



Spring

Detox Recipe Guide





Lunch

Chickpea Scramble

Black Bean & Avocado Salad

Tofu Soup

Dinner

Baked Turkey Burgers

Wild Caught Baked Shrimp

Make Your Own Buddha Bowl

The Perfect Time to Refresh

No matter where you live, there's something about the arrival of Spring that makes you think about renewal.

In New England, the change can be seen and felt. The long dark days of Winter, slowly turn warmer, the sun stays out later and eventually you see the first dandelion pop up on your lawn. As some rush to open windows and plan their annual deep cleaning event, it's important to remember it's not just our homes that need a refresh.

Just as you take the time to look at what has accumulated at your house throughout the Winter months, your body too has been storing unwanted and unneeded items as well. We clean out our home to declutter and create a feeling of peace – and we can do the same with our body and for our health.

As a part of our EquiLife community, you are well aware how highly I recommend doing a true Functional Medicine Detox each quarter and Spring is no exception! I hope you will join me and your like-minded peers for the best type of Spring cleaning event to remove stored toxins from your body, shed unwanted weight and allow your body to return to a state of dynamic equilibrium.

Please enjoy this collection of Detox approved recipes perfect for the Spring season.

Ayubowan and happy detoxing!



Stephen Cabral
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Founder & CEO, EquiLife

Lunch

Plant-based is recommended

To ensure the best intake of all the nutrients you need, be sure to incorporate a variety of plant based protein sources during the course of your Detox from the approved foods list.

Pick foods you like to eat and enjoy the simplicity of just a few ingredients. Remember that minimal effort, plus a little creativity can create delicious detoxifying dishes!

Lunch

Chickpea Scramble

Chickpeas are an incredibly versatile plant protein. Commonly known as the star in hummus – but that is just one of many delicious ways to enjoy them! If you have any digestive sensitivities, particularly with legumes you may want to eliminate these as part of your Detox and consider a Tofu Scramble as an alternative protein option. This is a perfect Detox approved plant-based lunch option or equally nourishing for a light dinner.

- 1 can of organic chickpeas (15 oz)
- ½ tsp turmeric
- ½ tsp natural salt
- ½ tsp pepper
- ¼ cup white onion diced
- 2 cloves garlic minced
- 1-2 tsp coconut or olive oil
- Drizzle Extra Virgin Olive Oil

Options to serve:

- Mixed Greens
- Chopped parsley and cilantro
- Sliced avocado

Instructions:

1. Mash the chickpeas with a fork and mix in the turmeric, salt and pepper
2. Heat coconut oil in a pan over medium heat
3. Add the onion, sauté until soft then add the garlic and sauté for another minute or two
4. Lastly add the chickpeas and sauté for about 5 minutes
5. Serve on a bed of mixed greens
6. Top with avocado and fresh herbs



Lunch

Black Bean & Avocado Salad

Black beans are another versatile protein packed, plant-based delight — and who doesn't love the Mexican combination of beans and guacamole! As the weather starts to warm up, it's a great time to get creative with quick and tasty salads that enhance your Detox and leave your body feeling nourished.

Salad Ingredients:

