



# Cleanse-Friendly FOOD LIST & RECIPES



A cleanse doesn't require a strict diet however it is a great time to support your body with nutritious foods. Here are some of my favourite recipes.

- Dr. Sara Celik ND



# SMOOTHIES

## Black Forest Shake

### Ingredients:

- 1 serving of Chocolate Delight FitSMART Vegan Shake Mix
- 1 Tbsp cacao powder
- 1 cup frozen cherries
- 8 ounces of water or almond milk (or other milk alternative)

### Directions:

1. Using an electric blender, blend well until smooth.

## Coco Piña Colada Smoothie

### Ingredients:

- 1 scoop Old Fashion Vanilla FitSMART protein powder
- 1 cup pineapple, peeled, cored, chopped
- 1 cup almond milk (or other milk alternative)
- ¼ cup coconut water ice cubes
- 1 tbsp shredded coconut, unsweetened
- dash of cinnamon

### Directions:

1. Blend all ingredients until smooth.
2. Add water to achieve desired consistency.

# SOUPS / STEWS

## Sweet Butternut Squash Soup

### Ingredients:

- 1 tbsp coconut oil
- 1 onion, chopped
- 1 butternut squash, peeled, deseeded, roughly chopped
- 1 yam, peeled, roughly chopped
- 4 cups water
- 1 small can coconut milk (165ml)
- ½ tbsp cinnamon
- ½ tbsp freshly grated ginger
- ½ tsp sea salt

### Directions:

1. Heat coconut oil in a large pot on medium high and sauté onions until translucent, mixing occasionally (3 minutes).
2. Add squash and yam. Sauté stirring well (5 minutes).
3. Add water and coconut milk to cover vegetables. Bring to a boil then add cinnamon, ginger, and sea salt.
4. Turn down heat and simmer covered for 30 minutes.
5. Remove from heat and blend until smooth.
6. Garnish and serve warm.

## Cleansing Celery Soup

### Ingredients:

- 1 tsp olive oil
- 1 large onion, chopped
- 4 cloves of garlic, minced
- 1 head of celery, chopped
- 2 tbsp chickpea flour
- 1 ¼ cup rice milk (or other milk alternative)
- ½ tsp sea salt

### Directions:

1. In a large pot, sauté onion and garlic in olive oil.
2. Add celery and sauté until tender.
3. Add chickpea flour and stir well. On medium heat, add milk alternative, stirring constantly, until the desired creamy consistency is reached.
4. Remove from heat and purée in small batches until smooth.
5. Season with sea salt to taste.

## Ayurveda Detoxifying Lentils

### Ingredients:

- ½ cup yellow lentils
- ¼ cup green lentils
- 2 tbsp olive oil, divided
- Spices: 1 tsp turmeric, 1 tsp cumin seeds, 1 tsp garam masala, 1 tsp sea salt, 1 tsp black pepper, pinch of cayenne pepper
- ½ onion, diced
- 4 garlic cloves, minced
- 3 tsp freshly grated ginger
- ½ green chili, finely chopped
- 2 tbsp fresh coriander to garnish

### Directions:

1. Wash lentils well in a medium sized pot.
2. Cover lentils in pot with 2 inches of water.
3. Add spices to lentils and 1 tbsp olive oil.
4. Mix well and bring to a boil on high heat. Once boiling, reduce heat and simmer for 40 minutes partially covered.
5. Heat remaining olive oil in a pan and sauté onions, garlic, ginger, and green chili for 3 minutes. Add mixture to lentils with a small amount of water if too thick.
6. Simmer covered for 10 minutes. Garnish with coriander and serve.

