

# Spring

## detox guide

*recipes for a gentle 3-day cleanse*



# Spring Detox Guide

## 3-Day Plan to Boost Your Health this Spring

Spring is the season of renewal, which makes this time of year perfect for a gentle detox that will reset your body and mind while priming you for beach season.

Detoxifying through your diet doesn't have to mean fasting, and if done periodically, is one of the best ways to maintain lasting health and wellness.

Here are 3 reasons to do a gentle detox cleanse this spring:

- Transition your body from heavy winter foods to seasonal, lighter spring foods
- Boost your mood, energy, and productivity by reducing inflammation
- Shed excess weight and eliminate toxins to feel light and fresh this summer

What follows is a 3-day gentle detox plan, filled with delicious, seasonal recipes that will aid your body in getting rid of toxins naturally.

While you don't have to follow the recipes exactly, just make sure to keep these guidelines in mind:

### **Foods to include:**

- Whole, unprocessed foods
- Vegetables
- Fruit
- Seeds
- Fresh pressed juices
- All fruit smoothies

### **Foods to eliminate:**

- Processed foods (anything that comes in a package)
- Wheat
- Dairy
- Meat (including poultry & fish)
- Alcohol
- Caffeine (including tea and chocolate)

**PLAN AHEAD TO MAKE SHOPPING EASY!**

## Shopping List

### Fruit

- 1 honey dew
- 1 peach
- 1 jar of pitted cherries  
(in water)
- 1 lime
- 2 green apples
- 2 avocados
- 3 tomatoes
- 3 cucumbers
- 4 lemons

### Vegetables

- 1 head of romaine lettuce
- 1 zucchini
- 1 small fennel bulb
- 1 red onion
- 1 yellow onion
- 1 bunch of scallions
- 2 bunches of kale
- 2 heads of broccoli
- 2 bunches of asparagus
- 7 celery stalks
- Bag of frozen green peas

### Herbs & Spices

- Ginger (small piece)
- 1 bunch basil
- 2 bunches parsley
- 6 garlic cloves

### Dry Goods

- 1 box of quinoa
- Sliced almonds/Marcona  
almonds
- Sunflower seeds
- Walnuts

### Pantry

- Extra virgin olive oil
- Unrefined coconut oil
- Himalayan pink salt
- Cayenne pepper
- Black pepper
- Apple cider vinegar
- Flax seed
- Sweet brown rice miso
- Raw honey
- Dried cranberries  
(no sugar added)

**Do you want to make healthier food and lifestyle choices?  
Learn more about [Integrative Nutrition](#).**

## SPRING DETOX DAY 1: BREAKFAST

# Skin Glow Smoothie

inspired by [The Bombshell Blueprint](#)

### Ingredients:

¼ cup water  
2 cups chopped honeydew  
2 cups chopped cucumber  
Juice from one lime  
4–5 basil leaves

### Directions:

1. Put all ingredients in a Vitamix or high speed blender and process (start low, and gradually increase intensity) for about 30–60 seconds.
2. Pour, serve, and enjoy!



**Tip:** Start each day with warm lemon water. It cleanses the blood, liver, and kidneys, and activates our digestive system for maximum efficiency throughout the day.

#### Honey Dew

High in potassium and vitamin C, this juicy fruit is full of water to keep you hydrated.

#### Lime

A great source of limonins, which activate enzymes that detoxify cancer-causing chemicals and free radicals in the body.

#### Basil

This fragrant green herb is high in vitamin K, and has powerful anti-inflammatory effects.

## SPRING DETOX DAY 1: LUNCH

# Spring Greens Salad

inspired by [Path to Wellness](#)



### Ingredients:

- 1 head of broccoli, chopped
- 2 stalks of celery
- ½ cucumber
- ½ green apple
- 1 small fennel bulb
- 4–5 sprigs of parsley
- Extra virgin olive oil, to taste
- Himalayan pink salt, to taste

### Directions:

1. Lightly steam the broccoli.
2. Meanwhile, chop the celery, cucumber, apple, fennel, and parsley. Place these ingredients in a salad bowl.
3. Add the broccoli.
4. Season to taste with extra virgin olive oil and Himalayan pink salt.

**Tip:** Your external environment is a reflection of your internal environment so take the time to do some spring cleaning to rid any clutter in your home or workspace.

#### Broccoli

A strong detoxifier, broccoli neutralizes and eliminates toxins while also delivering a healthy dose of vitamins.

#### Fennel

This green veggie contains heart-friendly potassium to help reduce blood pressure, and anethola, which has anti-bacterial properties.

#### Apple

An antioxidant-rich fruit that helps reduce inflammation and is linked to heart and lung health. Plus, it's packed with fiber.

For more healthy recipes and wellness news, check out the [Integrative Nutrition blog](#).

