



## 7 Day Simplifying Detox

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The recipes in the *7 day Simplifying Detox* are easy and fast to prepare and most of them can be done in about 30 minutes. They are delicious making you feel light and refreshed and leaving you feeling satisfied. All of the recipes are free of dairy, gluten and meat. Fish and eggs are used. The recipes are designed so that you can use the same ingredients in several meals which makes cooking and shopping easier and minimises any waste. For example it is a good idea to cook a good portion of quinoa in the beginning of the week because it will be used in several recipes throughout the week. Use as much organic ingredients as possible.

During the detox steer clear of all sugar, gluten and dairy. Sauerkraut is a good addition to meals, so feel free to eat it as much as you please. If you feel hungry between meals you can slice up some of your favorite fruit or feast on some rice cakes and avocado spread.

# Monday

## BREAKFAST

### *Blueberry Smoothie*

2 dl blueberries  
1 banana  
 $\frac{1}{2}$  avocado  
1 tbsp chia seeds  
1 tbsp crushed flax  
1 tbsp lecithin  
3 dl oat milk or water

Put all the ingredients in a blender and blend until smooth.



## LUNCH

### *Cauliflower salad & lemon whitefish*

#### *Cauliflower salad*

$\frac{1}{2}$  small cauliflower  
 $\frac{1}{2}$  a bundle of fresh parsley  
 $\frac{1}{2}$  a bundle of fresh mint  
 $\frac{1}{2}$  juice of a lemon  
1 tsp honey  
2 tbsp olive oil  
Dash of sea salt and black pepper

Chop up the cauliflower and fresh herbs and mix them in a bowl. Pour the olive oil on top, squeeze in half a lemon and add the honey, salt and pepper. Mix well. The taste of the salad will get better if you let it marinate for a couple of hours or even over night.

#### *Lemon Whitefish*

200g fillet of whitefish  
 $\frac{1}{2}$  tbsp olive oil  
1 tbsp lemon juice  
Sea salt  
Black pepper  
3 slices of lemon

Preheat the oven to 175 celsius. Mix the oil, salt, pepper and lemon juice in a small bowl and brush the whitefish with the marinade. Place 3 slices of lemon on top of the fillet. Cook in the oven for 10-15 min and serve with the cauliflower salad.



## SNACK

### *Rice cakes and avocado spread (Recipe after Sunday's menu)* *Sauerkraut*

## DINNER

### *Quinoa salad*

1 dl quinoa  
 $\frac{1}{2}$  a bunch of parsley  
 $\frac{1}{2}$  a bunch of mint  
4 cherry tomatoes  
5 cm of cucumber  
 $\frac{1}{2}$  avocado  
A small handful of walnuts  
Worlds best salad dressing

Thoroughly rinse and cook the quinoa. Chop up the fresh herbs and other ingredients. Mix all the ingredients in a bowl with a splash of the world best salad dressing.

# Tuesday



## BREAKFAST

### *Broccoli and cherry tomato omelet*

A couple of small broccoli flowers  
4 cherry tomatoes  
2 eggs  
2 tbsp of oat milk  
Dash of cardamom  
Dash of sea salt & black pepper  
Olive oil for cooking

Chop up the broccoli flowers and the tomatoes. Cook the broccoli flowers for a couple of minutes in oil. Set them aside to wait. In another bowl mix the eggs, oat milk, salt, pepper and cardamom. Pour it onto the hot saucepan and place the broccoli flowers and tomatoes on top. Cook on medium heat until the omelet looks firm and then flip it onto your plate.

## LUNCH

### *Beets, fennel, apple and lentil soup Sauerkraut*

2 tbsp olive oil  
1 onion  
2 cloves of garlic  
1 fennel  
3 medium beets  
2 apples  
2 dl green lentils  
1 l vegetable broth  
High quality sea salt and black pepper

Chop the onion, garlic and fennel. Sauté them in olive oil for about 5 minutes. Add the chopped beets, peeled and chopped apples and the thoroughly rinsed lentils and vegetable broth. Boil for about a half an hour or until the beets are soft. Add salt and pepper. Slowly pour the soup into the blender and blend until smooth. Garnish with parsley and serve.

