



# Detoxification Support Recipes

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Support your body's natural detoxification pathways with this collection of nutrient dense, high fiber recipes designed to nourish your system at the cellular level. Featuring various cruciferous vegetables, these meals are crafted to help support healthy liver function and optimal detox pathways, especially for individuals with genetic variants that may influence detoxification capacity. Simple, flavorful, and functional nutrition to help your body do what it was designed to do!



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# Turkey, Kale & White Bean Soup

4 SERVINGS 25 MINUTES



## INGREDIENTS

2 **tbps** Extra Virgin Olive Oil  
2 Carrot (large, diced)  
3 stalks Celery (diced)  
1 Yellow Onion (large, diced)  
1 **lb** Extra Lean Ground Turkey  
2 **tbps** Italian Seasoning  
1 **1/3 quarts** Bone Broth  
3 **cups** Diced Tomatoes (from the can, with juices)  
1 **cup** White Navy Beans (rinsed and drained)  
4 **cups** Baby Kale

## DIRECTIONS

- 01 Heat the oil in a large pot over medium-high heat. Sauté the carrots, celery, and onion for five minutes, stirring often.
- 02 Add the turkey, breaking it up as it cooks. Cook for five more minutes.
- 03 Add the Italian seasoning and cook for one more minute. Add the broth, tomatoes, and beans and bring to a boil. Reduce the heat to low and simmer for 10 minutes. Add the kale and stir until wilted, about two minutes.
- 04 Divide evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days or freeze for up to three months.

### SERVING SIZE

One serving is equal to approximately two cups.

### MAKE IT VEGAN

Use plant-based protein in place of ground turkey. Use vegetable broth instead of bone broth.

### MORE FLAVOR

Season with salt and black pepper, garlic, red chili flakes, and/or fresh basil.

### ADDITIONAL TOPPINGS

Fresh basil and green onions.



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# Butternut Squash, Sage & Kale Frittata

2 SERVINGS 25 MINUTES



## INGREDIENTS

- 1 tsp Extra Virgin Olive Oil
- 1 1/2 cups Butternut Squash (seeds removed, cubed)
- 1 cup Kale Leaves (chopped)
- 1 Garlic (clove, minced)
- 1 1/2 tsps Fresh Sage (chopped)
- Sea Salt & Black Pepper (to taste)
- 4 Egg (whisked)

## DIRECTIONS

- 01 Preheat the oven to 400°F (205°C).
- 02 Heat the oil in an oven-safe pan over medium heat. Add the butternut squash and sauté for about five minutes.
- 03 Add the kale, garlic, sage, salt, and pepper. Sauté for another minute and add the whisked egg into the pan.
- 04 Transfer the pan into the oven and bake for 12 to 15 minutes or until cooked through. Slice and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

A 7-inch (18 cm) round pan was used to make two servings. One serving is roughly half of the frittata.

### MORE FLAVOR

Add mushrooms and goat cheese.

# Spicy Chicken Collard Wraps

4 SERVINGS 30 MINUTES



## INGREDIENTS

4 cups Collard Greens (washed)  
8 ozs Chicken Breast, Cooked (diced)  
1 tbsp Tamari  
2 tbsps Apple Cider Vinegar (divided)  
2 Garlic (cloves, minced and divided)  
1 Lime (juiced and divided)  
1 tbsp Red Pepper Flakes (divided)  
1 tbsp Ginger (peeled, grated and divided)  
1/2 cup Mushrooms (diced)  
1/2 Yellow Onion (finely diced)  
1 cup Baby Spinach (chopped)  
1 Carrot (grated)  
1/4 cup Basil Leaves (chopped)  
2 tbsps Extra Virgin Olive Oil (divided)  
1 tbsp Sesame Seeds  
Sea Salt & Black Pepper (to taste)  
1/4 cup All Natural Peanut Butter

## DIRECTIONS

- 01 Wash collard greens, pat dry with paper towel and set aside. Cook up your chicken breasts if you have not already.
- 02 In a medium-sized bowl, mix together tamari, half of the apple cider vinegar, half of the minced garlic clove, half of the lime juice, half of the red pepper flakes and half of the grated ginger. Combine ingredients until evenly distributed. Then add in cooked chicken breast. Mix well until chicken is coated and set aside.
- 03 Add half of the olive oil to large skillet and heat over medium heat. Add onion and saute until translucent. Then add in remaining minced garlic, carrots and mushroom. Season with salt and pepper plus remaining red pepper flakes. Let cook for 3 - 5 minutes, stirring occasionally.
- 04 Add the cooked diced chicken to the skillet and mix well until heated through. Remove from heat. Add spinach and basil and stir until wilted.
- 05 In a small mixing bowl, make peanut sauce by combining peanut butter and the remaining apple cider vinegar, olive oil, lime juice and minced garlic. Stir until creamy. You can add 1 tsp hot water at a time stirring well to thin sauce if desired.
- 06 Lay collard green on plate and top with chicken/veggie mixture. Sprinkle with sesame seeds and drizzle with peanut sauce. If you like some extra heat, sprinkle with a few more red pepper flakes. Wrap and enjoy!



