



Winter

Detox Recipe Guide





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Chickpea Chowder

Three Bean Curry

Dinner

Flavorsome Fish Stew

Super Simple Baked Salmon

Paleo Meatloaf

Choose Nourishing Foods!

You've probably tried a restrictive juice cleanse or fad diet. If you have, you know that while you may see results, they are usually temporary. This is because these "solutions" never address the underlying root cause of why you can't lose weight or feel your best.

That's why in my private wellness practice and now through EquiLife, I continue to recommend doing a true Functional Medicine Detox each quarter. The reason a Detox is so effective is that it helps to return your body to a state of dynamic equilibrium, where your body will shed weight naturally as you return to optimal wellness.

What's more is that our Functional Medicine Detox is a true wellness system that makes sticking to the plan simple, easy and effective.

After two days of consuming our delicious Detox shakes using Daily Nutritional Support powder, our Detox allows you to consume nourishing foods that will crush any cravings you may have and send your energy levels soaring. We also provide a 3-step guide to help you to make healthy and flavorful meals.

While building meals with our guide is easy, part of the benefit of doing a quarterly Detox is that you can join our growing global wellness community to get additional support -- and part of that includes Detox approved recipes.

In this guide, we are excited to share some of our favorites that are perfect for the Winter season, that will not only satisfy but also give your body exactly what it needs to rebalance.

Ayubowan and happy detoxing!



Stephen Cabral
Board Certified Doctor of Naturopathy
Founder & CEO, EquiLife

The idea of a **Functional Medicine Detox** is to rebalance the body by facilitating optimal detoxification. After the initial 2.5 day shake fast, **days 2-7 incorporate 2 meals each day** (lunch and dinner.)

The meals are intended to be **simple**, using **anti-inflammatory whole food ingredients** that are easy to digest and should not include too many varieties (the more variety, the more digestive energy required).

Both **lunch and dinner** favor **1-2 cups of vegetables** (also just 1-2 types), **protein** (think plant-based lunch, paleo dinner) and **healthy fats**. Starch can be included depending on individual goals.

Lunch

Tofu Scramble

If you are eliminating eggs during the detox or for sensitivity issues then this is the perfect omelette substitute! It gives you the versatility to create flavors that are appealing to you just like a regular omelet would! This is a perfect Detox approved plant-based lunch option.

- ❑ ½ block firm organic non-gmo tofu
- ❑ ¼ cup chopped onion
- ❑ 1 tsp. turmeric
- ❑ 1 tsp. ground coriander
- ❑ 1 large pinch ground black salt or regular salt
- ❑ 2 tsp.s coconut oil
- ❑ Handful of chopped organic fresh cilantro or coriander
- ❑ Handful of halved organic cherry tomatoes
- ❑ Avocado is a great healthy fat addition (Optional)

Instructions:

1. Place coconut oil in a pan on medium heat and add the onion
2. Sauté until soft and translucent
3. Add the turmeric, herbs, and salt and sauté for another minute
4. Crumble the tofu into the pan and mix with the onion and spices to ensure its evenly coated with the flavors
5. If you prefer cooked cilantro you can add it now or serve it as a raw topping
6. Plate the scramble and top with additional cilantro/herbs and sliced tomatoes
7. Add sliced avocado as the perfect healthy fat accompaniment
8. Enjoy with 1-2 serving of vegetables raw or cooked your way (on the side or mixed into the scramble)



Lunch

Chickpea Chowder

The perfect recipe to make ahead and in bulk. Full of all the nourishing plant based detox approved ingredients to nourish you from the inside out.

- ❑ 1 onion chopped
- ❑ 6 garlic cloves minced
- ❑ 2 celery sticks finely chopped
- ❑ 1 teaspoon ground cinnamon
- ❑ 1 teaspoon ground cumin
- ❑ 1/8 teaspoon cayenne pepper
- ❑ 1 teaspoon sweet paprika
- ❑ 1 can crushed tomatoes 14 oz cans
- ❑ 3 cans chickpeas 14 oz, drained and rinsed
- ❑ 4 cups 1 quart vegetable broth
- ❑ Salt + pepper to taste
- ❑ 7 oz baby spinach 200 g, about 2 large handfuls

Instructions:

1. In a large pot, heat coconut oil over low - medium heat
2. Add chopped onion, minced garlic and chopped celery and saute until soft
3. Add spices: cinnamon, cumin, cayenne pepper, paprika and cook for another minute – keep stirring
4. Add crushed tomatoes, chickpeas and cover with the broth
5. If the chickpeas are not completely covered add just enough water to submerge them
6. Stir to combine
7. Bring to a gentle boil, reduce heat and simmer for 45 minutes
8. Remove soup from the heat
9. Using a potato masher, mash some of the soup directly in the pot
10. Stir in spinach and let it cook through the heat of the soup for a couple of minutes until wilted
11. Add additional seasoning to taste and serve



Handy Tip: any plant based beans/legumes can easily substitute chickpeas – ensure they are soaked/cooked as required beforehand.



Lunch

Three Bean Curry

A hearty vegan curry! Another great recipe to make ahead of time and in bulk. This recipe is great for curry and spice lovers alike, but the cayenne can be omitted for less spice!