# SALADS

## Goji Berry Salad

### Ingredients:

- ½ cup arugula
- 2 apples, cored, diced
- 3 tbsp walnuts
- 3 tbsp pumpkin seeds
- 2 tbsp sesame seeds
- 1 tbsp shredded coconut, unsweetened
- 2 tbsp slivered almonds
- 3 tbsp goji berries, soaked in water
- 3 fresh figs, quartered
- ¼ tsp cinnamon
- 1 tsp fresh lemon juice
- 1 tsp olive oil

### Directions:

1. Combine ingredients in a salad bowl.
2. Mix well and serve.

## Fresh Herb Bean Salad

### Ingredients:

- 2 cups small white beans, rinsed
- 4 cups black beans, rinsed
- 1 red pepper, seeded, minced
- ½ small red onion, minced
- 1 tbsp fresh dill, minced
- 2 tbsp parsley, minced
- 2 tbsp olive oil
- 1 fresh squeezed lemon
- sea salt to taste

### Directions:

1. In a large bowl, toss together the rinsed beans, red pepper, onion, dill, parsley, olive oil and lemon.
2. Let stand for 1 hour and stir occasionally.
3. Add sea salt to taste and serve cold.

## Sesame Dressing

### Ingredients:

- 2 tbsp olive oil
- 1 tbsp coconut oil
- 1 tbsp fresh lemon juice
- ½ cup tahini
- 1 tbsp apple cider vinegar
- 2 garlic cloves, minced
- 2 tsp sesame seeds
- ¼ tsp cayenne pepper
- pinch of sea salt

### Directions:

1. Add ingredients to food processor and blend well.
2. Continue to add small amounts of water until desired consistency is achieved.
3. Serve with salad.

## Chia Dressing

### Ingredients:

- 1 tsp chia seeds, raw
- 2 tbsp water
- 1 tsp basil, finely chopped
- 2 tbsp freshly squeezed lime juice
- 1 tbsp olive oil
- ½ tsp sea salt

### Directions:

1. Soak the chia seeds in water until the liquid attains a thick consistency.
2. Blend soaked chia seeds and water with the remaining ingredients until smooth.

## Gluten-Free Tabouli Salad

### Ingredients:

- 1 cup cooked quinoa, cooled
- ½ cup parsley, chopped
- ½ cup red onion, chopped
- 2 tbsp mint, chopped
- juice of 1 lemon
- ¾ cup red pepper, chopped
- ¼ cup olive oil
- 2 garlic cloves, minced
- ¼ tsp cayenne pepper
- ½ tsp sea salt

### Directions:

1. In a large bowl, combine all ingredients and toss together lightly. Make sure the quinoa has cooled completely.
2. Chill for one hour to allow flavours to blend. Serve cold.



# MAIN DISHES

## Kickin' Powerhouse Bowl

### Ingredients:

- 2 tbsp coconut oil
- 2 tbsp sesame seeds
- 2 tbsp sunflower seeds
- 2 tbsp pumpkin seeds
- 1 tbsp poppy seeds
- 2 garlic cloves, chopped
- 1 tbsp freshly grated ginger
- 1 cup carrots, cut in sticks
- 1 cup broccoli florets
- ½ cup baby spinach
- ½ cup coriander, chopped
- ½ cup green onions, chopped
- 2 tbsp soy sauce
- 1 tbsp apple cider vinegar

### Directions:

1. Heat coconut oil in a wok on medium high.
2. Add seeds, garlic, and ginger. Lightly sauté for 1 minute.
3. Add carrots and broccoli. Stir-fry for 5 minutes, mixing.
4. Add spinach, coriander, and green onions. Toss for 1 minute.
5. Add soy sauce and apple cider vinegar. Toss for 2 minutes.
6. Best served with brown rice.

## Supertime Salmon Frittata (Serves 2)

### Ingredients:

- 1 tsp extra virgin coconut oil
- ¼ cup sweet onion, diced
- ¼ cup frozen or fresh steamed corn kernels
- One 4-ounce can salmon, drained
- 1 ripe tomato, diced
- ¼ cup red bell pepper, chopped
- 2 large eggs, lightly beaten
- 4 cups fresh spinach (raw)
- ¼ cup avocado, sliced
- ¼ cup of your favorite salsa
- 1 tbsp fresh basil leaves, chopped
- Pinch of salt
- Freshly ground black pepper
- 3 tbsp crumbled goat cheese (optional)