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# Miso Glazed Salmon with Bok Choy

2 SERVINGS 2 HOURS 20 MINUTES



## INGREDIENTS

- 2 tbsps Miso Paste (white)
- 1 tbsps Tamari
- 1 tbsps Avocado Oil
- 1 tsp Rice Vinegar
- 1 1/2 tsps Coconut Sugar
- 12 ozs Salmon Fillet (skinless)
- 2 cups Bok Choy (baby, quartered)
- 1 stalk Green Onion (thinly sliced)
- 1/2 tsp Sesame Seeds

## DIRECTIONS

- 01 In a bowl mix together the miso, tamari, oil, vinegar, and sugar.
- 02 Drizzle 1/3 of the miso mixture over the salmon and rub all over. Transfer the salmon to the fridge and let it marinate for up to two hours.
- 03 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper. Add the bok choy to the baking sheet and toss with the remaining miso mixture.
- 04 Remove the salmon from the fridge and pat dry to remove excess marinade on top. Place on the baking sheet with the bok choy.
- 05 Bake in the oven for ten to 14 minutes, until cooked through. This time will depend on the thickness of the salmon and desired doneness. Broil for one to two minutes to brown more if desired.
- 06 Top with any extra miso sauce from the baking sheet, green onions, and sesame seeds. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### SERVING SIZE

One serving is one cup of bok choy and a six-ounce fillet of salmon.

### MORE FLAVOR

Add mirin to the miso mixture, and/or sriracha. Reserve some of the miso mixture and dilute with a splash of water and drizzle on top of the salmon after its cooked.

### ADDITIONAL TOPPINGS

Serve with rice on the side.



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# Salmon Burgers with Creamy Kohlrabi & Apple Salad

3 SERVINGS 30 MINUTES



## INGREDIENTS

9 1/2 ozs Salmon Burger Patty  
3 cups Kohlrabi (julienned)  
1 Green Apple (julienned)  
1/3 cup Fresh Dill (chopped)  
1/4 cup Plain Greek Yogurt (divided)  
1 tbsp Lemon Juice  
1/2 tsp Sea Salt  
6 ozs Whole Wheat Bun  
3/4 Tomato (medium, sliced)  
3/4 cup Baby Spinach

## DIRECTIONS

- 01 Preheat the barbecue to medium heat. Add the salmon patties and cook for 15 minutes, flipping halfway through.
- 02 Meanwhile, combine the kohlrabi, apple, dill, 3/4 of the yogurt, lemon juice, and salt in a large bowl and mix well to combine.
- 03 Add the remaining yogurt to the buns and top with salmon patties, tomato slices, and spinach. Serve alongside the salad. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate the salad in an airtight container for up to five days. Keep the burger ingredients separate in airtight containers for up to three days.

### SERVING SIZE

One serving is equal to approximately 1 1/4 cup of salad and one burger.

### ADDITIONAL TOPPINGS

Cucumber and cracked black pepper on the burgers.

### DAIRY-FREE

Use coconut yogurt instead of Greek yogurt.



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# Pickled Carrots & Daikon

12 SERVINGS 10 MINUTES



## INGREDIENTS

- 1 cup Water
- 1/2 cup Apple Cider Vinegar
- 1/4 cup Coconut Sugar
- 1/4 tsp Sea Salt
- 1 1/2 cups Daikon (julienned)
- 1 Carrot (medium, julienned)

## DIRECTIONS

- 01 In a sauce pan over medium heat, whisk together the water, vinegar, coconut sugar and salt until completely dissolved. Remove from heat.
- 02 Transfer the brine into jars and add the daikon and carrot. Cover and let cool. Refrigerate for 3 days before serving for best flavour.

## NOTES

### STORAGE

Refrigerate in an airtight jar up to 3 to 4 weeks.

