

# *Nutritionist Approved Recipes*

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**\*Gentle Detox Green Smoothie** (283 calories)

Ingredients:

- 1 cup Kale
- 2 oz. Parsley
- 1/2 cup Cucumber
- 1/2 Lemon juiced
- 1/2 oz. Ginger
- 1/2 oz. Chia Seeds
- Water to create desired consistency

Directions:

- Blend in blender

**Good Morning Green Smoothie** (285 calories)

Ingredients:

- 1 scoop of Hemp Protein Powder
- Scoop of Spirulina, Chlorella or Sea Greens
- 1 cup fresh spinach leaves
- 1 cup pineapple
- 2 TBS fresh lime juice
- 1 banana
- 2 cups almond milk

Directions:

- Blend in blender

**\*Creamy Pineapple Fennel Smoothie** (661 calories)

Ingredients:

- 1 Cup Frozen or Fresh Pineapple
- 1/2 Small Avocado
- 1/2 Cup Fennel
- 1 Lime, Peeled
- 1 tbsp. Hemp Seeds
- 1 – 2 Cups of Water

Directions:

- Blend in blender

**\*Healing Cleanse Smoothie** (263 calories)

Ingredients:

- 3 stalks Head Celery
- 1 Cucumber
- 1 Cup Cilantro & Parsley
- 1 Lemon
- 2 Tbsp. Ginger
- 2 cups 1/3 Pineapple
- 1-2 cups of Water

Directions:

- Blend in blender

**\*Quick Cereal** (392- 451calories)

Ingredients:

- 1/2 cup of oats (steal cut/rolled)
- 1/4 -1/2 cup almond, organic soy, cashew milk
- 1 tbsp. hemp hearts
- 1/2 tbsp. maple syrup

Directions:

- Pour oats into bowl & milk into a bowl
- Let sit 5 minutes, add in hemp hearts & maple syrup

**\*Traditional Oatmeal/Gruel** (300 calories)

Ingredients:

- 1/2 cup of oats (steal cut/rolled)
- Hot water to reach desired consistency
- Sea salt or pink salt

Directions:

- Pour oats & water in a bowl, let sit for about 5 minutes
- Add salt to taste

## Chickpea Caesar Salad (357 calories)



### Ingredients:

Main (makes 1 serving)

- 2 cups leafy greens
- ½ cup chickpeas
- Onions garnish

Dressing: (makes 4 -2 oz. servings)

- 1 cup cashews
- ¼ cup lemon juice
- 2 garlic cloves
- 1 tsp capers
- ¼ cup nutritional yeast
- 1 tbsp. onion powder
- Salt & Pepper to taste
- water to desired consistency

### Directions:

- Prep main ingredients and add to a bowl
- Blend all dressing ingredients adding water to reach desired consistency in a high-powered blender.
- Top your salad with 2 oz. of the dressing.

## \*Pumped up Salad (423 calories)



### Ingredients:

Main: (makes 1 serving)

- 2 cups leafy greens
- ½ cup tofu
- 1 tbsp. hemp seeds

Dressing: (makes 2, 2 oz., servings)

- 1 clove of garlic
- 1 inch fresh ginger
- 3 tbsp. tahini
- 2 tbsp. white miso
- 3 tbsp. lemon juice
- Water to desired consistency

### Directions:

- Prep main ingredients and add to a bowl
- Blend dressing in a high-powered blender, add 2 oz. of the dressing to your salad

## Burrito Bowl (617 calories)

### Ingredients

Main (makes 1 serving)

- 1 cup Black Beans
- ½ cup truRoots Organic Sprouted Rice and Quinoa Blend
- ¼ cup corn
- ¼ cup bell pepper
- 1 cup leafy greens
- 1 stalk green onion

Dressing: (makes 2 -2.5oz./serving)

- 1 clove Garlic
- ½ cup of cashews
- Lime zest to taste or 1tbsp lime juice
- 1 tbsp. Pico Picante
- Water to desired consistency

### Directions:

- Prep main ingredients, cook rice quinoa blend
- Add all ingredients to a bowl
- Blend dressing in high-powered blender, top your bowl with 2 oz. of the dressing.



## \*Stuffed Baked Sweet Potato with Avocado

### Cilantro Sauce (387 calories)

(adapted from the Minimalist Baker)

### Ingredients:

- 1 baked sweet Potato
- ¼ cup cooked quinoa
- 1 stalk green onion
- ½ tbsp. cumin
- Salt & Pepper to taste

Sauce:

- ½ avocado
- Juice of ½ a lime
- Cilantro leaves to taste
- ½ tsp of cayenne
- Salt & pepper to taste
- Water to reach desired consistency

### Directions:

- Bake sweet potato & cook quinoa
- Season quinoa with cumin, salt & pepper
- Stuff sweet potato with ¼ cup quinoa

Sauce:

- Blend ½ avocado, juice of ½ lime, cilantro, salt & pepper, cayenne. Add water to get a sauce consistency.
- Drizzle over stuff baked sweet potato.

