

PREPARATION			DURING THE CLEANSE	
1 WEEK BEFORE	2 DAYS BEFORE	1 DAY BEFORE	DAILY SOUPS	CLEANSE BOOSTERS
Download “Shopping List” to take with you to the store.	Make Fennel & Zucchini Soup (triple batch); refrigerate in 2-cup portions.	Make Beet, Orange, & Basil Soup (triple batch); refrigerate in 2-cup portions	Breakfast Beet, Orange, & Basil Soup (2 cups)	Drink 2 cups Miracle Juice between meals.
Make Broccoli Arugula Soup (triple batch); freeze in 2-cup portions.	Make Leafy Greens Detox Soup (triple batch); refrigerate in 2 cup portions.	Make Apple & Parsnip Soup (double batch); refrigerate in 1-cup portions	Snack Broccoli Arugula Soup (2 cups)	Do 30 to 60 minutes of yoga, Pilates, or Cardio to aid in detoxification.
Make Artichoke Basil Soup (triple batch); freeze in 2-cup portions.	Eliminate poultry, meat, and dairy from your diet.	Transfer Broccoli Arugula Soup & Artichoke Basil Soup from the freezer to the refrigerator to thaw.	Lunch Fennel & Zucchini Soup (2 cups)	Do a Detox Bath at the end of the day.
Eliminate processed foods and sugar from your diet and focus on whole foods.	Focus on vegetable-based meals including fish, and legumes.	Eliminate all animal products from your diet.	Snack Leafy Green Detox Soup (2 cups)	Continue with a weekly “One Day Cleanse” for maintenance.
		Eat vegetable based meals with some legumes, grains and nuts.	Dinner Artichoke Basil Soup (2 cups)	
		Drink at least 8 cups of purified water daily.	Dessert Apple & Parsnip Soup (1 cup)	
			Alternatives Strawberry Chia Soup (breakfast) Red Pepper Chickpea Soup (dinner)	

“Click On Links for Recipes”

Shopping List

Fridge/Freeze

Pantry

Beets (6 medium)

Olive Oil

Onions (12)

Coconut Oil

Red Onion (1)

Artichoke Hearts (3 14oz cans)

11 medium carrots

1 ½ Tbsp. Vanilla Extract

Celery (16 stalks)

Cinnamon Sticks (2)

Garlic (23 cloves)

Red Pepper Flakes or Cayenne (1 ½ tsp)

Baby Spinach (24 cups)

Celtic Salt

Kale (6 cups, chopped)

Pepper

Fennel (4 large bulbs)

Zucchini (6 medium)

other

Broccoli, Florets (12 cups)

Arugula (6 cups)

Parsnips (5 medium)

Fresh Ginger (1 3 in piece)

Granny Smith Apples (6 large)

Lemons (4)

Orange Juice, fresh squeezed (3 cups)

Fresh Basil (1 ½ cups, chopped)

Fresh Mint (1 ½ cups, chopped)

Broccoli Arugula Soup

Ingredients:

Makes 4 cups, Refrigerated 5 days, Frozen 8 weeks

1 Tbsp. coconut oil

2 cloves garlic, minced

1 cup onion, diced

4 cups broccoli florets

3 ¾ cup purified water

2 cups baby arugula, tightly packed

¼ tsp Celtic salt & 1/8 tsp pepper

1 wedge lemon

Directions:

1. In a medium stockpot, heat coconut oil over medium heat for 2 minutes. Add onion and garlic, and cook until onion is translucent, about 5 minutes.
2. Add broccoli and water to pot. Increase heat and bring to a boil, then reduce heat, cover and simmer for 5 minutes or until broccoli is cooked through. Remove from heat.
3. Transfer contents to a blender or with an immersion blender, blend until smooth and well combined. Season with salt and pepper and a squeeze of lemon.



Artichoke Basil Soup

Makes 4 cups, Refrigerate 4 days, Frozen 8 weeks

Ingredients:

- 1 Tbsp. coconut oil
- 1/3 cup onion, carrot, & celery, diced
- 3 cloves garlic, minced
- 14 oz. artichoke hearts, rinsed and drained
- 3 cups purified water
- 2 cups baby spinach
- 1/2 cup basil, chopped
- 1 Tbsp. lemon zest
- 1/8 tsp Celtic salt & pepper



Directions:

1. In a medium pot, heat coconut oil over medium heat for 2 minutes.
2. Add onion, carrots, celery, and garlic, and cook for about 5 minutes.
3. Add artichokes, and water to pot, increase heat and bring to a boil. Reduce heat and simmer for 10 minutes. Remove and reserve 1 cup cooking liquid. Stir in spinach.
4. Transfer to a blender or with an immersion blender, blend until smooth, adding reserved liquid and salt & pepper.

