

## Spring Break 4 Day Detox

Created by Sprout Wellness Clinic



# Spring Break 4 Day Detox

4 days

	Mon	Tue	Wed	Thu
Breakfast	Mexican Black Bean Omelette	Blueberry Banana Protein Pancakes	Triple Berry Protein Bowl	Detox Green Smoothie
Lunch	Cleaned Up Chicken Salad	Creamy Cauliflower Soup	Bruschetta Flatbread	Turkey Pineapple Quinoa Bowl
Snack 1	Carrots & Guacamole	Apple with Almond Butter	Carrots & Guacamole	Apple with Almond Butter
Dinner	Creamy Cauliflower Soup	Bruschetta Flatbread	Turkey Pineapple Quinoa Bowl	Creamy Spaghetti Squash
Snack 2	Chocolate Banana Ice Cream	Chocolate Banana Ice Cream	Sweet & Crunchy Chickpeas	Sweet & Crunchy Chickpeas

# Spring Break 4 Day Detox

4 days

Mon		Tue		Wed		Thu	
<b>Calories</b>	1311	<b>Calories</b>	1298	<b>Calories</b>	1393	<b>Calories</b>	1238
<b>Fat</b>	78g	<b>Fat</b>	63g	<b>Fat</b>	72g	<b>Fat</b>	50g
<b>Carbs</b>	112g	<b>Carbs</b>	152g	<b>Carbs</b>	138g	<b>Carbs</b>	148g
Fiber	39g	Fiber	29g	Fiber	36g	Fiber	33g
Sugar	35g	Sugar	68g	Sugar	42g	Sugar	59g
<b>Protein</b>	55g	<b>Protein</b>	46g	<b>Protein</b>	64g	<b>Protein</b>	67g

# Spring Break 4 Day Detox

62 items

## Fruits

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- 4 Apple
- 3 1/2 Avocado
- 5 Banana
- 1 cup Blackberries
- 1 1/4 cups Blueberries
- 1/4 cup Grapes
- 1 1/4 Lemon
- 2 Lime
- 2 Pear
- 1 cup Pineapple
- 1 cup Strawberries

## Breakfast

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- 2/3 cup Almond Butter
- 3 1/2 tbsps Maple Syrup

## Seeds, Nuts & Spices

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- 1/8 tsp Cayenne Pepper
- 1 1/2 tsps Chili Powder
- 2 tsps Cinnamon
- 1 tbsp Curry Powder
- 2 tbsps Ground Flax Seed
- 2 1/2 tbsps Hemp Seeds
- 1 tbsp Nutmeg
- 1 tsp Paprika
- 1 tsp Red Pepper Flakes
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Slivered Almonds

## Frozen

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- 4 Brown Rice Tortillas

## Vegetables

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- 3 cups Baby Spinach
- 1/2 cup Basil Leaves
- 10 Carrot
- 1 head Cauliflower
- 1 stalk Celery
- 1 Cucumber
- 6 Garlic
- 2 tbsps Ginger
- 1/2 Green Bell Pepper
- 2 stalks Green Onion
- 6 cups Kale Leaves
- 1/2 cup Mushrooms
- 1 Spaghetti Squash
- 1 Sweet Onion
- 4 Tomato
- 1 Zucchini

## Boxed & Canned

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- 1 cup Black Beans
- 2 cups Chickpeas
- 1 1/2 cups Organic Coconut Milk
- 2 cups Organic Vegetable Broth
- 1/2 cup Quinoa

## Baking

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- 1/4 cup Cocoa Powder
- 1/4 cup Oats

## Bread, Fish, Meat & Cheese

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- 1 lb Chicken Breast
- 1 lb Extra Lean Ground Turkey
- 1/2 cup Feta Cheese

## Condiments & Oils

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- 1 tbsp Balsamic Vinegar
- 3 tbsps Coconut Oil
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1 tbsp Tamari

## Cold

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- 5 Egg
- 3/4 cup Unsweetened Almond Milk

## Other

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- 5 Ice Cubes
- 1/4 cup Protein Powder
- 3 1/2 cups Water



# Mexican Black Bean Omelette

11 ingredients · 15 minutes · 2 servings



## Directions

1. Place coconut oil in a frying pan and place on medium-low heat.
2. Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
3. Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
4. Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!

