

Clear Change® 28-Day Program Sample Recipes

The easiest route may be simply choosing from our recipe suggestions. If you wish to develop your own recipes, keep the **General Food Choices** in mind. You may eat as much of anything on the allowed food list as you would like (within the appropriate food categories for specific days of the program).

Category	Recipes	Step 1	Step 2	Step 3			
		Days 1-6	Days 7-13	Days 14-16	Days 17-19	Day 20	Days 21-28
Beverages	For all the beverage recipes below, combine all ingredients and blend in blender until smooth. Increase water as needed.						
	Green Smoothie (2 servings) 1 cup kale or collard greens—stems removed, chopped, and firmly packed ½ cup parsley leaves, loosely packed 1 medium apple, cored and coarsely chopped 1 medium pear, cored and coarsely chopped ¾ cup ice 1½ cups water (pear or apple juice, or combination)	✓	✓	✓	✓	✓	✓
	Peach Melba (1 serving) 2 scoops Metagenics Nutritional Beverage (Use 1 scoop only on Day 2) 8-10 oz. cold water ⅓ cup raspberries (fresh or frozen) ½ peach or nectarine 2 ice cubes (omit if using frozen berries)	✓		✓	✓	✓	✓
	Banana/Berry (1 serving) 2 scoops Metagenics Nutritional Beverage (Use 1 scoop only on Day 2) 4 oz. unsweetened almond, rice, coconut (box only, not canned), or hazelnut milk 4-6 oz. cold water ⅓ cup strawberries or raspberries (fresh or frozen) ½ small banana 2 ice cubes (omit if using frozen berries)	✓			✓	✓	✓
	Berry Delight (1 serving) 2 scoops Metagenics Nutritional Beverage (Use 1 scoop only on Day 2) 4 oz. unsweetened almond, rice, hazelnut, or hemp milk 4-6 oz. cold water ½ cup strawberries, blueberries, or raspberries (fresh or frozen) 2 ice cubes (omit if using frozen berries)	✓			✓	✓	✓
	Phytonutrient Blast (1 serving) 2 scoops Metagenics Nutritional Beverage (Use 1 scoop only on Day 2) 4 oz. unsweetened almond, rice, hazelnut, or coconut milk (box only, not canned) 4-6 oz. cold water ⅓ cup strawberries (fresh or frozen) 1 scoop Phytoganix® from Metagenics 2 ice cubes (omit if using frozen berries)	✓			✓	✓	✓
	Tropical Crème (1 serving) 2 scoops Metagenics Nutritional Beverage (Use 1 scoop only on Day 2) 4 oz. unsweetened coconut milk (box only, not canned) 4-6 oz. cold water ½ cup diced mango (fresh or frozen) 2 ice cubes (omit if using frozen mango)	✓			✓	✓	✓

Category	Recipes	Step 1	Step 2	Step 3			
		Days 1-6	Days 7-13	Days 14-16	Days 17-19	Day 20	Days 21-28
Beverages	For all the beverage recipes below, combine all ingredients and blend in blender until smooth. Then add in the Nutritional Beverage and blend briefly to mix in. Increase liquid as needed. Ice is optional.						
	Fruit Smoothie (1 serving) 2 scoops Metagenics Nutritional Beverage (Use 1 scoop only on Day 2) 6 oz. unsweetened apple or pear juice 2-4 oz. cold water 2 ice cubes	✓	✓	✓	✓	✓	✓
	Very Veggie Shake (1 serving) 2 scoops Metagenics Nutritional Beverage (Use 1 scoop only on Day 2) 6 oz. tomato, carrot, or mixed vegetable juice (reduced sodium) 4 oz. cold water 2 ice cubes	✓		✓	✓	✓	✓
	Piña Colada (1 serving) 2 scoops Metagenics Nutritional Beverage (Use 1 scoop only on Day 2) 8 oz. unsweetened coconut milk (box only, not canned) 1/3 cup pineapple chunks 1/2 tsp. coconut extract (optional) 2 ice cubes	✓			✓	✓	✓
	Almond Reverie (1 serving) 2 scoops Metagenics Nutritional Beverage (Use 1 scoop only on Day 2) 4 oz. unsweetened almond milk 4-6 oz. water 1 Tbsp. almond butter 1/2 tsp. almond extract (optional) 2 ice cubes	✓				✓	✓
	Cranberry Smoothie (1 serving) 2 scoops Metagenics Nutritional Beverage (Use 1 scoop only on Day 2) 4 oz. unsweetened cranberry juice 4-6 oz. unsweetened almond, rice, hazelnut, or hemp milk 1/4 cup fresh or frozen, unsweetened cranberries (optional) 2 ice cubes (omit if using frozen cranberries)	✓			✓	✓	✓
	Tropical Smoothie (1 serving) 2 scoops Metagenics Nutritional Beverage (Use 1 scoop only on Day 2) 4 oz. unsweetened coconut (box only, not canned), almond, or hazelnut milk 4-6 oz. cold water 1/2 small banana 1/2 tsp. coconut extract 2 ice cubes	✓			✓	✓	✓

