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This menu plan contains the following recipes and the accompanying grocery list:

MAINS

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Lentils with Butternut Squash and Spinach
Pumpkin Pesto Chicken

SIDES

Broccoli Cauliflower Soup (nut-free)
Easy Zucchini Saute
Simply Steamed Green Beans
Garlicky Greens
Berry Crisp

Please note that recipes in this menu plan contain the following ingredients/possible allergens:

Avocado	Green Pea
Basil	Kale
Beef	Lemon
Black or White Pepper	Lentil
Blackberry	Lime
Blueberry	Mint
Broccoli	Onion
Butternut Squash	Oregano
Carrot	Parsley
Cauliflower	Pumpkin seed
Chicken	Salmon
Cinnamon	Spinach
Coconut	Stevia
Cumin	Strawberry
Fish	Sunflower seed
Garlic	Thyme
Ginger	Veggies: Cruciferous
Green Beans	Zucchini



SHEPHERDS PIE WITH MASHED CAULIFLOWER

Servings = 6
1 hour

1-2 heads cauliflower, cut into small florets	1/2 cup frozen peas
3-5 tablespoons coconut oil or butter	1 teaspoon dried thyme
1/2 onion, diced	1/2 teaspoon sea salt
1-2 carrots, diced	1/4 teaspoon black pepper
1 pound ground beef, grass-fed	

Steps:

1. Preheat oven to 400 F. Cut the core and leaves off of the cauliflower. Cut into medium sized florets and steam for about 15 minutes, or until soft.
2. While the cauliflower is cooking, heat 1 Tbsp coconut oil over medium heat in a large cast iron skillet. Sauté onions in skillet until tender over medium heat, about 10 minutes. Add the carrots and cook for another 5-8 minutes until soft.
3. Add ground beef and sauté until no longer pink, breaking it up with a spoon as it cooks. Add salt, pepper and thyme. Add the peas at the end. Stir into mixture.
4. Drain the cauliflower and place florets into a food processor. Add the 2-4 Tbsp. coconut oil or butter, salt and pepper to taste and process until smooth.
5. Place beef and onion mixture in a large 9 x 13 baking dish (you may be able to fit it into a 9 x 9 baking dish). Distribute mashed cauliflower on top.
6. Cook in 400 degree oven until bubbling and brown (about 20-30 minutes). Broil for last few minutes if necessary to brown. (Skip this step if in a hurry.)

TIP: Sometimes I do not have time to bake this once I assemble it so I just serve it as is. It is still tasty (and cooked through) but it just does not have the browned top.

If the cauliflower heads are small, use two.

NUTRITIONAL INFO: Per Serving: 360 Calories; 32g Fat; 14g Protein; 6g Carbohydrate; 2g Dietary Fiber; 64mg Cholesterol; 255mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 5 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Beef, Black or White Pepper, Carrot, Cauliflower, Green Pea, Onion, Thyme



MINT LIME WILD SALMON

Servings = 4

25 min

1 pound salmon fillet, preferably wild
1 tablespoon olive oil
1 lime, squeezed

1/4 cup fresh mint, chopped
1/2 teaspoon sea salt
1/4 teaspoon black pepper

Steps:

1. Preheat oven to 375 F. Rub the olive oil onto a baking pan. Place the fish, skin side down into pan. Drizzle the lime juice over the salmon evenly. Then spread the chopped herbs over it. Sprinkle salt and pepper evenly over the salmon.

2. Bake for 15-25 minutes, depending upon the thickness of the fillet. Fish will be cooked when it flakes away easily with a fork in the thickest part of the fillet.

