

# TLS LOW GLYCEMIC RECIPES

## DETOX RECIPES

ALWAYS Keep 1 – 3 HOT meals READY to go!

**\*\*LIMIT\*\*** Fruit intake. Eat ideally as dessert after meal of veggies. Never eat a fruit serving first thing in the morning. Experiment with Herbal Tea Flavors.

**\*\*Any canned jarred ingredients\*\*** read labels to confirm the listed ingredients has nothing added (other than maybe a natural preservative).

### Fast Blender Juices:



**3 carrots**  
**3 stalks celery**  
**½ bunch spinach**  
**½ bunch parsley**

**Ginger Root Boost**  
**1 inch slice ginger root**  
**Juice from 1 fresh lemon**  
**6 carrots with tops**  
**1 seeded apple**



**2 garlic cloves**  
**1 handful parsley**  
**1 cucumber**  
**4 carrots with tops**  
**2 stalks celery**

### Blueberry Green Smoothie

- \*2 cups spinach
- \*3/4 cup blueberries, fresh or frozen
- \*1 apple, roughly chopped
- \*1/4 lemon or lime
- \*2 cups water

Place the juiciest fruits at the bottom of a strong blender to create more liquid to liquefy the lettuce and spinach (or any other greens that you may use). If necessary, add a little water to ensure a good blend.

**Sassy Water** - This is a great alternative when you are tired of plain water.

- 2 liters water,
- 1 tsp ginger root,
- 1 med. cucumber peeled,
- 1 med lemon thin sliced,
- 12 mint leaves. (fresh)

**Fresh Salsa:** Toss some cherry tomatoes, yellow or red onion, green onion, Garlic & fresh cilantro in your Quisnart. Add chopped avocado & squeeze fresh lime over top for a fantastic quick homemade salsa for salad dressing/dips/or topping.

### Breakfast

This is the hardest meal period for me. However, I started to get really creative and stopped looking at food in a time period and looking at food as a way to fuel my body throughout the day. I broke it up during the 7 days, but this is what I found worked for me.

- ½ Grapefruit and Banana
- Bag of Fresh Raw Veggies (Cucumbers, Carrots, Peppers, Beans, Mushrooms, Radish)
- Strawberry, Blueberry, Cantaloupe, Kiwi

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🍴 Fresh Garden Salad (yup I did it and loved it) with Vinegar and Mustard Dressing with Fresh Herbs

### **Snacks**

These need to be accessible at all times. I made individual bags of veggies and kept them in arms reach at all times along with fruit. Make sure that you have more veggies than fruit during the day. So make sure if you have a fruit at breakfast then either another fruit serving for your dessert at night and use veggies as snacks during the day.

- 🍴 Bag of Fresh Raw Veggies (Cucumbers, Carrots, Peppers, Beans, Mushrooms, Radish)
- 🍴 Green Apple
- 🍴 Pear (Very Firm)
- 🍴 Mandarin Oranges
- 🍴 Banana

### **Detox Salad Dressing**

1/2C white wine vinegar	1/8 tsp onion powder
1tsp Dijon or yellow mustard	1/6 tsp black pepper
1/8 tsp dried basil	1/8 tsp paprika
1/8 tsp dried oregano	1/2 cup water
1/8 tsp garlic powder	

Mix together....you may adjust the spices depending on your taste!!

**Caprese Detox Salad:** Sliced Cherry Tomatoes mixed with Fresh Basil (chopped garlic/red onion options). Salt & Pepper to taste. Add fresh squeezed lemon & Italian Spices.

**Baked Melanzanna:** (Italian) 2 cans whole tomatoes rough chopped, garlic, onion, pepper, eggplant, squash, cabbage & zucchini layered in baking dish. 400 degrees for 1 hour.

**Asian Cuisine:** Sautee chopped onions in liquid aminos & vegetable broth until soft. Stir in bean sprouts & water chestnuts. Add whole snow peas, broccoli cover to lightly steam. DO NOT overcook – keep colors bright green & crunchy. You may need to add more liquid aminos/vegetable broth throughout the cooking process to keep moist. Serve up with cracked pepper- no salt needed.