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		Days 1-6	Days 7-13	Days 14-16	Days 17-19	Day 20	Days 21-28
Lunch & Dinner	<p>Garlic-Braised Broccoli (4-5 servings)</p> <p>1 Tbsp. cold-pressed extra virgin olive oil 6 cloves fresh garlic, very finely minced 5 cups ½" broccoli florets ½ tsp. sea salt ¼ cup spring or filtered water</p> <p>Place oil and garlic in a skillet over medium-low heat. Cook, stirring frequently for 2 minutes, but do not burn the garlic. Stir in broccoli, salt, and water. Cover and increase heat to high. When you hear a strong sizzle, reduce heat to low and cook for 2-3 minutes, stirring frequently. Serve immediately.</p>	✓	✓	✓	✓	✓	✓
	<p>Oven Roasted Brussels Sprouts with Apples (2 servings)</p> <p>1 pint Brussels sprouts, cleaned and left whole 1 small apple, peeled, cored, and cut into eighths 1 tsp. cold-pressed extra virgin olive oil</p> <p>Preheat oven to 375 degrees. In a large bowl, toss Brussels sprouts, apple, and oil together. Cover a cookie sheet with aluminum foil; spread mixture evenly. Roast uncovered for 20 minutes. Also try with cayenne pepper, lime juice, and/or unsweetened apple juice.</p>	✓	✓	✓	✓	✓	✓
	<p>Bean & Spinach Soup (6 servings)</p> <p>2 cups white kidney beans (canellini), canned or home-cooked 1-2 cups kidney or red beans, canned or home-cooked 1 cup garbanzo beans (chickpeas), canned or home-cooked 4 cups fresh spinach or escarole, washed, drained, and chopped or 10-oz. package of frozen chopped spinach 4 cups vegetable broth 2 medium onions, chopped 1 large clove garlic, minced 1 tsp. dried basil 1 Tbsp. dried parsley 1 tsp. dried oregano Pepper to taste</p> <p>Combine all ingredients and simmer about 45 minutes, until onions are soft.</p>	✓	✓	✓	✓	✓	✓
	<p>Black Bean Salad (4 servings)</p> <p>2 cups black beans 1 cup cherry tomatoes ¼ cup chopped red onion ½ cup red or yellow pepper 1 Tbsp. cold-pressed, extra virgin olive oil 1 tsp. lemon juice or balsamic vinegar 1-2 tsp. cumin</p> <p>Combine ingredients in a bowl and chill before serving.</p>	✓		✓	✓	✓	✓

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Lunch & Dinner	<p>Greens and White Bean Soup (4-5 servings)</p> <p>1 Tbsp. cold-pressed, extra virgin olive oil 2 medium garlic cloves, crushed 1 large onion, chopped 1 bay leaf 1 stalk celery, diced 1 medium carrot, diced 5 cups water or vegetable broth 2 cups cooked white beans ½ lb. fresh escarole or spinach, chopped Salt and freshly ground black pepper to taste Nutmeg, freshly grated (optional)</p> <p>In a 6-qt. pot, sauté the onions and garlic in olive oil over low heat. When onions are soft, add bay leaf, celery, carrot, salt, and pepper. Stir and sauté another 5 minutes. Add broth or water and cover. Simmer about 20 minutes. Add cooked beans and escarole or spinach. Cover and continue to simmer over very low heat another 15-20 minutes. Season to taste.</p>	✓	✓	✓	✓	✓	✓
	<p>Lentil Salad (4 servings)</p> <p>2 cups lentils, picked over and rinsed 3½ cups water 2-3 Tbsp. balsamic or apple cider vinegar ¼ cup cold-pressed, extra virgin olive oil 2 garlic cloves, minced 2 tsp. dried basil 1 tsp. sea salt ¼ tsp. freshly ground black pepper ½ cup black olives, chopped ½ cup carrots, shredded 2 medium tomatoes, cut into ½” pieces or 1 cup cherry tomatoes 1 medium red bell pepper, seeded and cut into ½” pieces 1 small red onion, finely chopped 1 cup fresh parsley, coarsely chopped</p> <p>Simmer lentils in water until tender, about 30-45 minutes. Drain and cool. Combine vinegar, olive oil, garlic, basil, salt, and pepper in a shaker jar and mix well. Combine remaining ingredients with lentils and toss with the dressing. Refrigerate for 1 hour before serving.</p>	✓		✓	✓	✓	✓
	<p>Oven-Roasted Veggies (multiple servings)</p> <p>Garlic cloves, crushed Cold-pressed, extra virgin olive oil Seasonings to taste (e.g., rosemary, oregano, tarragon, basil, salt, pepper) Any combination of the following unpeeled, washed veggies, cut into bite-sized pieces: Eggplant Small red potatoes Yellow or green summer squash Mushrooms Asparagus Red onion, peeled</p> <p>Toss veggies with crushed garlic cloves, olive oil, and sprinkle with your favorite herbs to taste. Spread in roasting pan in single layers and roast approximately 45 minutes at 400 degrees until veggies are tender and slightly brown, stirring occasionally. Season to taste. Serve immediately while warm.</p>	✓		✓	✓	✓	✓