Fennel & Zucchini Soup

Ingredients:

- 1 Tbsp. coconut oil
- 1 cup onion, diced
- 3 cups fennel, bulb and fronds, diced
- 1-2 cloves garlic, minced
- 2 cups zucchini, diced
- 4 ¼ cups purified water
- 1/8 tsp. Celtic salt & pepper



Directions:

1. In a medium stockpot, heat coconut oil over medium heat for 2 minutes. Add onion, fennel, and garlic and cook until onion is translucent, about 5 minutes.
2. Add zucchini and water. Increase heat and bring to a boil, then reduce and simmer for 7 minutes or until vegetables are cooked through. Remove from heat.
3. Transfer to a blender or with an immersion blender and blend until smooth. Season with salt & pepper.

* To make Sweet Fennel & Pear Soup, omit garlic, salt, and pepper, and replace the zucchini with 2 cups chopped pear.

Leafy Greens Detox Soup

Ingredients:

- 2 Tbsp. coconut oil
- 1 ½ cup onion & celery, diced
- 1 ½ cup carrot, peeled and diced
- 2 cloves garlic, minced
- 4 ½ cups purified water
- 2 cups kale leaves, stems removed and chopped
- 4 cups baby spinach, tightly packed
- Pinch of cayenne to taste or red pepper flakes & ½ tsp. Celtic salt
- 2 Tbsp. lemon juice



Directions:

1. In a medium stockpot, heat coconut oil over medium heat for 2 minutes. Add onion, carrot, celery, & garlic and cook about 5 minutes.
2. Add water, increase heat and bring to a boil. Reduce heat and simmer for 20 minutes or until vegetables are cooked through. Remove from heat and stir in kale, spinach, cayenne, lemon juice & salt.
3. Blend with blender until smooth; add more water if needed to thin.

Beet, Orange, & Basil Soup

Makes 4 cups, Refrigerated 4 days, Frozen 8 weeks

Ingredients:

- 2 medium beets, ends removed
- 1 Tbsp. extra-virgin olive oil
- 1 ½ cups freshly squeezed orange juice
- 1 tsp. red onion, chopped
- 1/3 cup fresh basil, minced
- 1 tsp. fresh ginger, grated
- 1 cup purified water



Directions:

1. Preheat oven to 450. Line a baking sheet with foil. Place beets on prepared baking sheet, drizzle with olive oil, and roast for 20 to 45 minutes or until cooked through and fork-tender.
2. Remove beets from oven, carefully peel and cut into cubes. (You should have about 2 cups).
3. In a blender or with an immersion blender, combine roasted beets, orange juice, onion, basil, ginger, and water. Puree for 30 seconds.
4. Place in refrigerator for about 30 minutes or until chilled. Blend again briefly to recombine ingredients and serve.

Apple & Parsnip Soup

Makes 4 cups, Refrigerated 5 days, Frozen 8 weeks

Ingredients:

- 1 Tbsp. coconut oil
- $\frac{3}{4}$ cup onion, diced
- 1 $\frac{1}{2}$ cup parsnip, peeled and diced
- 1 cinnamon stick
- 3 cups granny smith apple, diced
- 4 cups purified water
- $\frac{3}{4}$ Tbsp. vanilla extract & $\frac{1}{8}$ th tsp Celtic salt



Directions:

- 1.** In a medium pot, heat coconut oil over medium heat for 2 minutes. Add onion and cook until translucent, about 5 minutes.
- 2.** Add parsnips and water to pot. Bring to a boil, reduce heat, and simmer for 5 minutes.
- 3.** Add cinnamon stick & apples, return to a boil, then reduce heat to simmer until apples & parsnips are cooked through, about 10 minutes.
- 4.** Remove cinnamon stick and discard. Transfer contents to a blender or use an immersion blender and add vanilla. Puree until smooth, about 30 seconds. Season with salt.

Strawberry Chia Soup

Makes 4 cups, Refrigerate 4 days, Freeze 8 weeks

Ingredients:

2 cups fennel, diced

2 cups fresh strawberries, hulled & halved

2 cups coconut water

1 ½ tsp raw honey or stevia to taste

2 tsp chia seeds

Directions:

1. In a blender, combine fennel, strawberries, coconut water and honey. Puree for 30 seconds or until smooth.
2. Stir in chia seeds and let sit for 10 minutes or until soup is slightly thickened.
3. *To make Tart Raspberry Chia Soup, replace strawberries with 2 cups raspberries.