# Broccoli Almond Protein Salad

4 SERVINGS 20 MINUTES



## INGREDIENTS

4 cups Broccoli (chopped into small florets)  
2 cups Frozen Edamame (shelled)  
4 stalks Green Onion (sliced)  
1/2 cup Almonds (chopped)  
1/4 cup Almond Butter  
1 tbsp Rice Vinegar  
1 tbsp Tamari (or Coconut Aminos)  
1 tbsp Maple Syrup  
1 tbsp Sesame Oil  
1 Garlic (clove, minced)  
2 tbsps Water

## DIRECTIONS

- 01 In a large mixing bowl, combine the broccoli florets, edamame beans, green onions, and chopped almonds.
- 02 To make the salad dressing, whisk together the almond butter, rice vinegar, tamari, maple syrup, sesame oil, garlic, and water. Add more water if needed to achieve desired consistency.
- 03 Pour the dressing over the salad and toss to mix well. Serve immediately, or let sit for a few hours before eating. Enjoy!

## NOTES

### LEFTOVERS

Keeps well in the fridge up to 3 days.

# Meal Prep Broccoli & Quinoa Salad

6 SERVINGS 20 MINUTES



## INGREDIENTS

- 1/2 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 4 cups Broccoli (stalk end trimmed)
- 1/4 cup Pitted Dates (chopped)
- 3 stalks Green Onion (chopped)
- 1/3 cup Pumpkin Seeds
- 1/2 tsp Sea Salt
- 1/3 cup Parmigiano Reggiano (shaved)
- 3 tbsps Lemon Juice
- 1/4 cup Extra Virgin Olive Oil

## DIRECTIONS

- 01 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork and set aside.
- 02 Shave the broccoli florets thinly into a large bowl. Using a vegetable peeler, remove the outer layer of stalk until you get to the tender light green inside. Chop up the stalk and add to the bowl.
- 03 Add the dates, green onion, pumpkin seeds, quinoa, and salt and mix well. Then add the parmigiano reggiano, lemon juice, and extra virgin olive oil. Toss well to combine. Let the salad sit in a sealed container for at least 30 minutes to allow everything to combine. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to 4 days. Refresh with extra lemon or olive oil as needed.

### SERVING SIZE

One serving is equal to about 1 cup.

### MORE FLAVOR

Add a pinch of red pepper flakes.

### MAKE IT VEGAN

Omit the cheese and use a vegan cheese or cubed avocado.

# Spiced Lentils & Broccoli with Lemon

3 SERVINGS 30 MINUTES



## INGREDIENTS

- 8 ozs Broccoli (trimmed)
- 1/2 Lemon (sliced thin)
- 1 tbsp Avocado Oil
- 1/2 tsp Sea Salt (divided)
- 3 tbsps Extra Virgin Olive Oil
- 1 Garlic (clove, thinly sliced)
- 3/4 tsp Coriander
- 3/4 tsp Fennel Seed (ground)
- 1 cup Green Lentils (cooked, drained and rinsed)
- 1/4 cup Mint Leaves (chopped)

## DIRECTIONS

- 01 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Add the broccoli and lemon and toss with the avocado oil and half the sea salt. Roast for 8 to 10 minutes, until the broccoli is slightly browned in spots. Remove and set aside.
- 02 In a skillet over medium-low heat, add the extra virgin olive oil, garlic, coriander and fennel. Sauté until the garlic is lightly browned, stirring frequently to prevent burning, about 3 to 4 minutes.
- 03 Drizzle half of the oil mixture into the cooked lentils and stir. Divide onto plates and top with the broccoli and lemon and then drizzle the remaining oil on top. Finish with mint leaves, serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### ADDITIONAL TOPPINGS

Top with chili flakes and fresh herbs.

### MORE FLAVOR

Use whole coriander and fennel seeds and grind to release the spices.

### WARMED LENTILS

If needed, you can add the cooked lentils to the garlic, spice mixture and heat through for 2 to 3 minutes until warmed.

# Beet & Broccoli Salad

3 SERVINGS 15 MINUTES



## INGREDIENTS

3 cups Broccoli (including the stalk)  
2 Beet (small, peeled)  
2 tbsps Extra Virgin Olive Oil  
1/2 Lemon (medium, juiced)  
Sea Salt & Black Pepper (to taste)

## DIRECTIONS

- 01 Cut the florets off of the broccoli and use a vegetable peeler to peel the stalks into ribbons. Add both the florets and ribboned stalks to the bowl.
- 02 Peel the beets into ribbons and add them to the bowl.
- 03 Add the oil, lemon juice, salt, and pepper. Toss to combine. Divide evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate into an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups.

### ADDITIONAL TOPPINGS

Feta cheese or goat cheese.

### SAVE TIME

Buy pre-chopped broccoli slaw.



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