### **Marinated Vegetable Salad**

Dressing:

- 1/2 Cup flat-leaf parsley, chopped
- 1/4 Cup red wine vinegar
- 1/4 cup lemon juice
- 1 teaspoon black pepper
- 3 medium garlic cloves, minced

Veggies:

- Cherry Tomatoes, cut in half
- Zucchini, chopped
- Yellow Squash, chopped
- Mushrooms, sliced
- Red Peppers, strips
- Arugula

Take all the veggies (NOT ARUGULA) and place in a bowl and combined with dressing. Let marinate for 2 hours and chill. Serve over Arugula

**Steamed Broccoli Soup:** Steam 12 good-sized broccoli heads lightly for six minutes and then put in a blender with 1 small avocado, 1/2 red onion, 2 celery sticks, two handfuls of spinach and two 1" root ginger. You can also add cumin to this mixture. Season the soup with pepper, garlic and salt and serve immediately.

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## **ROASTED VEGGIE SOUP**

In the Oven roast (every type of veggies you could think of) on 425 for 20-25 minutes

- Carrots
- Celery
- Mushrooms
- Green Beans
- Savoy Cabbage
- Zucchini
- Garlic
- Red and Green Peppers
- Eggplant
- Kale
- Tomatoes
- Asparagus

In a food processor puree the veggies until very smooth while adding small amounts of veggie broth. (You might have to do batches of veggies at a time). Transfer puree to a Large Pot on the stove and add (1) Large Box/Can of Veggie Broth and simmer for 30 minutes. This should be very thick and can be used as a tomato sauce over Spaghetti Squash or Portabella Mushrooms. Great for lunch with a salad.

## **Chicken broth soup**

2 cups water

1 med onion chopped

1 cup diced celery

Boil for 15 minutes.

Add to pot: 5 cups carrots chopped, 6 cups water, 5 tsp. Chicken bouillon

\*\*\* Simmer for awhile and then add: 1 small-medium zucchini, 1 tsp. parsley flakes, pepper (no salt needed because bouillon has plenty) .. Simmer till vegetables are tender

## **Super Easy Soup**

1 bag of shredded cabbage

2 pints sliced mushroom

1 green squash cut up

1 yellow squash cut up

1 batch of broccoli crowns

1 container of fresh cut salsa

1 jar of low sugar pasta sauces, and 3 jars of water

\*\* Simmer for 30 min. Add any herb or seasoning you like.

1 batch of scallions cut up

2 red peppers

1 large onion

½ cup chopped parsley

6 stalk of celery,

## **Vegetable Soup**

1-12 oz. pkg. fresh bean sprouts

1-16 oz. frozen French-cut green beans

2 stalks fresh celery *and* 1/2 head of cabbage cut ¼" width

1 med. onion *and* 4- tomatoes cubed

3 carrots peeled & cut in ¼" width

1 8oz. pkg. of fresh mushrooms sliced

4 cloves of garlic minced

1 Tbsp. each fresh parsley *and* chives chopped

2-chicken & 2-beef bouillon cubes

1 quart "*low-sodium*" tomato juice

1 bay leaf

Put everything together in lg. Stock Pot, add water to desired thickness and pepper to taste. NO SALT. Cook until veggies are done but Don't Overcook.

## **Leek Ginger Soup**

3-4-Leeks cut in ¼ rings- available in fresh veg. section- cut off bottom root & green part about 6" from bottom—cut once lengthwise so as to wash well, then cut into ¼" slices

2 small carrots & 2 medium onions cut ¼" slices

1 tsp. fresh ginger grated (or more if desired)

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6 cups of vegetable broth (I sometimes add 2 more)

1 pkg. Shitake Mushrooms-sliced

2 handfuls fresh spinach

Put everything (except mushroom and spinach) in med. pot- after initial boil – simmer for 8 minutes, add mushrooms and simmer for 2 more minutes. You can throw spinach on top for 30 sec. before serving. After Detox week you can add cubed Tofu with the mushrooms.