## SNACK

### *Blueberry Smoothie (recipe on Monday's menu) Sauerkraut*

## DINNER

### *Quinoa, rocket, walnuts and porcini*

1 dl quinoa  
Small handful of arugula  
Small handful of parsley  
A couple of walnuts  
1 dl porcini or other mushrooms  
1 clove of garlic  
A splash of olive oil  
Sea salt and black pepper

Thoroughly rinse and cook the quinoa. Sauté the porcini and finely chopped garlic in olive oil for about 10 minutes, add a dash of salt and pepper. Make a bed of quinoa, sprinkle the arugula and chopped parsley on top. Add the sautéed porcini and a couple of walnuts.

# Wednesday



## BREAKFAST

*Coconut yogurt, blueberries, banana and walnuts (coconut yogurt recipe after Sunday's menu)*

Pour a couple of dl of coconut yogurt in a small bowl. Top with blueberries, sliced banana, walnuts and some honey.

## LUNCH

*Beets, fennel, apple and lentil soup (recipe on Tuesday's menu)*  
*Sauerkraut*

## SNACK

*Carrot, apple, ginger juice*

3 medium carrots  
2 small or one large apple  
2 cm of ginger

Peel and chop up the carrots, ginger and apple and juice.

## DINNER

*Roasted butternut squash with salad and a poached egg*

Half of a butternut squash  
2 tbsp olive oil  
2 tsp honey  
Sea salt and black pepper

Chop the butternut squash into squares and place in a bowl. Mix with the marinade ingredients and spread the pieces on an oven sheet. Cook in 175 celsius for 15 minutes or until the butternut squash is soft.

*The salad:*

1 egg  
Small handful of baby spinach  
2 leaves of oak leaf lettuce  
Small handful of walnuts  
Worlds best salad dressing

Sprinkle the plate with the baby spinach and the salad, add on the roasted butternut squares and on top place the poached egg. Feel free to add a couple of spoons of quinoa to the salad.

The poached egg : Bring water to a boil in a fairly deep pot. Add a splash of vinegar. Break the egg into a coffee cup so that the yolk doesn't break. When the water is boiling reduce the heat to medium. Stir a whirlpool into the water and gently pour the egg into the swirl. After 2 minutes lift the egg out with a slotted spoon.



# Thursday

## BREAKFAST

### *Coconut smoothie*

3dl coconut yogurt  
1 banana  
2 dl berries (blueberries, raspberries or black currants)  
1 tbsp chia seeds  
3 dl water or oat milk

Blend all ingredients smooth in a blender.



## LUNCH

### *Ginger salmon with salad Sauerkraut*

150 g fillet of salmon  
1 tbsp olive oil  
1 cm ginger  
Juice of  $\frac{1}{2}$  lime  
1 tbsp rice wine vinegar  
Sea salt and black pepper

Preheat the oven to 175 celsius. Peel and grate the ginger. Mix together all the ingredients of the marinade and brush the salmon with the marinade. Cook for 15-20 minutes.

A couple of leaves of oak leaf salad  
A small handful of baby spinach  
A small handful of arugula  
 $\frac{1}{2}$  avocado  
Cucumber  
Worlds best salad dressing

Spread the leafs of oak leaf salad, baby spinach and arugula on your plate. Slice the avocado and cucumber on the salad and top with the salmon fillet.



## SNACK

### *Cucumber-celery-lime juice*

Half a cucumber  
2 stocks of celery  
Juice of 1 lime

Juice all and serve.