Red Pepper Chickpea Soup

Ingredients:

- 1 ½ Tbsp. extra-virgin olive oil
- 1 ½ cups onion, diced
- 3 cloves garlic, minced
- ½ cup canned fire-roasted diced tomatoes
- 1 cup red pepper, diced
- ½ cup canned chickpeas, rinsed and drained
- 4 cups purified water
- 2 Tbsp. parsley, minced
- Celtic salt & pepper to taste



Directions:

1. In a medium pot, heat olive oil over medium heat and sauté onion, garlic, and red pepper until onion is translucent, about 5 minutes.
2. Add diced tomatoes, chickpeas, and water. Increase heat and bring to a boil, then reduce to a simmer and cover. Simmer for 10 minutes.
3. Transfer contents to a blender or use an immersion blender and puree until smooth. Add parsley and salt & pepper, briefly blend to combine.
4. To boost the health benefits of this soup, use chicken bone broth in place of water & 1 tsp red pepper flakes with the diced tomatoes.

Miracle Juice

Ingredients:

2 quarts Cranberry Water (recipe follows)

½ tsp ground cinnamon

¼ tsp ground ginger

¼ tsp ground nutmeg

¾ cup freshly squeezed orange juice

Stevia to taste (2 packets seems ideal)



Directions:

1. Cranberry Water Recipe: To make 2 quarts (64 ounces), add 8 ounces unsweetened cranberry juice to 56 ounces purified water OR 3 Tbsp. unsweetened cranberry juice concentrate to 60 ounces of purified water. Recommended brands of unsweetened cranberry juice are Lakewood 100% Organic, Mountain Sun, Trader Joe's, and Knudsen. Recommended brands of cranberry juice concentrate are, Knudsen and Tree of Life.
2. Bring Cranberry Water to a boil; reduce the heat to low.
3. Place cinnamon, ginger, and nutmeg into a tea ball; add to the Cranberry Water. (For a tangier juice, add the spices directly to liquid.)
4. Simmer 15 to 20 minutes; cool to room temperature.
5. Stir in the orange and lemon juices. Add Stevia Plus if desired.

[Detox Bath Recipes](#)

Run your bath water as hot as you can tolerate. Add your “Ingredients” and swirl hand in water to dissolve. Soak for minimum of 20 minutes or more. Drink a full glass of purified water when finished.

ULTIMATE DETOX BATH recipe:

Ingredients:

2 cups Epsom Salt (or sea salt) – draws out toxins from your body while relieving aches and pains.

1 cup Apple Cider Vinegar – soothes and softens dry, itchy skin while balancing and neutralizing the body’s ph.

1/2 cup Bentonite Clay – stimulates the lymphatic system to deeply cleanse the body’s largest breathing organ, the skin.

5-10 drops of your favorite Essential Oil – lavender, geranium, sandalwood, and Ylang-Ylang are all known for their detoxifying properties.

Hydrogen Peroxide Detox Bath recipe:

Ingredients:

6 cups hydrogen peroxide (3%) – Increases oxygen and removes toxins from your body. It also is antibacterial and antiviral so very helpful if you have a cold.

3 Tbsp. dried ginger – A natural anti-inflammatory that increases blood circulation to promote detoxification through sweating. Soak for about 20-30 minutes.

Ginger Detox Bath recipe:

Ingredients:

1 cup Epsom salt

1 Tbsp. dried ginger

5-10 drops of your favorite Essential oil – Ginger is a great decongestant and will promote sweating up to an hour after your bath. Soak for about 15-30 minutes. Do this bath right before bedtime or a nap for it will relax you.

Baking Soda Detox Bath

Ingredients:

1 cup Epsom salt

2 cups non-aluminum baking soda

20 Drops essential oil - such as tea tree or eucalyptus, actually assist in the detoxification process.

Optional ingredients: 10 drops of glycerin will keep your skin from drying out. Moisturize with pure coconut oil after the bath to keep your skin healthy and supple. Soak for 30 minutes or more. Baking soda eliminates chlorine in the water and helps with the absorption of the magnesium in the Epsom Salt.

Advanced Detoxification Protocol

With the daily onslaught of toxins we are exposed to through our air, water, non-organic food, beauty and household cleaning products, it would be wise to integrate a detox strategy such as that discussed by Dr. Yu.

Toxins are stored in our fat and if you desire to lose excess fat then doing this protocol would greatly benefit you.

