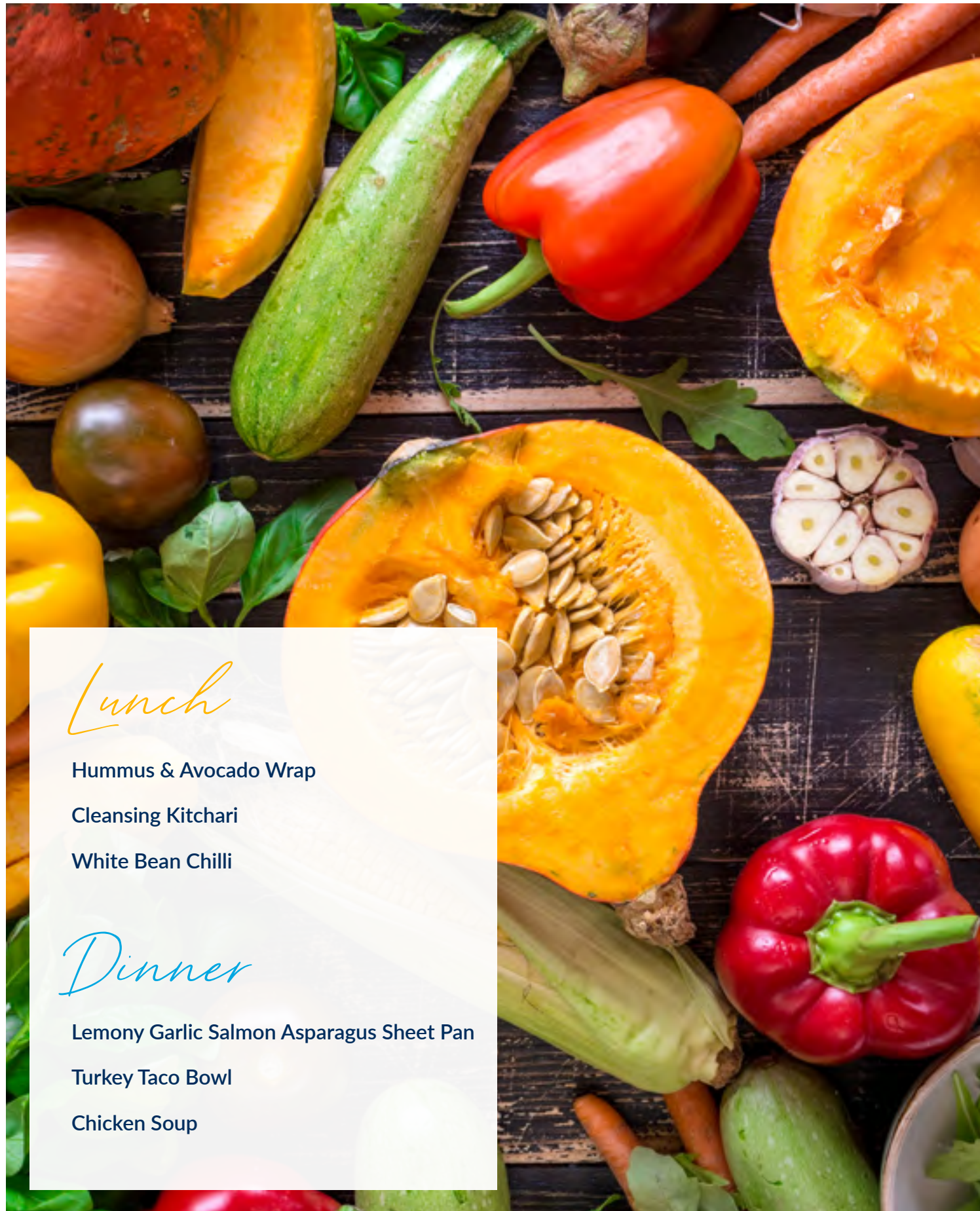




Fall

Detox Recipe Guide





Lunch

Hummus & Avocado Wrap

Cleansing Kitchari

White Bean Chilli

Dinner

Lemony Garlic Salmon Asparagus Sheet Pan

Turkey Taco Bowl

Chicken Soup

Fall Favorites to Feel Your Best

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 Detox shakes using our delicious 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 Fall 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

Lunch

Plant-based is recommended

Things are cooling down...

With a new season, comes a new opportunity for a total body reset with warm and delicious recipes to enjoy during Fall. Think colorful, seasonal produce, using 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

Hummus & Avocado Wrap

The main ingredient that contributes to the creaminess of hummus is a ground paste from sesame seeds, also known as tahini. Seeds can be hard to digest, as well as a common food sensitivity, so they are largely excluded from the detox list. However, you can make your own hummus by simply swapping tahini for olive oil. It lasts a few days in the fridge (and freezes well), so make a large batch and you can enjoy this versatile plant protein in many ways. Add it to any salad, serve it with steamed vegetables, or of course on this tasty green wrap. The combination of creamy hummus, avocado, crunchy veg and nutty sprouts is easy to love!