## DINNER

### *Butternut squash and lentil soup*

1 butternut squash  
1 dl red lentils  
1 l vegetable broth  
1 tsp cardamon  
1 tsp cinnamon  
1 tsp powdered ginger  
 $\frac{1}{2}$  tsp sea salt  
Dash of powdered chili  
Black pepper

Peel the butternut squash with a cheese slicer and halve it. Scoop out the seeds. You can save the seeds and dry roast them on a saucepan and sprinkle on top of the soup. Slice the butternut squash. Thoroughly rinse the lentils. Boil the butternut squash and lentils in the vegetable broth. Add spices. Occasionally stirring let the soup boil until the butternut squash and lentils are soft. Slowly pour the soup into the blender and blend until smooth. Check for taste and serve with fresh cilantro.

# Friday



## BREAKFAST

### *Chanterelle and spinach omelet*

1 dl chanterelles or other mushrooms  
A large handful of baby spinach  
2 eggs  
2 tbsp oat milk  
Sea salt and black pepper  
Olive oil for cooking

Fry the chanterelles on a dry saucepan until all the moisture has cooked out of them and set aside to wait. Break the eggs into another bowl, add the oat milk, salt and pepper. Pour the mixture onto the saucepan and lay the chanterelles and spinach on top. Cook on medium heat until the omelet is firm.

## LUNCH

### *Butternut squash and lentil soup (recipe on Thursday's menu) Sauerkraut*

## SNACK

### *Carrot-apple-ginger juice (recipe on Wednesday's menu)*

## DINNER

### *Beets, carrot, avocado and quinoa salad*

1 beet  
 $\frac{1}{2}$  tbsp olive oil  
Rosemary  
Sea salt and black pepper

Preheat the oven to 175 celsius. Peel and slice the beets. Mix the marinade ingredients in a bowl, add in the sliced beets and mix well. Lay the beets on an oven sheet and roast for about 20 minutes or until they are soft.

2 dl cooked quinoa  
1 carrot  
Small handful of baby spinach  
 $\frac{1}{2}$  avocado  
Worlds best salad dressing

Spread the quinoa on the plate. Peel and thinly slice the carrot and add on top of the quinoa. Add the sliced avocado and baby spinach and roasted beets. Top off with some of the worlds best salad dressing.



# Saturday

## BREAKFAST

### *Quinoa porridge with blueberries and banana*

1 dl quinoa  
1,5 dl oat milk  
A dash of cardamom  
 $\frac{1}{2}$  dl blueberries  
 $\frac{1}{2}$  banana  
1 tsp honey

Thoroughly rinse the quinoa and cook in oat milk. Season with cardamom. Serve the porridge with blueberries and sliced banana and a drizzle of honey.



## LUNCH

### *Spicy lentil soup*

2 dl red lentils  
1 l vegetable broth  
 $\frac{1}{2}$  tsp cardamom  
 $\frac{1}{2}$  tsp cinnamon  
 $\frac{1}{2}$  tsp turmeric  
1 tsp cumin  
2 cm ginger  
 $\frac{1}{2}$  tsp sea salt  
Black pepper

Thoroughly rinse the lentils and boil in the vegetable broth. Add all spices and grated ginger. Occasionally stirring boil until the lentils are soft. Slowly pour the soup in the blender and blend until smooth.

## SNACK

### *Rice cakes and avocado spread Carrot-beets-apple-ginger juice*

2 small or one medium beet  
2 carrots  
2 apples  
1 cm ginger

Peel the carrots, ginger, beets and apples. Juice and serve.



## DINNER

### *Beet, sweet pea and avocado salad*

1 beet  
1 clove of garlic  
 $\frac{1}{2}$  tbsp olive oil  
Thyme  
Sea salt and black pepper

Preheat the oven to 175 celsius. Peel and chop the beets and finely chop the garlic. Mix the ingredients of the marinade and pour on top of the beets. Mix well. Lay the beets on an oven sheet and roast for about 20 minutes or until soft.