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		Days 1-6	Days 7-13	Days 14-16	Days 17-19	Day 20	Days 21-28
Lunch & Dinner	<p>Ratatouille (6 servings)</p> <p>½ cup cold-pressed, extra virgin olive oil 2 large onions, sliced 3 garlic cloves, minced 1 medium eggplant, cut into 1” cubes 2 green peppers, chopped 3 zucchini squash, cut into ½” slices 28-oz. can tomatoes, drained or 4 cups fresh tomatoes, chopped 1 tsp. salt ¼ tsp. black pepper 1 tsp. oregano ½ tsp. thyme</p> <p>In a 6-qt. pot, sauté onion and garlic in oil for 2 minutes. Add eggplant and stir-fry for 5 minutes. Add peppers and cook 5 minutes. Add zucchini and cook for 5 more minutes. Then add seasonings and tomatoes; cover and simmer for 30 minutes. Serve as a vegetable side dish or use to top rice noodles, quinoa, or spaghetti squash.</p>	✓		✓	✓	✓	✓
	<p>Red Potato & Green Bean Salad (4-6 servings)</p> <p>4 medium red potatoes, washed, unpeeled, steamed, or baked and cut into chunks 1 lb. fresh green beans, cleaned, cut into thirds and lightly steamed 2-4 Tbsp. cold-pressed, extra virgin olive or flaxseed oil 2 tsp. balsamic vinegar ¼-½ cup red onion, thinly sliced 2 garlic cloves, slivered 2 Tbsp. fresh basil and/or oregano, chopped (or 1 tsp. each dried herb)</p> <p>Combine potatoes and beans with olive or flaxseed oil, vinegar, onion, garlic, basil, and/or oregano. (For a pleasant flavor, mix all ingredients together except for the potatoes and chill. Just before serving, add warm potatoes to cold salad.)</p>	✓		✓	✓	✓	✓
	<p>Spicy Black Beans and Tomatoes (8 servings)</p> <p>1 tsp. cold-pressed, extra virgin olive oil 1 small onion, chopped 2 cloves garlic, minced 1 can chopped stewed tomatoes or 2-3 fresh tomatoes, chopped 4-oz. can diced green chilies 15-oz. can black beans, drained or 2 cups home-cooked beans ½ tsp. cumin ½ tsp. ground red pepper ¼ tsp. chili powder 1 Tbsp. chopped fresh cilantro or parsley</p> <p>Sauté chopped onion and minced garlic in olive oil over medium heat until tender. Add tomatoes and green chilies. Reduce heat and cook uncovered for 6-8 minutes or until thickened. Stir in beans and remaining ingredients. Cover and heat 5 minutes more.</p>	✓		✓	✓	✓	✓

