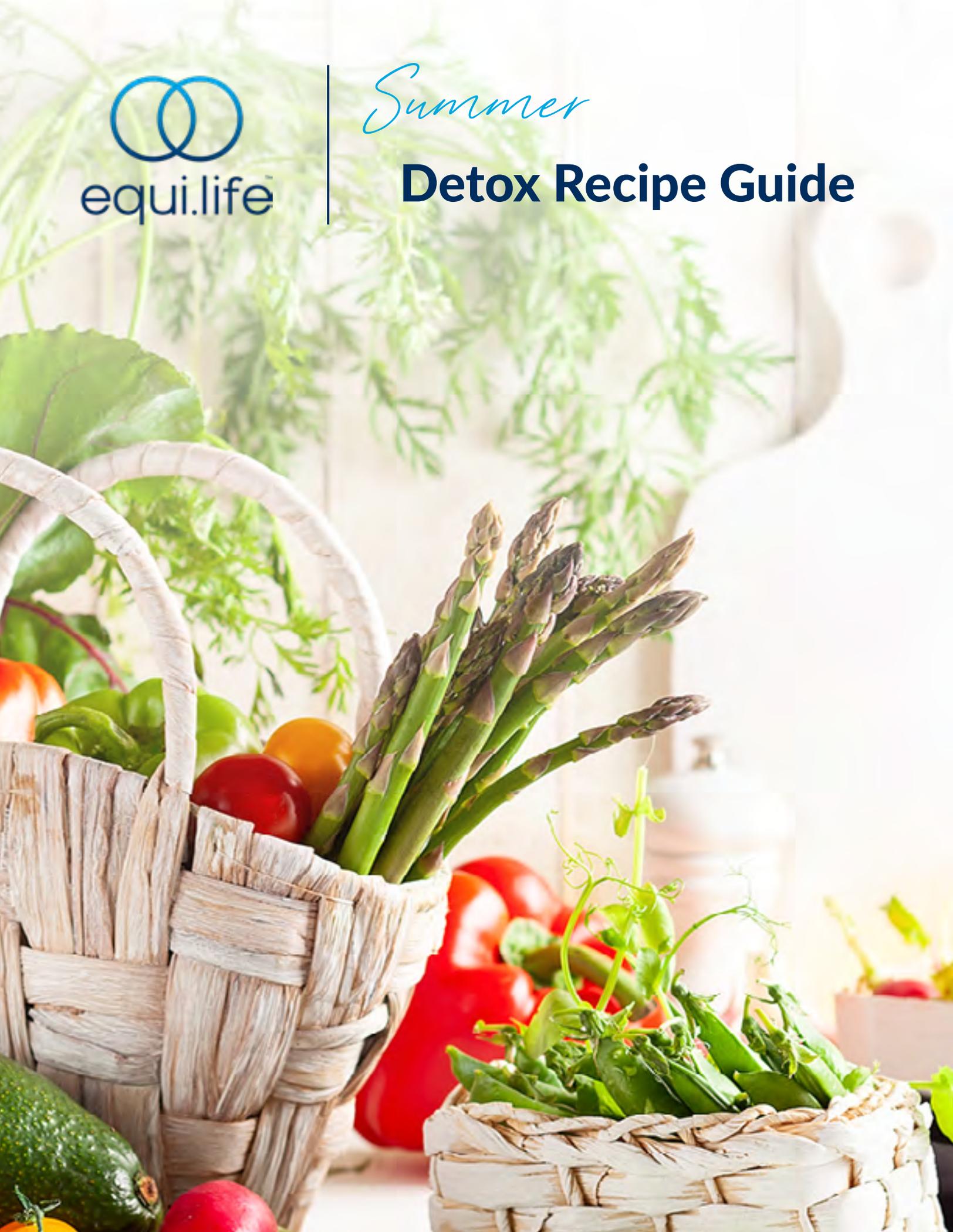




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Summer

Detox Recipe Guide





Lunch

Chickpea Lettuce Wraps

Grilled Tofu & Guacamole Salad

Summer Sumac Spiced Salad

Dinner

Seared Summer Scallops with an Asian Twist

Perfectly Poached Turmeric and Paprika Fish

Summer Soups:

