

## 21 Day Gut Reset, Week 2

Created by Mary Vance



## 21 Day Gut Reset, Week 2

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Low FODMAP Egg Breakfast Muffins	My Favorite Superfood Smoothie	Creamy Superfood Skin Smoothie	Strawberry Coconut Overnight Oats	10 Minute Power Breakfast (egg free)	Pumpkin Breakfast Cookies	Low FODMAP Egg Breakfast Muffins
Lunch	Cauliflower, Kale & Lentil Detox Soup	Rainbow Chopped Salad Jars	Tuna (or Salmon) Avocado salad	Best of Everything Veggie salad	Gut Healing Soup	One Pan Paleo Plate	Salmon Stuffed Avocado Boats
Snack 2	Pumpkin Breakfast Cookies	Pumpkin Tahini Energy Balls	Pumpkin Breakfast Cookies	Pumpkin Tahini Energy Balls	Green Blender Juice or Smoothie	Immunity Boosting Bone Broth	Brazil Nuts
Dinner	Sausage & Sauerkraut Skillet	Sausage & Sauerkraut Skillet	Kimchi Fried Cauliflower Rice	Kimchi Fried Cauliflower Rice	One Pan Paleo Plate	Salmon, Rice & Arugula	Cauliflower, Kale & Lentil Detox Soup

# 21 Day Gut Reset, Week 2

93 items

## Fruits

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- 2 Apple
- 2 1/2 Avocado
- 1 Banana
- 3 3/4 Lemon
- 1 1/2 cups Pineapple
- 2 cups Strawberries

## Breakfast

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- 1/4 cup Maple Syrup

## Seeds, Nuts & Spices

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- 1 tbsp Almond Butter Or Tahini
- 3/4 tsp Black Pepper
- 1/4 cup Brazil Nuts
- 3 tbsps Chia Seeds
- 1 1/3 tbsps Cinnamon
- 1 1/2 tsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 1 tsp Nutmeg
- 1/2 cup Pumpkin Seeds
- 2 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Sesame Seeds
- 1/2 cup Sunflower Seeds

## Frozen

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- 1/2 cup Frozen Berries
- 1 cup Frozen Peas

## Vegetables

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- 4 cups Arugula
- 6 cups Baby Spinach
- 10 leaves Baby Spinach
- 1/2 Beet, Shredded
- 4 cups Brussels Sprouts
- 4 Carrot
- 1 Carrot, Shredded
- 2 Carrot, Shredded Or Sliced
- 2 heads Cauliflower
- 4 stalks Celery
- 1 stalk Celery, Diced
- 1 cup Cherry Tomatoes
- 1 Cucumber
- 1/2 Cucumber, Chopped
- 9 Garlic
- 1 tbsp Ginger
- 3 stalks Green Onion
- 4 cups Kale Leaves
- 1 bunch Kale Leaves Or Spinach
- 1 cup Kale Leaves, Chopped
- 1 cup Matchstick Carrots
- 2 cups Mixed Greens
- 2 cups Parsley
- 2 stalks Parsley
- 3 cups Purple Cabbage
- 1 Red Bell Pepper
- 2 Sweet Potato
- 1 Sweet Potato, Diced
- 4 cups Swiss Chard
- 1 bunch Swiss Chard
- 1 Yellow Bell Pepper
- 3 Yellow Onion
- 1 Yellow Onion, Chopped

## Boxed & Canned

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## Bread, Fish, Meat & Cheese

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- 16 ozs Chicken Breast
- 1 Chicken Breast, Cubed
- 11 ozs Organic Chicken Sausage
- 16 ozs Salmon Fillet
- 8 Sausage
- 2 Turkey Breast Slices
- 1 Whole Chicken Carcass

## Condiments & Oils

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- 2 tbsps Apple Cider Vinegar
- 1/3 cup Coconut Oil
- 2 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 2 cups Kimchi
- 2 cups Sauerkraut
- 2 tsps Sesame Oil
- 1/2 cup Tahini
- 2 tbsps Tamari