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Lunch & Dinner	<p>Vegetarian Chili (4 servings)</p> <p>1 Tbsp. cold-pressed, extra virgin olive oil 1 medium onion, chopped 2 whole carrots, diced 4 cloves garlic, minced 1 sweet red bell pepper, chopped 1 green bell pepper, chopped 1 jalapeño pepper, fresh or canned, finely chopped 2 Tbsp. chili powder 1 tsp. cumin 1 cup cooked kidney beans 1 cup cooked pinto beans 28-oz. can tomatoes, chopped (reserve juice) ½ tsp. freshly ground pepper 2 Tbsp. parsley, finely chopped</p> <p>In a large (non-aluminum) soup kettle, heat oil over low heat; add onion, carrot, garlic, and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid, add chili powder and cumin and cook an additional 2-3 minutes, stirring occasionally. Add beans, tomatoes, and their juice. Simmer 20 minutes. Add pepper. Top bowls of chili with parsley. Freeze leftovers for later use.</p>	✓		✓	✓	✓	✓
	<p>Kasha Chili (4-6 servings)</p> <p>2 medium onions, diced 2 medium peppers, diced 1 Tbsp. cold-pressed, extra virgin olive oil 28-oz. can Italian tomatoes 2 cups water 15-oz. can pinto or kidney beans, drained 1-2 Tbsp. chili powder to taste 4 cloves garlic, minced ½ tsp. cumin ¼ tsp. pepper, or to taste ¾ cup whole kasha (buckwheat groats) Salt and pepper to taste</p> <p>In a 4-qt. saucepot, sauté onions and peppers in olive oil. Add tomatoes with their juice, water, beans, and spices. Bring to a boil, stir, and cover. Reduce heat and simmer for 10-15 minutes, then add kasha and cook 10-15 minutes more, until kasha is tender. Taste and adjust seasoning. Serve hot.</p>	✓			✓	✓	✓

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		Days 1-6	Days 7-13	Days 14-16	Days 17-19	Day 20	Days 21-28
Lunch & Dinner	<p>Minestrone Soup (8 servings) This recipe can be used on Days 3-4 only with the elimination of rice. 1 Tbsp. cold-pressed, extra virgin olive oil 1 medium to large onion, chopped 3 carrots, sliced or diced 2 stalks celery, diced 2 cloves garlic, minced 6 cups vegetable stock or water 1 bay leaf 28-oz. can tomatoes with juice 1/3 cup brown rice 16-oz. can organic kidney beans, undrained or 2 cups home-cooked beans 1 lb. fresh green beans, cut into 1" pieces or a 10-oz. package frozen cut green beans</p> <p>In a 6 qt. pot, sauté onion, celery, carrot, and garlic until softened. Add stock or water, tomatoes, rice, and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes; stir occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving.</p>	✓		✓	✓	✓	✓
	<p>Nutty Green Rice (4 servings) 1 cup brown basmati rice 2 cups water 1/2 cup almonds 1/2 small bunch parsley 1 clove garlic 1 1/2 Tbsp. lemon juice 1 1/2 Tbsp. cold-pressed, extra virgin olive oil 1/2 cucumber, diced Salt and pepper to taste</p> <p>Bring water to a boil, add rice, stir, and simmer covered for 45 minutes (do not stir again). Remove from heat and let sit for another 10 minutes, then remove, cover, and allow to cool. While rice is cooking, blend almonds, parsley, garlic, oil, and lemon juice in a food processor. When rice is cool, stir with nut mixture, add cucumber, and add salt and pepper to taste.</p>	✓				✓	✓
	<p>Pasta and Beans (4 servings) 16-oz. can white beans (navy, Great Northern) 3 Tbsp. cold-pressed, extra virgin olive oil 2 onions, chopped 2 carrots, chopped 2 Tbsp. dried basil 1 tsp. dried oregano 16-oz. can tomatoes or 4 tomatoes, peeled, seeded, and chopped 1/2 cup bean liquid 1-2 tsp. salt 1/2 lb. rice elbow macaroni</p> <p>Drain beans, reserving liquid. Heat 1-2 Tbsp. olive oil in a heavy casserole dish. Add onions, carrots, oregano, and basil; cook until onions are wilted. Add tomatoes and juice, bean liquid, salt, and pepper. Cover and simmer for about 10 minutes, until the carrots are tender. Add the drained beans and simmer for another 10 minutes. Meanwhile, cook and drain the macaroni. Toss with 1 Tbsp. more olive oil and then mix with the bean sauce.</p>	✓			✓	✓	✓