1. Take 50 mg of niacin and increase slowly so your body gets accustomed to it. To begin do this once a month or more if you feel toxic and work up to 100 mg of niacin.
2. Wait 20 minutes, and then exercise for 20 minutes to break a sweat and stimulate circulation.
3. Follow up with up to 60 minutes in a hot sauna, to really sweat out all the impurities.
4. You can finish off by taking either five activated charcoal tablets, or some zeolite clay, which will bind with toxins, allowing them to be eliminated through your GI tract. Just make sure you do not take it in combination with supplements, as these will also be bound up and eliminated.

Below is Dr. Yu's video protocol

<https://www.youtube.com/watch?v=47UyvscQ-mk>

[ONE-DAY Detox](#)

["Click on links for recipes"](#)

1. Drink (16 ounces) (upon awaking): of ["Miracle Juice"](#) or simply squeeze ½lemon in (16 oz.) of warm water.
2. Follow with a morning ["Bone Broth"](#), (or do a mini-fast and just drink 6 cups of bone broth every 2 hours & nothing else).
3. Mid-Morning drink a (12 oz.) ["Glowing Green Smoothie"](#).
4. Choose a ["Hot Soup"](#) for lunch & (dinner optional)
5. Choose a ["Cold Soup"](#) as a mid-afternoon snack or see options below.
6. Choose another ["Hot Dinner Soup"](#) as your evening meal.
7. After Dinner Snack: Choose either a cup of ["Bone Broth"](#) or ["Turmeric Lemon Detox Tea"](#) or optional snacks below.

Hydrate all day- After the morning ["Miracle Juice"](#) alternate with 1 cup (8 ounces) purified water and 1 cup ["Miracle Juice"](#) every hour for 8 hours.

*Optional Snacks:

- Handful of almonds, walnuts, Brazil Nuts, or Cashews
- Celery sticks
- Cucumbers
- ["Hot Cocoa"](#) will help with cravings
- Apples and 1 Tablespoon of your favorite nut butter
- 1 cup strawberries with 2 Tablespoons whipped coconut cream
- Half of a cantaloupe
- Raw asparagus with 1 boiled egg
- Baby carrots and ["Edamame Hummus"](#)

Chicken Bone Broth

Ingredients:

2 lbs. chicken bones + 1 whole chicken

6-8 chicken feet

Purified water to cover all the ingredients by 1 inch

¼ to ½ cup raw apple cider vinegar

2-4 carrots, scrubbed & roughly chopped

3-4 stalks organic celery including leafy part, roughly chopped

1 Tbsp. Sea salt or to taste, 1 tsp peppercorns & herbs & spices of your choice

Add 1 bunch parsley & 2 cloves of garlic during the last hour of cooking

Directions:

1. Place bones in a lg. stock pot then add purified water and vinegar. Let sit for 30 min to allow vinegar to leech the minerals from the bones.
2. Add the vegetables, salt, pepper, herbs & spices to pot and bring to a boil. Reduce to a simmer cover & simmer for at least 8 hours.
3. For the first 2 hours, skim off the scum about every 20 minutes.
4. At the end of 2 hours, remove whole chicken, let cool and remove meat. Use for a soup or freeze for later use. Place bones back in pot.
5. Add garlic & parsley during last hour, then cool broth & strain. Refrigerate for 5 days or freeze up to 3 months.



Glowing Green Smoothie

Ingredients:

- 1 ½ cups of purified water
- 1 head organic Romaine lettuce, chopped
- 3-4 stalks organic celery
- 1-2 handfuls organic greens like spinach, dandelion, chard, kale...
- 1 organic apple, cored & chopped
- 1 organic pear, cored & chopped
- 1 banana
- Juice from ½ of a lemon
- 1/3 bunch organic cilantro or parsley, (optional)



Directions:

1. Add water and chopped romaine to blender & blend until smooth.
2. Add 1-2 handfuls greens, celery, apple & pear and blend on high until smooth.
3. Add cilantro & or parsley, banana & lemon juice, blend 1 minute more. Start your day with this great alkalizing drink and drink when hunger hits throughout the day.

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Asparagus & White Bean Soup

Ingredients: ([Spring Salt Recipe](#))

Makes 2 servings

1 bunch asparagus stalks

2 cups purified water

1 tsp extra-virgin olive oil

1 tsp spring salts & pepper to taste

Juice of ¼ a lemon & ¼ a lemon cut into 2 wedges

½ cup cooked or canned white beans



Directions:

1. Remove the tough part of the asparagus by cutting off 1-2 inches of the bottom. Chop the stalks into 1-inch pieces.
2. Place the asparagus in a steamer basket and steam for about 2-3 min.
3. Put the asparagus, water, olive oil, beans & spring salts in a blender then blend on high until smooth. You may also process with an immersion blender.