- ½ avocado
- ½ - 1 cup hummus
- 1 cup carrots, sliced thin or shredded
- ½ - 1 cup sprouts or sliced cucumber
- 1-2 large collard green leaves to use as the “wrap” (stem removed)
- Sea salt and pepper
- Red pepper flakes (optional)

Instructions:

1. Prepare the carrots, sliced thinly or shredded
2. Mash the avocado or cut it into chunks
3. Place the leaf wrap on a plate and spread hummus on one side (leave about an inch along the bottom to fold up before rolling to keep the filling from falling out)
4. Add your fillings
5. Season to taste
6. Start by folding the bottom about an inch then roll to create your wrap

Tip: If you can't find large collard leaves, try large lettuce leaves such as romaine or use the same ingredients to top a salad.

Lunch

Cleansing Kitchari

Kitchari is a nourishing Ayurvedic dish known for its cleansing properties. It is made with split mung beans to make a dal simmered in a combination of warming, anti-inflammatory spices and veggies to create a flavorful plant based, easy to digest, thick soup. Traditionally served with basmati rice, but equally enjoyable with the detox approved versatile cauliflower rice replacement for the detox.

- ½ cup dry split mung beans (red lentils or yellow split peas can also be used)
- ½ cup of filtered water + 1 more for soaking
- 1 cup greens like spinach or kale
- 1 cup cauliflower rice
- 1-2 tbsp coconut oil
- 1 tsp cumin
- 1 tsp mustard
- 1 tsp fennel
- 1 tsp coriander
- 1 chunk of fresh ginger, peeled and finely chopped/grated
- 1 tsp sea salt or Himalayan salt
- ½ cup fresh cilantro, chopped

Instructions:

1. Soak the beans/lentils in a cup of filtered water for at least 30 minutes or overnight
2. Rinse well, drain and place in a medium sized saucepan
3. Add the greens and ½ cup of filtered water
4. Cover and simmer until beans are soft (about 20 minutes)
5. Add the cauliflower rice, fresh ginger, seasoning and spices
6. Stir to combine all flavors and cook for a further 5-10 minutes
7. To serve: place in a bowl/serving dish, stir in the coconut oil, top with fresh cilantro and a squeeze of lime



Tip: You can use your instant pot to make it even easier. Simply add all the ingredients (except the cilantro and lime juice), stir and cook. Add the cauliflower rice for the last few minutes and garnish as above.

Lunch

White Bean Chilli

A perfect recipe for cooler fall days. Simple to prepare and great to cook in bulk. Beans are interchangeable in recipes so pick your favorite - prepare your own from dry or use canned for a ready to go option and always favor organic. Navy beans are commonly used - they are small, quick-cooking and get creamy when cooked. Baby lima beans, cannellini or great northern beans are also great options. Adapt this versatile recipe according to your preference to create your winning bean chilli combo!

- ❑ 1 cup white beans (cooked/canned)
- ❑ 1 cup onions, finely chopped
- ❑ 1 cup mushrooms, chopped
- ❑ Organic vegetable broth (½ - 1 cup)
- ❑ Ground salt and pepper to taste
- ❑ ½ tsp mixed herbs
- ❑ 1-2 tbsp organic coconut oil or olive oil

Instructions:

1. Gently heat the broth in a pot over low/medium heat
2. Add the chopped onion and mushrooms and cook until soft and translucent
3. Add the beans, seasoning and mix
4. Cover with a lid and let it cook on a gentle heat for a further 10-15 minutes, stirring occasionally and add a little more broth or liquid according to preference
5. Taste and adjust seasoning if required
6. To serve: spoon into a bowl, stir in a tbsp of coconut oil or olive oil and garnish with chopped parsley or cilantro

Tip: This can easily double up as a paleo dinner recipe by simply adding some ground turkey or ground chicken. Add this in step one together with the onion and mushrooms and gently saute in the vegetable broth until cooked. Always opt for pasture-raised poultry wherever possible.

Dinner

Choose plant-based or paleo

The goal of simplicity continues with our Fall 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

Lemony Garlic Salmon Sheet Pan

Wild-caught salmon is a great choice when it comes to oily fish. It is packed with anti-inflammatory omega-3 fats and pairs perfectly baked with asparagus, served on a bed of greens and topped with sliced avocado.