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Lunch & Dinner	<p>Quinoa Salad (12 servings)</p> <p>1½ cups quinoa, rinsed well 3 cups vegetable broth or water ½ cup <i>Basic Salad Dressing</i> 1 red bell pepper, diced 1 cup frozen baby peas, thawed ¼ cup diced red onion 3 scallions, thinly sliced (with 4" of green included) or 1 shallot, chopped ¼ cup chopped fresh dill ¼ cup chopped parsley</p> <p>Add quinoa to broth or water in a medium saucepan. Stir and bring to a boil. Reduce to simmer. Cover and cook 15 minutes without stirring, or until liquid is absorbed. Remove to bowl and toss with salad dressing. Cool slightly and add remaining ingredients, tossing well with fork. Add more dressing as needed and adjust seasoning. (Add any leftover veggies for variety.)</p>	✓			✓	✓	✓
	<p>Quinoa Vegetable Soup (4-6 servings)</p> <p>¼ cup quinoa, well rinsed ½ cup carrots, diced ¼ cup celery, diced 2 Tbsp. onion, chopped ¼ cup green pepper, diced 2 cloves garlic, chopped 2 tsp. cold-pressed, extra virgin olive oil 4 cups water ½ cup tomatoes, chopped ½ cup cabbage, chopped Salt and pepper to taste ¼ cup fresh parsley, chopped</p> <p>Sauté quinoa, carrots, celery, onions, green pepper, and garlic in oil until softened. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20-30 minutes or until tender. Season to taste and garnish with parsley. (For variations, try adding some of your other favorite vegetables, chopped, and sautéed.)</p>	✓			✓	✓	✓
	<p>Vegetable Rice Soup (8 servings)</p> <p>1 Tbsp. cold-pressed, extra virgin olive oil 1 medium to large onion, chopped 2 stalks celery, diced 2 cloves garlic, minced 3 carrots, sliced or diced 2 stalks celery, diced 2 cloves garlic, minced 6 cups vegetable stock or water 1 bay leaf 28-oz. can tomatoes with juice ½ cup brown rice 1 lb. fresh green beans, cut into 1" pieces or 10-oz. package frozen cut green beans Vegetables of your choice (e.g., chopped cabbage, spinach, peppers), if desired</p> <p>Follow same cooking instructions for <i>Minestrone Soup</i>.</p>	✓			✓	✓	✓

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		Days 1-6	Days 7-13	Days 14-16	Days 17-19	Day 20	Days 21-28
Lunch & Dinner	<p>Curried Chicken Salad (4 servings) 2½ lb. chicken, boneless, skinless, white meat 1 cup red and green apple, diced, unpeeled 2 stalks celery, diced ½ small jicama, peeled, diced (optional) ½ cup mango or papaya juice 1 tsp. curry powder ¼ tsp. turmeric 1 Tbsp. cold-pressed, extra virgin olive oil Salt and pepper to taste</p> <p>Bake chicken at 350 degrees for 20 minutes, then dice. Place cooked chicken in a large salad bowl and cool. Combine with remaining ingredients. Adjust seasoning to taste and refrigerate for an hour before serving.</p>	✓					✓
	<p>Basic Fish Saute Sprinkle salt on filleted fish and sprinkle with salt. Heat a heavy pan (cast iron or steel, but not a non-stick pan) over medium high heat for 3 minutes. Pour in about 1 Tbsp. cold-pressed, extra virgin olive or coconut oil and swirl to coat the pan. Place fish skin side down (if fish has skin) and reduce heat to medium. Let it cook for a few minutes if a thin fillet (such as flounder or sole) or up to 10 minutes if thick, such as salmon steak. Using a metal spatula, flip the fish. The skin may stick. Cook one more minute for thin fillets or 3-5 minutes for thicker fish. Serve immediately.</p>	✓	✓	✓	✓	✓	✓
	<p>Basic Oven Baked Fish Preheat oven to 425 degrees. Season fish to taste with salt, pepper, lemon zest (optional), and cold-pressed, extra virgin olive oil. Bake fish for about 10 minutes.</p>	✓	✓	✓	✓	✓	✓
	<p>Slow Roasted Salmon (8 servings) 2 lb. salmon fillets [about 1.5" (3.5 cm) thick] 1-2 Tbsp. cold-pressed, extra virgin olive oil</p> <p>Preheat oven to 275 degrees. Place salmon skin side down in ovenproof pan. Brush with olive oil. Roast uncovered until it flakes with a fork, about 25-30 minutes. Do not allow it to overcook. Serve warm or at room temperature on top of a salad. If you make one day ahead, refrigerate and bring to room temperature before serving.</p>	✓	✓	✓	✓	✓	✓
	<p>Salmon with Potatoes and Red Onions (4 servings) 2 tsp. cold-pressed, extra virgin olive oil or coconut oil 2 small red onions, diced 1 red pepper, thinly sliced Coarse salt and ground pepper 1 lb. small potatoes, quartered 1½ cups vegetable broth 8 tarragon leaves 4 skinless salmon fillets, cod, or mahi mahi (4 to 6 oz. each)</p> <p>In a large skillet, heat oil over medium-high. Add onions and season with salt and pepper. Cook until onions are golden brown, 4 minutes, turning once. Add potatoes, broth, and 8 tarragon leaves, and bring to a boil. Reduce to a simmer and cover. Cook until potatoes are just tender when pierced with a knife, about 15 minutes.</p> <p>Season each fillet with salt and pepper. Place fish on top of potatoes. Cover and cook until opaque throughout, about 8 minutes. Do not overcook!</p>	✓		✓	✓	✓	✓

