



SAMPLE DETOX MENU

SAMPLE BREAKFAST MENUS

Breakfast (option 1)

- 2-3 hard boiled eggs with ½ grapefruit

Breakfast (option 2)

- 2/3 cup hot quinoa cereal or gluten free steel cut oats, 1 scoop protein powder (about 8 to 10 grams), ½ cup berries, and a small handful of walnuts or pecans

Breakfast (option 3)

- Breakfast Sulfur Detox Scramble: 2-3 eggs scrambled with onion and/or garlic and/or broccoli

Breakfast (option 4)

- Add leftover salmon from night before to sautéed veggies, stir to heat up, add condiments/spices

Breakfast (option 5)

- 2 to 3 poached eggs over a bed of fresh spinach and sliced tomato

Breakfast (option 6)

- 2 to 3 slices turkey bacon with leftover veggies from night before or sliced tomato and avocado



SAMPLE DETOX MENU

SAMPLE LUNCH & DINNER MENUS

Lunch or Dinner (option 1)

- Green salad with sprouts, extra virgin olive oil, basil, & squeezed lemon or lime
- Baked cod topped with avocado salsa: Chop: 1 avocado, 1 tomato, ½ c. red onion, ½ c. capers (drained), 1/4 c. fresh cilantro, ½ tsp. cumin, 1/8 tsp. cayenne and 2 table-spoons lime juice, ½ c. cooked quinoa.

Lunch or Dinner (option 2)

- 1 cup black bean soup
- Chopped cabbage salad topped with chicken with apple cider vinegar (using leftover grilled chicken, toss chicken with shredded cabbage and apple cider vinegar).

Lunch or Dinner (option 3)

- Organic vegetable broth
- Shrimp and vegetables: Sauté fresh tail-on shrimp and chopped garlic in a pan with coconut oil, over moderate heat. Roughly chop 5 - 10 different vegetables and lightly stir-fry with freshly grated ginger, ½ c. cooked buckwheat noodles, lightly drizzle sesame oil.

Lunch or Dinner (option 4)

- Baby greens salad with extra virgin olive oil & squeezed lemon or lime
- Grilled buffalo burger on a baked or grilled portabella mushroom
- Mixed roasted vegetables: Roast combination of cauliflower, broccoli, Brussels sprouts, onions and squash in extra virgin olive oil and herbs to taste (turmeric, basil or rosemary).

Lunch or Dinner (option 5)

- Beet greens with extra virgin olive oil & squeezed lemon or lime
- Wild salmon, steamed or grilled
- Steamed beets (steam 20-30 minutes or until soft, then peel off skin)



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Lunch or Dinner (option 6)

- Mixed greens salad with extra virgin olive oil or lemon flavored flax seed oil
- Broiled chicken with peppers: Roughly chop: green, yellow & red peppers, onion and mushrooms; toss lightly with extra virgin olive oil & chopped garlic, ½ c. wild brown rice.

Lunch or Dinner (option 7)

- Steamed veggies (cauliflower, broccoli, carrots). Drizzle with olive oil and lemon after steamed.
- Baked halibut topped with tomato pesto

Lunch or Dinner (option 8)

- Roasted green beans
- Grilled turkey breast with sage
- ½ baked sweet potato

Lunch or Dinner (option 9)

- Baked sole with lemon
- ½ cup baked acorn or butternut squash
- Steamed green & yellow beans, topped with flax oil

Lunch or Dinner (option 10)

- Steamed kale
- Grilled chicken with garlic pesto: Mince 2 cloves of garlic and add to 1/8 cup extra virgin olive oil with some finely chopped fresh basil or ½ tsp of dried basil. Spread garlic-basil mixture on chicken breasts and allow to marinate while preparing the rest of dinner. Grill.

Lunch or Dinner (option 11)

- 1 c. hearty vegetable soup
- Grilled halibut
- Steamed artichoke with lemon



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Lunch or Dinner (option 12)

- 3 to 4 oz chicken salad (made with olive oil instead of mayonnaise) wrapped in a large lettuce leaf. Feel free to add grated carrots, avocado, or other veggie of your choice

Lunch or Dinner (option 13)

- Large mixed green salad with veggies of your choice, 3 to 4 oz grilled chicken or fish, topped with extra virgin olive oil, lemon, and herbs of choice.

Kid Friendly Menu Ideas

- Brown ground turkey, sauté veggies, add tomato sauce and heat through, serve with spaghetti squash or quinoa spaghetti noodles
- Mashed sweet potato or parsnips with or without olive oil and cut up chicken
- Grilled chicken or fish and cut up mango in small corn tortillas. (May add chopped onion, tomato, and cilantro if tolerated)

Snacks

- 1 piece fruit and 10 to 12 almonds, walnuts, or pecans
- Cut up carrots or bell pepper with 1 to 2 TB hummus
- Apple slices or celery sticks with 1 TB almond butter
- Turkey Roll Up: Chop up tomato, cucumber, and ¼ avocado, grate a carrot, and add to the middle of a slice of nitrate free turkey. Roll the turkey around the ingredients and you have a turkey roll up. Variation: add salsa or hummus