## Cold

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- 14 Egg

## Other

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- 10 Ice Cubes
- 1 tbsp Protein Powder
- 1 serving Protein Powder
- 1 serving Supergreens
- 7 1/3 cups Water

- 4 ozs** Canned Wild Salmon
- 3 cups** Chickpeas
- 1/2 cup** Coconut Water
- 1 cup** Jasmine Rice
- 2 1/4 cups** Lentils
- 3 cups** Organic Chicken Broth
- 2 cups** Organic Coconut Milk
- 1/3 cup** Organic Coconut Milk  
(Or Almond Milk)
- 6 cups** Organic Vegetable  
Broth
- 1 can** Tuna

### **Baking**

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- 1 1/2 tsps** Baking Powder
- 1/2 cup** Coconut Flour
- 2 3/4 cups** Oats
- 1 cup** Pitted Dates
- 1 1/4 cups** Pureed Pumpkin
- 1/4 cup** Raw Honey



# My Favorite Superfood Smoothie

9 ingredients · 5 minutes · 1 serving



## Directions

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1. Dump everything in the blender and blend together, adding more or less water as needed. Optional add-ins include cinnamon, maca root, moringa, or spirulina (if you're not using the supergreens).

## Notes

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### Limiting raw foods?

Leave out the spinach

### Need more calories?

Add 1/2 avocado and more coconut milk (1/2 cup to 1 can)

### Cutting down on sugar?

Leave out the berries and sub avocado.

### Low FODMAP?

Leave out the spinach and use almond milk, not coconut milk. Do not add avocado.

## Ingredients

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<b>1</b>	Banana
<b>1/2 cup</b>	Frozen Berries
<b>10 leaves</b>	Baby Spinach
<b>1 tbsp</b>	Almond Butter Or Tahini
<b>1/3 cup</b>	Organic Coconut Milk (Or Almond Milk)
<b>1 serving</b>	Protein Powder (see my recommendation for best protein powder for you)
<b>1 serving</b>	Supergreens (Use Amazing Grass or VitaMineral Green)
<b>1 tbsp</b>	Chia Seeds
<b>1/2 cup</b>	Water

# Creamy Superfood Skin Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

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1. Chuck in a blender and blend. This would also taste great with fresh or frozen fruit added in like berries, pineapple, or strawberries. The smoothie is rich and creamy and gives you another couple servings of veggies and good fats.

## Notes

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### Low FODMAP?

Use minimal coconut milk/more water, or try almond milk.

## Ingredients

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<b>1/2</b>	Avocado
<b>1/2 cup</b>	Organic Coconut Milk
<b>1 bunch</b>	Swiss Chard (or kale, spinach, any greens)
<b>2 stalks</b>	Parsley
<b>1 tbsp</b>	Protein Powder (use protein I recommend for you.)
<b>1/2 cup</b>	Coconut Water (or regular water. Use as much water as needed for desired thickness.)

# Strawberry Coconut Overnight Oats

7 ingredients · 8 hours · 4 servings



## Directions

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1. Combine oats, coconut milk, chia seeds and maple syrup together in a large glass container. Add water and stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced strawberries followed by a sprinkle of hemp seeds. Repeat until all ingredients are used up. Store in the fridge up to 4 days or until ready to eat.