## Ingredients

- 1 **tbsp** Coconut Oil
- 4 Egg (whisked)
- 1/4 **cup** Unsweetened Almond Milk
- 1/2 Green Bell Pepper (finely diced)
- 1 **cup** Black Beans (cooked, drained and rinsed)
- 1/2 **cup** Mushrooms (diced)
- 1 1/2 **tsps** Chili Powder
- 1 **tsp** Nutmeg
- 1 **tsp** Paprika
- Sea Salt & Black Pepper (to taste)
- 1/2 Avocado (diced)

## Nutrition

Amount per serving

<b>Calories</b>	427	<b>Fiber</b>	13g
<b>Fat</b>	25g	<b>Sugar</b>	2g
<b>Carbs</b>	30g	<b>Protein</b>	23g

# Blueberry Banana Protein Pancakes

10 ingredients · 15 minutes · 2 servings



## Directions

1. In a mixing bowl or magic bullet, mix the egg, protein powder, flax seed, banana, almond milk, cinnamon and oats.
2. Stir blueberries into mixture.
3. Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side.
4. Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

## Notes

### Egg-Free

Swap out the egg(s) for flax eggs. For every 1 egg, replace it with 1 tbsp ground flax seed mixed with 3 tbsp water.

## Ingredients

- 1 Egg
- 1/4 cup Protein Powder
- 1 tbsp Ground Flax Seed
- 1 Banana
- 1 tbsp Unsweetened Almond Milk
- 1/4 cup Oats
- 1 tsp Cinnamon
- 1/4 cup Blueberries
- 1 1/2 tsps Coconut Oil
- 2 tsps Maple Syrup

## Nutrition

Amount per serving

<b>Calories</b>	284	<b>Fiber</b>	5g
<b>Fat</b>	8g	<b>Sugar</b>	21g
<b>Carbs</b>	39g	<b>Protein</b>	16g

# Triple Berry Protein Bowl

7 ingredients · 10 minutes · 2 servings



## Directions

1. Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

## Ingredients

- 1 cup Strawberries (sliced)
- 1 cup Blueberries
- 1 cup Blackberries
- 2 tbsps Almond Butter
- 2 tbsps Hemp Seeds
- 1/4 cup Slivered Almonds
- 1/2 cup Unsweetened Almond Milk

## Nutrition

Amount per serving

<b>Calories</b>	336	<b>Fiber</b>	11g
<b>Fat</b>	22g	<b>Sugar</b>	16g
<b>Carbs</b>	31g	<b>Protein</b>	12g

# Detox Green Smoothie

8 ingredients · 10 minutes · 2 servings



## Directions

1. Throw all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
2. Divide between glasses and enjoy!

## Notes

### No Kale

Use spinach.

### No Pear

Use apples.

### Metabolism Boost

Add 1/4 tsp cayenne pepper.

### Make it Sweeter

Add 1/2 cup frozen pineapple or mango.

### More Protein

Add a scoop of protein powder or hemp seeds.

## Ingredients

- 4 cups Kale Leaves
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 2 Pear (peeled and chopped)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Water
- 5 Ice Cubes

## Nutrition

Amount per serving

Calories	220	Fiber	11g
Fat	2g	Sugar	21g
Carbs	48g	Protein	7g



# Cleaned Up Chicken Salad

10 ingredients · 30 minutes · 2 servings



## Directions

1. Shred your oven baked chicken breasts using a cheese grater and place in bowl. Then add celery, grapes, hemp hearts, slivered almonds and kale to bowl.
2. In a separate small bowl, combine mustard, lemon juice and olive oil. Stir well.
3. Add dressing to the bowl with chicken and toss well to coat. Season with salt and pepper. Enjoy!

