

# Summer Detox

week 6

QUICK MUSHROOM  
**Medley**

VEGGIE  
**Wrap**

FULL COLOR SALAD  
**and Tuno**





# SUMMER DETOX - WEEK 6

MON

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Smoothie
  - Quick Mushroom Medley + Fresh Fruit of your Choice
  - Lentil Bolognese + Full Color Salad

TUE

- BREAKFAST
  - LUNCH
  - DINNER
- Creamy Green Smoothie
  - Full Color Salad + Tuno + Fresh Fruit of Your Choice
  - Brown Rice Stir Fry

WED

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Smoothie
  - Quick Mushroom Medley + Fresh Fruit of your Choice
  - Veggie Wrap + Chopped Veggies + Hummus

THU

- BREAKFAST
  - LUNCH
  - DINNER
- Creamy Green Smoothie
  - Full Color Salad + Tuno + Fresh Fruit of Your Choice
  - Lentil Bolognese

FRI

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Smoothie
  - Quick Mushroom Medley + Fresh Fruit of your Choice
  - Veggie Wrap + Chopped Veggies + Hummus

SAT

- BREAKFAST
  - LUNCH
  - DINNER
- Creamy Green Smoothie
  - Full Color Salad + Tuno + Fresh Fruit of Your Choice
  - Brown Rice Stir Fry

SUN

- BREAKFAST
  - LUNCH
  - DINNER
- Banana Berry Smoothie
  - Quick Mushroom Medley + Fresh Fruit of your Choice
  - Lentil Bolognese + Full Color Salad

# SUMMER DETOX WEEK 6

## SHOPPING LIST

### PRODUCE

<input type="checkbox"/>	Avocado	2
<input type="checkbox"/>	Banana	7
<input type="checkbox"/>	Broccoli	2 cup
<input type="checkbox"/>	Carrots	6
<input type="checkbox"/>	Celery stalks	15.75
<input type="checkbox"/>	Cloves garlic	8
<input type="checkbox"/>	Cucumber	7
<input type="checkbox"/>	Dates	3
<input type="checkbox"/>	Dill pickle	1.5
<input type="checkbox"/>	Fresh Fruit of Your Choice	7 cup
<input type="checkbox"/>	Fresh ginger	4 teaspoons
<input type="checkbox"/>	Fresh ginger root	4 tablespoons
<input type="checkbox"/>	Fresh Oregano	2 teaspoons
<input type="checkbox"/>	Fresh thyme	2 teaspoons
<input type="checkbox"/>	Green onion	0.75 cup
<input type="checkbox"/>	Kale	2 cup
<input type="checkbox"/>	Lemons	1
<input type="checkbox"/>	Loose leaf spinach	13 cup
<input type="checkbox"/>	Mushrooms	8 cup
<input type="checkbox"/>	Portobello mushroom	2 cup
<input type="checkbox"/>	Red bell pepper	1 cup
<input type="checkbox"/>	Shredded Carrots	5.50 cup
<input type="checkbox"/>	Shredded Purple cabbage	1.75 cup
<input type="checkbox"/>	Spinach	14 cup
<input type="checkbox"/>	Sprouts	1 cup
<input type="checkbox"/>	Tomato	1
<input type="checkbox"/>	Yellow onion	0.5
<input type="checkbox"/>	Zucchini	2 cup

### RICE/PASTA

<input type="checkbox"/>	Brown Rice	2 cups
<input type="checkbox"/>	Red Lentils	1 cup
<input type="checkbox"/>	Whole Grain Pasta	6 oz

### NUTS/SEEDS

<input type="checkbox"/>	Pecans	4 tablespoons
<input type="checkbox"/>	Sunflower seeds	3 tablespoons
<input type="checkbox"/>	Walnuts	1 cup

### BREAD

<input type="checkbox"/>	Sprouted grain tortilla	2
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### CANNED GOODS

<input type="checkbox"/>	Cooked garbanzo beans	4.25 cans (15 oz)
<input type="checkbox"/>	Marinara sauce	2 cup
<input type="checkbox"/>	Vegetable Broth	2.25 cup