## Notes

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### Warm It Up

Heat in the microwave for 30 to 60 seconds before eating

### More Protein

Add extra hemp seeds

## Ingredients

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<b>1 1/2 cups</b>	Oats (quick)
<b>1 1/2 cups</b>	Organic Coconut Milk
<b>2 tbsps</b>	Chia Seeds
<b>1 tbsp</b>	Maple Syrup
<b>3/4 cup</b>	Water
<b>2 cups</b>	Strawberries (sliced)
<b>1/4 cup</b>	Hemp Seeds



## 10 Minute Power Breakfast (egg free)

3 ingredients · 10 minutes · 1 serving



### Directions

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1. Coat pan with olive oil and heat over medium-high heat. Toss in sliced chicken sausage and brown for about 3-5 minutes. Add spinach and let it wilt (3-5 more minutes). Remove and season as you like. Top with sliced avocado (no more than 1/2 a fruit) and enjoy with a side of raw kraut. Can be made night before and reheated next morning. Can also make in large batches for leftovers.

### Notes

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#### low FODMAP?

replace spinach with swiss chard and leave off avocado.

### Ingredients

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<b>1 oz</b>	Organic Chicken Sausage
<b>2 cups</b>	Baby Spinach
<b>1/2</b>	Avocado



# Pumpkin Breakfast Cookies

14 ingredients · 45 minutes · 8 servings



## Directions

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1. Preheat oven to 350 and line a baking sheet with parchment paper.
2. Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
3. Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
4. Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
5. Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
6. Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

## Notes

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### Make it Sweeter

Add in a handful of dark organic chocolate chips.

### Vegan

Use maple syrup instead of honey and a chia egg instead of an egg.

### Storage

Store in the freezer in a zip-loc bag up to 1 month.

## Ingredients

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<b>1 1/4 cups</b>	Oats (quick or rolled)
<b>1 1/2 tsps</b>	Ground Flax Seed
<b>2 tsps</b>	Cinnamon
<b>1 tsp</b>	Nutmeg
<b>1/4 tsp</b>	Sea Salt
<b>1 1/2 tsps</b>	Baking Powder
<b>1/2 cup</b>	Pumpkin Seeds
<b>1/2 cup</b>	Sunflower Seeds
<b>1 cup</b>	Pitted Dates (chopped)
<b>1</b>	Egg
<b>3/4 cup</b>	Pureed Pumpkin
<b>1/4 cup</b>	Raw Honey
<b>1 tbsp</b>	Coconut Oil (melted)
<b>1</b>	Carrot (grated)

# Low FODMAP Egg Breakfast Muffins

5 ingredients · 30 minutes · 6 servings



## Directions

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1. Preheat oven to 350 degrees, spray a muffin tin with non-sticking cooking spray or use coconut oil. I used coconut oil. Set aside. Brown the ground sausage in a medium-sized pan over medium-heat. In a large mixing bowl, whisk the eggs and then add in the sausage, peppers, kale, and pepper. Pour the batter into the muffin tins, filling  $\frac{3}{4}$  of the way. Bake for 20-25 minutes, my oven needed 23 minutes. Allow the muffins to cool for 5 minutes, use a knife to loosen from the sides.

## Notes

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### Kale

You can use frozen spinach (small quantities OK) or swiss chard instead of kale.

### Bell Pepper

You can use any chopped low FODMAP vegetable you have on hand.

### Sausage

You can use breakfast or chicken sausage.

## Ingredients

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9	Egg
8	Sausage
1	Red Bell Pepper
1 cup	Kale Leaves, Chopped
1/4 tsp	Black Pepper

# Rainbow Chopped Salad Jars

9 ingredients · 30 minutes · 3 servings



## Directions

1. Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
2. On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
3. When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

## Notes

### Storage

Keeps well in the fridge for up to 4 days.

### No Tahini

Use a nut butter or sunflower seed butter instead.

## Ingredients

<b>1/3 cup</b>	Tahini
<b>2</b>	Lemon (juiced)
<b>1/2 tsp</b>	Sea Salt
<b>2 tbsps</b>	Water
<b>3 cups</b>	Chickpeas (cooked, from the can)
<b>1 cup</b>	Cherry Tomatoes
<b>1 cup</b>	Matchstick Carrots
<b>1</b>	Yellow Bell Pepper (chopped)
<b>3 cups</b>	Purple Cabbage (chopped)



# Tuna (or Salmon) Avocado salad

3 ingredients · 5 minutes · 1 serving



## Directions

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1. Mash everything together. You can serve them on sliced cucumbers with a little slivered carrot and cilantro garnish (as shown), or add diced shallots to spice them up a little more. You can also eat on flax bread, grain free wraps, or wrapped in lettuce leaves with hummus. Fast & easy lunch! I've also added chopped celery, parsley and some crushed ground pepper to make another variation.

