

DETOX RECIPES:

Follow steps A and B below

A. Start with the Core ingredients in Detox Recipes

1. 2 servings of PaleoCleanse with any combination of PaleoMeal, WheyCool or EssentiaMeal
 2. 1-3 tbsp of PaleoFiber
 3. Optional: 1-3 tbsp of PaleoGreens, PaleoReds or EssentiaGreens
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B. Add any of the Core ingredients suggested above in the recipes below:

MODERATE CARBOHYDRATES CONTENT

TROPICAL SMOOTHIE (PINA COLADA)

1/2 cup coconut water or water
1/2-1 cup fresh or frozen pineapple or fresh/frozen mango
1-2 tbsp shredded coconut
water and/or ice to desired consistency

APRICOT/PEACH DELIGHT

1/2 cup coconut water or water
1/2-1 cup water or ice
1/2-1 cup peaches/apricots fresh, frozen or packed in water (unsweetened)
water and/or ice to desired consistency

SWEET VERY BERRY

1/2 cup coconut water or water
1/2-1 cup fresh or frozen raspberries, strawberries or blueberries
water and/or ice to desired consistency

NUTTY APPLE CINNAMON

1/2 cup coconut water or water
1/2 cup unsweetened apple sauce
cinnamon to taste
1/4 cup raw pecans, slivered or sliced raw almonds
water and/or ice to desired consistency

LOWER CARBOHYDRATES CONTENT

SIMPLE & QUICK

1/2 cup coconut water or water
water and/or ice to desired consistency

COCONUT CRAZE

1/2 cup coconut water or water
1 tsp xylitol if needed
3 tbsp shredded coconut
water and/or ice to desired consistency

ALMOND CRUNCH

1/2 cup coconut water or water
1 tsp xylitol if needed
1-2 tbsp sliced or slivered raw almonds
water and/or ice to desired consistency

LEMON/LIME FRESH

1/2 cup coconut water or water
1/2 a lemon/lime (peeled & sliced), may add a few lemon/lime shavings for health & taste
1-2 tbsp lemon/lime juice
water and/or ice to desired consistency

CHOCOLATE MILK

1/2 cup coconut water or water
1-3 tsp unsweetend cocoa powder
1-2 tsp xylitol
water and/or ice to desired consistency

CAFE MOCA

1/2 cup coconut water or water
1-3 tsp instant organic decaffeinated coffee
1-2 tsp xylitol
water and/or ice to desired consistency

For Added Taste, Crunch & Satisfaction

You may add 1 tspn of shredded coconut, nuts (almonds, pecans) or seeds (sunflower or pumpkin seeds) even if they are not listed in the above recipes. This adds good fats, flavor, chewing satisfaction and reduces hunger. Choose organic fruit, coconut water and raw nuts whenever possible.