** Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2** Place the chicken thighs in the center of the pan and add the broccoli, bell pepper, and cherry tomatoes. Drizzle with the oil and season with parsley, garlic powder, and salt. Toss to coat the vegetables in the seasoning.
- 3** Bake for 20 to 25 minutes or until the chicken is cooked through and the veggies are tender. For crispier skin transfer the chicken thighs to a clean baking sheet and turn the oven to broil. Broil for two to three minutes or until the skins have browned.
- 4** Divide between plates and enjoy!

Notes

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

No Extra Virgin Olive Oil: Use avocado oil instead.

Additions/Substitutions: Add additional vegetables or swap for those you might prefer. Brussel sprouts, sliced carrots, and cauliflower all work well in this recipe.



Zucchini & Ground Beef Skillet

8 servings

25 minutes

Ingredients

- 2 lbs Extra Lean Ground Beef (can sub ground turkey)
- 4 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 4 2/3 cups Diced Tomatoes (with juices)
- 2 2/3 Zucchini (medium, chopped)
- 2 2/3 tsps Cumin
- 2/3 tsp Onion Powder

Directions

- 1 Heat a nonstick pan over medium heat. Add the beef, garlic, salt, and pepper and cook for five to eight minutes, breaking it up as it cooks. Drain extra fat if needed.
- 2 Add the diced tomatoes, zucchini, cumin, and onion powder. Cover and let simmer for 15 minutes. Divide into bowls and enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add chili powder and/or green chilis.

Additional Toppings: Add red pepper flakes.

Make it Vegan: Use mushrooms instead of ground beef.



Slow Cooker Chicken Soup

8 servings

6 hours

Ingredients

1 1/2 Yellow Onion (diced)
 5 stalks Celery (diced)
 4 Carrot (medium, chopped)
 1 1/3 tbsps Rosemary (fresh)
 2 lbs Chicken Breast (boneless, skinless
 - can also use thighs)
 Sea Salt & Black Pepper (to taste)
 8 cups Chicken Broth (or water)

Directions

- 1 Add all ingredients to the crock pot and cook on low for 6-8 hrs.
- :
- 2 Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs: Add cooked basmati rice for a heartier soup!

Leftovers: Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.



Spicy One Pot Beef & Veggies

8 servings

25 minutes

Ingredients

- 2 lbs Extra Lean Ground Beef (can sub ground turkey)
- 4 Red Bell Pepper (medium, diced)
- 4 Tomato (medium, diced)
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Red Pepper Flakes
- 4 cups Kale Leaves (finely chopped)
- 1 1/3 cups Black Olives (halved)
- 8 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, basmati rice, and/or a side salad.

Make It Less Spicy: Omit red pepper flakes.



SNACK RECIPES



Pineapple Fruit Salad

1 serving

10 minutes

Ingredients

1/2 cup Pineapple (diced)
1/4 cup Strawberries (stems removed, diced)
1/4 cup Blueberries
1/2 Kiwi (peeled, diced)
1/8 tsp Cinnamon
1/2 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.

Additional Ideas: Instead of pineapple, try cut up apples. Use fruits that are in season and on the "suggested" food list.



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!

Notes

Serve it With: Our banana ice cream, Paleo Granola or on top of oatmeal.

No Apples: Use pears.



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.



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: Add a chopped banana or apple. Sprinkle the skewers with cinnamon.

No Wooden Skewers: Make it into a fruit salad instead.



Apple with Almond Butter

1 serving

5 minutes

Ingredients

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

Directions

- 1 Arrange the apple slices on a plate with almond butter. Dip and enjoy!

Notes

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



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.



Carrots & Guacamole

1 serving

5 minutes

Ingredients

2 Carrot (medium)
1/2 Avocado
1/2 Lime (juiced)
1/8 tsp Sea Salt (or more to taste)

Directions

- 1 Peel and slice carrots into sticks.
- 2 Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
- 3 Dip the carrots into the guac & enjoy!

