



# DETOX & EVOLVE CLEANSE RECIPES



# GROCERY LIST

VEGETABLES	FRUITS	GRAINS   RICE   BEANS
Acorn Squash Artichokes <b>Asparagus</b> <b>Beets (especially red beets)</b> Bell Pepper Butternut Squash <b>Carrots</b> Celery <b>Cilantro</b> Cucumber <b>Endive</b> <b>Fennel</b> <b>Green Beans</b> <b>Leafy Greens</b> Leeks Mustard Greens Peas Potatoes (red best) <b>Pumpkin</b> Radishes Rutabaga Spaghetti Squash Spinach Sweet Potatoes Swiss Chard Turnips <b>Winter Squash</b> Zucchini	<b>Apples (cooked)</b> Apricots (dried) Berries <b>Cranberries</b> Coconut flakes (unsweetened) <b>Dates</b> Sour Cherries Currants <b>Figs</b> Grapefruit (moderation) Grapes Lemons Limes Mangoes Melons Oranges (sweet, moderation) Papaya Peaches <b>Pears (cooked)</b> Pineapple (moderation) <b>Pomegranates</b> <b>Plums</b> Strawberries Raisins	<b>Amaranth</b> <b>Basmati rice</b> Barley Black beans Brown lentils Buckwheat Couscous <b>Mung dal (split yellow)</b> <b>Mung beans (green)</b> Oats <b>Quinoa</b> Red Lentils

SPICES	SEEDS/NUTS	DAIRY
<p><b>Ajwan</b>  <b>Asafetida (hing)</b>            Basil  <b>Black Pepper</b>  <b>Cardamom</b>  <b>Cinnamon</b>  <b>Cilantro (fresh)</b>            Cloves  <b>Coriander</b>  <b>Cumin (seeds and/or ground)</b>            Dill  <b>Fennel</b>  <b>Fenugreek</b>            Garlic  <b>Ginger (fresh)</b>            Mint  <b>Mustard Seeds</b>  <b>Nutmeg</b>            Oregano            Parley (fresh)  <b>Turmeric (fresh if possible)</b>            Thyme            Rosemary  <b>Saffron</b></p>	<p>Pumpkin Seeds  <b>Sesame Seeds</b>            Sunflower Seeds            Pine nuts            Almonds</p>	<p>Almond Milk (ideally homemade)            Cow's Milk (ideally non-homogenized)</p>
	OILS	TEAS
	<p>Coconut oil            Sunflower oil            Sesame oil  <b>Ghee</b></p>	<p>Chamomile            Clove            Eucalyptus  <b>Fennel</b>  <b>Fenugreek</b>  <b>Fresh Ginger</b>            Juniper Berry            Lavender            Lemon Grass            Marshmallow Root            Peppermint (fresh better)            Raspberry            Rosehips  <b>Saffron</b></p>

# GUIDELINES FOR GOOD DIGESTION

**Follows these guidelines as best as possible throughout your Detox+Evolve program and onward! These ayurvedically inspired observations will support proper digestion.**

- Eat fresh foods
  - Ideally NO frozen, preserved, microwave, canned, processed, GMO's or leftovers
- Drink room temperature or warm water (or tea)
  - NO iced or refrigerated drinks, NO sodas and soft drinks
- Use mineral rock salt or black salt and avoid sea salt or table salt
- Use natural sweeteners
  - To include raw honey, unbleached organic sugar maple syrup, brown rice syrup, sucanat
- Be mindful while eating
  - Don't eat while watching the TV, reading, driving, talking on the phone, texting, etc.  
Engage only when in pleasant conversation or company
- Eat only when hungry and after previous meal has been digested
- Eat main meal at midday
- Avoid eating when emotionally upset
- Evening meal should be lighter and completed between 6pm-7pm

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# BERRY AMARANTH PORRIDGE

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## **INGREDIENTS**

- 2/3 cup amaranth (soaked overnight)
- 2 cups filtered water
- 1/2 cups milk
- 1/2 tsp ground cinnamon
- 1 tbsp. flaxseeds (optional)
- 1 tbsp. chia seeds (soaked, optional)
- 1/2 cup of blueberries or strawberries
- pinch salt

## **DIRECTIONS**

Put water and amaranth in a small saucepan and bring to a boil over high heat. Reduce the heat and simmer, stirring often to prevent sticking, until the amaranth is tender and all water is absorbed (about 20 minutes), adding more water while cooking if necessary. When the amaranth is done, add the berries and cook another 5 minutes. Pour the milk (room temperature or warmed), seeds and cinnamon over the grains and berries. Enjoy this light yet nourishing breakfast!