## Ingredients

- 4 ozs Chicken Breast (baked)
- 1 stalk Celery (diced)
- 1/4 cup Grapes (halved)
- 2 cups Kale Leaves (finely sliced into ribbons)
- 2 2/3 tbsps Slivered Almonds
- 1 1/2 tsps Hemp Seeds
- 1 tbsp Dijon Mustard
- 1 tbsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

<b>Calories</b>	267	<b>Fiber</b>	4g
<b>Fat</b>	15g	<b>Sugar</b>	3g
<b>Carbs</b>	11g	<b>Protein</b>	22g

# Carrots & Guacamole

4 ingredients · 5 minutes · 2 servings



## Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

## Notes

### Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

## Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

## Nutrition

Amount per serving

<b>Calories</b>	217	Fiber	10g
<b>Fat</b>	15g	Sugar	7g
<b>Carbs</b>	22g	<b>Protein</b>	3g

# Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings



## Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmm.

## Ingredients

- 2 Apple
- 1/4 cup Almond Butter

## Nutrition

Amount per serving

<b>Calories</b>	287	<b>Fiber</b>	8g
<b>Fat</b>	18g	<b>Sugar</b>	20g
<b>Carbs</b>	31g	<b>Protein</b>	7g

# Creamy Cauliflower Soup

11 ingredients · 1 hour · 4 servings



## Directions

1. Add coconut oil to a large pot and place over medium heat. Saute the onions and carrots for about 5 minutes or until soft and golden.
2. Add the cauliflower and cook until it browns (about 5 minutes).
3. Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
4. Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
5. With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
6. Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!

## Ingredients

- 1 **tbsp** Coconut Oil
- 1/2 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 1 **head** Cauliflower (cut into florets)
- 2 **cups** Organic Vegetable Broth
- 1 **cup** Water
- 1 **cup** Organic Coconut Milk
- 1/4 **tsp** Sea Salt (or more to taste)
- 1 **tsp** Nutmeg
- 1 Avocado (peeled and sliced)
- 2 **stalks** Green Onion (chopped)

## Nutrition

Amount per serving

<b>Calories</b>	283	Fiber	7g
<b>Fat</b>	22g	Sugar	8g
<b>Carbs</b>	19g	<b>Protein</b>	5g



# Bruschetta Flatbread

9 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat oven to 410°F (210°C). Add the tomatoes, garlic, basil, vinegar, olive oil, feta, salt and pepper to a mixing bowl. Toss well and let sit for 15 minutes to marinate.
2. Spread the mixture over the brown rice tortillas using a slotted spoon to drain the excess liquid (too much liquid will make the tortilla soggy). Top with cooked, diced chicken breast (optional). Place on a piece of foil and bake for 14 minutes.
3. Remove from oven. Run a lifter between the foil and tortilla to detach any parts that might have become stuck while baking. Slide onto a plate and slice with a pizza cutter. Enjoy!

## Ingredients

- 4 Tomato (finely diced)
- 3 Garlic (cloves, minced)
- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Basil Leaves (chopped)
- 1 tbsp Balsamic Vinegar
- 1/2 cup Feta Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- 4 Brown Rice Tortillas
- 4 ozs Chicken Breast (cooked and diced)

## Nutrition

Amount per serving

<b>Calories</b>	327	<b>Fiber</b>	4g
<b>Fat</b>	14g	<b>Sugar</b>	4g
<b>Carbs</b>	33g	<b>Protein</b>	16g

# Turkey Pineapple Quinoa Bowl

13 ingredients · 30 minutes · 4 servings



## Directions

1. Place quinoa and water in a saucepan and bring to a boil. Turn down to simmer and cover. Let simmer for 12 minutes. Remove from heat, stir with fork and set aside.
2. In a large skillet, heat olive oil over medium heat. Add ground turkey to skillet and stir in curry powder, pinch of cayenne pepper, sea salt and pepper to taste. Stir until turkey is cooked through (8 - 10 minutes).
3. When turkey is cooked stir in ginger, pineapple, quinoa, carrot, zucchini and tamari. Reduce heat to low and stir well. Let heat through for about 5 minutes. Remove from heat and stir in baby spinach until wilted.
4. Spoon into bowls and enjoy!