- Summer Salsa Soup

- Creamy Cucumber and Avocado

Feel Your Best for Summer

Summer has arrived, and with the heat, it brings a great opportunity to take time to relax – with trips to the beach, days by the pool and plenty of BBQs with family and friends. While I look forward to the lazy days of summer like everyone else, there's one thing I choose not to take a vacation from, and that's my health! Doing what's best for my body is never a chore, it's a choice, and it's one I will make over and over, no matter the season.

As unhealthy temptations arise throughout the season, I invite you to be proud of the choices you are making as well – and I hope one of those choices will be to join our growing community for a Summer detox. As always, doing a true Functional Medicine Detox is an amazing way to remove any toxins you have accumulated and replenish your nutrient reserves at the deepest level.

And after all, as the temperature rises, being able to reach for a convenient shake while sitting poolside sounds like a great option! So grab your EquiLife shaker and your grocery list, because we know this guide will get you excited for delicious summer recipes that will nourish you from the inside out.

Ayubowan and happy detoxing!



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

Lunch

Plant-based is recommended

Things are warming up...

With a new season, comes a new opportunity for a total body reset with tasty recipes to enjoy all Summer long. Think colorful, seasonal produce, using just a handful of ingredients you love from your local farmer's market.

Give your body the nutrients it needs to thrive with plant-based lunches from the approved foods list, healthy fats and "eating the rainbow" to gain the many benefits.



Lunch

Chickpea Lettuce Wraps

The list of recipes for this versatile plant protein is endless! We all know them in our favorite hummus, and they are increasingly featured as a wholefood snack dry baked in tasty spices. Here they are again in our Summer Detox Recipe Guide. Keep in mind that if you have any digestive sensitivities, particularly with legumes or you are introducing them for the first time, you may want to eliminate them, introduce them in smaller amounts or consider an alternative like a Tofu Scramble. You may find that blending them is easier for digestion, in which case making a batch of detox approved hummus will go a long way.

- 1 can of chickpeas (15 oz)
- 1 ripe avocado
- 1 shallot
- 2 celery stalks
- Season with salt and pepper to taste

Instructions:

1. Add ingredients to a food processor and pulse until chopped, but with some texture OR chop all ingredients to create your filling. Mix well to incorporate all ingredients in every bite.
2. Serve in lettuce wraps or over greens
3. Add a squeeze of fresh lime or lemon juice

Lunch

Grilled Tofu & Guacamole Salad

Tofu is made from soybeans, making it a nutrient dense food high in all the amino acid building blocks of protein, healthy fats and a wide variety of vitamins and minerals. Always opt for non-GMO, organic tofu – if it's sprouted, even better as it is shown to increase the overall nutritional value! If tofu isn't for you, you could easily replace it with any plant protein you enjoy – chickpeas or black beans with avocado are always a winning combo! Embrace the summer sunshine with flavorsome salad creations that support your detox, leaving you feeling light and nourished.

Grilled Tofu:

- ❑ Firm or extra firm tofu
- ❑ Seasoning of your choice: freshly ground salt and pepper; cayenne or chilli powder; garlic or onion powder. The seasoning will help to create a coating for a crispy outside.