# STEWED FRUIT

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## INGREDIENTS

### Ingredients for VATA

- 2 apples, peeled if not organic, cored and sliced
- 1/3 cup dried raisins
- 1/4 tsp. cinnamon powder
- 1/2 tsp. fresh ginger
- 1/4 cup water

### Ingredients for PITTA

- 2 pears, peeled if not organic, cored and sliced
- 1/3 cup dried cranberries
- 1/4 tsp. cardamom powder
- 1/2 tsp. fresh ginger
- 1/4 cup water

## DIRECTIONS

Place all ingredients in a saucepan (or crockpot) and bring to a boil. Turn the heat to low and cook covered until soft, about 20 minutes. Serve warm.

# CARROTS & PEAS QUINOA

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## **INGREDIENTS**

- 1 cup uncooked quinoa, washed and drained
- 2 cups water
- 1/2 cup cooked peas
- 1 cup carrots, sliced thinly
- 1/2 teaspoon salt
- 1 tsp. honey

## **DIRECTIONS**

Bring the quinoa and 2 cups of water to a boil over the stove. Add in the carrots and cook until the quinoa has soaked up all of the water. Add in the peas, salt. Mix and fluff the quinoa, add honey. Move to a serving bowl and serve hot.



# DETOX MUNG BEAN SOUP

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## INGREDIENTS

- 1 cup of soaked or lightly sprouted (after 1 day, Kapha) green mung beans
- ½ tsp. turmeric
- ¼ tsp. hing or hingvastak
- pinch of pepper (except if high pitta)
- pinch of rock salt
- 1 tablespoon of fresh coriander (to sprinkle on top at the very end)
- 1 chopped cup of your favorites vegetables (spinach, leek, root vegetables, beets etc)
- 1 teaspoon of your kitchari spice mix
- 1 teaspoon grated fresh ginger
- 1 tbsp ghee
- 2 tbsp finely chopped cilantro to serve
- Juice of one lemon (Vata, Kapha) or one lime (Pitta)

## DIRECTIONS

Wash the mung beans thoroughly and then soak them either overnight or for at least 4 hours before cooking. Eventually let them sprout for 1 day (especially for Kapha). Bring the beans and the fresh water to a gentle simmer, add the turmeric, pepper, and hing or hingvastak and simmer until soft, around 30–40 minutes, adding more water if necessary. Once the beans are almost cooked, heat ½ tbsp. ghee in your smallest saucepan, add the kitchari spices and fresh ginger and allow to sizzle for 30-60 seconds.

Sauté the vegetables in a separate pan with ½ tbsp. of ghee (can use more post detox). Put the beans into a blender with a little fresh hot water (half to one cup depending on consistency you like) and add the heated kitchari spices and blend for 30 seconds max (pulse function is best, otherwise it will get sticky). Add rock salt for taste. Put the soup in a bowl, add veggies on top, then top with lemon or lime juice and fresh cilantro to serve. Makes 2-3 servings.

Note: like Kitchari, this soup can be eaten all day for one or several days.

# MARIA'S MASALA SOUP

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## INGREDIENTS

- Masala Spice Mix: cumin, coriander, mango powder, turmeric, cayenne pepper, asafoetida (hing)
- 1 cup red lentils
- 2.5 cups water
- 4 asparagus stalks
- 2 full size carrots
- dash of salt

## DIRECTIONS

Soak and wash organic red lentils (2 hours) Cook lentils with water and masala spice mix + salt (cooking time approx. 30 minutes. Steam asparagus and carrots (when steaming cut into small pieces so cooking time is reduced) Combine lentils with steamed vegetables. Garnish with cilantro and lime juice.