- ❑ 2 tbsp coconut oil
- ❑ 1 large white onion chopped
- ❑ 1/2 cup dry lentils
- ❑ 2 cloves garlic, minced
- ❑ 3 tbsp.s curry powder
- ❑ 1 tsp. ground cumin
- ❑ 1 pinch cayenne pepper
- ❑ 1 (28 ounce) can crushed tomatoes
- ❑ 1 (15 ounce) can garbanzo beans, drained and rinsed
- ❑ 1 (8 ounce) can kidney beans, drained and rinsed

Instructions:

1. Salt and pepper to taste
2. Heat the oil in a large pot over low/medium heat, and cook the onion until tender.
3. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper.
4. Cook and stir for 2 minutes.
5. Stir in the tomatoes, garbanzo beans and kidney beans.
6. Season with salt and pepper.
7. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Dinner

Flavorsome Fish Stew

While this recipe is called Flavorsome Fish, it really is a full nourishing meal. Savory and satisfying, this is a warming and light option for a cold weather Detox.

- ❑ 1 lb. white fish fillet (skinless, cut into chunks - wild caught cod is a great option)
- ❑ 1 bell pepper diced
- ❑ 1 onion
- ❑ 2 garlic cloves
- ❑ Juice of 1 lime plus 1 lime cut in wedges
- ❑ 1 tbsp. cumin powder
- ❑ 1 tbsp. paprika
- ❑ 1 tsp. cayenne pepper (optional)
- ❑ 1 cup coconut milk
- ❑ 1 1/2 cup fish or vegetable stock
- ❑ 2 tbsp. coconut oil
- ❑ Sea salt and freshly ground black pepper

Instructions:

1. In a bowl, combine the lime juice and olive oil; season to taste
2. Add the fish and toss gently until well covered
3. Heat some coconut oil (about 1 tbsp.) in a large skillet over medium heat
4. Add the garlic, onion, and bell pepper; sauté until soft (about 2 to 3 minutes)
5. Pour in the fish/vegetable stock and coconut milk; give everything a gentle stir
6. Stir in the cumin, paprika, and cayenne.
7. Bring the soup to a boil, lower the heat to a simmer and add the fish
8. Cover the stew and cook until fish breaks apart, about 12 to 15 minutes



Handy Tip: For a perfect plant based option simply replace the fish with cooked chickpeas or cubed Organic Sprouted Tofu (saute prior to adding in a little coconut oil or simply add raw.)

Dinner

Super Simple Baked Salmon

Many people are turning to fish as a healthier alternative to factory meat, but you must be careful with what you're choosing due to the pollution of our seas. Salmon is a great choice of fish because it is low in mercury, but it should always be wild-caught to avoid toxins.

- 1 lb salmon
- 1 tbsp. coconut oil
- Salt and pepper
- 1 tbsp. freshly squeezed lime juice
- 2 tbsp.s chopped cilantro
- 3 garlic cloves minced

Instructions:

1. Preheat oven to 400 F
2. Melt the coconut for 30 seconds if solid
3. Pat dry salmon and brush with 1 tbsp. of coconut oil from all sides (this is optional as salmon is an oily fish)
4. Season with freshly ground natural salt and pepper
5. Place the salmon on a large piece of parchment paper, fold the sides and ends up (1 or 2 inches high) tightly around the salmon and place on a baking sheet
6. In a small bowl, combine lime juice, chopped cilantro, garlic and mix
7. Spread this mixture over the salmon
8. Do not cover salmon with the parchment paper, leave it open (with sides up)
9. Bake it at 400 F for 15-20 minutes
10. Carefully remove salmon from the paper (separate the skin if you prefer which may remain stuck to the paper).
11. Place the salmon onto a serving plate and add any remaining sauce over
12. Serve with 1-2 cups of vegetables of your choice



Dinner

Paleo Meatloaf

Comfort food made paleo-friendly, dairy and gluten-free with tons of flavor! Ground turkey can be swapped for ground chicken.

- ❑ 4 small cloves garlic, finely chopped
- ❑ 1/2 large or 1 small yellow onion, finely chopped
- ❑ 1/2 cup finely chopped flat leaf parsley
- ❑ 2 tbsp. tomato paste
- ❑ 1 tbsp. organic Worcestershire sauce
- ❑ 1 tsp. paprika
- ❑ 1/2 tsp. dried oregano
- ❑ 2 tsp. sea salt
- ❑ 3/4 tsp. ground black pepper
- ❑ 2/3 cup almond meal
- ❑ 2 large eggs, beaten
- ❑ 2.5 lbs of organic ground turkey
- ❑ 2 tbsp.s tomato paste (Topping)
- ❑ 2 tsp.s coconut oil (Topping)

Instructions:

1. Begin by finely chopping garlic, onion and parsley. If you prefer to use the food processor you can. If so, place garlic in first, process until finely chopped and then add onion.
2. Pulse until the onion is finely chopped but not watery.
3. Remove onion and garlic to a large mixing bowl. Place parsley in a food processor and process until finely chopped and you can measure 1/2 cup. Add to the mixing bowl.
4. Add tomato paste, worcestershire sauce, paprika, oregano, salt, pepper, almond meal and beaten eggs into the mixing bowl.
5. Mix until well combined and add in ground turkey
6. Use your hands to gently combine until the spice mixture is just incorporated. You do not want to overwork the ground meat or it will be tough.
7. Take the ground meat mixture and place into a loaf pan.
8. In a separate bowl combine the tomato paste with oil or ghee then spread evenly over the loaf.
9. Bake at 350 for 70-90 minutes or until the loaf pulls away from the edge of the pan