Instructions:

1. To prepare tofu you always need to drain the liquid and remove as much of it as possible for a crispier end result. You can do this with a tofu press or simply place the tofu between paper towel sheets and put something heavy on top for at least 20-30 minutes and up to an hour.
2. Once pressed pat dry and cut into cubes or strips (about ½ inch thick)
3. Season with salt and pepper to taste

Oven Baked:

- ❑ Preheat the oven to 400° F (200° C)
- ❑ Line a baking sheet with parchment paper
- ❑ Spread out so the pieces don't touch each other
- ❑ Bake for 10 minutes, turnover and return to the oven for an additional 5-10 minutes
- ❑ Tofu should be slightly golden and springy to touch

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Lunch

Grilled Tofu & Guacamole Salad

(Continued)

Guacamole Salad Ingredients:

- ❑ Cilantro
- ❑ Cucumber
- ❑ Tomato
- ❑ Avocado
- ❑ Onion
- ❑ Freshly ground salt and pepper to taste

Easy Dressing:

- ❑ 1 tbsp Extra Virgin Olive Oil
- ❑ ½ juice of a lime
- ❑ Season to taste: freshly ground salt and pepper, dry chilli for a kick or any herbs
- ❑ Place in a jar and shake to emulsify

Instructions:

1. Chop all Guacamole Salad ingredients and mix in a bowl
2. Serve over mixed greens
3. Top with grilled tofu and a drizzle of dressing (optional)



Handy Tip: This dressing can be made in bulk and used as a dressing on any salad or just as delicious drizzled on steamed vegetables.



Handy Tip: Adding chopped avocado as your healthy fat is always a tasty option or drizzle on the Easy Dressing listed above!

Lunch

Summer Sumac Spiced Salad

This refreshing, light salad is perfect for warm summer days. Top with nutty hemp hearts or stir in chickpeas for plant-based, lunchtime power! You can also double up this recipe for a detox approved paleo dinner by simply adding a serving of chicken or fish or keep it plant based with any options you enjoy.

- ❑ 6 roma tomatoes, diced
- ❑ 1 large english cucumber, diced
- ❑ ½ cup chopped fresh parsley
- ❑ 2 Extra Virgin Olive Oil
- ❑ 2 tsp freshly squeezed lemon juice
- ❑ 1 tsp ground sumac
- ❑ Sliced red onion (optional)
- ❑ Freshly ground salt and pepper (about ½ tsp of each)

Instructions:

1. Place the diced tomatoes and cucumbers in a colander over a bowl
2. Sprinkle with salt and leave to stand for 5-10 minutes to allow excess liquid to drain
3. Transfer into a mixing bowl
4. Stir in the herbs and spices mixing well to combine all the flavors
5. Top with sliced red onion (optional)

Dinner

Choose plant-based or paleo

The goal of simplicity continues with our Summer Detox dinners. You can follow the same principles as you did with lunch, but can now choose to keep your protein plant-based or opt to make your dinner paleo with animal-based protein. Always opt for the best quality to avoid unnecessary exposure to toxins.