Small handful of baby spinach  
2 leaves of oak leaf salad  
Small handful of fresh mint  
Small handful of fresh parsley  
1 dl sweet peas  
1 avocado  
1 tbsp olive oil  
1 tbsp lemon juice  
1 tsp honey  
Dash of sea salt

Assemble the salad, baby spinach and chopped herbs on the plate. Add the sweet peas, avocado and roasted beets. Drizzle with olive oil, a squeeze of lemon, top off with honey and sea salt.



# Sunday



## BREAKFAST

### *Quinoa, champignons and spinach*

1 dl quinoa  
3 medium champignons  
1 cm ginger  
1 tbsp olive oil  
1 tbsp tamarind or soy sauce  
1 tsp honey  
Black pepper  
Small handful of baby spinach

Thoroughly rinse and cook the quinoa. Slice the champignons and grate the peeled ginger. Warm the olive oil on a saucepan, add champignons and grated ginger and sauté for a while. Add tamarind sauce and black pepper. Lastly add honey and set the champignons to the side. Lightly sauté the baby spinach. Serve the spinach and champignons on top of quinoa.

## LUNCH

### *Asian coleslaw*

Small piece of red cabbage  
4 cherry tomatoes  
 $\frac{1}{2}$  bunch of fresh cilantro  
 $\frac{1}{2}$  avocado  
Small handful of cashews

Finely chop the red cabbage and squeeze it with your hands to soften. Slice the tomatoes and avocado. Dry roast the cashews with a saucepan. Mix all ingredients in a bowl and prepare the peanut butter sauce.

### *Peanut butter sauce*

$\frac{1}{2}$  dl sesame oil  
2 tsp peanut butter  
1 tbsp fish sauce  
1 tbsp tamarind or soy sauce  
Juice of  $\frac{1}{2}$  lime  
 $\frac{1}{2}$  tsp powdered chili  
1 tsp honey

Mix all ingredients and toss with the salad.

## SNACK

### *Carrot-beet-apple-ginger juice (recipe on Saturday's menu)*

## DINNER

*Continues on the next page.*







## DINNER

### *Kale, pomegranate and walnut salad with roasted sweet potato*

1 small sweet potato  
1 tbsp olive oil  
Sea salt, powdered paprika, powdered chili and black pepper

Preheat the oven to 175 celsius. Peel and slice the sweet potato. Mix the marinade ingredients in a bowl and mix well with the sweet potato. Lay the sweet potato slices on an oven spread and roast for about 20 minutes or until soft. You can make delicious sweet potato fries with this same recipe, just chop the sweet potato into finger thick slices.

1 leaf of kale  
 $\frac{1}{2}$  pomegranate  
Small handful of walnuts  
World best salad dressing

Take out the stem of kale and tear the leaf into small pieces. Squeeze the kale in your hands and spread on the plate. Add the pomegranate seeds, walnuts, roasted sweet potato and top with worlds best salad dressing.



## OTHER RECIPES

### *Worlds best salad dressing*

$\frac{1}{2}$  dl olive oil  
1 tbsp apple cider vinegar  
1 tbsp lemon juice  
2 tsp dijon mustard  
1 tsp honey  
1 tbsp nutritional yeast flakes  
Black pepper

Mix in a bowl

### *Avocado spread*

1 soft avocado  
Juice of  $\frac{1}{2}$  lime  
Dash of cumin  
Dash of sea salt and black pepper

Mash the avocado with a fork, add rest of the ingredients and mix well. Enjoy with rice cakes.

### *Coconut yogurt*

4 dl thick coconut milk  
2 capsules of probiotic powder

Blend the coconut milk in a blender if it is lumpy. Mix in the probiotics. Pour the mixture into a sterile, air tight glass jar and let sit in room temperature for 24-30 hours. Move it into the fridge and let it sit for another 4 hours. The yogurt is ready to serve.