## Ingredients

- 1/2 cup Quinoa
- 1 cup Water
- 1 tbsp Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Turkey
- 1 tbsp Curry Powder
- 1/8 tsp Cayenne Pepper
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Ginger (peeled and grated)
- 1 cup Pineapple (cored and sliced into chunks)
- 1 Carrot (grated)
- 1 Zucchini (grated)
- 1 tbsp Tamari
- 1 cup Baby Spinach

## Nutrition

Amount per serving

Calories	324	Fiber	4g
Fat	15g	Sugar	6g
Carbs	24g	Protein	26g



# Creamy Spaghetti Squash

9 ingredients · 1 hour · 4 servings



## Directions

1. Preheat oven to 375°F (191°C). Carefully cut the spaghetti squash in half lengthwise and carve out the seeds. Place the halves on a parchment paper lined baking sheet flesh side up. Brush with olive oil and sprinkle with sea salt and pepper. Cook the squash in the oven for 45 to 50 minutes.
2. In the meantime, in a saucepan heat the coconut oil over medium-low heat. Sauté your finely diced onion until golden. Then add in minced garlic and stir until fragrant (about 2 minutes). Add coconut milk and continue to stir until slightly thickened (5 to 6 minutes).
3. Remove your spaghetti squash from oven and let cool for 5 minutes. Stand each half up vertically and scrape out the flesh using a fork. It should come out as string-like noodles.
4. In a mixing bowl, toss the spaghetti squash with the cream sauce. Add the shredded baby spinach and mix well. Plate and sprinkle with desired amount of red pepper flakes, sea salt and pepper. Top with your strips of sliced oven baked chicken breast and enjoy!

## Ingredients

- 1 Spaghetti Squash
- 1 1/2 **tsps** Coconut Oil
- 1/2 Sweet Onion (finely diced)
- 3 Garlic (cloves, minced)
- 1/2 **cup** Organic Coconut Milk
- 2 **cups** Baby Spinach
- 1 **tsp** Red Pepper Flakes
- Sea Salt & Black Pepper (to taste)
- 8 **ozs** Chicken Breast (baked or grilled)

## Nutrition

Amount per serving

<b>Calories</b>	218	Fiber	3g
<b>Fat</b>	9g	Sugar	3g
<b>Carbs</b>	17g	<b>Protein</b>	20g

# Chocolate Banana Ice Cream

2 ingredients · 5 minutes · 4 servings



## Directions

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1. Add frozen bananas and cocoa powder to food processor and blend. Occasionally scrape down the sides and continue to blend until smooth (approximately 3 to 5 minutes).
2. Scoop into a bowl and enjoy immediately as soft serve or for firmer ice cream, place in an airtight, freezer-safe container and freeze for at least 1 hour before scooping.

## Notes

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### Double Chocolate

Stir in organic dark chocolate chips right after processing.

### More Creamy

Add 2 tbsp coconut milk.

### More Scoopable

Add 1 tbsp vodka to prevent hard freeze.

## Ingredients

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4 Banana (sliced and frozen)

1/4 cup Cocoa Powder

## Nutrition

Amount per serving

<b>Calories</b>	117	<b>Fiber</b>	5g
<b>Fat</b>	1g	<b>Sugar</b>	15g
<b>Carbs</b>	30g	<b>Protein</b>	2g



# Sweet & Crunchy Chickpeas

5 ingredients · 1 hour · 4 servings



## Directions

1. Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
2. Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
3. Remove from oven and place roasted chickpeas in a mixing bowl. Add maple syrup, cinnamon and nutmeg. Toss again until evenly coated.
4. Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
5. Remove from oven. Enjoy hot or cold!

## Ingredients

- 2 cups** Chickpeas (cooked, drained and rinsed)
- 1 tbsp** Extra Virgin Olive Oil
- 1 1/2 tbsps** Maple Syrup
- 1 tsp** Nutmeg
- 1 tsp** Cinnamon

## Nutrition

Amount per serving

<b>Calories</b>	189	<b>Fiber</b>	7g
<b>Fat</b>	6g	<b>Sugar</b>	9g
<b>Carbs</b>	28g	<b>Protein</b>	7g