## Ingredients

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<b>1 can</b>	Tuna (Can also use canned wild salmon)
<b>1/2</b>	Avocado
<b>2 tbsps</b>	Dijon Mustard

# Best of Everything Veggie salad

6 ingredients · 10 minutes · 1 serving



## Directions

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1. Toss everything together. Optional add-ins: avocado, olive slices, pumpkin seeds, chopped egg, garbanzo beans, smoked salmon or lox. Use olive oil/balsamic or olive oil/lemon juice. or get creative and try a vegan (soy free please) green goddess dressing!

## Notes

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### Make it Vegan

Use chick peas instead of turkey or salmon.

## Ingredients

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<b>2 cups</b>	Mixed Greens
<b>1/2</b>	Cucumber, Chopped
<b>1</b>	Carrot, Shredded
<b>1/2</b>	Beet, Shredded
<b>1 stalk</b>	Celery, Diced
<b>2</b>	Turkey Breast Slices

# Gut Healing Soup

7 ingredients · 30 minutes · 2 servings



## Directions

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1. Heat oil in large pan over medium heat, then add poultry, carrots and onions. Saute meat until browned, then add stock, carrot, and potatoes. Bring to simmer and turn heat to low; simmer till vegetables are tender and season as needed. Add greens and/or other veggies. \*If adding already cooked chicken, add at this stage. Add spices: curry, sea salt, thyme, oregano, etc. This is just a base-- add whatever veggies you have on hand.

## Notes

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### Potatoes

Reduce for low FODMAP option or omit on SCD

### Onion

omit for low FODMAP

### Chicken

can use already cooked chicken. Use shredded rotisserie chicken as another option.

### Bone broth

Can use Kitchen Essentials Stock

### low FODMAP

Can use zucchini or other greens

### Add white rice or rice noodles

if your plan allows. Yam or kelp noodles OK too.

## Ingredients

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<b>1 tbsp</b>	Coconut Oil
<b>1</b>	Chicken Breast, Cubed ((can use leftover already cooked))
<b>2</b>	Carrot, Shredded Or Sliced
<b>1</b>	Yellow Onion, Chopped
<b>3 cups</b>	Organic Chicken Broth (more or less as preferred. Use bone broth.)
<b>1</b>	Sweet Potato, Diced
<b>1 bunch</b>	Kale Leaves Or Spinach



# Salmon Stuffed Avocado Boats

3 ingredients · 10 minutes · 1 serving



## Directions

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1. Slice the avocado in half and remove the pit. Use a spoon to scoop out enough avocado to create a bigger hole that the salmon will fit into. Transfer scooped out avocado to a small bowl.
2. Drain the salmon and add it to the bowl with the scooped out avocado. Add lemon juice and mash until well mixed.
3. Fill the hollowed out avocado halves with the mashed salmon mixture. Enjoy!

## Notes

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### Likes it Spicy

Add hot sauce.

### No Canned Salmon

Use smoked salmon, cooked salmon fillet or tuna instead.

## Ingredients

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1	Avocado
4 ozs	Canned Wild Salmon
1/4	Lemon (juiced)

# Pumpkin Tahini Energy Balls

7 ingredients · 15 minutes · 15 servings



## Directions

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1. In a medium sized mixing bowl, combine the coconut flour, coconut oil and pureed pumpkin. Mix thoroughly.
2. Add tahini, maple syrup and cinnamon. Continue to mix until well combined. The mixture should be very doughy and stiff.
3. Roll dough into small balls. Pour sesame seeds onto a small plate and roll each ball in the seeds to coat.
4. Cover and store in the fridge up to 5 days, or the freezer for a month.