### Directions:

1. Preheat the broiler. In a large ovenproof skillet, heat the coconut oil over medium heat. Cook the onion until softened, about 3 minutes. Add the corn, salmon, tomato, and bell pepper. Gently stir to combine, and

- continue to cook for about 4 minutes more.
2. Pour the eggs over the mixture. Cook on medium heat for about 4 minutes more.
3. Place the skillet in the broiler and broil for 1 to 2 minutes, until the eggs are light golden brown on top. Watch carefully.
4. Cut the frittata into wedges and serve on a bed of spinach topped with fanned avocado slices and salsa. Sprinkle with the fresh herbs, salt, and pepper. Top with cheese, if desired.

## Anti-Inflammatory Turmeric Chicken

### Ingredients:

- 4 organic chicken breast
- 1 onion, chopped
- 2 tbsp olive oil
- ½ tsp turmeric
- ¼ tsp paprika
- 2 yams, peeled and sliced ½ inch thick
- 2 tbsp fresh rosemary, chopped
- 2 tbsp fresh squeezed lemon juice
- 3 tbsp water
- sea salt

### Directions:

1. In a large skillet, heat onions and olive oil over medium heat for 3 minutes, stirring occasionally.
2. In a large bowl, combine turmeric, paprika, and a pinch of sea salt.
3. Place chicken breasts in a bowl and mix.
4. Place chicken in the skillet with yams arranged around the chicken.
5. Add rosemary, fresh lemon juice, and water.
6. Cover and let cook for 25 minutes.

## Garlic Bok Choy

### Ingredients:

- 2 tbsp olive oil
- 1 pound baby bok choy, trimmed
- 1 tbsp garlic, minced
- 1 cup green onions, chopped
- 1 tsp sesame oil
- ½ cup cashews, chopped
- sea salt, to taste

### Directions:

1. Sauté baby bok choy, garlic and onion in olive oil until translucent (3 minutes).
2. Add sesame oil and continue to sauté, stirring well.
3. Cover and cook bok choy until slightly tender.
4. Add cashews and cook for 1 minute.
5. Add sea salt to taste and serve.

## Creamy Coconut Chicken Curry

### Ingredients:

Spices: ½ tsp ground cumin, ½ tsp cinnamon, ¼ tsp curry powder, ¼ tsp paprika, ¼ tsp turmeric, ½ tsp sea salt

4 organic chicken breasts, cut into 1 inch cubes

2 tbsp coconut oil, divided

1 onion, chopped

5 garlic cloves, crushed

1 yam, peeled and cut into strips

½ cup water

1 tbsp freshly grated ginger

1 can coconut milk (398 mL)

1 red bell pepper, chopped

1 cup snap peas, cut ends

2 bay leaves

1 fresh squeezed lime

sea salt and black pepper to taste

### Directions:

1. Mix spices in bowl and toss chicken in with spices.
2. Add 1 tbsp coconut oil to large pan and cook chicken in batches uncovered for 7-10 minutes. Set cooked chicken aside.
3. In large pot, heat remaining coconut oil on medium heat. Sauté onions and garlic, then remove and set aside.
4. Add yam and water. Cook on low medium heat covered for 5 minutes stirring occasionally. Add sautéed onions, garlic, ginger, coconut milk, and cooked chicken.
5. Allow to simmer on low medium heat for 20 minutes, then add red bell pepper, snap peas, and bay leaves. Cook for another 5 minutes.
6. Add freshly squeezed lime juice, sea salt and black pepper to taste. Serve with brown rice.

## Lettuce Wrapped Turkey Burgers

### Ingredients:

500 grams ground organic turkey

1 tbsp coconut oil

1 garlic clove, crushed

½ onion, shredded

¼ tsp tandoori tikka masala spice

1 handful coriander leaves, chopped

sea salt and black pepper to taste

### Directions:

1. Combine all ingredients (except coconut oil) in a large bowl and mix well using your hands.
2. Form into burgers ¾ inch thick and 4 inches across.