# POHA

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## INGREDIENTS

- 3 cups poha
- 1/3 cup ghee
- 1 tsp black mustard seed
- 1 tsp cumin seeds
- 5 curry leaves, fresh or dried
- 1/2 tsp salt
- 1/2 tsp turmeric
- 1 pinch hing
- 1/2 cup cilantro leaves, chopped
- 1 small onion chopped finely
- 1 small green chili, chopped finely

## DIRECTIONS

Wash the rice flakes twice, drain and set aside. Heat the ghee in a frying pan, over medium heat, and add the mustard seeds, cumin seeds and curry leaves. Stir until the seeds pop and put in the turmeric, salt, and hing. Next add the cilantro, onions and chili and cook until soft and slightly brown. Stir in the rice flakes, cover, and turn off heat. Let sit for a few minutes; serve garnished with coconut and cilantro. Give each serving a squeeze of fresh lime.

# RED LENTIL DHAL | TOOR DHAL

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## INGREDIENTS

- 2 cups red lentils, rinsed
- 2 medium red beets, cut into 1" chunks (can be replaced by carrots or zucchini)
- 3 cups filtered water
- 1 tbsp. ghee
- 2 tsp. ground coriander
- 1/4 tsp. hing or hingvastak
- 1/2 tsp. ground turmeric
- 1 tsp. dried sage
- 1/4 tsp. black pepper

## DIRECTIONS

Rinse the lentils and soak in cold water for 30 minutes, strain. Put all spices in a sauce pan with ghee and heat up for 30 seconds to let spices unfold their aroma, then add lentils, vegetables and water. Bring to a boil, then lower the heat and simmer for 45 minutes, stirring occasionally. Adjust pepper and salt to taste. Serve hot with Basmati rice. Makes 4 servings.

# ROASTED VEGETABLES

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## INGREDIENTS

- 1 fennel bulb sliced
- 2 medium carrots cut into thick 1/4 " thick slice
- 1 parsnip cut into 1/2" cubes
- 1 large red beet cut into 1/2" cubes
- 1 small onion sliced
- 4 red potatoes, sliced
- 1 tsp thyme
- 1 tsp rosemary
- 1 tsp oregano
- 2 tablespoons olive oil

## DIRECTIONS

Preheat oven to 400, put the oil in a baking dish and place veggies and herbs on top. Let bake for 20 min, then stir and turn veggies and bake for another 20 minutes. Serve with basmati rice or quinoa. Makes 4 servings.

# VEGETABLE SOUP

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## INGREDIENTS

- 1-2 carrots, cut small
- 3-5 asparagus, cut small
- 4-6 fresh green beans
- half green bell pepper, cut small
- 2 celery sticks, cut small
- 2 stalks green onion
- 1 small piece of cilantro
- 1 small lime
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp cumin seeds
- 10 tbsp. Organic Corn start
- 1 1/2 tbsp ghee
- 1.5 to 2 cups of water

## DIRECTIONS

Melt ghee in pan with salt, pepper, cumin. Add celery and slowly start to add water, cover and turn heat to medium. Add small cut veggie and add to simmering water. Let mix simmer until veggies are soft. Add corn start mixture (mix corn starch with water, make dense) slowly as soup begins to thicken Turn off stove. Let cool down, add cilantro and lime juice. Serve and enjoy!

# KITCHARI

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## INGREDIENTS

- 1 cup basmati rice (quinoa for Kapha)
- 2 cups mung dal (split yellow)
- 7 cups (approx.) Water
- a bit of salt
- 2 Tbs. ghee
- 3 tsp. mustard seeds (leave out for Pitta)
- 2 tsp. cumin seeds
- 2 tsp. turmeric powder
- 2 tsp. coriander powder
- 2 tsp. fennel powder
- 1 pinch ssafoetida (hing)
- 1/2 tsp. ginger powder or 1 tsp. fresh grated ginger (for Vata and Kapha only)
- *Optional to add 1-2 cups vegetables on your food list*

## DIRECTIONS

Wash rice and mung dal separately in at least 2 changes of water. If you have time, soak rice and dal 1 to 2 hours prior to cooking after rinsing. Sauté the seeds in the ghee until they pop. Then add the other spices. Add the mung dal and salt. Sauté for 1 to 2 minutes. Add boiling water, bring to boil, then simmer for 30 minutes or until the dal is 2/3 cooked. Now prepare any vegetables that suit your constitution. Cut them into smallish pieces. Add rice and vegetables. Stir into mix, adding extra water if needed. Bring back to a boil, then simmer for 20 minutes or until rice is fully cooked. Aim to have minimal water remaining, leaving the lid on the pot to allow any excess to be slowly absorbed.