Beet Detox Soup

Ingredients:

Serves 2

3 medium beets

1 onion & 1 small leek, diced

2 cloves garlic, minced

2 carrots, peeled & diced

1 Tbsp. coconut oil

2 cups organic vegetable broth, warmed

Sea salt or Celtic salt to taste

Garnish with 1 Tbsp. each of chia, sunflower & pumpkin seeds

Directions:

1. Place beets in a pot & cover with water. Bring to a boil, reduce to simmer until tender, about 30 min. Drain water & set aside to cool.
2. Heat coconut oil in lg. skillet over medium heat and add onion, leek, garlic & carrot. Sauté for 5-7 min. Remove from heat & transfer to a plate.
3. Peel beets, cut into cubes & transfer to a blender along with vegetables & warm broth. Blend until smooth, season with salt & garnish with seed mix.



Broccoli Detox Soup

Ingredients:

- 1 onion, diced
- 2 cloves garlic, minced
- 1 carrot & 1 parsnip, peeled & chopped
- 2 stalks organic celery, diced
- 2 cups broccoli florets
- 2 cups organic vegetable broth
- 1 cup greens of your choice, dandelion, spinach, kale, beet...
- ½ of a lemon juiced, 1 Tbsp. coconut oil, 1 Tbsp. chia seeds, sea salt & pepper to taste.



Directions:

1. In a lg. pot over medium hi heat, add coconut oil & onion, garlic, carrot, parsnip, celery & broccoli. Sauté about 5 minutes stirring often.
2. Add vegetable broth then bring to a boil. Reduce heat and simmer until vegetables are crisp tender, about 5-7 minutes.
3. Stir in greens and transfer to a blender. Add chia & lemon, blend until smooth. Serve warm, topped with toasted seeds, optional.

Beef Bone Broth

Ingredients:

- 3-4 lbs. beef marrow & knuckle bones (grass fed)



2 lbs. meaty bones such as short ribs (grass fed)

½ cup raw apple cider vinegar

4 quarts purified water

3 celery stalks, halved

3 carrots, halved

3 onions, quartered

Handful of parsley

Sea salt & pepper to taste

Directions: (Refrigerate up to 7 days or freeze up to 6 months.)

- 1.** Place bones in a pot or crockpot, add apple cider vinegar and water, and let the mixture sit for 1 hour so the vinegar can leach the minerals out of the bones. Add more water if needed to cover the bones.
- 2.** Add the vegetables and bring to a boil, remove the scum from the top.
- 3.** Reduce to low simmer, cover & cook for 24-72 hours.
- 4.** During last 10 minutes of cooking throw in the parsley.

Chicken Bone Broth

Ingredients:

- 2 lbs. chicken bones (2-3 whole chickens)
- 2 medium onions, unpeeled & quartered
- 1 head of garlic, unpeeled & cut in half
- 2 stalks celery, cut in half
- 2 large carrots cut in half
- 5 sprigs of fresh thyme & parsley
- 2 Tbsp. apple cider vinegar
- 2-2 ½ quarts of purified water, enough to cover bones
- 1 ½ tsp peppercorns & sea salt to taste
- 1 bay leaf

Directions:

1. Add all the ingredients to a 6 qt. slow cooker and let it sit for 1 hour to allow vinegar to leach minerals from the bones. Then cook on low for 12 or more hours. Add more water if needed to keep bones covered.
2. Let cool, then strain through a wire mesh or colander.
3. Refrigerate up to 5 days or freeze in 1-2 cup portions for use later.
4. Makes 10-12 cups.



Cleansing Detox Soup

Ingredients:

Serves 6, (Refrigerate up to 3 days)

4 cups organic vegetable broth & 2 cups purified water

1 red onion, chopped & 2 cloves garlic, minced

3 organic celery stalks & 3 medium carrots, diced

1 small head of broccoli, florets

1 cup organic tomatoes, chopped

1 Tbsp. fresh ginger, peeled & minced

1 tsp turmeric, ¼ tsp cinnamon, 1/8 tsp cayenne, sea salt & pepper to taste

2 cups kale, stemmed & torn, 1 cup purple cabbage chopped, & ½ of a lemon juiced



Directions:

1. In a large pot, add ¼ cup vegetable broth or 1 Tbsp. olive oil over medium hi heat. When hot add onion & garlic and sauté for 2 minutes. Then add celery, carrot, broccoli, tomatoes, & ginger and sauté for 3 more minutes.
- 2.
3. Add kale, cabbage and lemon during the last 5 minutes of cooking.