Dinner

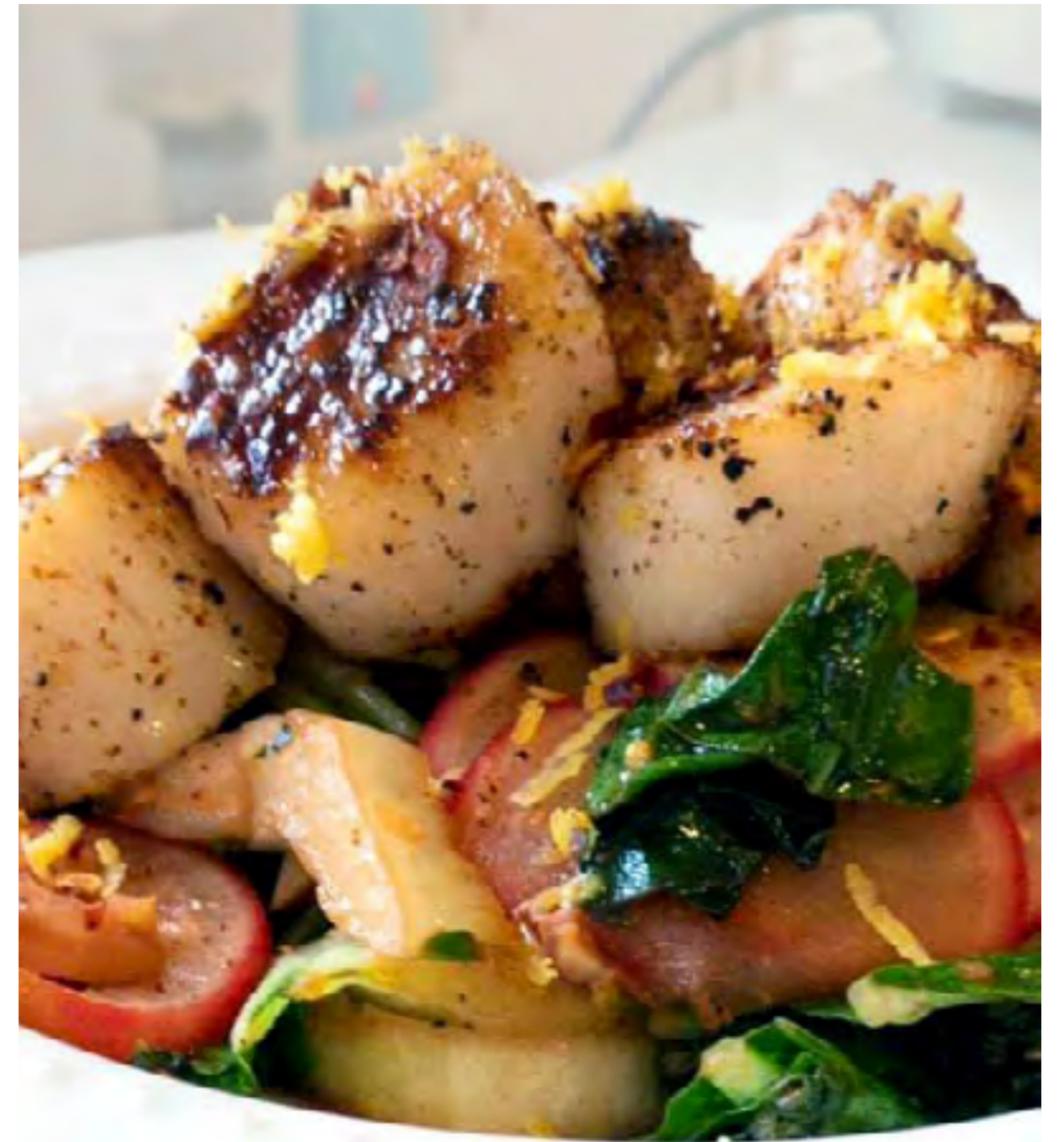
Seared Summer Scallops with an Asian Twist

Scallops are considered one of the healthiest seafoods – high in protein, Omega-3 fatty acids and rich in vitamins, minerals and antioxidants. Another benefit is that they take just minutes to cook so prepare your salad or sides first and top with these sizzling Summer sensations!

- ❑ Scallops (about 4-6 per portion depending on their size)
- ❑ Radish
- ❑ Bok Choy leaves
- ❑ Lemon (zest and juice)
- ❑ Garlic, minced
- ❑ Avocado or coconut oil
- ❑ Season to taste with freshly ground salt and pepper
- ❑ Chili fresh/flakes (optional)

Instructions:

1. Pat scallops dry and season both sides
2. Zest and juice the lemon (set aside)
3. Slice the bok choy into thin strips and the radish into coins
4. Heat the oil in a pan on medium heat
5. Add the scallops and gently cook for 2 minutes on each side until lightly brown
6. Once the scallops are done remove them from the pan, put on a plate and set aside
7. In the same pan add the minced garlic letting it cook for a few minutes until fragrant (be careful not to let it burn)
8. Turn the heat down to low. Add the bok choy and radish and sauté for about 3-4 minutes until they soften (you can add a little water here)
9. Add the lemon zest and juice and gently stir to combine
10. Serve the asian mixed veggies on a plate or bowl and top it with the scallops.
11. Sprinkle with lemon zest and chili (optional)



Handy Tip: Do not use a different pan or rinse it out to enhance the flavor of the dish (plus less washing up!)