3. Melt coconut oil in a large pan on medium-high heat.

4. Add turkey burgers and cook for 4-5 minutes on each side, flipping once.

5. Serve wrapped in lettuce with sliced tomatoes and guacamole spread.

## Hearty Turkey Chili

### Ingredients:

2 tbsp coconut oil

1 lb lean ground turkey

1 cup onion, chopped

1 garlic clove, crushed

1 tsp turmeric

¼ tsp paprika

½ tsp cumin

¼ tsp oregano

1 can organic kidney beans

1½ large can organic tomatoes

1 celery stalk, chopped

2 tbsp coriander, chopped

sea salt and black pepper to taste

### Directions:

1. Heat coconut oil in a large pot on medium high. Sauté onions and garlic. Cook until translucent.
2. Add turkey and cook until evenly brown. Mix occasionally.
3. Stir in spices and mix well.
4. Lower heat and add beans, tomatoes, celery, coriander, sea salt, and black pepper. Mix well and mash the tomatoes while stirring.
5. Cover and simmer for 30 minutes, stirring occasionally. Add water if needed to keep from sticking. Serve warm.



# SNACKS/DESSERTS

## Dip It Hummus

### Ingredients:

- 1 796 ml can of organic Garbanzo beans (chickpeas)
- 1 freshly squeezed lemon
- 1 tsp of sea salt
- 1 clove of garlic
- ¾ cup cold pressed extra virgin olive oil

### Directions:

1. Place all ingredients in a blender and slowly pulse together.
2. Store in refrigerator.

## Fiesta Guacamole

### Ingredients:

- 1 ripe avocado, chopped
- ¼ cup red onion, chopped
- 1 garlic clove, crushed
- 2 tbsp freshly squeezed lime juice
- 1 tbsp parsley, minced
- 2 tbsp basil, minced
- ½ tsp sea salt
- 1 tbsp olive oil

### Directions:

1. Add ingredients to food processor and blend until smooth.
2. You can also mash ingredients with a fork if you prefer.
3. Transfer to a serving bowl. Let stand for 15 minutes.
4. Best served with brown rice crackers or carrot sticks.

## Krispy Kale Chips

### Ingredients:

- 1 bunch kale, stems removed
- 2 tbsp olive oil
- 1 tsp sea salt

### Directions:

1. Preheat oven to 350°F and lay out parchment paper on a baking sheet.
2. Tear kale into bite-sized pieces and ensure the kale is dry from washing.
3. Place kale in a mixing bowl and massage olive oil into the leaves.
4. Spread the kale pieces apart on the parchment paper and sprinkle with sea salt.
5. Bake for 12-15 minutes, rotating the pan halfway through the baking time. Be careful not to burn the kale.
6. Remove from oven and allow to sit for a few minutes before serving.

## Nuts for Coconuts Bowl

### Ingredients:

- 2 tbsp unsweetened coconut, shredded
- 2 tbsp raw pumpkin seeds
- 1 tbsp chia seeds
- ¼ cup raw pecans
- 1 tsp cinnamon
- 1 cup boiling water
- Stevia to taste

### Directions:

1. Blend all ingredients together (except water) in a food processor.
2. Mix into 1 cup of boiling water and let sit for 10 minutes.
3. Sweeten with stevia and serve.



## Nut Butter Cacao Cups

### Ingredients:

- 5 tbsp coconut butter
- 5 tbsp coconut oil
- 6 tbsp cacao powder
- 1 tbsp cinnamon
- 1 tsp vanilla extract
- 3 tbsp nut butter of choice

### Directions:

1. Mix all ingredients in a bowl except for the nut butter.
2. Put ½ teaspoon of cacao mixture into each cup of a mini muffin pan. Set ½ mixture aside.
3. Freeze for about 10 minutes.
4. Add ¼ teaspoon nut butter on top of each frozen cup.
5. Add another ½ teaspoon of the cacao mixture on top of the nut butter, then freeze again for about 15 minutes. Allow to harden and serve cold.