Creamy Carrot Ginger Soup

Ingredients:

Makes 6 servings

3 Tbsp. extra-virgin olive oil

2 onions, chopped

10 lg. organic carrots, peeled and sliced in 1/2 in pieces

6 cups organic chicken broth

1 inch fresh ginger root, peeled & grated

1 cup fresh squeezed orange juice

Celtic salt & pepper to taste



Directions:

1. Heat a lg. pot over medium heat & add olive oil. When oil is heated add onions, reduce heat to low, cover pot and cook for about 20 min. or until onions are transparent and tender.
2. Add carrots & chicken broth to the pot and bring to a boil. Reduce to a simmer then add ginger. Cook for 25 to 30 minutes or until carrots are tender.
- 3.
4. Return to pot & warm before serving. Store in refrigerator up to 3 days or freeze up to 3 months.

French Lentil Soup

Makes 4 cups, Refrigerated 5 days, Frozen 8 weeks

Ingredients:



1 Tbsp. extra-virgin olive oil
1 cup leeks, rinsed & diced
1 cup carrot, peeled & diced
1 cup celery, diced
3 cloves garlic, minced
1 cup French green lentils, soaked for 7 hours then rinsed & drained
6 cups purified water or bone broth for added health boost
Celtic salt & pepper to taste

Directions:

1. In a medium pot, heat olive oil over medium heat and sauté leeks, carrots, celery, & garlic for about 5 minutes or until leeks are translucent.
2. Add lentils and water, increase heat and bring to a boil. Reduce heat, cover and simmer for 25-30 minutes or until lentils are fully cooked. Season with salt & pepper.

Pressure Cooker Bone Broth

Ingredients:

2 ½ - 3 ½ grass fed beef bones, ideally both marrow bones & joint/knuckles.

1 carrot, 1 celery stalk & 1 medium onion chopped into lg. chunks

4 cloves garlic, crushed

1 Tbsp. vinegar

1 bay leaf

6 peppercorns

12 to 16 cups purified water (enough to cover ingredients but no more than 2/3ds full)

1 Tbsp. Celtic salt added after cooking



Directions:

1. Place all the ingredients except salt in the pressure cooker. Add water to cover all the ingredients but not more than 2/3rds full.
2. Heat on Medium Hi heat until brought to full pressure, then lower heat as low as possible without losing pressure. Cook for 1 ½ to 3 hours.
3. Turn heat off and let it cool, releasing pressure naturally.
4. Once cooled, strain with a wire mesh and remove bones for another batch. You can use bones over & over again until soft and crumbly.
5. Add salt then refrigerate up to 3 days, or freeze up to 3 months.

Pumpkin Miso Soup

Ingredients:

- 3 cups peeled & sliced Kabocha pumpkin
- 1 2-4 in piece Kombu with 3 ½ cups purified water
- ½ cup shiitake mushroom caps cut into ½ in slices
- 3 tsp. low sodium tamari
- 1 Tbsp. minced ginger
- 1 Tbsp. coconut sugar
- 2 Tbsp. miso paste, preferably white or yellow



Directions:

1. Wrap pumpkin in foil & bake in 350 degree oven until tender, (about 40 minutes).
2. While pumpkin is baking, make Kombu broth. Add 3 ½ cups water to a lg. pot and bring to a boil. Add Kombu and simmer gently for 1 hour. Remove from heat & strain liquid into a 4 cup liquid measuring cup. Add enough water to equal 3 ½ cups. Set aside
3. Add shiitake mushrooms to a sauce pan with tamari, and ¼ cup of water and cook over medium low heat for 1 hour, do not boil. Add more water if necessary.
4. Combine pumpkin, Kombu water, ginger, coconut sugar, and miso paste in a blender and blend until smooth. Fold in cooled mushrooms and serve.

Split Pea with Kale Soup

Makes 4 cups, Refrigerated 4 days, Frozen 8 weeks

Ingredients:

- 1 Tbsp. extra-virgin olive oil
- 1/c cup carrot, peeled & diced
- ½ cup celery, diced
- ¼ cup onion, diced
- 3 cloves garlic, minced
- 5 cups purified water
- 1 cup split peas, soaked for 7 hours, then drained & rinsed
- 1 cup kale, stemmed & chopped
- 1 tsp Celtic salt & 1/8 tsp pepper



Directions:

1. In a medium pot, heat olive oil over medium heat and sauté carrot, onion, and garlic for about 5 minutes or until onion is translucent.
2. Add water and split peas, increase heat and bring to a boil. Reduce heat to a simmer for about 25 minutes or until peas have softened.
3. Stir in kale and cook until wilted, about 2-3 minutes. Season with salt and pepper. For a creamier soup, use an immersion blender to puree to a smooth consistency.