### OTHER

<input type="checkbox"/>	Nutritional Yeast	1/2 cup
<input type="checkbox"/>	Stevia	6 drops

### FREEZER

<input type="checkbox"/>	Frozen blueberries	4 cup
<input type="checkbox"/>	Frozen pineapple	1 cup

### DAIRY/JUICE

<input type="checkbox"/>	Tofu	4 cup
<input type="checkbox"/>	Unsweetened Almond Milk	9 cup

### SPICES AND CONDIMENTS

<input type="checkbox"/>	Balsamic vinegar	4 tablespoons
<input type="checkbox"/>	Dijon Mustard	4 teaspoons
<input type="checkbox"/>	Dried thyme	0.25 teaspoons
<input type="checkbox"/>	Garlic Powder	4 teaspoons
<input type="checkbox"/>	Ground cumin	0.50 teaspoons
<input type="checkbox"/>	Liquid aminos	3.33 tablespoons
<input type="checkbox"/>	Smoked Paprika	0.25 teaspoons
<input type="checkbox"/>	Tahini	4.50 tablespoons



## Full Color Salad

### Ingredients:

¼ cup avocado (or optional nuts)  
¼ cup shredded Purple cabbage  
1 stalk celery  
1 cup cucumber  
½ cup garbanzo beans  
1 cup shredded carrots  
2 cups fresh spinach

Chop vegetables and toss with your favorite nutritarian dressing. Top with garbanzo beans.

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## Tuno (Makes 4)

### Ingredients:

1 can garbanzo beans, drained  
1 celery stalk finely chopped  
½ cucumber finely chopped  
¼ cup green onion  
½ chopped dill pickle  
1 tablespoon sunflower seeds  
3 tablespoons tahini  
1 teaspoon Dijon mustard

Soak pickle in water for 3-5 minutes to draw out some of the salt. Combine all ingredients in a bowl (mashing garbanzo beans while leaving some of them in larger chunks. OR place all ingredients in a food processor and pulse a few times to combine all ingredients (make sure to not over-process)

Serve Tuno over a salad in a lettuce wrap, or in pita bread.

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## Veggies + Hummus

### Ingredients:

4 stalks celery  
1 cucumber, sliced  
2 whole carrots  
Nutritarian Hummus

Serve chopped vegetables with 3-4 tablespoons hummus

# Cooked

## Brown Rice Stir Fry

### Ingredients:

2 tablespoons ginger, grated  
1 large cloves garlic, chopped/minced  
1/2 cups cooked brown rice  
1 stalks celery, chopped  
1/2 cups frozen pineapple  
1/2 cups spinach or kale, chopped (leaving out ribs if you so desire)  
1/4 yellow onion, chopped  
1/2 cups mushrooms, chopped  
1/2 whole carrots, chopped  
2 tablespoons vegetable broth  
1 Tablespoons Liquid Aminos

In a heated pan, water sauté chopped garlic, ginger, carrots, celery, and onion. After 2-3 minutes, add pineapple. Add 1-2 tablespoons more water as necessary (you don't want your ingredients to stick to the pan). After 1-2 minutes, add additional vegetables (spinach and mushrooms). Stir ingredients together and continue cooking until veggies have become tender (not soggy). Stir in cooked rice and liquid aminos.

Serve and refrigerate or freeze leftovers.

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## Quick Mushroom Medley

### Ingredients:

2 cups mushrooms  
1 cup tofu chopped  
2 cups spinach  
1/4 cup Vegetable Broth  
1 tsp Garlic Powder  
1 tsp fresh ginger shredded

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1 tsp liquid aminos Or tamari sauce

### Instructions:

In a heated pan, water saute mushrooms and tofu in vegetable broth.  
When mushrooms are soft and brown (3-5 minutes or so) stir in remaining ingredients until greens are soft.