## SPRING DETOX DAY 1: DINNER

# Green Monster Stir-Fry

inspired by [Healthy Crush](#)



**Tip:** Cook once, eat twice! A dish like this makes perfect leftovers to be used later in the week for dinner, or brought to work for lunch.

### Ingredients:

- 1–2 tbsp. coconut oil
- 1 clove garlic
- ½ yellow onion
- 1 cup broccoli florets
- 1 handful of kale, chopped
- ¼ avocado, chopped
- Dash of cayenne pepper
- Black pepper, to taste
- Himalayan pink salt, to taste
- ½ lemon

### Directions:

1. Heat a pan to medium heat, and then add coconut oil.
2. Once oil is hot, add garlic, onion, broccoli, and kale to pan. Cook on medium-low heat for about 10 minutes, until greens turn bright and kale is wilted.
3. Add in cayenne and black pepper and stir.
4. Remove from heat, transfer to serving bowl, add chopped avocado, salt, and fresh squeezed lemon juice. Stir lightly.
5. Serve and enjoy!

#### Kale

One of the most nutrient dense and antioxidant rich foods, kale is a powerful blood and cell detoxifier.

#### Lemon

Packed with vitamin C, lemons also have a mild diuretic effect, helping you shed the pounds just in time for summer.

#### Yellow Onion

Provides anti-inflammatory benefits, protects cells from oxidative stress, and helps lower risk of certain cancers.

## SPRING DETOX DAY 2: BREAKFAST

# Cherry Quinoa

inspired by [Soul Food Living](#)

### Quinoa

A perfect protein, this whole grain contains all 9 essential amino acids and twice as much fiber as most other grains.

### Flax Seed

Packed with fiber and omega 3 fatty acids, this tiny seed has been found to reduce the risk of certain types of cancer.

### Cherries

This super fruit is rich in melatonin, an antioxidant that can regulate heart rhythm and sleep cycles, and even boost immunity.

**Tip:** Did you know exercising helps your body detoxify naturally? The increased circulation helps eliminate pollutants faster. So go for a run, ride your bike, or take a dance class to get your heart pumping.



### Ingredients:

- $\frac{3}{4}$  cup quinoa, cooked
- 1 tsp. flax seed, crushed
- 1 peach, sliced
- 5-7 pitted cherries
- 1 tbsp. sliced almonds
- 1 tsp. raw honey

### Directions:

1. Put quinoa and flaxseed in a bowl and mix until combined.
2. Top the mixture with peaches, cherries, and almonds.
3. Drizzle on honey and serve.

Do you want to make healthier food and lifestyle choices?  
Learn more about [Integrative Nutrition](#).

## SPRING DETOX DAY 2: LUNCH

# Massaged Kale Salad

inspired by [Lemon Stripes](#)



**Tip:** Get your skin (the body's largest organ) glowing by exfoliating gently every day. This will accelerate skin renewal, help keep pores unclogged, and leave your skin feeling fresh.

### Ingredients:

- 1 bunch kale, stems removed
- 1 tsp. Himalayan pink salt
- ¼ cup sunflower seeds
- ¼ cup red onion, chopped
- ⅓ cup dried cranberries
- ½ green apple, chopped
- ¼ cup extra virgin olive oil
- 2 tbsp. apple cider vinegar

### Directions:

1. Wash and dry kale.
2. Stack leaves, roll up and cut into thin ribbons.
3. Put kale in a large bowl and cover with salt.
4. Massage salt into leaves with your hands for about 2 minutes or until it looks wet and broken down.
5. Transfer kale to a fresh bowl and discard any leftover liquid.
6. Mix in onion, cranberries, apple and sunflower seeds.
7. Dress with oil and vinegar and toss.
8. Enjoy!

#### Red Onion

Considered a low-glycemic food, the red onion helps regulate blood sugar and insulin levels, which causes the body to store less fat.

#### Apple Cider Vinegar

Helps remove toxins, improves regularity, and exhibits anti-viral, anti-bacterial, and anti-fungal properties.

#### Sunflower Seeds

High in selenium, sunflower seeds aid the body's natural detoxification system and help prevent cancer.

## SPRING DETOX DAY 2: DINNER

# Green Pasta

inspired by [Adela Stoullilova](#)



### Ingredients:

- 1 avocado
- 2 garlic cloves
- 4 sprigs fresh basil
- 3 sprigs fresh parsley
- 2 tbsp. extra virgin olive oil
- 1 cup frozen green peas
- 1 zucchini
- Himalayan pink salt, to taste
- Black pepper, to taste
- ½ cup walnuts, chopped

### Directions:

1. Make the pesto by placing avocados, garlic, basil and parsley leaves, and extra virgin olive oil into a food processor. Process until smooth and creamy. Add salt and pepper to taste.
2. Place frozen peas in a bowl filled with hot water and let sit for 1–2 minutes.
3. Use a vegetable peeler or spiralizer to make zucchini pasta.
4. Transfer the pasta into a large bowl, drizzle with extra virgin olive oil, sprinkle with a little salt, and very gently lift and toss the zucchini strands to coat.
5. Place a portion of pasta on a serving plate, and top with avocado pesto and walnuts.