## \*Fresh Avocado Soup (385 calories)

### Ingredients:

- ½ cup of almond milk
- 2 green onions, chopped
- 1 large avocado, peeled, pitted, and cut into chunks
- Juice ¼ of lime
- ½ large cucumber, peeled and chopped
- Fresh cilantro chopped (to taste)
- Fresh cracked pepper
- Pinch of cayenne (optional)

### Directions:

- Place all the ingredients except the pepper in a food processor or blender, and puree until the mixture is well blended, with a very smooth consistency. Add the pepper and adjust seasonings. You can also add a pinch of cayenne if you want more of a kick to the soup.
- Chill before serving or heat gently and serve warm

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### \*Chickpea Salad (572 calories)

#### Ingredients:

- 1 ½ cups chickpeas
- 1 clove of garlic minced
- 1 Tbsp. dried dill weed
- 1 lemon juiced
- 1 Tbsp. olive oil
- Salt & pepper to taste

#### Directions:

- Mix all ingredients well in a bowl and enjoy
- Refrigerates well.

### Curried Chickpea Salad

(663 calories with sauce, without 463)

#### Ingredients:

Main: (Make's 1 serving)

- 1 1/2 cups of chickpeas
- 1 tsp cumin
- 1 tsp coriander
- 1 tsp turmeric
- 1 tsp ginger
- 1 tsp hot paprika
- 1 cup leafy greens

Sauce: (Make's 5, 2 oz. servings)

- 1 cup cashews
- Juice of half a lemon
- 2 garlic cloves
- Water to reach desired consistency

#### Directions:

- Mix chickpeas with spices,
- Add leafy greens to eating dish and pour seasoned chickpeas over top
- Blend sauce ingredients adding water to reach desired consistency, drizzle 2 oz. over your dish.

### \*Quick & Easy Guacamole (329 calories)

#### Ingredients:

- 1 avocados - peeled, pitted, and diced
- 1 green onions, chopped
- 1 1/2 teaspoon chopped fresh cilantro
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon garlic, minced
- 1/4 lime, juiced

#### Directions:

- Combine avocado, green onion, cilantro, black pepper, garlic, and lime juice in a bowl; mash with a spoon or potato masher until mostly smooth with small chunks.



## Pad Thai Bowl (584 calories) *Cleanse/detox friendly*

### Ingredients:

Main: (makes 1 serving)

- 1 cup Bok Choy
- ½ cup brown rice noodles
- ½ cup tofu
- ½ cup spiralized carrots
- Green onions as garnish

Sauce: (makes 5-6, 2 oz. servings)

- ¼ cup almonds
- ½ cup tahini
- ¼ cup tamari
- ¼ lime juice
- 1.5 tsp turmeric
- 1.5 tsp. coriander
- 1 tbsp. ginger
- 1 basil leaf
- ½ tsp cayenne
- 1 clove of garlic
- lemon grass to taste
- water to reach desired consistency

### Directions:

- Cook rice noodles & tofu
- Add all main ingredients to bowl
- Blend sauce ingredients in a high-powered blender adding water to reach desired consistency, top your bowl with 2 oz. of the sauce



## \*Colourful Bowl (439 calories) *Detox/Cleanse friendly*

### Ingredients

Main (makes 1 serving)

- 1 cup spiralized carrots
- 1 cup spiralized beets
- ½ cup quinoa
- ½ cup cubed cucumber
- ¼ cup shelled edamame

Dressing (makes 3 - 2oz. servings)

- 6 tbsp. tahini
- 1-inch chunk of ginger
- 1 garlic clove
- Lime zest to taste/or 1 tsp lime juice
- Water to desired consistency

### Directions:

- Cook quinoa
- Add all main ingredients to a bowl
- Add all dressing ingredients to a high-powered blender, blend and add water to reach desired consistency  
Top your bowl with 2oz of the dressing



## Mediterranean bowl (368 calories)

### Ingredients:

Main: (serves 1)

- 1 cup leafy greens
- ½ cup quinoa
- ½ cup bell peppers
- ½ cup tomatoes
- ¼ cup olives
- 1 cup spiralized zucchini

Dressing: (makes 5, 2 oz. servings)

- 1 cup walnuts
- 1 cup spinach
- ¼ cup nutritional yeast
- 1 clove garlic
- ¼ cup lemon
- Oregano to taste
- Basil leaves to taste
- Water to desired consistency

### Directions:

- Cook quinoa
- Add all main ingredients to a bowl
- Blend all dressing into a high-powered blender and add water till you reach desired consistency
- Top bowl with 2 oz. of dressing.



\* Nut free