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Lunch & Dinner	<p>Tomato Basil Halibut (2 servings)</p> <p>1 Tbsp. lemon juice 1½ tsp. fresh rosemary, minced ¼ tsp. salt Dash pepper 2 tsp. cold-pressed, extra virgin olive oil 10-12 oz. halibut fillets 1 small tomato, diced 1 Tbsp. minced fresh basil 2 green onions, minced 2 tsp. balsamic vinegar</p> <p>Combine lemon juice, rosemary, oil, salt, and pepper in a medium dish and add halibut. Coat on all sides; cover and refrigerate for ½ to 1 hour. Drain marinade and discard. Preheat grill and brush some olive oil on the grill rack. Grill halibut 4" from the heat for 4-5 minutes on each side or until fish flakes easily with a fork. Combine remaining ingredients in a small saucepan and cook over medium heat until heated through. Serve with fish.</p>	✓		✓	✓	❖	✓
	<p>Fish Creole (4 servings)</p> <p>1 Tbsp. cold-pressed, extra virgin olive oil 1 onion, chopped ½ cup thin-sliced celery ¼ cup green pepper, chopped 1 garlic clove, minced 2 Tbsp. fresh parsley (2 tsp. dried) 1 bay leaf ¼ tsp. rosemary, chopped 28-oz. (825 ml) can tomatoes with liquid 1 lb. fish fillets 2 cups cooked white rice or spaghetti squash</p> <p>Heat oil in a large saucepan and lightly sauté the onion, celery, pepper, and garlic until soft. Add parsley, bay leaf, rosemary, and tomatoes. Simmer, uncovered, about 20 minutes. Add fish fillets in small pieces and simmer until cooked through, about 5-7 minutes more. Remove bay leaf. Serve over cooked white rice or spaghetti squash.</p>	✓		✓	✓	✓	✓
	<p>Mango Salmon (6 servings)</p> <p>1 Tbsp. fresh ginger, minced 1 cinnamon stick (3") 2 tsp. apple cider or unseasoned rice vinegar 10-oz. (295 ml) bottle mango nectar 6 salmon fillets, 4 oz. (115 g) each and 1" thick 2 tsp. cold-pressed, extra virgin olive oil</p> <p>In a small saucepan, stir together all ingredients, except for salmon and oil. Bring to boil, reduce heat and simmer, uncovered for 20-25 minutes, or until reduced to about ¾ cup. Pour mixture through a strainer and discard the solids. Return to saucepan and keep warm. Brush olive oil on broiler pan, and place salmon on pan and broil 5" away from heat for 5 minutes. Brush salmon with mango mixture and broil 3 more minutes or until fish flakes with a fork. Serve immediately garnishing fish with remaining mixture as desired.</p>	✓		✓	✓	✓	✓

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Lunch & Dinner	<p>Baked Salmon or Red Snapper with Salsa (4 servings) 4 salmon or red snapper fillets, 8 oz. each 4 tsp. cold-pressed, extra virgin olive oil 1 Tbsp. fresh lime juice 1 Tbsp. cilantro, freshly chopped Kosher or sea salt to taste Pepper to taste</p> <p>Preheat oven to 400 degrees. Brush 1 tsp. olive oil on a baking sheet and place fish, skin side down. Combine remaining olive oil, lime juice, and cilantro; and brush on each fillet. Sprinkle with salt and pepper to taste. Allow to sit for 15 minutes, then bake for 20 minutes or until just cooked. Garnish with Salsa (see recipe below) and serve immediately.</p> <p>Salsa Combine in a bowl: 2 large tomatoes, diced 2 scallions, chopped 1 Tbsp. cilantro, chopped 1 clove garlic, chopped 1 Tbsp. cold-pressed, extra virgin olive oil 2 tsp. fresh lime juice</p>	✓		✓	✓	✓	✓
	<p>Salmon in Coconut Milk (6 servings) 14-oz. can coconut milk 2 tsp. arrowroot 1½ tsp. curry powder 1½ lb. salmon fillets Salt and freshly ground pepper to taste 2 large tomatoes, chopped 2-3-qt. OR 2 cups cherry tomatoes, cut in half 1 handful baby spinach leaves ¼ cup chopped fresh basil or cilantro</p> <p>Preheat oven to 350 degrees. Mix coconut milk, arrowroot or cornstarch and curry in a 2-3 quart ovenproof dish. Add salmon and bake, covered, for about 20 minutes. Uncover and add spinach leaves, stirring. Cook for 5-10 minutes more. Add salt and pepper to taste. Serve immediately with some of the sauce on top of each fillet and top with chopped tomatoes and some basil or cilantro. Remaining sauce may be used to top rice or veggies such as cauliflower, broccoli, or green beans.</p>	✓			✓	✓	✓
	<p>Red Cabbage & Apple Salad (4 servings) Small head red cabbage, coarsely chopped 10 radishes, sliced 3 tart green apples, unpeeled, washed, and diced 2 green onions, chopped 1 stalk celery, chopped ¼ cup walnuts, chopped 1-2 Tbsp. lemon juice Dash of garlic powder 2 Tbsp. cold-pressed, extra virgin olive oil 1 Tbsp. balsamic or apple cider vinegar</p> <p>Mix everything in a serving bowl. Let it sit for an hour, stirring once or twice.</p>	✓				✓	✓