**Veggie Chile:** Saute in vegetable broth all your favorite veggies. I used rutabaga/ squash / zucchini / okra / peppers / onion / garlic. Pick YOUR favs off the detox list (put hardest veggies in first work toward softest so you don't overcook them - I added the garlic last). Stir in 2 cans Hunts tomato sauce / 1 Hunts tomato paste / can of sliced black olive / 1 jar pimientos. Season with lots of chile powder / cumin to taste. Add some onion powder / garlic powder / paprika / red cayenne pepper. Bring to a boil then turn down heat & simmer for an hour - the longer you cook it the better. Top with Fresh Salsa recipe.

### **Portobello Mushroom Pizza**

Sautee together until tender:

- Spinach
- Diced Zucchini
- Diced Onions
- Minced Garlic
- Dried or Fresh Oregano and Basil
- Red Pepper Flakes (if like)

\*\* Place on top of a Large Portobello Mushroom & add Diced Can Tomatoes and bake for 15 min.

### **Portobello Mushroom and Onion Spaghetti (Squash)**

- Microwave a halved Spaghetti squash for 12 minutes
- In a sauce pan sauté (w/water) garlic and onions add 3 or 4 sliced Portobello's
- Add a can of NSA (NO SUGAR ADDED) HUNTS tomato sauce
- Let simmer until mushrooms are cooked
- (Add spinach as another option)
- Add pepper, onion powder, garlic powder and Cheyenne pepper

### **Lettuce Wraps**

■ Celery

■ Broccoli

■ Onions

■ Peppers

■ Artichokes

■ Carrots

■ Sauté veggies and wrap them in Boston lettuce...yum

o I make a huge pan of this and use it for different things...On top of salad,

The soy sauce makes it taste like there's at least some dressing on it.) On top of a Portobello mushroom

■ Spinach

■ Water chestnuts

■ (Put a little water in the bottom of pan instead of oil)

■ Low sodium soy sauce

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■ Add a can of NSA (NO SUGAR ADDED) HUNTS tomato sauce

■ Let simmer until mushrooms are cooked

■ (Add spinach as another option)

■ Add pepper, onion powder, garlic powder and Cheyenne pepper (I use a decent amount its delicious spicy)

■ Put over spaghetti squash and enjoy

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### **Mediterranean Pasta Sauce**

- 1 large onion, chopped
- 1 medium green or colored pepper, diced
- 2 tablespoons minced garlic
- 1 28 oz can chopped tomatoes (watch for added sugars)
- 2 teaspoons dried basil
- 12 large black olives, pitted and sliced
- 1 cup quartered canned artichoke hearts

Spritz large sauce pan with olive oil. Heat over medium- low heat. Add the onion, pepper & garlic. Cook for 2 minutes until the onion becomes translucent. Add the tomatoes and olives. Bring to a boil. Reduce heat and simmer for 15 minutes. Add the artichoke hearts just before removing from heat. Top with shredded parmesan cheese if desired.

Good served over spaghetti squash or used as a salsa.

### **Spaghetti squash**

Cut Squash in half, scoop out the seeds.

Put ½ in water in 9x 13 pan, lay cut side down.

Roast in the oven for 30-45 minutes until fork tender.

Pour marinara over the top of the squash enjoy!

If you are pressed for time, I think 'Classico spag. Sauce with Basil Onion' is very good too with no added sugar on the label.

### **Stuffed Peppers**

- Dice up the following veggies and place in a medium size bowl:
  - Zucchini, Squash, Red Peppers, Mushrooms, Green Beans, Shredded Carrots, Broccoli, Celery, Onion, diced tomatoes (no juice)
- Add juice of 1 Lime and Fresh Diced Cilantro and diced garlic (1 clove). Marinade for 30 minutes to next morning
- Cut top of Green Pepper off and clean the center. Stuff Pepper until veggies are overflowing (when they cook they shrink so make sure to over stuff).
- Place in Oven on 350 for approx 25-30 minutes. Make sure peppers are standing upright.

In a large pot combine the following. Feel free to omit or add anything that fall on the low GI veggie list.

### **Detox Stuffed Veggie Peppers**

Cut peppers lengthwise in half and roast in oven for about 20 minutes until tender. (Be sure to spray pan with canola oil or some form of no stick spray).