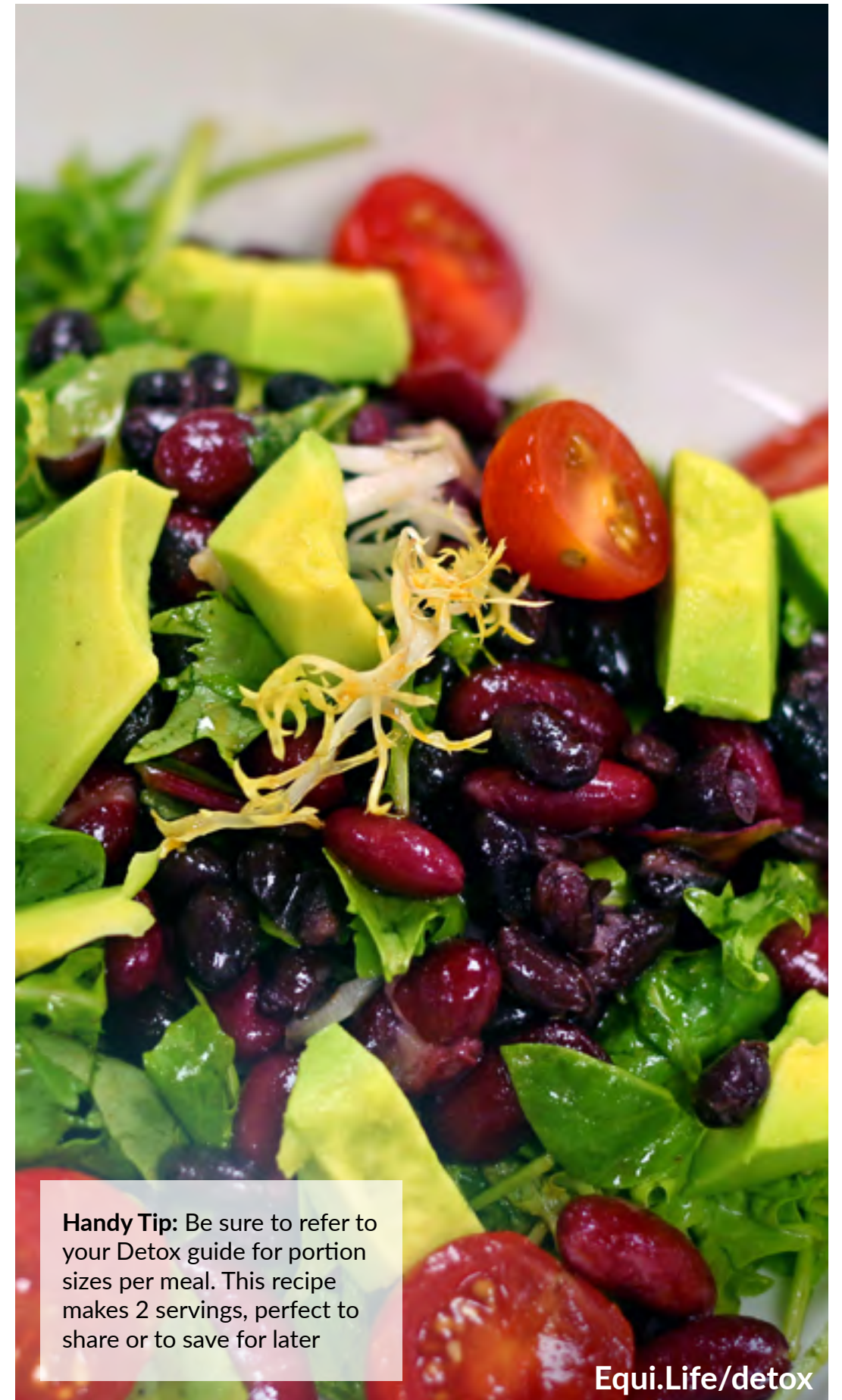
- ❑ 1 can black beans (drained and rinsed)
- ❑ ½ a red onion (finely chopped)
- ❑ Large handful of chopped cilantro or parsley
- ❑ 1 avocado cubed
- ❑ 1 cup sliced cherry tomato
- ❑ 1 cup chopped cucumber
- ❑ Freshly ground natural salt and black pepper to taste

For the dressing:

- ❑ 1-2 tbsp olive oil
- ❑ Juice of a lime
- ❑ Place in a jar and shake to emulsify

Instructions:

1. Simply place all salad ingredients in a bowl and mix
2. Add the dressing, stir to combine all the flavors evenly
3. Season to taste
4. Chopped chili or jalapeno for an added Mexican bite! (Optional)
5. Can also serve on a bed of arugula or baby spinach (Optional)



Handy Tip: Be sure to refer to your Detox guide for portion sizes per meal. This recipe makes 2 servings, perfect to share or to save for later



Lunch

Tofu Soup

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. On days where you may still feel like a warm lunch, this soup is perfect to add to your Detox meal plan. Always opt for non-GMO, organic tofu – if it's sprouted even better as it is shown to increase the overall nutritional value!

- ❑ 1 tsp coconut oil
- ❑ ½ cup chopped cilantro (fresh)
- ❑ ¼ cup chopped carrots
- ❑ ¼ cup broccoli florets
- ❑ 1 cup chopped organic non-GMO tofu (extra firm)
- ❑ 2 cups vegetable broth
- ❑ ¼ tsp crushed black pepper
- ❑ ½ tsp lemon juice
- ❑ Salt according to taste

Instructions:

1. In a saucepan heat oil over low heat and add cilantro. Sauté for 30 seconds
2. Add carrots and broccoli and sauté for another 30 seconds
3. Add tofu and sauté again for 30 seconds to one minute
4. Finally add vegetable broth, black pepper, lemon juice and salt
5. Cook uncovered on medium heat for 5-7 minutes or until desired softness
6. Serve warm and garnish with more chopped cilantro

Dinner

Choose plant or protein-based

If you're incorporating animal protein into your meals at dinner, always opt for high-quality protein sources when possible, including organic, grass-fed meat, wild caught fish and pasture raised poultry.

