

# 7 DELICIOUS CLEANSING RECIPES

*Sample Recipes from Lori Kampa's  
10-Day Whole Foods Cleanse*



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[www.mindfulhealthwithLORI.com/Program](http://www.mindfulhealthwithLORI.com/Program)

# *Chocolate Chia Smoothie*

Makes 1 servings



### *Ingredients:*

- 1 TB chia seeds, soaked in  $\frac{1}{4}$  C water for 10 minutes or longer to create chia gel
- 1 small ripe banana (option for frozen)
- $\frac{2}{3}$  – 1 C almond milk
- $\frac{1}{4}$  tsp cinnamon
- 1 TB raw cacao powder
- 1-3 large handfuls spinach, washed and dried
- 1 tsp Maca Powder (optional, but recommended)
- 2 TB Hemp Seed Protein Powder (optional, but recommended)
- $\frac{1}{4}$  tsp raw honey (if needed)
- ice, if desired

### *Directions:*

1. Place chia seeds in a small bowl and cover with about an inch of water. Allow to gel together for about 10 minutes. Be sure to stir the chia seeds a few times during soaking to activate all the seeds.
2. Add the remaining ingredients to the blender.
3. When chia seeds have gelled together a little, put the chia seeds and their water into the blender. Turn your blender on low and increase speed to incorporate all the ingredients. Blend until smooth, then serve.

**Make-ahead tip:** Prep chia seed gel the night before and store it in the fridge for a quick breakfast.

## Sample Recipes from Lori's Whole Foods Cleanse

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### *Sweet Potato “Toast” with Guacamole*

#### *Ingredients:*

- 2 tsp extra-virgin olive oil
- 2 sweet potatoes — scrubbed clean, peels on
- 1 tsp kosher or sea salt
- 3/4 tsp black pepper
- One container of fresh guacamole
- One container of fresh guacamole (or combine 2 medium avocados — peeled, pitted, and diced, 1TB fresh lime juice, ½ tsp smoked paprika, ¼ sea salt)
- 3 TB chopped cilantro
- ¼ - ½ cup cherry tomatoes sliced
- ¼ - ½ cup pumpkin seeds

#### *Directions:*

1. Preheat oven to 425 degrees F. If necessary, move the racks to the upper and lower thirds of the oven. Line two rimmed baking sheets with foil. Brush sheets with ½ tablespoon olive oil on each. Slice the sweet potatoes into 1/2 to 1/4-inch slices. They can be sliced the long way to replace toast or the short way for more snack bites. Arrange the slices in a single layer on the oiled baking sheets, then brush tops with the remaining 1 tablespoon olive oil. Sprinkle with 1 teaspoon salt and black pepper. Bake for 20 to 25 minutes, until golden brown underneath, rotating the pans 180 degrees and changing their positions on the upper/lower racks halfway through. Remove the pans from the oven, flip the slices over, and then roast for an additional 8 to 11 minutes, until golden on top.
2. Meanwhile, open the fresh guacamole or make your own. Combine the avocado, lime juice, salt, and smoked paprika in a small bowl. Mash lightly with a fork, leaving the mixture slightly chunky. Set aside.
3. Transfer the baked sweet potato slices to a serving plate. Top each with a dollop of the avocado mixture, halved cherry tomatoes, cilantro and pumpkin seeds. Serve warm or at room temperature.

# *Tuscan Vegetable Stew*

Makes 6 servings



### *Ingredients:*

- ½ yellow onion, chopped
- 1 zucchini, cut in half lengthwise and sliced
- 1 yellow squash, cut in half lengthwise and sliced
- 4 oz cremini mushrooms, wiped clean, the tip of foot cut off and cut in quarters
- 1 jar or can of diced tomatoes, with their juices
- 4-6 C vegetable or chicken broth
- 1 small bunch escarole or lacinato kale, washed, dried and cut into thin strips
- 1 sprig fresh oregano or 1 tsp dried
- 2 (14-oz) cans white kidney beans/navy beans/cannellini beans, rinsed & drained
- freshly ground pepper
- 3 garlic cloves, minced
- 1 TB olive oil

### *Directions:*

1. Heat a large pot to medium-high. Add olive oil and onion and cook 4-5 minutes until onion is fragrant.
2. Add zucchini, yellow squash and mushrooms and sauté for 10 minutes. Add garlic cloves and stir for about a minute.
3. Add tomatoes, broth and oregano. Bring to a low boil, reduce heat and then simmer for 15 minutes. Gently stir the beans and escarole/kale into soup and cook for another 5 minutes or until beans are heated through and greens are wilted. Serve with freshly ground pepper on top.

# *Chicken with Asparagus and Sun-Dried Tomatoes*

Serves 2, with leftovers



### *Ingredients:*

- $\frac{2}{3}$  lb boneless, skinless free-range organic chicken breasts, cut into small chunks
- 1 TB extra-virgin olive oil
- $\frac{1}{2}$  onion, chopped
- 4 garlic cloves, minced
- 10 cremini/baby bella mushrooms, trimmed, wiped and cut into quarters (substitute for any kind of mushroom)
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 2 TB sun-dried tomatoes in oil, chopped
- sea salt and freshly ground pepper

### *Directions:*

1. Heat a large skillet over medium-high heat. Add olive oil, chicken, and onion to pan and sauté for 5-6 minutes, or until chicken begins to brown.
2. Next, add garlic cloves & mushrooms and cook a few minutes more, tossing occasionally. Add asparagus & sun-dried tomatoes and cook until asparagus is bright green and still crisp, about 3-4 minutes.
3. Crack some freshly ground pepper over the top and serve.