Steam Cauliflower on stovetop until soft. Mash Cauliflower like mashed potatoes until you get the consistency of rice.

1 package of sliced portabella mushrooms (add to cauliflower).

1 Morning Star Veggie burger (allowed 1 per day). Cook the patty up in a fry pan and then pull apart into pieces and add to cauliflower and mushrooms.

Add some spices, basil, oregano, Italian seasoning, garlic, whatever your taste.

Add some tomato sauce to the cauliflower mixture and then stuff each pepper.

Drizzle a little extra sauce on top and bake in the oven.

Since everything has already been cooked you are just heating it all up together. Maybe 15 minutes at 350 degrees.

Make extras and keep in fridge. They taste even better reheated.

### **Roasted Vegetable Plate**

In Oven for 25 minutes roast the following veggies

■ Red and Green Peppers

■ Carrots

■ Eggplant

■ Mushrooms

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- 🍷 Zucchini
- 🍷 Broccoli
- 🍷 Brussels Sprouts

- 🍷 Artichokes
- 🍷 Asparagus

Place them on your plate and season

### **Eggplant Casserole for Detox Week**

- 2 Eggplants, sliced
- 1 can crushed tomatoes (or stewed)
- 1 box mushrooms
- 1 large onion
- Any spices you like. Garlic, oregano, basil, etc.

Slice eggplant and put on cookie sheet that has been sprayed with Pam, then spray a little on the top of eggplant – place under broiler for 10-15 minutes.

In a casserole dish, put a little sauce on bottom then layer eggplant, mushrooms, onions and sauce. Keep layering until you reach the top. Cover and cook for one hour @ 375. You can eat as much as you like, this is totally legal for us.

### **Roasted Asparagus with Lemon Zest**

Roast Asparagus in oven until just tender (still pretty firm). Remove from oven and sprinkle Lemon Pepper Season (No Salt added) and Fresh Lemon Zest.

### **Detox Spicy Gazpacho**

Prep Time: 25 mins    Cook Time: 8 hours  
serves: 8

#### Ingredients

- |   |   |
|---|---|
| Tomatoes - 4 cup, diced                 | Basil, Fresh - 1 tbsp                             |
| Green Bell Pepper - 1 cup, chopped      | Parsley, Fresh - 1 tsp                            |
| Red Bell Pepper - 1 cup, chopped        | Salt, Table - 1 tbsp                              |
| Celery - 3/4 cup chopped                | Pepper, Black - 1/4 tsp                           |
| Cucumber - 3/4 large (8-114") - chopped | Cumin. Ground - 1/2 tsp                           |
| Onions, White - 1/3 cup, chopped        | Hot Sauce - 1/2 tsp                               |
| Garlic - 2 cloves - minced              | Juice, Tomato, No Salt Added - 2 cup - sugar free |
| Juice, Lemon - 1 tbsp                   | Vinegar, Red Wine - 1 tbsp                        |

#### Directions

In a large bowl, mix tomatoes, tomato juice, bell peppers, celery, cucumber, onion, garlic, lemon juice and balsamic vinegar.

Season with basil, parsley, salt, pepper, cumin, and hot pepper sauce,  
Cover bowl and refrigerate overnight or at least 8 hours before serving

### **Detox Salad Dressing**

Prep Time: 5 mins

#### Ingredients

- |                         |                                  |
|-------------------------|----------------------------------|
| Paprika - 1/8 tsp       | Oregano, Dried - 1/8 tsp, leaves |
| Water - 1/2 cup         | Basil, Dried - 1/8 tsp, leaves   |
| Pepper, Black - 1/6 tsp | Vinegar, White Wine - 1/2 tsp    |
| Onion Powder - 1/8 tsp  | Mustard, Dijon - 1 oz            |
| Garlic Powder - 1/8 tsp |                                  |

#### Directions

Mix together vinegar, mustard, basil, oregano, garlic powder. Add onion powder

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**Pam's Detox week dessert**

1 cup unsweetened applesauce

2 tablespoons raisins

Sprinkle with cinnamon

(I like to warm mine up)