NUTRITIONAL INFO: Per Serving: 169 Calories; 7g Fat; 23g Protein; 2g Carbohydrate; trace Dietary Fiber; 59mg Cholesterol; 345mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Black or White Pepper, Fish, Lime, Mint, Salmon



CHICKEN AND RICE SOUP (GRAIN-FREE)

Servings = 4
40 min

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|---|--|
| 1/2-1 onion, diced | 1 teaspoon dried thyme |
| 2 cloves garlic, minced | 1 pound cooked chicken breast halves, shredded or diced |
| 5 cups chicken broth, preferably homemade | 1/2-1 heads cauliflower, grated or chopped very finely in a food processor |
| 3-4 carrots, sliced | 1/2 teaspoon sea salt |
| 1 cup celery, sliced | 1/4 teaspoon black pepper |

Steps:

1. To a large soup pot, add the stock, onions, garlic, carrots, thyme and celery. Bring to a boil, reduce to a simmer, and let cook about 10 minutes, or until veggies are just about cooked through.
2. Add the grated cauliflower and shredded chicken to the pot. Let simmer for about 10-13 minutes longer, or until the cauliflower is cooked.
3. If you have raw chicken, add it to the veggies before you add the cauliflower. (You can just add the whole pieces of boneless chicken.)
4. You'll need to cook it a bit longer with the veggies until it's cooked though. Then use a slotted spoon to take it out before you add the cauliflower rice. Let the chicken cool, then shred with your fingers. Or simply chop it up with a knife and add back into the soup. Add salt and pepper to taste. Enjoy!

NUTRITIONAL INFO: Per Serving: 267 Calories; 15g Fat; 22g Protein; 11g Carbohydrate; 3g Dietary Fiber; 75mg Cholesterol; 1306mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Carrot, Cauliflower, Chicken, Garlic, Onion

LENTILS WITH BUTTERNUT SQUASH AND SPINACH

Servings = 4
30 min

1 tablespoon coconut oil	2 cups butternut squash, peeled and diced in medium chunks
1/2 onion, diced	2 cups cooked lentils
1 tablespoon ginger root, peeled and grated finely	4 cups spinach, coarsely chopped
1 teaspoon ground cumin	1/2 teaspoon sea salt
1 cup vegetable stock	

Steps:

1. Sauté onion in coconut oil over medium heat until translucent.
2. Add ginger and cumin and cook a couple more minutes.
3. Add stock and butternut squash. Cover, and cook until tender, about 10-15 minutes.
4. Add lentils and spinach, and cook until spinach is wilted. Salt to taste

TIP: Make your lentils ahead of time so that this meal is quick and easy. It is also good to soak your lentils overnight before cooking. Store in 2 cup containers in the freezer for when you need them.

NUTRITIONAL INFO: Per Serving: 442 Calories; 5g Fat; 30g Protein; 73g Carbohydrate; 32g Dietary Fiber; 1mg Cholesterol; 710mg Sodium. Exchanges: 4 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Butternut Squash, Cumin, Ginger, Lentil, Onion, Spinach

PUMPKIN PESTO CHICKEN

Servings = 4

25 min

This recipe was adapted from the Presto Pesto with Pumpkin Seed recipe on bodyecology.com.

1 tablespoon coconut oil	2 tablespoons fresh parsley
1 1/3 pounds chicken breast, cut into 1 inch pieces	1 tablespoon olive oil
1 clove garlic, minced	1 1/2 cups raw pumpkin seeds, soaked for 1-6 hours
1 cup fresh basil, stems removed	1/2 teaspoon sea salt, to taste

Steps:

1. Heat oil in a skillet over medium heat and sauté chicken for about 5-10 minutes, stirring frequently. Turn off heat, but leave on the burner to stay warm once the chicken is no longer pink.
2. Meanwhile, add basil and parsley leaves to food processor and chop. Add garlic, pumpkin seeds, salt, and pulse. Add olive oil until you have a nice paste consistency.
3. Add pesto to chicken and stir. Enjoy!