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Lunch & Dinner	<p>Dilly Fish (4 servings) 1 lb. salmon or cod fillets Salt and pepper to taste 2 garlic cloves 1 Tbsp. cold-pressed, extra virgin olive oil 1 tsp. dried dill weed or 1 Tbsp. fresh 1 Tbsp. lemon juice ½ tsp. onion powder</p> <p>Preheat oven to 400 degrees. Rinse fish and put into a 9" x 13" baking dish. Sprinkle with salt and pepper. Sauté garlic in olive oil for 2 minutes. Add dill, lemon juice, and onion powder and pour over fish. Bake in preheated oven for about 15 minutes, basting with remaining sauce after 7 minutes. Do not overcook. Fish is done when flakes easily with a fork.</p>	✓	✓	✓	✓	✓	✓
	<p>Lemon Garlic Cod (4 servings) 4 cod fillets, about 1 lb. 3 Tbsp. lemon juice 1 Tbsp. cold-pressed, extra virgin olive oil 1 clove minced garlic 1 Tbsp. chopped fresh parsley Black pepper to taste</p> <p>Preheat oven to 375 degrees. Coat a baking dish with olive oil. Rinse cod fillets and pat dry. Place fish in a 13" x 9" baking dish. Pour lemon juice over fish, then drizzle olive oil on top. Sprinkle with garlic, parsley, and pepper. Bake in preheated oven until fish flakes with a fork, about 20-25 minutes</p>	✓	✓	✓	✓	✓	✓
	<p>Sweet Potato Squash Delight (6-8 servings) 1 medium butternut squash, cut into chunks 2 medium sweet potatoes, cut into chunks ¼ tsp. ginger ½ tsp. cinnamon Dash nutmeg ¼ cup unsweetened rice milk</p> <p>Preheat oven to 350 degrees. Steam squash and sweet potato until tender. Remove, peel, and purée in food processor. Add ginger, cinnamon, nutmeg, and rice milk. (Add enough rice milk for desired consistency of mashed potatoes). Put mixture into 1½-qt. casserole, garnish with a sprinkle of cinnamon, and bake for 15 minutes.</p>	✓			✓	✓	✓
	<p>Carrot Salad (4 servings) 2 cups carrots, shredded ½ cup celery, diced ¼ cup sunflower seeds 3-4 Tbsp. unsweetened coconut milk (box only, not canned) 2 Tbsp. pineapple juice</p> <p>Mix ingredients together. Chill for several hours before serving.</p>	✓				✓	✓

