

# Healthy Cleansing Meals

## Quinoa Vegetable Soup

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5 cups	Water, Vegetable Stock or Chicken Stock
½ cup	Quinoa (well rinsed)
1 cup	Carrots, diced
½ cup	Celery, diced
½ cup	Onion, chopped
1	Green Pepper, chopped
4	cloves garlic, chopped
1Tbsp	Olive Oil
1	Tomato, chopped
1 cup	Leeks or Cabbage or Kale, chopped
1 Tbsp	Salt or Gomasio (Sesame Seeds and Sea Salt)
	Pepper to Taste
	Parsley, Chopped

Sauté' quinoa, carrots, celery, onions, green peppers and garlic in oil until golden brown

Add liquid (water or stock), tomatoes, leeks or cabbage and bring to a boil. Simmer 30 minutes or until tender. Garnish with parsley (Approx. 6 servings), serve with a side salad or healthy slaw.

For variations, add any of your favorite vegetables, chopped and sautéed

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## Frankenslaw

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½ head	Cabbage
3 medium	Carrots
0.5lbs	Feta cheese (cow or goat)
¼ cup	Lemon juice
	Four Seasons dressing (or your vinaigrette dressing)
¼ - ½ cup	Oil (use a very light olive oil, or grape seed oil)

Shred the cabbage and carrot as if you were going to make coleslaw. Place the cabbage and carrots in a bowl and toss so the carrots are evenly distributed. Add the Feta cheese and mix it evenly throughout the slaw.

Prepare the Four Seasons or similar packet per the instructions on the package using lemon juice instead of the vinegar. For less fat calories cut back the oil.

Add 1/2 the dressing mixture 30 min before serving. The slaw will keep well for a couple days if refrigerated. The taste will change slightly as the cabbage marinates in the dressing and the cheese.

The slaw can be served in pita pockets as a vegetarian sandwich or as a side dish.

# Healthy Cleansing Meals

## Beet Salad (Liver Detox)

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### **Mix Together**

Beets (3 cooked sliced)  
Artichokes hearts (1 can)  
Red Onion (1 small, sliced thin)  
Watercress  
Cilantro (optional)

### **DRESSING**

Lemon Juice  
Extra Virgin Olive oil  
Salt and pepper

# Healthy Cleansing Meals

## Green-Garlic Dip (Antimicrobial)

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**May be used as a garnish or a dip**

### **Ingredients**

1 bunch      flat leaf parsley  
½ bunch      cilantro  
3 tbsp        apple cider vinegar  
1tsp          salt  
¼ tsp         fresh raw ginger  
½ cup         raw garlic cloves  
Olive Oil to cover

### **Preparation**

- Place all of the ingredients, except for the Olive Oil in a vita mix or other high powered blender at the high speed until a smooth green paste.
- Scoop into a serving dish and add Olive Oil to cover paste, stir and refrigerate.
- Add a little Olive Oil and salt to taste when serving