NUTRITIONAL INFO: Per Serving: 372 Calories; 22g Fat; 29g Protein; 13g Carbohydrate; 3g Dietary Fiber; 76mg Cholesterol; 315mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 0 Vegetable; 2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Basil, Chicken, Garlic, Parsley, Pumpkin seed



BROCCOLI CAULIFLOWER SOUP (NUT-FREE)

Servings = 4
25 min

The bone marrow called for in this recipe is very healing to the gut. If you are making beef broth you can use the marrow from the beef bones.

1 onion, diced	bone marrow from 2 beef bones (optional)
2 cloves garlic, minced	1/2 teaspoon sea salt
1/2 head cauliflower, chopped	1/4 teaspoon black pepper
2 small heads broccoli, chopped	1 tablespoon dried parsley, or 2-3 Tbsp. freshly chopped
4-5 cups veggie, chicken or beef broth	1 avocado, to garnish (optional)

Steps:

1. In a large soup pot, combine the stock, onions, garlic, cauliflower, broccoli and bone marrow. Bring to a boil, reduce heat to a simmer, and let cook for 15 minutes, or until the veggies are cooked through.
2. Add the salt, pepper and parsley. Using a hand blender or regular blender, puree the soup until very smooth. Taste, add any additional seasonings to taste. Serve with a bit of avocado as a garnish.

TIP: The bone broth in this recipe is very healing for the gut.

NUTRITIONAL INFO: Per Serving: 175 Calories; 1g Fat; 23g Protein; 24g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 1953mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 3 1/2 Vegetable; 0 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Avocado, Broccoli, Cauliflower, Garlic, Onion, Veggies: Cruciferous



EASY ZUCCHINI SAUTE

Servings = 4

15 min

2-3 zucchinis, sliced

1-2 tablespoons coconut oil or olive oil

1-2 teaspoons dried oregano

1/2 teaspoon sea salt, to taste

1/2 teaspoon black pepper

Steps:

1. Cut the ends off the zucchinis and then cut lengthwise into fourths. Then slice the zucchini pieces.
2. Heat oil in a large skillet to medium heat. Add the zucchini, herbs, salt and pepper. Stir frequently until zucchini is soft, about 10 or so minutes. Take care not to overcook.

NUTRITIONAL INFO: Per Serving: 33 Calories; 3g Fat; trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 533mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Black or White Pepper, Oregano, Zucchini



SIMPLY STEAMED GREEN BEANS

Servings = 4

25 min

1 pound green beans
1 tablespoon coconut oil

1/4 teaspoon sea salt

Steps:

1. Remove ends from green beans and wash. Steam for 8-12 minutes or until soft. Remove from heat, drain, then add coconut oil and salt. Add any additional herbs to your liking.

NUTRITIONAL INFO: Per Serving: 60 Calories; 4g Fat; 2g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 139mg Sodium. Exchanges: 1 1/2 Vegetable; 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Green Beans



GARLICKY GREENS

Servings = 4

25 min

2 tablespoons coconut oil

1/2 onion, diced

4-6 cloves garlic, minced or chopped fine

2 bunches kale, washed, stemmed removed and chopped

1/4 teaspoon garlic powder

1/2-1 lemon, squeezed, or 1-2 tsp apple cider vinegar (optional)

1/2 teaspoon sea salt

Steps:

1. It is best to use a large saute pan that you can cover with a lid. Over medium heat, cook the onion in the coconut oil for about 5 minutes. Add the garlic and saute for another minute or so.

2. Add the chopped kale, garlic powder, lemon juice and stir well. Cover and let the greens cook for about 5 minutes or until they start to wilt. Uncover and stir, lowering heat to medium-low. Add a bit more oil to prevent the greens from burning or sticking to the pan. Stir. Cover and let cook another 10-15 minutes, or until greens are thoroughly cooked. Stir occasionally and add salt and pepper to taste.

NUTRITIONAL INFO: Per Serving: 87 Calories; 7g Fat; 2g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 282mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 1 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Garlic, Kale, Lemon, Onion

BERRY CRISP

Servings = 8

50 min

Only fruit and stevia sweetened, this crisp will satisfy your sweet tooth when you are on a limited diet.