**Make this dish vegetarian by skipping the chicken and replacing it with 1 cup of cooked chickpeas, kidney beans, or white beans.**

# Indian-style Coconut Curry

Serves 2, with leftovers

### Ingredients:

- 1 TB extra-virgin coconut oil
- 1lb boneless, skinless free-range organic chicken breasts, cut into small chunks (or chickpeas)
- 1-inch piece fresh ginger, peeled and diced
- 1 small yellow onion, peeled and chopped
- 4 garlic cloves, minced
- 2 TB curry powder
- 1 TB ground turmeric
- 2 C vegetable or chicken broth
- 1 (14-oz) can full-fat coconut milk
- 3 -4 carrots, peeled and cut into ½-inch rounds
- 1 small head cauliflower, broken into florets and chopped into bite-sized pieces
- 1 C frozen peas

### Directions:

1. Heat a large soup pot or Dutch oven over medium-high heat.
2. Add coconut oil, chicken, ginger and onion to the pan and cook until chicken begins to brown, then add garlic and cook for another minute.
3. Add curry powder and turmeric and stir until the chicken is coated and spices are fragrant, then pour in broth and coconut milk, and stir to combine.
4. Next, add carrots and cauliflower, bring to a simmer, cover, and cook for 15 minutes.
5. Just before serving, stir in peas. Taste and add sea salt if needed. Serve with a side of brown rice.

**Vegetarian Substitution:** You can also swap out a 14-oz can of rinsed and drained chickpeas for the chicken to make this a vegetarian meal. Simply add them when you add the carrots and cauliflower.

**Are you making it for the family?** Go lighter on the curry and turmeric, and/or additional peas and carrots.

**Short on time?** Add all ingredients (except peas) into a slow cooker on low all day! This curry freezes well and reheats nicely for quick meals too. Suggest making a double or triple batch to freeze for future meals.

# *Spicy Butternut Squash and Black Bean Chili with Steamed Greens*

Serves 2

### *Ingredients:*

- 1 TB olive oil
- ½ small butternut squash, peeled, seeded, and cut into ½ - inch chunks
- 1 medium onion, chopped
- 1 green bell pepper, seeded, cored and diced
- 1 jalapeno, seeded and diced finely (optional)
- 1 (14 oz) can diced tomatoes
- 2 TB chili powder
- 1 tsp cumin
- 1 C broth
- 1 (14 oz) can black beans, rinsed and drained
- 1 tsp sea salt

### *Directions:*

1. Heat a large Dutch oven or soup pot over medium-high heat. Add little olive oil and the butternut squash and onions. Sauté for 10 minutes or until butternut squash is starting to brown.
2. Add bell pepper and jalapeno, stir and cook an additional 3-4 minutes.
3. Stir in the tomatoes, chili powder, cumin and broth. Bring the pot to a simmer, cover, and cook for 10-15 minutes until the butternut squash is fork-tender.
4. Add the beans and sea salt. Stir gently to combine. Let heat through, about 5 minutes.
5. Serve and offer chopped green onions, diced red onion, sliced avocado, or cilantro as toppings.

# *Simple Minestrone*

Makes 4 servings



### *Ingredients:*

- 1 lb mild Italian chicken sausage
- 1 TB extra virgin olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 4 C vegetable or chicken broth
- 1 (14 oz) can kidney beans, rinsed and drained
- 1 (14 oz) can diced roasted tomatoes
- 1 bunch kale, washed, de-stemmed and cut into thin ribbons
- 1 tsp dried thyme
- Sea salt and pepper to taste

### *Directions:*

1. In a large pot, sauté chicken sausage for 3-4 minutes, using a wooden spoon to break it into small pieces. Add olive oil, onion and garlic, and sauté for 5 more minutes, stirring occasionally.
2. Add broth and tomatoes, then cover and bring to a simmer, cooking for 20 minutes. Stir in kidney beans, kale, and dried thyme and simmer for 5 more minutes, then serve.

# Join the 10-Day Whole Foods Cleanse!

After trying these delicious and cleansing recipes from my Whole Food Cleanses, you may want to try more!

I invite you to experience my 10-Day Whole Foods Cleanse to transform your life and live the healthy life you always imagined!

Here's the scoop:

- Choose 10-days that work best for you to cleanse. You will need two prep days before the cleanse and six days after the cleanse for re-introduction.
- This 10-Day Cleanse is whole foods-based, meaning you'll be eating lots of fruits and veggies, whole grains, and lean proteins. So you won't be hungry, I promise.

When you sign up, you'll get:

- Over 70 recipes to choose from, so you'll be able to pick meals you and your family will enjoy.
- A proven protocol that can help you drop weight, sleep better and have more energy.
- Two individual coaching sessions with me to set you up for success before and after the cleanse.
- "Eating Out" guide, "Deepening Your Cleanse" guide, and more bonus handouts to support you.
- Support from me via our member's area.

Join me for an exciting 10-Day Whole Foods Cleanse that will change your life!

Sign up today at  
[mindfulhealthwithlori.com/program](http://mindfulhealthwithlori.com/program)

# *Is Health Coaching Right for You?*

I love to hear from you! Please let me know what you think of these detoxing recipes to help kick the sugar habit.

Are you ready to transform your life and live the healthy life you always imagined? Research has shown that individuals who work with health coaches experience positive health outcomes, reducing their risks of chronic diseases. Investing in yourself is the best investment one can make.

As a thank you for being a valued member of my community, I'm offering you a gift of a free 30-minute private breakthrough health coaching session to see if health coaching is right for you! If we haven't met yet, please schedule your free session at [lorikampa.biz/freesession](http://lorikampa.biz/freesession).

Always cheering you on,

*Lori Kampa*



## *Contact Information*

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