Notes

Leftovers: Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up: Add chili flakes, salsa and/or chopped cilantro to the guacamole.



Sea Salted Coconut Kale Chips

1 serving

20 minutes

Ingredients

- 1 cup Kale Leaves
- 1 1/2 tsps Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 1/8 Lemon (juiced)

Directions

- 1 Preheat oven to 350°F (177°C). Use a sharp knife to cut your kale leaves into large pieces. They shrink up in the oven, so don't cut them too small!
- 2 Place kale in a large bowl. Drizzle with lemon juice and melted coconut oil. Season with desired amount of sea salt. Use clean hands to massage all ingredients into kale.
- 3 Line a large baking sheet with parchment paper. Place kale leaves on foil in a single layer. Don't over crowd. You will have to bake in batches for the perfect chips.
- 4 Cook in oven for 10 to 15 minutes (12 minutes was the perfect number for me). Remove from oven when crisp. Enjoy!



Apple

1 serving

2 minutes

Ingredients

1 Apple

Directions

- 1 Slice into wedges, or enjoy whole.



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.



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.



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.



Orange

1 serving

2 minutes

Ingredients

1 Navel Orange

Directions

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



Cucumber & Avocado Salad

1 serving

5 minutes

Ingredients

1/2 Cucumber (sliced)
1/2 Avocado
1 1/2 tsps Lemon Juice
1 tbsp Parsley (chopped)
1/8 tsp Sea Salt

Directions

- 1 In a bowl, add the cucumber, avocado, lemon juice, parsley and sea salt and toss to combine. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. For best results, cut and add the avocado just prior to enjoying.

More Flavor: Add chili flakes or cayenne.

Additional Toppings: Nuts, seeds or additional vegetables.



Applesauce & Almonds

1 serving

5 minutes

Ingredients

1/2 cup Unsweetened Applesauce

1/4 cup Almonds (raw or roasted)

Directions

- 1 Serve the applesauce with the almonds. Enjoy!

Notes

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

More Flavor: Add cinnamon.

Nut-Free: Use pumpkin seeds or sunflower seeds instead of almonds.

Additional Toppings: Add chopped fruit or hemp seeds.

Fruits

- 4 Apple
- 8 2/3 Avocado
- 1 cup Blueberries
- 1 1/8 cups Grapes
- 3/4 Kiwi
- 1 1/8 Lemon
- 2 tbsps Lemon Juice
- 5 1/2 Lime
- 1/3 cup Lime Juice
- 1 Navel Orange
- 4 Pear
- 1/2 cup Pineapple
- 1 1/8 cups Strawberries

Seeds, Nuts & Spices

- 1/2 cup Almonds
- 2 tbsps Black Pepper
- 1/2 cup Chili Powder
- 1 1/8 tbsps Cinnamon
- 1/3 cup Cumin
- 2 tbsps Dried Parsley
- 1/2 tsp Fennel Seed
- 1 1/3 tbsps Garlic Powder
- 1 tsp Ground Sage
- 2 tbsps Hemp Seeds
- 2 2/3 tbsps Italian Seasoning
- 1 1/8 tbsps Onion Powder
- 2 tbsps Red Pepper Flakes
- 2 1/2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2/3 cup Slivered Almonds
- 1 1/3 tbsps Smoked Paprika
- 1/4 cup Walnuts

Vegetables

- 16 cups Arugula
- 10 3/4 cups Baby Spinach
- 20 cups Broccoli
- 9 Carrot
- 9 stalks Celery
- 4 1/3 cups Cherry Tomatoes
- 3 1/3 cups Cilantro
- 1 Cucumber
- 21 Garlic
- 3 3/4 tbsps Ginger
- 21 cups Green Cabbage
- 12 stalks Green Onion
- 2 heads Iceberg Lettuce
- 4 Jalapeno Pepper
- 13 cups Kale Leaves
- 1/4 Orange Bell Pepper
- 1 tbsp Parsley
- 9 3/4 Red Bell Pepper
- 2 1/8 cups Red Onion
- 21 1/3 leaves Romaine
- 1 1/3 tbsps Rosemary
- 11 Tomato
- 3 Yellow Bell Pepper
- 3 1/2 Yellow Onion
- 2 2/3 Zucchini