Dinner

Baked Turkey Burgers

Turkey is a highly nutritious and popular protein. Rich in B vitamins and minerals, a turkey burger is perfect for a Spring dinner on a warm day. You can also substitute any ground meat from your list of Detox approved proteins.

- ❑ 1lb organic ground turkey
- ❑ ½ jalapeno, diced or fresh/dried chili
- ❑ 1 shallot, diced
- ❑ 1 lime (zest and juice)
- ❑ 2 tbsp chopped cilantro
- ❑ 1 tsp paprika
- ❑ 1 tsp cumin
- ❑ ½ tsp each natural salt and pepper

Burger Toppings/Sides:

1. Avocado or homemade guacamole
2. Mixed leaves, sliced cucumber, sliced tomato, onions, peppers etc.

Instructions:

1. Preheat oven to 400 F
2. Line an oven tray with parchment paper
3. Simply mix all the ingredients together in a bowl
4. Form into patties and bake for approximately 20 minutes
5. Serve over greens, salad or vegetables with the toppings you enjoy





Dinner

Wild Caught Baked Shrimp

Shrimp is a rich source of protein, high in vitamins, minerals, essential Omega-3 fatty acids and antioxidants. What's more, they take minutes to prepare. These delicious baked shrimp can be enjoyed on top of any salad or with vegetable sides you enjoy. Perfect to add to a stir fry as no fuss cooking option to enjoy in a variety of ways!

- ❑ 1 ½ lbs large wild shrimp (shelled and deveined)
- ❑ 2 cloves garlic (minced)
- ❑ 1 tbsp coconut oil (melted if solid at room temperature)
- ❑ ¼ tsp crushed red pepper flakes
- ❑ 1 lemon (juiced)
- ❑ 1 tbsp parsley (freshly chopped or dried can be used)

Instructions:

1. Preheat the oven to 400F
2. You can lightly grease a baking tray with a little coconut oil or use a sheet of parchment paper
3. Put the shrimp, garlic, melted coconut oil and red pepper flakes in a bowl and stir to combine the flavors evenly
4. Arrange the shrimp in a single layer on the tray / parchment
5. Roast for about 6 to 8 minutes or until the shrimp turn opaque
6. Take them out of the oven, squeeze fresh lemon over and garnish with parsley
7. Serve on top of mixed greens, steamed or baked vegetables - the options are endless!

Handy Tip: For a perfect plant-based option, simply replace shrimp with cooked chickpeas or cubed organic tofu (saute prior to adding in a little coconut oil or simply add raw)

Dinner

Make Your Own Buddha Bowl

The best thing about salads are the endless ways you can enjoy them. Creating your own Buddha Bowl is a great way to incorporate whatever foods you love! Simply choose a protein source (plant or paleo), healthy fats and 1-2+ cups of vegetables and you are good to go.

This also makes it a great lunch or dinner option. You can incorporate raw or cooked vegetables, or a combination or both depending on your preference. Here are some ideas to get you started or simply refer to the Detox approved food list and get creative!

Pick Your Buddha "Base" (1-2+ Cups):

- ❑ Greens: arugula, spinach, cress, kale
- ❑ Shredded cabbage or slaw mix (carrot and cabbage)
- ❑ Cauliflower "rice" is great option and can be eaten raw or cooked
- ❑ Vegetables (raw): cucumber, tomatoes, peppers, radishes
- ❑ Vegetables (steamed): asparagus, green beans, broccoli

Pick Your Protein (½-1 Cup):

- ❑ Fish: baked shrimp, wild salmon, mackerel, sardines
- ❑ Grilled chicken
- ❑ Plant-based: chickpeas, black beans, hemp hearts, hummus

Fats for Fuel (1-2 TBSP):

1. Avocado
2. Olives
3. Extra Virgin Olive Oil



Handy Tip: Herbs and spices are a great way to add even more flavor and benefits.



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!