Makes 3-4 servings.

Ways to change: cook with quinoa, change your lentils, use sprouted lentils. Add vegetables on the side.

# COOLING GREEN KITCHARI

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## INGREDIENTS

- 1 cup basmati rice
- 5-8 cups filtered water
- ½ cup split yellow mung beans
- ½ lbs fresh greens: asparagus, zucchini, green beans, leafy greens (together or can alternate and make it asparagus kitchari, zucchini kitchari etc)
- 2 to 3 tbsp ghee
- 2 tsp. kitchari spice mix
- 1/3 cup chopped cilantro
- 1 tbsp. grated coconut,
- ½ lemon or lime

## DIRECTIONS

Clean the rice and dahl separately. Rinse 2 or 3 times until water is clear. Add water to a medium sized, heavier bottom soup pan and bring to a boil. Allow rice and dahl to simmer about 35 to 40 minutes while you prepare the spices and any desired vegetables. Wash and prep your vegetables into smaller bite sized pieces. When your rice-mung mix has cooked for about 30 minutes or more, heat a heavy skillet over a medium flame and add the ghee. Add kitchari spice mix to the hot pan and heat up for 30-60 seconds so the flavor of the spices unfold. Add asparagus or other vegetable and saute briefly to sear and protect color. When the vegetables are tender, add to the rice with cilantro, grated coconut and serve with a squeeze of lime. Makes 3 to 4 servings.



# ALMOND DATE OJAS BALLS

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## INGREDIENTS

- 1 cup raw almonds
- 1/2 tsp powdered ginger
- 1/2 tsp ground cardamom
- Pinch of Himalayan salt
- 7-8 medjool dates, pitted
- 1 tbsp ghee
- 1 tp raw honey
- Grated rind of 1 organic orange (optional). You can also use a bit of rose petal jam if available

## DIRECTIONS

Add almonds, ginger, cardamom and salt to a food processor and process until well ground. Don't process so much that it turns into a flour or paste, but enough that it has a finely ground consistency. Remove contents to a bowl and set aside. Add dates, ghee, honey and the optional orange/rose jam to the food processor and pulse until dates break up. The process steadily until all ingredients are well combined. Add back to the processor all but 1/8 cup of the almond mixture and process until nicely combined. Roll walnut-sized pieces of the mixture into smooth balls. Then roll the balls in the reserved almond mixture.

# AGNI TEA

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## **INGREDIENTS**

- 1 quart - Water
- 1 pinch - Cayenne
- 2 handfuls - Minced Ginger Root
- 2 tbs. – raw sugar or sucanat
- 1 to 2 tsp. - rock salt

## **DIRECTIONS**

Bring all the above ingredients to a boil. Boil for 20 minutes. Take pot off the burner and cool for a few minutes. Add the juice of 1/2 lime. Do NOT boil the lime juice. Pour into a thermos and enjoy throughout the day!

# AYURVEDIC GATORADE

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## **INGREDIENTS**

- 1 cup of water
- pinch of raw sugar
- pinch of salt
- half a lime

## **DIRECTIONS**

Squeeze the juice of the lime into the water, mix in the salt and sugar until well dissolved. Enjoy!

# GINGER TURMERIC HONEY TEA

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## INGREDIENTS

- 1 cup water
- 1/3 tsp turmeric ground or 1 tsp fresh turmeric
- 2 tsp fresh ginger root (muddled)

## DIRECTIONS

Simmer the ginger root for 10 minutes. Add turmeric powder and simmer an additional 7 minutes. Let the drink cool and add honey. Drink post-meal. \*If using both turmeric and ginger as root then simmer the whole thing for 15 minutes.