[Sweet Potato Detox Soup](#)

Ingredients:

Serves 2

- 1 sweet potato, peeled & cut into cubes



3 carrots & 1 parsnip, peeled & chopped
1 onion, peeled & cut into quarters
3 cloves garlic, crushed
1 tsp turmeric & cumin powder & a pinch of chili powder
¼ tsp Celtic salt & 1 tsp melted coconut oil
2 cups organic vegetable broth, warm
1 in piece of ginger, peeled & grated
½ cup cooked red lentils
Garnish with fresh parsley

Directions:

1. Heat oven to 325 degrees. In a baking dish, place sweet potato, carrots, parsnip, onion, garlic, then season with turmeric, cumin, chili powder, salt & coconut oil and toss to combine. Bake for 20 minutes.
2. Transfer vegetables to a blender with the vegetable broth, ginger, & lentils. Blend until smooth, garnish with parsley.

Vegetarian Miso Broth

Ingredients:

- 1 package dried seaweed such as wakame or arame
- 12 cups purified water
- 3 heaping Tbsp. white miso
- 3 lg. carrots, roughly chopped
- 1 onion & ½ leek, roughly chopped
- 1 Tbsp. sea salt or to taste
- 1 in piece of ginger, peeled & minced



Directions:

1. Soak the seaweed in water for 2 hours until soft, then drain & rinse well.
2. Place all the ingredients, except the miso in a large pot and bring to a boil. Reduce heat & simmer for 30 minutes.

White Bean Soup

Ingredients:

- 3 Tbsp. coriander seeds
- 1 Tbsp. extra-virgin olive oil
- 5 cloves garlic, minced
- 1 medium red onion, chopped
- 2 stalks celery with leaves, sliced
- 6 cups organic chicken broth
- 2 15 oz. cans (BPA free) white beans
- 2 carrots, peeled & sliced
- 8 oz. organic cherry tomatoes & zest of 1 lemon
- 1 tsp sea salt, $\frac{3}{4}$ tsp pepper, $\frac{1}{2}$ cup parsley, $\frac{1}{4}$ cup fresh basil, chopped



Directions:

- 1.** Sauté coriander seeds in a pan over low heat 2-3 min. until aromatic. Grind with back of spoon in pan or use a mortar & pestle.
- 2.** Heat olive oil in a medium sauce pan over medium-high heat and add the coriander, garlic, onion, & celery. Cook 3 minutes or until onions are softened. Add broth & bring to a boil, reduce to simmer and cook for 15 minutes.
- 3.** Add white beans to pot; simmer 10 min. Add carrots, tomatoes, salt, & pepper. Cook for 10 more min. Stir in parsley, basil, & lemon zest.

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Avocado Cucumber Detox Soup

Ingredients:

1 avocado

½ of an organic cucumber

Zest of ½ of an organic lime

Juice of 1 lime

Directions:

1. Place all the ingredients in a blender and blend until smooth.



Banana Walnut Soup

Makes 4 cups, Refrigerated 5 days, freezing not recommended

Ingredients:

3 cups purified water

1 cup walnuts or macadamia nuts for a creamier texture

1 cinnamon stick

2 bananas, peeled & cut into large chunks

1 tsp vanilla extract

1 Tbsp. ground flax seeds

Directions:

1. In a saucepan over high heat, bring water to a boil. Place walnuts or Macadamia nuts and cinnamon stick in a heat-tolerant bowl and cover with boiling water. Let cool and refrigerate overnight.
2. Remove cinnamon stick and transfer to a blender. Add bananas, vanilla and flax seed. Puree until smooth, about 30 seconds.



Cleansing Green Juice

Ingredients:

Serves 2

2 organic apples, cored & quartered

4 kale or dandelion leaves or 2 handfuls baby spinach

Juice of 1 lemon

1-inch piece of ginger, peeled & roughly chopped

1 ½ cups of purified water

Directions:

1. Combine all ingredients in a blender & blend until smooth adding more water if desired. Strain before serving (optional).
2. This drink makes a great snack in the afternoon for it helps to kill cravings.



Cucumber-Grape-Honeydew Soup

Ingredients:

2 lbs. English cucumbers

1 medium honeydew melon (about 2 ½ cups), skinned & sliced

½ lb. organic green grapes

4 Tbsp. organic coconut milk

1 ¼ tsp fresh lemon juice

Pinch of sea salt, to taste (optional)

Pinch of dill pollen, to taste (optional)

Directions:

1. Combine all the ingredients in a blender except for salt & dill pollen. Blend on high until smooth.
2. Add optional ingredients and blend on low for 30 seconds.