Dinner

Perfectly Poached Turmeric and Paprika Fish

Poaching fish is a sure way to keep it moist and flavorful with the added versatility you can get from mixing different herbs and spices! Any fish can be used but a firm, wild caught, skinless and boneless white fish work best! Think cod, halibut, snapper or even salmon with the blend of anti-inflammatory turmeric and paprika.

- 4 boneless fish fillets
- Fresh cilantro cut into large pieces
- 1 large red bell pepper, seeded and cut into thin strips
- 4 garlic cloves (minced)
- ½ tsp turmeric
- 1 ½ cups water
- 4 tbsp Extra Virgin Olive Oil
- 1-2 tbsp paprika
- Freshly ground salt and pepper to taste

Instructions:

1. Place the cilantro, pepper slices and minced garlic in the bottom of the pan to create a vegetable “bed” for the fish
2. Lie the fillets on top of the vegetable base and season with ground salt and pepper
3. Sprinkle the turmeric evenly across the fillets
4. Add 1 ½ cups of water to the pan and cover with a lid
5. Turn the heat up high and when the water boils reduce to medium and uncover
6. Let the mixture simmer (uncovered) for 10-15 minutes, basting the fillets with the poaching liquid until the water reduces by about half and turns yellow
7. Mix the olive oil and paprika in a small bowl and pour the mixture over, coating the fillets evenly
8. Continue to simmer uncovered for approximately 20 minutes basting frequently
9. The fish is done when the liquid is reduced to about a quarter and the fish has turned a rich, red color
10. Serve on a bed of cauliflower rice and top with the poached vegetable base

Summer Soups

As things are heating up, a chilled soup can be a refreshing favorite at lunch or dinner. Enjoy grilled tofu or chicken on the side to create a well balanced detox meal.

Dinner

Summer Salsa Soup

- ❑ 4-5 medium sized ripe tomatoes
- ❑ 1 large cucumber
- ❑ 1 large red bell pepper (seeds removed)
- ❑ 2 cloves garlic
- ❑ ¼-½ cup water (adjust to your liking)
- ❑ Cayenne pepper to taste
- ❑ 2-3 tbsp fresh parsley or cilantro (chopped)
- ❑ ½ diced avocado or 1 tbsp of Extra Virgin Olive Oil stirred through (per portion)

Instructions:

1. In a blender or food processor, add the chopped tomatoes, cucumber, red bell pepper, garlic, water and cayenne pepper and blend until a chunky consistency
2. Chill for at least two hours for the flavors to enhance
3. To serve: gently stir in the diced avocado/olive oil and garnish with chopped parsley or cilantro