# OJAS RASAYANA DRINK

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## **INGREDIENTS**

- 10 almonds soaked (8 hours)\*
- 1 cup whole milk (dairy, almond, or rice)
- 2 tsp. ghee
- 4-5 dates, preferably medjool
- 8 black peppercorns
- 1/2 tsp. each of cardamom, cinnamon
- pinch of each cumin, turmeric, nutmeg

## **DIRECTIONS**

Liquefy all of the ingredients in a blender until it reaches a smooth consistency. Pour into a pot on the stove and bring to a gentle boil. Stir and serve. You can stir in a bit of water if the consistency is too thick.

\*If you haven't pre-soaked the almonds, simply blanch them in boiling water for 1 minute. Drain and run under cold water, then remove and discard their skins.

# HOW TO MAKE GHEE

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## INGREDIENTS

1 pound unsalted butter

## DIRECTIONS

Put the butter in a heavy, medium-sized pan. Turn the heat on to medium until the butter melts.

Turn down the heat until the butter just boils and continue to cook at this heat. Do not cover the pot. The butter will foam and sputter while it cooks. Whitish curds will begin to form on the bottom of the pot. The butter will begin to smell like popcorn after a while and turn a lovely golden color. Keep a close watch on the ghee, as it can easily burn. After a while it will become a clear, golden color. You will have to take a clean, dry spoon to move away some of the foam on top in order to see if the ghee is clear all the way through to the bottom. When it is clear and has stopped sputtering and making noise, then it needs to be taken off the heat. Let it cool until just warm. Pour it through a fine sieve or layers of cheesecloth into a clean, dry glass container with a tight lid. Discard the curds at the bottom of the saucepan. The ghee is burned if it has a nutty smell and is slightly brown.

1 pound of butter takes about 15 minutes of cooking time. The more butter you are using, the more time it will take.

Ghee can be kept on the kitchen shelf, covered. It does not need refrigeration. The medicinal properties are said to improve with age. Don't ladle out the ghee with a wet spoon or allow any water to get into the container, as this will create conditions for bacteria to grow and spoil the ghee.

Two pounds of butter will fill a quart jar with ghee.

# MORNING GHEE DRINK

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**Why Ghee?** To loosen impurities, toxins lodged deeply in the cells and tissues. The ghee loosens the impurities and acts as a solvent to dissolve and mobilize the impurities so they can easily be eliminated in the laxative phase of therapy.

You will begin ghee on Day 2 and increase the amounts you take in each day until Day 6. Be sure to check how much to take in each day on your daily checklist. You will be You can either just spoon out the ghee from the jar and eat it or make a blended ghee drink.

1. Warm  $\frac{1}{4}$  to  $\frac{1}{2}$  cup of Milk with a pinch of cardamom and trikatu remove from stove.
2. Add \_\_\_\_\_ amount of ghee.
3. Mix in a blender the milk and ghee and honey if you like (but make sure milk mixture has cooled down)
4. Drink and Lay down/rest. Do not move around, as your body needs to digest ghee. You can read, relax, and meditate but no pranayama until an hour after ingesting ghee.

You can use flax seed oil if you have an aversion to ghee or prefer a vegan option.

Take ghee in the morning on an empty stomach (recommend at 5 am and then you can lay down for 30 minutes, this is best. Drink glass of warm water before ingesting ghee, wait 15-30 minutes.

Stop increasing ghee if you start to feel nauseous and very heavy as that means your digestive fire has hit its limit. It is better to be consistent and take ghee every morning then to not so do not over do it.

**If you feel nauseous drink ginger tea throughout the day. See Ginger Tea Recipe.**

# CASTOR OIL

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Take 4 to 6 tablespoons of castor oil first thing in the morning. How much you need depends on your bowels. Loose and soft bowels will purge fine with 4 TBSP but stubborn, hard and dry bowels will need higher amounts to get good purgation.

After castor oil it can be useful to immediately take a hot bath and rub the belly with some sesame oil or massage oil to help GI track empty out.

Mix with 3/4 cup of orange juice - blend and drink. If you have high Pitta then use Apple Juice.

After you take the castor oil, you will need to rest throughout the day. Evacuations will start to happen and it can take anywhere from 6 to 8 hours for full effect. The consistency and frequency will vary. Do not bathe right after evacuations; wait until later in the day. If you are feeling dehydrated please drink *Ayurvedic Gatorade*.