

Clean Food  
CRUSH

**21**  
D A Y  
SUGAR  
DETOX



Get started with the Clean Food Crush

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SUGAR  
DETOX

# Week 1 Detox Recipe Ideas:

***You may use your own recipes, and ideas to accommodate your meal plan, & personal tastes.***

***Please share your best ideas in the Facebook Group!***

## **The Famous Banana Pancakes/Crepes Recipe:**

Listed Serving of Egg as per your meal plan

1 Banana

Dash of Cinnamon

½ tsp vanilla

Directions:

Mix banana, egg whites, cinnamon, and vanilla in blender just until smooth batter forms

Pour by ¼ cupfuls onto

hot griddle sprayed with nonstick

spray or wiped with coconut oil.

Tips:

Cook on medium/heat- these burn easily- so keep an eye on them

Griddle needs to be hot when batter is added. They need to cook long and slow.

Make sure the bananas are more on the green side. Helps keep the "batter" thicker.

Also, make sure the pan is hot before adding the "batter", so the first side solidifies faster.

I have also discovered placing batter in the fridge overnight and reblending the next day, thickens it up.

If you still cannot get them to work, try a pinch of baking soda blended into the batter.

*These are chosen with PREPPING AHEAD in mind*

## **Oven Roasted Brussel Sprouts**

{A very simple preparation with guaranteed fantastic results! }Brussels are my absolute favorite vegetable. I didn't really discover this until I turned 30...so filling & FULL of vitamins & nutrients! (Preheat oven to 400 degrees f)

### **SERVES 4:**

- 1 lb Brussel Sprouts, rinsed, trimmed, & halved lengthwise.
- 2 Tbsp extra virgin olive oil or melted coconut oil.
- 1/2 tsp Sea Salt
- 1/4 tsp ground pepper

Toss Brussels with all ingredients on a flat rimmed baking sheet.

Roast, stirring at least once during cooking time.

I love it when several of the leaves begin to crisp up on the outside, & the inside is tender.

30-35 minutes

## Oven Roasted Broccoli

### Ingredients:

1 pound broccoli, rinsed and trimmed

2 tablespoons olive oil

2 cloves garlic, minced

1/2 teaspoon kosher or sea salt

1/4 teaspoon freshly ground black pepper

### Directions:

Preheat oven to 425 degrees F.

Cut the broccoli florets into bite size pieces. Cut the stalk into 1/8-inch thick, round slices. Place the broccoli into a mixing bowl and toss with the olive oil, garlic, kosher salt and pepper and set aside.

Place the mixture on a flat sheet pan, place in the oven and roast just until the broccoli is tender, 8 to 10 minutes.

## **Oven-Roasted Cauliflower**

### **Ingredients**

5 to 6 cups cauliflower florets, about 1 1/2 inches in diameter (from 1 large cauliflower)  
2 tablespoons olive oil  
1 tablespoon sliced garlic  
2 tablespoons lemon juice  
1 teaspoon sea salt  
1/2 teaspoon black pepper  
Chopped chives, for garnish

### **Directions**

Preheat the oven to 500 degrees F.

Place the cauliflower florets in a large flat roasting pan.

Drizzle/toss the olive oil over the cauliflower, and season with the garlic, lemon juice, salt and pepper.

Place the saute/roasting pan in the oven and roast for 15 minutes, stirring occasionally to ensure even roasting.

Remove from the oven and garnish with chopped chives if desired.

## **Oven roasted green beans**

### **Ingredients**

1 1/2 pounds green beans  
2 tablespoons extra-virgin olive oil  
1 teaspoon sea salt salt  
1/2 teaspoon freshly ground black pepper

### **Directions**

Preheat the oven to 425 degrees F.

Trim the ends of the green beans and add to a large bowl.

Toss with the extra-virgin olive oil, salt and pepper and spread out evenly on a parchment lined baking sheet.

Roast, stirring once halfway through, until crisp tender, 12 to 15 minutes

## Oven Roasted Cabbage

### Ingredients

- 1 tablespoon plus 2 more tablespoons extra-virgin olive oil or melted coconut oil
- 1 medium head green cabbage, cut into 1-inch-thick rounds
- Coarse sea salt and ground pepper
- 1 teaspoon caraway or fennel seeds(optional)

### Directions

1. Preheat oven to 400 degrees.
2. Brush a rimmed baking sheet with 1 tablespoon extra-virgin olive oil or melted coconut oil.
3. Place 1 medium head green cabbage, cut into 1-inch-thick rounds, in a single layer on sheet and brush with 2 tablespoons oil.
4. Season with coarse salt and ground pepper and sprinkle with 1 teaspoon caraway or fennel seeds.
5. Roast until cabbage is tender and edges are golden, 40 to 45 minutes.

