

## Simple Detoxification Practices

### Sample Detox Day



**Upon arising:** The juice of half a lemon in a mug of warm water

Followed by a cup of Jasmine Green tea

**Breakfast:** Protein Smoothie: Rice based protein powder with ½ cup organic blueberries, 1/3 banana, 6 frozen cherries, a handful of fresh baby spinach, 1 table-spoon flax seed oil (do not leave this out...it helps maintain a balanced blood sugar) and 8 to 10 ounces of water

**Mid-morning snack:** 10 organic almonds

**Lunch:** Large mixed green salad (add greens such as arugula, spinach and mesclun greens), ¼ cup kidney or black beans, cilantro or other preferred herb (dill goes well in salad), handful of pumpkin seeds, ¼ avocado, chopped asparagus, scallions, tomatoes and cucumber. Dress with extra virgin olive oil and lemon juice

**Mid-afternoon snack:** Creamy Spring Asparagus soup

**Dinner:** Grilled or baked wild Alaskan salmon, ½ cup of cooked brown rice, side of broccoli and salad

### Avoid:

Alcohol  
Sugar  
Caffeine (Especially Coffee)  
Dairy  
Wheat/ Flour Products  
Refined & Processed Foods

### Include:

Start the day with Juice of half a lemon in warm water.

Bitter Greens, such as Arugula, Dandelion Greens, Broccoli Raab.

Include Apple Cider Vinegar with Olive Oil as salad dressing.

Asparagus & Garlic

Cruciferous Vegetables, such as Cauliflower, Radishes, Cabbage, Bok Choy

Drink Plenty of Water!

Include Green Tea and Milk-Thistle Tea

Get 30 Minutes of Daily Exercise and Fresh Air. If vigorous exercise is not possible on some days, then a brisk walk around the block or dancing around inside is beneficial!

### Creamy Spring Asparagus Soup (Serves 4)

- 1 teaspoon Olive oil
- 1 bunch (1 lb.) of asparagus
- 1 large leek, white part only
- 1/3 cup plain almond milk (optional)
- 1 quart vegetable broth
- salt and pepper to taste



Trim leek and cut in half lengthwise. Rinse out any dirt trapped inside and slice into 1 inch pieces. Place olive oil in a large saucepan over low heat, then saute leek for 5–10 minutes until tender. Add vegetable broth and bring to a boil. Trim asparagus, cutting off the bottom inch and peeling any stalks that seem tough or woody. Cut into 1 inch pieces and add to broth, reducing heat to a simmer. Gently cook for 10–15 minutes until asparagus are tender. In batches, puree the soup in a food processor or blender until smooth (be careful when blending hot liquids in a blender. Blend in small batches). Return to saucepan and bring back to a boil. Remove from heat and whisk in plain almond milk. Season with salt and pepper.