**Tip:** Get your beauty sleep! A good night's rest will boost your metabolism, sharpen attention span, and lower stress levels.

#### Avocado

Packed with fiber and vitamin K, avocado helps to clean out your system and improve bone density.

#### Zucchini

One cup provides 10% of daily fiber! It also aids in digestion, curbing overeating, and maintaining blood sugar.

#### Garlic

As an anti-inflammatory, garlic provides cardiovascular benefits, aids in cancer prevention, and is anti-viral.

For more healthy recipes and wellness news, check out the [Integrative Nutrition blog](#).

## SPRING DETOX DAY 3: BREAKFAST

# Go-To Greenie

inspired by [Nutritional Style](#)

### Ingredients:

- 1 head of romaine lettuce
- 5 celery stalks
- 1 cucumber
- 4 kale leaves
- 1 lemon
- 1 green apple
- 1 piece of fresh ginger

### Directions:

1. Cut ingredients into small cubes.
2. Place into your juicer.
3. Pulse until smooth.
4. Pour into a cup and take a swig!



**Tip:** Local, seasonal vegetables help your body stay in tune with nature. So do your food shopping at a farmer's market as often as possible. Farm fresh produce is often more flavorful, too!

### Cucumber

Made up of 95% water, the nutrient-dense cucumber helps flush out toxins and alkalize the body.

### Celery

This health-promoting veggie speeds liquid elimination while also delivering high amounts of vitamins K and C.

### Ginger

An extremely powerful anti-inflammatory, ginger is also an excellent digestive aid.

## SPRING DETOX DAY 3: LUNCH

# Quinoa Tabbouleh

inspired by [Find Your Organic Soul](#)



### Parsley

Known to neutralize carcinogens, this green herb is high in folic acid, vitamin A, vitamin C and vitamin K.

### Scallions

Also known as green onions, scallions are filled with iron, calcium, and Vitamin K, which helps in blood clotting.

### Tomatoes

Packed with anti-oxidants and phytonutrients, tomatoes support both heart and bone health.

### Ingredients:

- 2 cups quinoa, cooked and cooled
- 1 ½ cups fresh tomatoes, chopped
- 1 cucumber, diced
- 8 scallions
- 1 cup fresh parsley, minced
- 2 lemons, juiced
- 1 tsp. Himalayan pink salt
- 3 tbsp. extra virgin olive oil

### Directions:

1. Put quinoa, tomatoes, cucumber, scallions, and parsley in a bowl.
2. Dress with remaining ingredients, mix well, and let sit for 15 minutes to allow the flavors to meld.
3. Serve and enjoy!

**Tip:** Take a few minutes every day to stand up and stretch. This quick exercise gives your muscles and brain an extra shot of blood flow and oxygen for better functioning and increased energy.

**Do you want to make healthier food and lifestyle choices?  
Learn more about [Integrative Nutrition](#).**

## SPRING DETOX DAY 3: DINNER

# Asparagus with Miso Lemon Dressing

inspired by [Terry Walters](#)

### Ingredients:

- 2 bunches asparagus
- ¼ cup water
- 3 garlic cloves, minced
- 2 tbsp. extra virgin olive oil
- 2 tbsp. lemon juice
- 1 tbsp. sweet brown rice miso
- ¼ cup Marcona almonds  
(or whole blanched almonds)



### Directions:

1. To prepare asparagus, cut off and discard woody ends and chop remaining stalks into bite-size pieces.
2. In large skillet or Dutch oven over high heat, bring water to boil. Add asparagus and cook 2 minutes or until bright green and just soft. Remove from heat, drain water and set aside.
3. In small skillet over medium-low heat, sauté garlic in extra virgin olive oil until soft (about 3 minutes). Remove from heat and stir in lemon juice and miso, mixing until miso is dissolved. Pour dressing over asparagus, transfer to serving dish, top with almonds and serve.

**Tip:** Take time to laugh! This simple action releases feel-good endorphins, boosts your immune system, and improves alertness.

#### Asparagus

This spring vegetable provides anti-inflammatory and antioxidant benefits while also supporting the digestive system.

#### Almonds

Rich in vitamin E & manganese, almonds are packed with healthy fats that can help lower cholesterol & support heart health.

#### Extra Virgin Olive Oil

In moderation, it's packed with good fats that can lower levels of bad cholesterol and reduce high blood pressure.

Want to know about how our Health Coach Training Program can change your life?

Attend an upcoming [info session](#)! Or contact us at: (877) 733-1520

[www.integrativenutrition.com](http://www.integrativenutrition.com)