Boxed & Canned

- 10 2/3 fl ozs Bone Broth
- 8 cups Chicken Broth
- 4 2/3 cups Diced Tomatoes
- 3 cups Salsa

Baking

- 1 1/2 cups Unsweetened Applesauce

Bread, Fish, Meat & Cheese

- 5 lbs Chicken Breast
- 1 lb Chicken Breast, Cooked
- 3 1/2 lbs Chicken Thighs With Skin
- 7 1/2 lbs Extra Lean Ground Beef
- 1 lb Extra Lean Ground Chicken
- 7 lbs Extra Lean Ground Turkey
- 3 3/4 lbs Flank Steak

Condiments & Oils

- 2 tbsps Almond Butter
- 2 2/3 tbsps Avocado Oil
- 3/4 cup Balsamic Vinegar
- 1 3/4 cups Black Olives
- 1 1/8 cups Coconut Aminos
- 1/3 cup Coconut Oil
- 1/4 cup Dijon Mustard
- 1 1/3 cups Extra Virgin Olive Oil

Cold

- 45 Egg

Other

- 3 Barbecue Skewers
- 1 1/2 cups Water



ALTERNATIVE RECIPES



Apple Turkey Sausage Patties with Sautéed Greens

8 servings

30 minutes

Ingredients

- 2 lbs Extra Lean Ground Turkey
- 2 Apple
- 2 tbsps Ginger (peeled and grated)
- 2 tbsps Italian Seasoning
- 2 tbsps Apple Cider Vinegar
- 1 tsp Sea Salt
- 1/4 cup Extra Virgin Olive Oil (divided)
- 16 cups Baby Spinach
- 2 tbsps Water

Directions

- 1 Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
- 2 Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
- 3 In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
- 4 When you are finished cooking the patties, use the same skillet to wilt the spinach with water.
- 5 To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

Notes

Serving Size: There are approximately three thin patties per serving.

Leftovers: Refrigerate in an airtight container for up to three days. The patties can be frozen for up to three months.

Best Flavor: A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

No Spinach: Use another leafy green like kale, Swiss chard or collard greens.

No Ground Turkey: Use ground chicken.



Tomato & Onion Egg White Omelette

8 servings

10 minutes

Ingredients

- 4 cups Water
- 8 cups Egg Whites
- 1 tsp Sea Salt (to taste)
- 4 cups Cherry Tomatoes (halved)
- 8 stalks Green Onion (sliced)
- 2 2/3 tbsps Tamari

Directions

- 1 Heat the water in a large non-stick pan over medium to medium-high heat. Bring to a simmer.
- 2 Add the egg whites and cook until fluffy and slightly firm, about five minutes. Rotate the pan as needed to help spread and evenly cook the egg whites. Season with salt. Using a heat-safe spatula, gently scrape down the sides and transfer to a plate.
- 3 Arrange the tomatoes and green onions down the middle of the omelette. Fold the sides of the omelette towards the center and drizzle with tamari. Enjoy!

Notes

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

More Flavor: Sauté the tomatoes and onions with garlic before adding to the omelette.

Additional Toppings: Leftover veggies, avocado, spinach, or arugula.



Crispy Broccolini & Eggs

8 servings
15 minutes

Ingredients

- 4 bunches Broccolini
- 1/3 cup Avocado Oil (divided)
- 1 tsp Sea Salt (divided)
- 16 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.