Mango Soup with Lime

Makes 4 cups, Refrigerated 5 days, Frozen 8 weeks

Ingredients:

2 large mangos, peeled & cubed

¼ serrano pepper, seeds removed & minced or pinch of cayenne

Juice of 1 lime

3 cups purified water

Directions:

1. Place mangos, pepper, lime juice & water in blender. Puree until smooth, about 30 seconds.
2. Transfer blender to refrigerator and chill for 30 minutes. Blend briefly and serve.



Pineapple, Papaya, & Fennel Cold Soup

Ingredients:

- 1 lg. fennel bulb, quartered
- 1 medium pineapple, (2 ½ cups), skinned & sliced
- 1 papaya (1/2 cups), skinned & sliced
- 1 cup organic, raw coconut water
- 1 ¼ tsp fresh lime juice & lemon juice
- 1 tsp lime zest
- Pinch of sea salt to taste



Directions:

1. Remove fronds from the fennel bulb. (Store in the freezer for later use in chicken broth).
2. Add all the ingredients to a blender except lime zest, coconut water, & salt. Blend until smooth.
3. Add lime zest, coconut water & salt to taste and blend on low for 1 more minute.

Superfood Berry Soup

Makes 3 cups, Refrigerated 2 days, Frozen 8 weeks

Ingredients:

2 Tbsp. ground flax seeds

3 Tbsp. dried goji berries

1 cup unsweetened almond milk

2 cups fresh strawberries, hulled and quartered, or frozen strawberries

½ cup Greek yogurt (2% plain)

2 tsp vanilla

2 tsp raw honey or stevia to taste

Directions:

1. In a small bowl, combine ground flax seeds, goji berries, and almond milk. Let sit for 15 minutes to allow goji berries to soften and flax to thicken.
2. Place almond milk mixture, strawberries, Greek yogurt, vanilla, and honey in a blender. Puree for 30 seconds or until smooth.



Turmeric Lemon Detox Tea

Ingredients:

1 tsp cinnamon

1 tsp turmeric

1 tsp fresh ginger

Dash of black pepper, needed to activate the turmeric

Juice of ½ of a lemon

1-2 cups purified water

Raw honey or stevia to sweeten



Directions:

- 1.** Boil water then reduce to a simmer. Slowly add herbs and continue to simmer for 10 more minutes. Strain if desired and add sweetener.
- 2.** You can add ½ cup of dairy free milk such as coconut or hemp if desired.
- 3.** Adding lemon to your tea will help to alkalize your body & cleanse your liver and lymphatic system.
- 4.** Other great teas for a simple detox are, ginger tea, peppermint tea, & chamomile tea. They are soothing to the stomach lining and support proper digestion.

Hot Cocoa

Ingredients:

1 cup purified water

1-2 Tbsp. organic raw cocoa powder

1-2 tsp. xylitol or stevia

Unsweetened almond, rice or coconut milk to taste

Directions:

1. Bring water to a boil then add cocoa powder, stir to dissolve.
2. Add milk to taste and sweetener, enjoy.
3. Cocoa sweetened with xylitol will decrease cravings for sweets by stimulating the pleasure center of the brain.



Edamame Hummus

Ingredients:

- 2 Tbsp. extra-virgin olive oil
- ½ cup fresh squeezed lemon juice
- 2 Tbsp. tahini
- 12 ounces shelled organic edamame, (about 2 cups)
- 2 cups fresh baby spinach or arugula, packed
- 1/3 cup flat leaf parsley
- 2 Tbsp. finely chopped onion, & 3 medium cloves garlic, minced
- ½ tsp cumin, pinch of cayenne, 1 tsp sea salt, ¼ tsp black pepper
- ½ tsp poppy seeds & 1 tsp toasted sesame seeds, for garnish



Directions:

1. Place the olive oil, lemon juice, tahini, edamame, spinach or arugula, parsley, onion & garlic in a food processor or blender. Blend on high for 1-2 minutes or until smooth. Add a Tbsp. of water if consistency gets too thick.
- 2.
3. Serve in a bowl and sprinkle with poppy & toasted sesame seeds. Store in an airtight container in refrigerator up to four days.

Spring Salts

Ingredients:

Makes ½ cup

1 Tbsp. finely ground pink salt

¼ cup dried lemon zest, finely ground

2 Tbsp. dried basil

1 ½ tsp freshly ground black pepper

¼ tsp cayenne pepper

Directions:

1. Mix ingredients together in a blender, pulse the blender until all are a uniform consistency.
2. Transfer to a small glass shaker jar. Keep the jar on the table and use as a condiment.