## Notes

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### No Tahini

Use any type of nut or seed butter.

### No Sesame Seeds

Roll them in crushed pumpkin seeds or hemp seeds instead.

### Best Results

This recipe was developed and tested using Bob's Red Mill coconut flour. Results may vary with other brands.

## Ingredients

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<b>1/2 cup</b>	Coconut Flour (Bob's Red Mill)
<b>2 tbsps</b>	Coconut Oil (melted)
<b>1/2 cup</b>	Pureed Pumpkin
<b>1/4 cup</b>	Tahini
<b>3 tbsps</b>	Maple Syrup
<b>2 tsps</b>	Cinnamon
<b>1/4 cup</b>	Sesame Seeds

# Green Blender Juice or Smoothie

7 ingredients · 5 minutes · 1 serving



## Directions

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1. Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
2. Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze out all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!

## Ingredients

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<b>1 1/2 cups</b>	Pineapple (diced)
<b>1</b>	Cucumber (diced)
<b>1 cup</b>	Parsley
<b>4 cups</b>	Baby Spinach
<b>1 tbsp</b>	Ginger (peeled)
<b>1</b>	Lemon (juiced)
<b>10</b>	Ice Cubes



# Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



## Directions

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1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

## Notes

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### Low FODMAP

Omit garlic and onions.

## Ingredients

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<b>1</b>	Whole Chicken Carcass (about 2 lbs of bones)
<b>1</b>	Carrot (peeled and chopped)
<b>1</b>	Yellow Onion (diced)
<b>2 stalks</b>	Celery (chopped)
<b>3</b>	Garlic (cloves, halved)
<b>1 tbsp</b>	Apple Cider Vinegar
<b>1 tsp</b>	Sea Salt
<b>1 cup</b>	Parsley (chopped)
<b>6 cups</b>	Water

# Brazil Nuts

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Divide into bowls and enjoy!

## Ingredients

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1/4 cup Brazil Nuts

# Sausage & Sauerkraut Skillet

7 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat oven to 350. Line a baking sheet with parchment paper. Add sausage and bake for 30 minutes or until cooked through. Remove from oven and cut into 1/4" pieces.
2. Heat coconut oil in a frying pan over medium heat. Add yellow onion and apple. Saute just until onion is translucent (about 5 minutes). Add garlic and saute for another minute.
3. Add swiss chard and continue to saute just until it is wilted. Reduce heat to low and add in chopped sausage and sauerkraut and saute for another minute or until heated through. Remove from heat and divide into bowls. Enjoy!

## Notes

### Vegan and Vegetarian

Skip the sausage and use cooked lentils instead.

### No Swiss Chard

Use kale or spinach instead.

## Ingredients

<b>10 ozs</b>	Organic Chicken Sausage
<b>1 tbsp</b>	Coconut Oil
<b>1</b>	Yellow Onion (diced)
<b>2</b>	Apple (peeled, cored and diced)
<b>2</b>	Garlic (cloves, minced)
<b>4 cups</b>	Swiss Chard (washed, stems removed and chopped)
<b>2 cups</b>	Sauerkraut (liquid drained off)



# Kimchi Fried Cauliflower Rice

11 ingredients · 20 minutes · 4 servings



## Directions

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1. Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
2. Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
3. In a separate frying pan, fry your eggs.
4. Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

## Notes

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### No Cauliflower

Use cooked quinoa or brown rice instead.

### Meat Lover

Add chopped bacon.

### No Eggs

Use diced chicken breast or roasted chickpeas instead.