## Guilt-Free Chocolate Mousse

### Ingredients:

- 1 avocado
- ¼ cup cacao powder
- 1 tsp vanilla extract
- 10 drops liquid vanilla stevia
- ½ cup unsweetened almond milk
- 2 tbsp chia seeds

### Directions:

1. Place the avocado, cacao powder, vanilla extract, liquid vanilla stevia and almond milk in a food processor and process until smooth.
2. Stir in the chia seeds.
3. Transfer the mixture to a medium bowl and refrigerate for 1 hour.
4. Scoop into individual bowls and serve chilled.

## On-The-Go Power Bites

### Ingredients:

- ¾ cup unsalted almonds
- 1 cup Medjool dates, deseeded
- 3 tbsp almond butter
- 5 tbsp coconut oil, divided
- 1½ cup coconut flakes, unsweetened
- 2 tbsp maca powder
- 1 tsp pure vanilla extract
- dash of sea salt

### Directions:

1. Add almonds to food processor and pulse until ground, about 3 minutes.
2. Add Medjool dates, almond butter, and 3 tbsp coconut oil to food processor and combine well.
3. Add all remaining ingredients and combine to form a sticky mixture.
4. Form into balls pressing firmly together.
5. Place in freezer and consume post-workout or as a cleanse-friendly treat.

## Delicious Date Treats

### Ingredients:

- ½ cup raw almonds
- 2½ cups pitted dates

### Directions:

1. Preheat oven to 350°F.
2. Place almonds on a baking sheet and bake until toasted (5-10 minutes). Watch carefully and shake the sheet regularly. Allow the almonds to cool.
3. Combine cooled almonds and dates in food processor. Once sticky, remove and press firmly into baking pan.
4. Cut into squares, then place in fridge to harden. Individually wrap each square and enjoy on the go.



# SHOPPING LIST

This list contains foods that may not be in this recipe book, but are very healthy choices. Enjoy!

## NUTS / SEEDS

- Almonds
- Brazil Nuts
- Cashews
- Chia Seeds
- Flax Seeds
- Hazelnuts
- Hemp Seeds
- Macadamia Nuts
- Pecans
- Pine Nuts
- Poppy Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Walnuts

NOTE: You may use unsweetened milks, butters, and oils made from these.

## OILS / FLAVOURS

- All Herbs and Natural Spices
- Apple Cider Vinegar / Balsamic Vinegar
- Avocado Oil
- Baking Soda / Powder (aluminum-free)
- Wheat-Free Soy Sauce
- Cacao powder
- Coconut Oil
- Olive Oil / Olives
- Pure Maple Syrup
- Raw Honey
- Sea Salt
- Sesame Oil
- Stevia – Natural Sweetener

## PROTEIN

- Chicken
- Eggs
- FitSMART Protein Powder (10 grams of fibre, 20 grams of protein per serving)
- Seafood
- Canned wild salmon
- Turkey (ground)
- Goat cheese

## LEGUMES / GRAINS

- Brown Rice / Wild Rice
- Buckwheat
- Kamut
- Millet
- Quinoa
- Black Beans
- Chickpeas / Garbanzo Beans
- Green Beans / Peas
- Kidney Beans
- Lentils
- Lima Beans
- Navy Beans

NOTE: You may use breads, cereals, unsweetened milks, crackers, and pastas made from these.

## FRUITS

- Apple
- Apricot
- Avocado
- Banana
- Berries (frozen)
- Cherries (frozen)
- Coconut
- Cranberries

- Dates
- Figs
- Goji Berries
- Grapefruit
- Grapes
- Kiwi
- Lemon
- Lime
- Lychee
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Pomegranate
- Prune
- Tomato
- Watermelon

## VEGETABLES

- Alfalfa sprouts
- Artichoke
- Asparagus
- Beet
- Bell Pepper

- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Chili Pepper
- Cucumber
- Eggplant
- Fennel
- Garlic
- Kale
- Leafy Greens / Lettuce
- Okra
- Onions
- Pumpkin
- Radish
- Sea Vegetables
- Sprouts
- Squash
- Sweet Potato
- Turnip
- Yam
- Zucchini



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