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## Veggie Wrap

### Ingredients

¼ cup shredded Purple cabbage  
¼ cup Shredded Carrots  
½ cup loose leaf spinach  
1 sprouted grain tortilla  
½ cup sprouts  
¼ cup Nutritarian Hummus (Do not Purchase - see recipe)  
¼ Avocado  
½ tomato

### Instructions

1. Warm tortilla in the microwave to soften and fill with desired veggies.
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## Lentil Bolognese Pasta (makes 4 servings)

### Ingredients

#### *Lentil "Meat"*

1 cup Vegetable Broth  
1 cup Red Lentils  
4 Cloves garlic  
2 teaspoon Fresh Oregano  
2 teaspoons fresh thyme  
1 cup Portobello mushroom  
1 cup walnuts

### *Pasta Sauce*

1 cup onion chopped  
2 cup zucchini  
1 cup Portobello mushroom chopped  
2 cup kale chopped  
2 cup marinara sauce

*2 ounces whole-grain or lentil-based pasta (per serving)*

### **Instructions**

1. For one serving, cook 2 ounces of lentil-based or whole-grain pasta according to package directions.
2. For lentil "meat," start by cooking lentils in vegetable broth, boiling for 10 minutes or until lentils are tender but NOT mushy.
3. Once lentils are tender, drain any remaining vegetable broth WELL.
4. In a food processor, pulse together lentils, mushrooms, oregano, thyme, and garlic until well assimilated but still "mulchy"
5. Once your ingredients are mulched up evenly, add walnuts and pulse a final few times

\*(If you prefer to form meatballs, place 1 - 2 one-inch balls on a baking tray and cook at 350 degrees for 20 minutes)

### **Lentil Bolognese Sauce**

### **Instructions**

1. In a heated pan, water sauté mushrooms, onion, zucchini, and kale until veggies are tender.
  2. Once veggies are cooked to your liking, add 1/2 of your lentil mixture and stir in marinara sauce. (refrigerate remaining lentil mixture)
  3. Once hot, serve over a whole grain or lentil pasta of your choice.
  4. This sauce recipe yields roughly four servings. Serve immediately and refrigerate the remainder for later in the week.
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# Toppers

## Balsamic Pecan Dressing

Ingredients:

1/2 cup Water

1/4 cup Balsamic vinegar

1/4 cup pecans

3 Large Medjool Dates

1 Clove garlic

1 tsp Dijon mustard

1/4 tsp Dried thyme

Combine all ingredients in a high speed blender and blend until smooth

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## Hummus (3-4 servings)

Ingredients:

3 cups garbanzo beans

3 tablespoons tahini

2 large cloves garlic

1 teaspoon cumin

3 lemons, juiced

1/2 teaspoons smoked paprika

Drain 1 can of garbanzo beans. Open the second can but do not drain. Pour both cans into blender (one with liquid and one without) and add other ingredients as well. Blend all ingredients in a high speed blender until smooth. Taste and adjust seasonings to your liking.

# Breakfast

## **Banana Blueberry Smoothie**

Ingredients:

1 cup unsweetened almond milk or water

½ cup frozen bananas

1 cup frozen berries

½ cup spinach (optional)

Blend all ingredients in a high speed blender until smooth.

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## **Creamy Green Smoothie**

2-3 cups loose leaf spinach

1 cup frozen banana slices

1 - 1 ½ cup water or Almond Milk

A splash of vanilla

Place ingredients in high speed blender and blend on high until smooth.

# Meal Prep - Week 6

## Summer Detox

Prep the following at the beginning of the week in the order shown below. See Individual recipes for instructions where recipe is included below:

Recipe/Food	Prep Time
Lentil "Meat" for Bolognese	30 minutes
Bolognese Sauce for Pasta (use remaining "meat")	30 minutes
Balsamic Dressing	5 minutes
Chopped Veggies : <ul style="list-style-type: none"><li>• 12 celery stalks</li><li>• 3 cucumbers</li><li>• 6 whole carrots</li></ul> Chop into sticks into "dipping size sticks."	10 minutes
Brown Rice - 2 cups cooked	20 minutes
Hummus (See Recipe)	15 minutes
Tuno (See Recipe)	5 minutes
Freeze Bananas for Smoothies: 7-8	