

A GIFT FOR YOU FROM



# 5 CLEANSE- APPROVED RECIPES





# Baked Cod Salad Topped With Salsa

Cod is the preferred fish for 'fish and chips' dishes that you find at most restaurants. However, it comes breaded in highly inflammatory ingredients, such as enriched flour and vegetable oils, which contain gluten and trans fats and should be avoided.

This recipe calls for baked cod - a delicious white fish that is an excellent source of omega 3 fatty acids and protein to keep you full. We pair it with fiber-rich greens to promote digestion and flush toxins and homemade salsa with antioxidant vitamins that you'll want to put on everything!

## Salad ingredients:

- 1 to 2 cups fresh greens (arugula, baby kale, and spinach work well)
- 3 to 4 ounces of wild cod
- 1 tablespoon olive oil
- Juice from ½ fresh lime or lemon
- Broccoli or alfalfa sprouts

## Salsa ingredients:

- One cup chopped tomato
- ½ cup chopped red onion
- ½ cup drained capers
- ¼ cup fresh cilantro
- ½ tsp cumin
- ⅛ tsp cayenne
- 2 tablespoons lime juice



## Directions:

- Preheat the oven to 375 degrees F.
- Season the cod with olive oil, sea salt, and pepper.
- Bake for 20 minutes or until the fish becomes slightly flakey.
- Meanwhile, prepare the salsa by combining all salsa ingredients in a bowl and gently tossing together.
- Add the fresh greens to a big salad bowl and top with the freshly baked cod.
- Top the fish with the salsa.
- Drizzle one tablespoon of olive and the juice of one-half of a lemon or lime over the salad and enjoy!



# BBQ Chicken and Sauteed Garlic Greens

We bet you didn't think you could eat BBQ chicken on a cleanse, right? Well, you can as long as you choose the right ingredients to prepare it with!

This recipe calls for garlic greens topped with apple cider vinegar, which is a food combination that contains antimicrobial, immune-boosting, and toxin-flushing plant compounds. It's free from refined sugars and inflammatory ingredients, yet bursting with flavor!

## Ingredients:

- 3 to 4 ounces organic antibiotic-free chicken
- 2 cups fresh spinach
- 2 tablespoons olive oil
- 1 clove chopped garlic
- 1 to 2 tablespoons organic and unfiltered apple cider vinegar
- Sea salt and pepper

## Directions:

- Preheat the BBQ grill and season the chicken breast with sea salt and pepper.
- Add olive oil to a stovetop pan and add chopped garlic.
- Cook for about 2 minutes before adding fresh greens.
- Cook until wilted and season with salt and pepper.
- Add the chicken to the grill and cook on both sides until cooked all the way through.
- Plate the greens and top with chicken.
- Drizzle apple cider vinegar over the dish and enjoy!





# Shrimp and Vegetable Pasta

This gluten-free pasta is quite different from traditional pasta. It provides a high concentration of nourishing and healing nutrients from 10 different vegetables that purge toxins from deep within your tissues. The best part is that you can pick the vegetables you want to use!

## Ingredients:

- 12 medium shrimp
- 1 clove chopped garlic
- 1 to 2 tablespoons coconut oil
- 2 to three cups of freshly chopped vegetables  
5 to 10 vegetables of your choice, such as bell peppers, onions, mushrooms, broccoli, tomatoes, green leafy vegetables, cauliflower, radishes, etc.
- 1 cup organic no-sugar added vegetable broth
- ½ cup zucchini noodles
- 1 teaspoon sesame oil



## Directions:

- Sauté fresh tail-on shrimp and chopped garlic in a pan with coconut oil, over moderate heat for about 2 to 3 minutes on each side. Once done, remove from heat and set aside.
- Chop the vegetables (5 to 10 different vegetables of your choice) and add to a stovetop pan with one cup of organic vegetable broth. Cook lightly until the vegetables are soft, about 3 to 4 minutes. Do not overcook.
- Add zucchini noodles to the pan and cook for another 2 to 3 minutes, stirring constantly.
- Return the shrimp back to the pan and allow all foods to cook together for about 2 more minutes.
- Plate the vegetable pasta and shrimp. Drizzle with about a teaspoon of sesame oil. Season with salt and pepper.



# Grilled Buffalo Burger With Roasted Vegetables and Baby Greens Salad



We bet you'll feel full, satisfied AND lean after making this cleansing meal! Buffalo is an excellent source of lean protein. It's paired with roasted cruciferous vegetables, which have been shown to help protect against cancer. This meal will help you sustain a healthy body weight, fight disease, and feel your absolute best!

## Ingredients

- 3-4 ounces Buffalo burger
- 1 large portabella mushroom
- 1 to 2 cups fresh chopped cruciferous vegetable blend (Brussels Sprouts, cauliflower, and broccoli)
- 1 to 2 cups fresh greens
- 1 tablespoon olive oil
- 2 tablespoons fresh squeezed lemon juice

## Directions

- Preheat the grill or oven. Brush the portabella mushroom and buffalo burger with olive oil and season with salt and pepper. Grill or bake until cooked, about 10 to 12 minutes for the burger. The mushroom may only require 3 to 4 minutes. Remove from heat and set aside.
- Chop the cruciferous vegetables, toss with olive oil, sea salt, and black pepper, and bake in the oven for about 20 minutes at 375 degrees F.
- Prepare a greens salad by adding 1 to 2 cups fresh greens to a bowl and drizzle with one tablespoon of olive oil and 2 tablespoons of fresh lemon juice. Serve with the grilled buffalo and mushroom burger and roasted vegetables.





# Grilled Halibut and Beet Salad

Beets have been shown to directly support the body's detoxification process, but most people only eat the beets and not the greens. This recipe incorporates both so that you get the maximum benefits this superfood has to offer!

## Ingredients

- 3 to 4 ounces of halibut
- 1 to 2 tablespoons olive oil
- 3 to 4 medium sized beets with greens
- Sea salt and pepper to taste

## Directions

- Preheat the oven to 375 degrees F. Brush the halibut with olive oil and season with salt and pepper. Bake for 22 minutes or until cooked all the way through.
- Meanwhile, chop the beet greens and saute in a stovetop pan with olive oil and sea salt and pepper until soft, about 4 to 4 minutes. Remove from heat and set aside.
- Steam the beets over a pot of water until soft, about 30 minutes. When cooled, peel and chop the beets and serve with sauteed beet greens and cooked halibut.
- Optional: top with tomato pesto.





## Are You Ready for The Clear™ Cleanse?

If you want to take your cleanse journey to the next level, then consider enrolling in The Clear™ Cleanse 28-Day Program by clicking [here](#).

The Clear™ Cleanse 28-Day Program is a comprehensive program designed to give your body the reset and renewal that it needs.

### The Clear™ Cleanse is your clear solution to...

- weight loss
- releasing physical toxins
- liver detoxification
- rebooting your body
- crowding out unhealthy habits
- sustainable tools and practices
- creating new, positive habits
- getting grounded and creating space in your schedule

The program guides you through a:

- 7-day pre-cleanse period, where we start preparing your body + mind for the detoxification process by making gentle changes to your daily food habits;
- 14-day cleanse and detoxification period, where the guided focus is on eating healthy, whole foods, drinking delicious SOLFUEL® Greens shakes, taking our supplements, and drinking plenty of water; and
- 7-day post-cleanse period, where we set you up for success for the long-term.

The focus is on your health, your success, and equipping you to stay the course as you move forward.

**Bonus offer:** Take 10% off your purchase by entering the discount code "RECIPEFREEBIE" at checkout.