## Ingredients

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<b>1 head</b>	Cauliflower (medium, chopped into florets)
<b>1 tbsp</b>	Coconut Oil
<b>2 cups</b>	Kimchi (liquid drained off)
<b>2 tbsps</b>	Tamari
<b>1 tbsp</b>	Apple Cider Vinegar
<b>1/2 tsp</b>	Black Pepper
<b>2 tbsps</b>	Sesame Seeds
<b>2 tsps</b>	Sesame Oil
<b>3 stalks</b>	Green Onion (chopped)
<b>1 cup</b>	Frozen Peas (thawed)
<b>4</b>	Egg

# One Pan Paleo Plate

5 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat oven to 375 and line a baking sheet with parchment paper.
2. Brush both sides of the chicken breast with olive oil and season with sea salt, black pepper and any other spices you like. Place on the baking sheet.
3. Toss your brussels sprouts in olive oil and season with sea salt and black pepper. Place on the baking sheet with the chicken.
4. Slice your sweet potatoes in half lengthwise and pierce the flesh multiple times with a fork all over to create holes. Brush the flesh of each half with olive oil. Season with sea salt and black pepper. Place these on the baking sheet with the flesh facing up.
5. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through. (Note: Sweet potato may need longer depending on size.)
6. Remove baking sheet from the oven and divide onto plates. Enjoy!

## Notes

### No Brussels Sprouts

Use broccoli, cauliflower or green beans instead. Roasting times will vary.

### No Chicken Breast

Use turkey breast.

### Vegans and Vegetarians

Replace chicken with roasted chickpeas.

### Extra Time

Slice sweet potato into cubes or fries.

## Ingredients

<b>16 ozs</b>	Chicken Breast
	Sea Salt & Black Pepper (to taste)
<b>4 cups</b>	Brussels Sprouts (washed, trimmed and halved)
<b>1 tbsp</b>	Extra Virgin Olive Oil (plus extra for brushing)
<b>2</b>	Sweet Potato (washed and sliced in half)



# Salmon, Rice & Arugula

6 ingredients · 25 minutes · 4 servings



## Directions

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1. Preheat oven to 425 degrees F.
2. Rinse the salmon fillets and pat them dry. Season with sea salt and transfer to a baking sheet. Bake in the oven for 12 to 15 minutes, or until the salmon flakes with a fork.
3. While the salmon roasts, make your jasmine rice according to the instructions on the package.
4. Combine the extra virgin olive oil and lemon juice in a jar and mix well.
5. Divide salmon, rice and arugula between bowls or containers, and drizzle with the oil and lemon dressing. Enjoy!

## Ingredients

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<b>16 ozs</b>	Salmon Fillet
<b>1/2 tsp</b>	Sea Salt
<b>1 cup</b>	Jasmine Rice (dry, uncooked)
<b>2 tbsps</b>	Extra Virgin Olive Oil
<b>1/2</b>	Lemon (juiced)
<b>4 cups</b>	Arugula

## Notes

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### No Salmon

Use any type of fish fillet instead, or use canned fish.

### No Arugula

Use baby spinach, kale or mixed greens instead.

### No Rice

Use quinoa instead.

### Leftovers

Refrigerate in an air-tight container up to 3 days.

# Cauliflower, Kale & Lentil Detox Soup

10 ingredients · 40 minutes · 6 servings



## Directions

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1. Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
2. Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
3. Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

## Notes

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### Leftovers

Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

## Ingredients

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<b>2 tbsps</b>	Extra Virgin Olive Oil
<b>1</b>	Yellow Onion (diced)
<b>2 stalks</b>	Celery (diced)
<b>2</b>	Carrot (medium, peeled and diced)
<b>4</b>	Garlic (cloves, minced)
<b>1 head</b>	Cauliflower (chopped into florets)
<b>4 cups</b>	Kale Leaves (chopped)
<b>6 cups</b>	Organic Vegetable Broth
<b>2 1/4 cups</b>	Lentils (cooked)
	Sea Salt & Black Pepper (to taste)