Tuna Salad Lettuce Wraps

8 servings

15 minutes

Ingredients

- 4 Avocado
- 1/2 cup Lime Juice
- 1 tsp Sea Salt
- 4 cans Tuna (flaked)
- 8 stalks Green Onion (sliced)
- 1/2 Cucumber (deseeded and finely chopped)
- 16 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.



Taco Salad with Beef

8 servings
25 minutes

Ingredients

- 2 lbs Extra Lean Ground Beef
- 1/4 cup Chili Powder
- 2 tbsps Cumin
- 1 tsp Sea Salt
- 2 cups Cherry Tomatoes (chopped)
- 2 Jalapeno Pepper (chopped)
- 4 stalks Green Onion (chopped)
- 1/3 cup Lime Juice (divided)
- 4 heads Romaine Hearts (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 4 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.



Hearty Kale & Apple Tuna Salad

8 servings

10 minutes

Ingredients

- 2 cans Tuna (drained)
- 4 stalks Celery (diced)
- 8 cups Kale Leaves (finely sliced)
- 2 Carrot (grated)
- 2 Apple (diced)
- 1/2 cup Sunflower Seeds
- 1/4 cup Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)

Directions

1

Place all ingredients together in a large salad bowl. Add olive oil and mustard and toss well. Season with sea salt and pepper to taste. Enjoy!



Garlicky Beef & Greens

8 servings

20 minutes

Ingredients

- 1/2 cup Coconut Aminos
- 8 Garlic (clove, minced)
- 2 tbsps Ginger (fresh, grated or minced)
- 2 stalks Green Onion (chopped)
- 2 lbs Extra Lean Ground Beef
- 8 cups Kale Leaves (finely chopped)
- 1/2 tsp Sea Salt

Directions

- 1 In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.
- 2 Heat a large skillet over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.
- 3 To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt.
- 4 Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and divide between plates. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 cup.



Brussels Sprouts Slaw with Chicken

8 servings

20 minutes

Ingredients

- 2 lbs Chicken Breast (cut into cubes)
- 1 tsp Oregano (dried)
- 1/2 tsp Garlic Powder
- 1 tsp Sea Salt (divided)
- 1/3 cup Extra Virgin Olive Oil (divided)
- 12 cups Brussels Sprouts (shredded)
- 8 cups Purple Cabbage (sliced thin)
- 1/3 cup Lemon Juice
- 1 1/3 tbsps Coconut Aminos

Directions

- 1 Add the cubed chicken to a small bowl with the oregano, garlic powder and half the salt. Toss to combine.
- 2 Heat a skillet over medium heat and add 1/3 of the oil. Once hot, add the chicken and cook for 10 to 12 minutes or until cooked through. Remove and set aside.
- 3 Add the brussels sprouts and cabbage to a bowl. Add the lemon juice, coconut aminos, remaining oil and remaining salt. Mix well with your hands to combine.
- 4 Divide the slaw evenly between plates. Top with chicken and enjoy!

Notes

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

More Flavor: Add additional spices and/or herbs to the dressing or chicken.

Additional Toppings: Sliced onion, avocado, slivered almonds, sesame or sunflower seeds.



Citrus Coconut White Fish

8 servings

20 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil
- 2 Yellow Onion (medium, chopped)
- 8 Garlic (cloves, minced)
- 1 1/3 tbsps Cumin
- 1/2 tsp Sea Salt
- 2 Tomato (large, diced)
- 1 cup Orange Juice (freshly squeezed)
- 1 cup Canned Coconut Milk (full-fat)
- 1 cup Cilantro (chopped)
- 8 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.

GROCERY LIST**GROCERY LIST**

Disclaimer and Terms of Use

Disclaimer: This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, we urge you to take appropriate action by seeking medical attention.

This detox and the information provided within have been carefully tested and crafted, and are a core part of my business. As a courtesy to me, the amount of work I've put in, and your fellow detoxers, please do not share these materials with anyone.



**TOTAL
BALANCED
HEALTH**

www.totalbalancedhealth.com ♦ Denise Coombes