## **Lemon Broiled Salmon**

4 oz Salmon Steak (prepare ahead)

1 tsp low sodium soy sauce or Liquid aminos per steak)

Olive Oil (1 tsp per steak)

Lemon Pepper (sprinkle)

Kosher Salt (sprinkle)

### **Directions:**

Brush soy sauce/liquid aminos and Olive Oil on salmon steaks and sprinkle with Lemon pepper and salt.

Preheat the broiler. Line a heavy rimmed baking sheet with foil. Spray the foil with nonstick spray.

Arrange the salmon fillets on the baking sheet and sprinkle with salt and pepper.

Broil for 6-8 minutes. Fish is done when it flakes easily with a fork



## Prepping ahead a large amount of juicy Chicken Breasts:

extra virgin olive oil or spray

boneless, skinless chicken breasts

Salt and pepper

Other FAVORITE spices or seasonings

Baking dish

Parchment paper

## Instructions

1. **Heat the oven to 400°F and prepare the pan:** Heat the oven to 400°F with a rack in the middle position. Rub the pan(OR LIGHTLY SPRAY WITH NON-STICK OLIVE OIL SPRAY) and one side of the parchment paper with olive oil; this prevents the chicken from sticking.
2. **Prepare the chicken:** Pat the chicken dry and rub with a VERY SMALL AMOUNT of olive oil, if desired. Sprinkle with salt, pepper, and any other favorite seasonings.
3. **Transfer to the baking dish:** Place the chicken breasts in the baking dish, spaced slightly apart. You can also tuck herbs or lemon wedges around the chicken for extra flavor.
4. **Cover with the parchment:** Lay the parchment, oil-side down, over the chicken. Tuck the edges into the pan and press the parchment down so that it's snug around the chicken. The chicken breasts should be completely covered with the parchment.
5. **Bake:** Transfer the chicken to the oven and bake for 30 to 40 minutes, until the chicken is completely opaque all the way through and registers 165°F on an instant-read thermometer.
6. **Serve:** Or let it cool and refrigerate for up to a week.

## **Delicious Broiled Salmon:**

### **Ingredients**

2 garlic cloves  
3/4 teaspoon finely chopped fresh rosemary leaves  
3/4 teaspoon finely chopped fresh thyme leaves  
1 tablespoon extra-virgin olive oil  
2 tablespoons Dijon mustard  
2 tablespoons whole-grain mustard  
Nonstick olive oil cooking spray  
6 salmon fillets  
Sea Salt and freshly ground black pepper  
6 lemon wedges

### **Directions**

In a food processor or blender, combine garlic, rosemary, thyme, oil, Dijon mustard, and mustard. Grind the mustard sauce until combined, about 30 seconds. Transfer to a small bowl. Set aside.

Preheat the broiler. Line a heavy rimmed baking sheet with foil. Spray the foil with nonstick spray. Arrange the salmon fillets on the baking sheet and sprinkle with salt and pepper. Broil for 2 minutes. Spoon the mustard sauce over the fillets. Continue broiling until the fillets are just cooked through and golden brown, about 5 minutes longer.

Transfer the fillets to plates and serve with fresh lemon.

## **Broiled Halibut**

### **Ingredients**

- 4 halibut fillets
- sea salt and pepper
- 2 tablespoons extra virgin olive oil/unrefined coconut oil
- 3 cloves garlic, finely minced
- 2 tablespoons lemon juice
- 1/2 teaspoon dried leaf basil
- 1 tablespoon fresh chopped parsley
- lemon slices
- parsley leaves

### **Preparation**

Place halibut fillets on a sprayed baking pan or sprayed rack of broiler pan. Sprinkle with salt and pepper.

In a small saucepan, combine oil, garlic, and herbs. Heat over low heat until garlic is softened, about 1 to 2 minutes. Spoon mixture over each fillet. If making ahead, cover the pan and refrigerate for 2 to 4 hours, or until ready to cook.

Heat broiler. Broil halibut for about 10 minutes, or until it flakes easily when tested with a fork. Garnish with parsley leaves and lemon slices, if desired.

## **Broiled Sirloin:**

### **Ingredients:**

2 tablespoons lime juice

1 teaspoon onion powder

1 teaspoon garlic powder

1/4 teaspoon ground mustard

1/4 teaspoon dried oregano

1/4 teaspoon dried thyme

4 beef top sirloin steaks

1 cup sliced FRESH mushrooms

### **Directions**

In a small bowl, combine the first six ingredients; rub over both sides of steaks.

Broil 4 inches from the heat.

For four, thick cut sirloins. I broiled 7 minutes on the first side,

Turn steaks; top with mushrooms.

5 minutes on the second side and let them rest 10 minutes afterwards covered in foil.

Came out just right.