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		Days 1-6	Days 7-13	Days 14-16	Days 17-19	Day 20	Days 21-28
Snacks & Dressings	<p>Baked Apple (2 servings) 2 apples ½ cup apple juice ½ tsp. cinnamon</p> <p>Preheat oven to 350 degrees. Core apples and peel only the top 1/3 of the skin. Place in baking pan, pour apple juice over, and sprinkle with cinnamon. Bake at 350 degrees for 20-30 minutes or until soft and juicy.</p>	✓	✓	✓	✓	✓	✓
	<p>Basic Salad Dressing (2-3 servings) ¼ cup flaxseed oil (or 2 Tbsp. each flaxseed and cold-pressed, extra virgin olive oils) 1-2 Tbsp. vinegar (apple cider, rice, red wine, balsamic) ½ -1 Tbsp. water Whole or minced garlic, oregano, basil, or other herbs of choice</p> <p>Increase recipe for more servings. Mix well in a shaker jar and store any leftovers in your refrigerator. Keep a jar in the refrigerator at work and one at home for convenience.</p>	✓	✓	✓	✓	✓	✓
	<p>Cauliflower Popcorn (4 servings) 2 Tbsp. cold-pressed, extra virgin olive oil ¾-1 lb. cauliflower Salt to taste</p> <p>Preheat oven to 425 degrees. Brush 1 or 2 baking sheets with some olive oil. Cut cauliflower into 1" florets. Toss with olive oil and spread evenly on the baking sheet(s). Roast for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. This may also be served at room temperature.</p>	✓	✓	✓	✓	✓	✓
	<p>Kale Chips (multiple servings) Large bunch of kale 2 Tbsp. cold-pressed, extra virgin olive oil Iodized sea salt Curry or cumin powder optional</p> <p>Preheat oven to 425 degrees. Remove large vein from kale and discard. Cut the greens into strips. Place olive oil in a bowl and toss kale until lightly coated. Lay the kale on a baking sheet and bake for 5 minutes or until it starts to turn a little brown. Keep an eye on it; it can burn quickly. Turn the kale over, add a little salt and curry or cumin to taste (optional). Bake another 5 minutes. Remove and serve.</p>	✓	✓	✓	✓	✓	✓
	<p>Tropical Salad (4-6 servings) 1 avocado, cubed 8 pineapple slices, cubed 1 papaya or mango, cubed ½ cup diced celery ½ cup mango or pineapple juice Fresh mint leaves</p> <p>Combine all and garnish with fresh mint leaves.</p>	✓		✓	✓	✓	✓

Category	Recipes	Step 1	Step 2	Step 3			
		Days 1-6	Days 7-13	Days 14-16	Days 17-19	Day 20	Days 21-28
Snacks & Dressings	<p>Baked Apples with Cashew Topping (4 servings) 4 firm cooking apples (e.g., Granny Smith, Golden Delicious, McIntosh) 8 Tbsp. raisins Cinnamon to taste</p> <p>Topping: ½ cup raw cashew pieces Water Pure vanilla extract (optional)</p> <p>With a knife, cut apples horizontally through peel around the middle to keep the skin from splitting during baking. Core apples and fill the center of each with 2 Tbsp. raisins. Sprinkle with cinnamon. Bake at 350 degrees for 45 minutes or until tender. While apples are baking, whirl cashews in a blender, adding water gradually until you get the consistency you prefer. (The longer you blend, the smoother the mixture becomes.) Add a few drops of pure vanilla extract for extra flavor. Spoon over hot apples.</p>	✓				✓	✓
	<p>Banana-Strawberry Cream (3 servings) 1 cup strawberries, washed, hulled, and sliced 2 medium bananas, sliced 1 cup pineapple juice 1 medium apple, peeled and cut into chunks ¼ cup raw cashew pieces Fresh mint for garnish (optional)</p> <p>Combine bananas and strawberries in a glass bowl. In a blender, mix pineapple juice, apple chunks, and cashews. When well blended, pour over sliced strawberries and bananas. Garnish with mint leaves if desired.</p>	✓				✓	✓

Category	Recipes	Step 1	Step 2	Step 3			
		Days 1-6	Days 7-13	Days 14-16	Days 17-19	Day 20	Days 21-28
Snacks & Dressings	<p>Hummus (6 servings)</p> <p>16-oz. can garbanzo beans (chickpeas), or 2 cups home-cooked 1/3 cup lemon juice 2 Tbsp. cold-pressed, extra virgin olive oil or flaxseed oil 2 cloves of garlic, crushed Paprika, sea salt, and fresh parsley to taste 1 tsp. cumin 1/4 cup tahini (sesame butter)</p> <p>Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley.</p>	✓	✓	✓	✓	✓	✓
	<p>Mixed Nut Muesli (multiple servings)</p> <p>Puffed rice cereal Crispy brown rice cereal Sliced almonds Chopped walnuts Pumpkin or sunflower seeds Dried apples</p> <p>Combine in a bowl, using any amount you desire. Store in a jar and snack as needed.</p>	✓				✓	✓
	<p>Crispy Rice Treats (24 servings)</p> <p>1 tsp. cold-pressed sesame oil 1/2 cup brown rice syrup 2 Tbsp. sesame tahini (or other nut butter) 2 tsp. pure vanilla extract 6 cups combination of: puffed rice, puffed millet, or crispy brown rice cereal 1/2 cup sunflower or pumpkin seeds 1/2 cup currants, chopped dried apples, or dates</p> <p>In a large pot, heat oil, rice syrup, and tahini, stirring until bubbly. Remove from heat and stir in vanilla. Add remaining ingredients, mixing well with wooden spoon. Spoon into a 13" x 9" pan and press flat. Allow to sit at room temperature. When set, cut into squares and store in airtight container at room temperature.</p>	✓					✓