1/4 cup sunflower butter, unsweetened	1/2 cup raw pumpkin seeds, soaked and dehydrated
1/4 cup sunflower seed flour	1 pinch sea salt
1/4 cup coconut flour	1/2 teaspoon green leaf stevia powder
1 teaspoon cinnamon	12 ounces fresh or frozen berries, such as strawberries, blueberries and/or blackberries
1/2 cup raw sunflower seeds, soaked and dehydrated	

Steps:

1. First make the sunflower seed flour if you do not have any on hand. Grind soaked and dehydrated sunflower seeds in a coffee grinder until they are as fine as flour.
2. Preheat the oven to 350 F. To a food processor, add the sunflower seed flour, sunflower butter, salt, stevia, cinnamon and coconut flour. Process until it combines and becomes a sticky mass.
3. Add the whole sunflower seeds and pumpkin seeds and process until the seeds are coarsely chopped. It should be crumbly and not sticky. If it is too wet, add more seeds and process a bit longer.
4. Place the berries evenly on the bottom of an 8 x 8 Pyrex dish. Pour the crisp topping on top of the berries and spread until evenly distributed.
5. Bake for about 30 minutes. Let cool and enjoy.

NUTRITIONAL INFO: Per Serving: 194 Calories; 13g Fat; 7g Protein; 14g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 38mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Blackberry, Blueberry, Cinnamon, Coconut, Pumpkin seed, Stevia, Strawberry, Sunflower seed

GROCERY LIST

PRODUCE: VEGGIES

1 avocado
2 bunches kale
2-3 zucchinis
2-3 1/2 heads cauliflower
3-3 1/2 onions
9-11 cloves garlic
4-6 carrots
1 cup celery
1 tablespoon ginger root
2 cups butternut squash
4 cups spinach
1 pound green beans
2 small heads broccoli

PRODUCE: FRUITS

1/2-1 lemon
1 lime

FRESH HERBS

2 tablespoons fresh parsley
1/4 cup fresh mint
1 cup fresh basil

MEAT AND FISH

1 pound cooked chicken breast halves
bone marrow from 2 beef bones
1 1/3 pounds chicken breast
1 pound salmon fillet
1 pound ground beef

REFRIGERATED/FROZEN SECTION

1/2 cup frozen peas
12 ounces fresh or frozen berries

DRY GOODS

1 cup vegetable stock
4-5 cups veggie, chicken or beef broth
5 cups chicken broth

GRAIN, PASTA, BEANS

2 cups cooked brown lentils

OILS, VINEGARS AND CONDIMENTS

2 tablespoons olive oil
5 tablespoons coconut oil
1-2 tablespoons coconut oil or olive oil
3-5 tablespoons coconut oil or butter

NUTS AND DRIED FRUIT

2 cups raw pumpkin seeds

1/4 cup sunflower butter
1/4 cup sunflower seed flour
1/2 cup raw sunflower seeds

BAKING

1/4 cup coconut flour
1/2 teaspoon green leaf stevia powder

SPICES AND DRIED HERBS

2 teaspoons dried thyme
4 1/4 teaspoons + 1 pinch sea salt
1 1/2 teaspoons black pepper
1 teaspoon ground cumin
1 tablespoon dried parsley
1/4 teaspoon garlic powder
1-2 teaspoons dried oregano
1 teaspoon cinnamon

These ingredients will prepare the following recipes

Shepherds Pie with Mashed Cauliflower
Mint Lime Wild Salmon
Chicken and Rice Soup (Grain-Free)
Lentils with Butternut Squash and Spinach
Pumpkin Pesto Chicken
Broccoli Cauliflower Soup (nut-free)
Easy Zucchini Saute
Simply Steamed Green Beans
Garlicky Greens
Berry Crisp