Dinner

Creamy Cucumber & Avocado

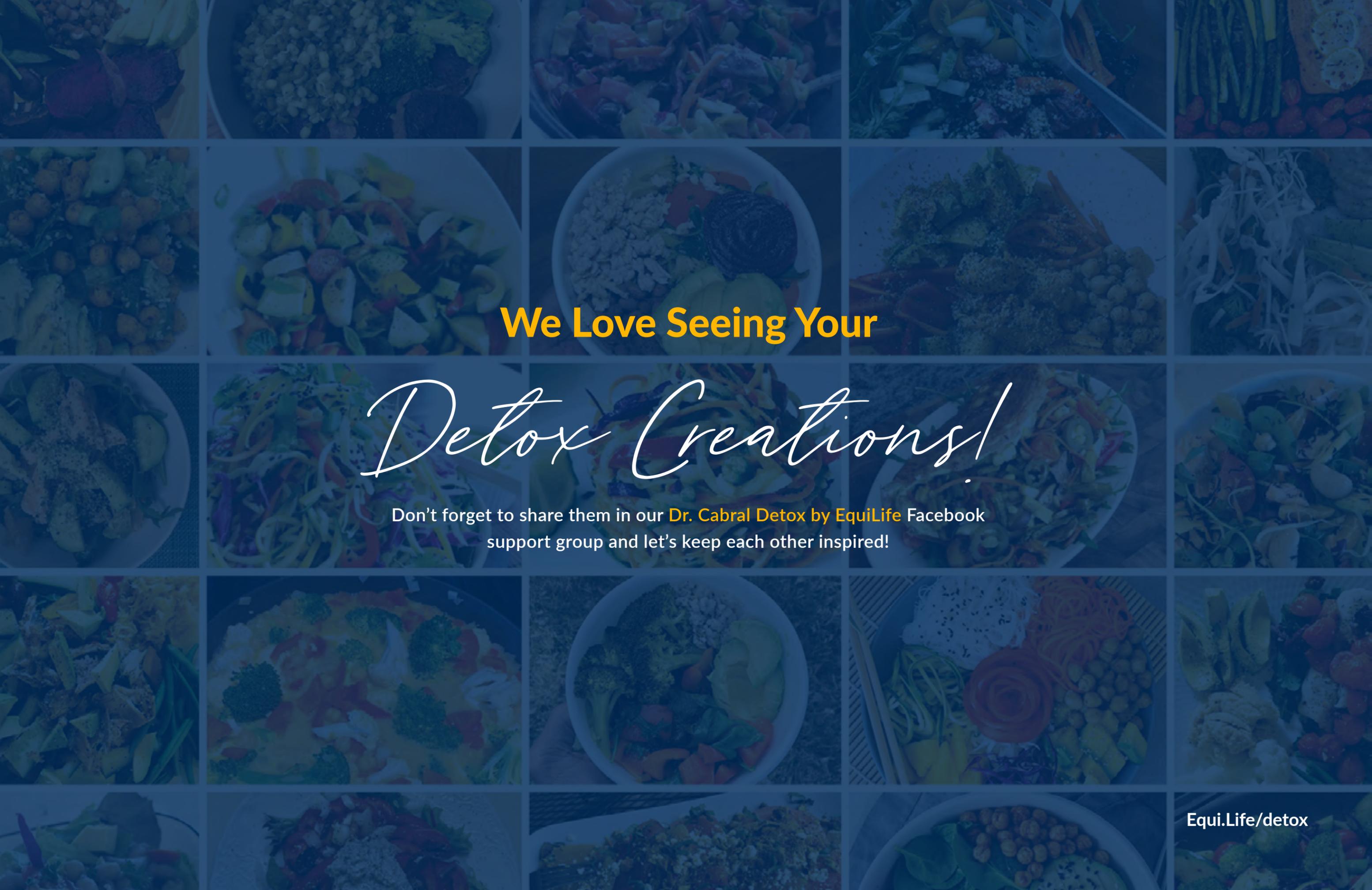
- ❑ 2 large cucumbers, roughly chopped
- ❑ 2 small avocados (pit removed)
- ❑ ¼ cup fresh lime juice (about 2 limes)
- ❑ ½ - ¾ cup water (adjust to liking)
- ❑ Freshly ground salt and pepper to taste
- ❑ Chopped tomato and cilantro for garnish (optional)

Instructions:

1. Place the cucumber, avocado, lime juice, seasoning and water into a blender or food processor and process until creamy and smooth
2. Taste and adjust seasoning if required
3. Chill in the fridge for at least an hour before serving
4. Garnish with fresh, chopped tomato and cilantro



Handy Tip: Adding herbs and spices is a sure way to create tasty nutritious dishes even with a small handful of ingredients. Don't let simplicity stand in the way of flavor!



We Love Seeing Your

Detox Creations!

Don't forget to share them in our [Dr. Cabral Detox by EquiLife](#) Facebook support group and let's keep each other inspired!