- ❑ 1 fillet of wild-caught salmon
- ❑ 1 cup of asparagus spears
- ❑ 1 cup salad greens
- ❑ ½ lemon freshly squeezed
- ❑ 1 clove garlic minced
- ❑ Salt and pepper to taste
- ❑ Red pepper flakes (optional)

Instructions:

1. Preheat oven to 400 F
2. Line the asparagus spears on a large piece of parchment
3. Place the salmon fillet on top of the asparagus or to the side
4. Mix the lemon juice, minced garlic and red pepper flakes in a small bowl and spread the mixture over the salmon
5. Fold the sides and ends of the parchment up (1 or 2 inches high) snugly around the salmon to hold in the flavours and keep it moist as it cooks
6. Bake for 15-20 mins - asparagus will steam below the salmon and soak up the flavors
7. To serve: start with a bed of greens on a plate then add the asparagus and place the salmon fillet on top and pour any remaining sauce over, top with sliced avocado



Tip: Broccoli is another great vegetable that cooks in 15-20 mins on a sheet pan and is just as delicious with salmon.

Dinner

Turkey Taco Bowl

Just because you're on a detox, it doesn't mean you can't enjoy flavorsome favorites like these tasty turkey taco bowls! A few simple steps is all it takes. Incorporate the seasoning mix you enjoy at the right level of spice for you.

Ingredients:

- ❑ 1lb organic ground turkey
- ❑ 1 cup filtered water or vegetable broth
- ❑ 1 large onion
- ❑ 1 large (or 2 small) organic peppers
- ❑ 3 cups organic riced cauliflower

Taco seasoning:

- ❑ 1 tbsp pink Himalayan salt or sea salt and black pepper
- ❑ 1 tbsp chili powder
- ❑ 1 tsp garlic powder or 1-2 cloves fresh minced
- ❑ 1 tsp paprika
- ❑ 1 tsp red pepper flakes
- ❑ 1 tsp oregano
- ❑ 1 tsp cumin
- ❑ 1 tsp chipotle powder (less or more)

To serve:

- ❑ Small handful of cherry tomatoes (halved) or chopped tomato
- ❑ ½ avocado cut in chunks
- ❑ Squeeze of lime

Instructions:

1. Gently sauté the turkey on low-medium heat in 1 cup filtered water or vegetable broth
2. Add the taco seasonings and mix well
3. Add the chopped onions and pepper continue to sauté as turkey browns
4. In a separate pan, add the cauliflower rice with a little water and saute for a few minutes until the cauliflower has softened and the water has evaporated
5. Dish up a a serving of cauliflower rice in each bowl, add the tasty turkey taco mix and top with tomatoes, avocado chunks and a squeeze of fresh lime

Tip: You can purchase premade cauliflower rice or do it yourself by simply grating cauliflower florets

Dinner

Chicken Soup

There is something so nourishing about a steaming bowl of chicken soup. With one pot and a few ingredients it's perfect for the Fall but easy to incorporate all year long. If you see any vegetable you don't enjoy - simply switch it out for anything else from the detox list. Soup staples can include onion, leeks, carrots, cabbage, celery. While 1-2 varieties minimize energy required for digestion, so does cooking. If you wanted to add another 1-2 options into your soup you could also blend them - this too reduces digestive energy. Use your best judgement to suit your body and individual detox requirements. It freezes well and is a great option to cook in bulk to enjoy during this process.

- ❑ 1 organic chicken breast
- ❑ 1 cup organic vegetable broth and filtered water to cover (adjust as needed)
- ❑ 1 clove garlic, finely chopped
- ❑ ½ onion peeled and chopped
- ❑ 1 bay leaf
- ❑ 2+ cups of vegetables: celery, carrot, cabbage, leeks (prepare and chop in size of choice - soup can also be blended before adding back the cooked chicken)
- ❑ Chunk of fresh ginger peeled and grated
- ❑ Salt and pepper to taste
- ❑ Turmeric
- ❑ Coconut oil or sliced avocado

Instructions:

1. Take out a large saucepan, layer it with about ½ cup of stock and add the chopped vegetables, grated ginger and garlic, saute in the liquid until soft
2. Add the raw chicken breasts whole, add remaining broth/stock and water to cover
3. Add seasoning: turmeric, sea salt, pepper and bay leaf
4. Bring to a boil then lower the heat and simmer until the chicken is cooked through
5. Remove remove the chicken and set aside, discard the bay leaves
6. If you prefer a smoother consistency you can blend the vegetables or leave it chunkier
7. Use two forks to shred the chicken and stir it back to the soup
8. Taste and adjust seasoning as required
9. To serve: ladle into a bowl, stir in a tbsp of coconut oil to enhance thai flavors or add some diced avocado



Tip: A whole chicken can be used to make your soup with the added nutritional benefits and flavor of bone broth. Ensure it is cooked through, discard the skin, and take extra care to ensure all bones and soft tissues are removed as they will soften with time.

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!