

PEERtrainer 14 Day

Fresh Start Cleanse:

**More WEEK 1 Cleanse
Recipes Ideas!**

PEERtrainer™

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This information is intended for the sole purpose of participants in the PEERtrainer 14 Day Fresh Start Cleanse. This is not a substitute for medical advice. Please seek a physician if you have any questions or need Medical advice or attention when starting a weight loss program.

PEERtrainer Fresh Start Cleanse Recipes!

RECIPE: Ginger Salmon With Bok Choy And Spinach

(Adapted from Real Simple)

8 ingredients

4 servings

Ingredients:

- 1 T of Olive or Coconut Oil
- 1 LB of Salmon Fillet (skinless), sliced into 4 equal peices
- 2 cloves of chopped garlic
- 4 scallions, thinly sliced
- 1 tablespoon (1/2 a finger) of chopped fresh ginger
- 1 lb of fresh spinach leaves
- 1 lb of baby bok choy, halved lengthwise
- 2 halves of freshly squeezed lime
- Sea Salt

Directions:

1. Heat 1/2 of T of the oil in a large skillet over medium-high heat.
 2. Season the Salmon with salt and cook, approximately 4-5 minutes per side
 3. In a separate skillet, place the other 1/2 T of oil and 1 teaspoon of water over medium high heat.
 4. Add scallions, garlic, ginger and stir continuously for 30 seconds.
 5. Add spinach, bok choy, 1/4 C of water and be sure to stir continuously for 4 - 6 minutes or until vegetables are bright and colorful.
 6. Place salmon and vegetables on plate, squeeze lime and serve!
- Optional: add 1 teaspoon of cilantro and a few shakes of red chili pepper flakes.

PEERtrainer Fresh Start Cleanse Recipes!

RECIPE: Chickpea/Spinach Curry with Cucumber-Avocado Sauce

(Adapted from Real Simple)

13 ingredients

4 servings

Ingredients:

- 1 Tablespoon of Coconut Oil
- 1 large sweet onion, chopped
- 4 cloves garlic, chopped
- 1 Tablespoon (1/2 a finger) of fresh ginger
- 2 Tablespoons of curry powder
- 2 15.5 ounce cans of chickpeas, rinsed or 2 lbs of fresh chickpeas.
- 1 and 1/2 LB of fresh chopped spinach
- 1 chopped riped avocado
- Sea Salt
- 1 and 1/2 limes
- 1 Cucumber, seeded and chopped
- 1/4 cup of cilantro
- Large bowl of finely mixed greens

Directions:

1. Heat Oil in a Large saucepan over medium heat
2. Add onion and stir until very light brown. Be sure to watch so that it doesn't burn
3. Add curry powder, garlic and ginger and 1 teaspoon of water and cook for 30 seconds.
4. Add chickpeas, spinach, 2 Cups of water, shake os falt to the saucepan. Bring to simmer (slightly boiling) and cook until mixture is slightly thickened, usually about 10 minutes
5. While chickpea mixture is cooking, blender together cucumber, avocado, 1 lime cilantro and salt in small blender.
6. Serve mixture with sauce over bowl of mixed greens and fresh lime!

How To Make Fresh Chickpeas:

Place all chickpeas in bowl of filtered water. Water should be at least 3 inches higher than beans. Soak overnight. Place in pot with 1 teaspoon of baking soda and boil with filtered water for 50 - 60 minutes. (water should be at least 4 inches higher than beans).

How To Seed Cucumber:

Peel Cucumber and slice lengthwise. Take spoon and scoop out all seeds. Great for sauces and for kids as cucumber boats to fill with favorite toppings!

PEERtrainer Fresh Start Cleanse Recipes!

Recipe: PEERtrainer Cleanse Soup

11 ingredients

8 - 10 servings

Ingredients:

- 2 Large heads of Chopped Broccoli
- 1 Large Head of Chopped Cauliflower
- 1 and 1/2 lbs of Sliced white button Mushrooms
- 1 Large Yellow Or Sweet Onion
- 1 Can (approximately 13.6 to 15 oz) of coconut milk
- 1 box (32 oz) of Free Range Chicken Broth or Mushroom Broth (prefer Pacific Natural Foods Organic)
- 1 Tsp Coconut or Olive Oil
- 5 Cloves garlic
- 2 fingers of peeled fresh ginger
- 1 finger of peeled fresh tumeric
- Sea Salt

Optional: 1 lb of spinach.

Directions:

1. Heat Pot to Medium and add Oil and Onion to Pot
2. Slowly Brown Onions while stirring continuously. Once light brown, add mushrooms to light brown. .
3. Add Broth, Coconut Milk and turn to heat to High
4. Add Broccoli, Cauliflower, Mushrooms, Ginger, Tumeric and Garlic
5. Bring To Boil and then simmer for 15 minutes
6. Let stand for 10 minutes then use an immersion blender to blend until smooth. Usually takes about 3 minutes. Add a few shakes of salt.
6. Serve!

How To Peel Turmeric And Ginger:

Simply take a regular spoon and use the end to scrape off the peel. Don't be intimidated to ask you supermarket for help in buying fresh ginger and turmeric. They are happy to help and these are powerful herbs that make things taste great.

PEERtrainer Fresh Start Cleanse Recipes!

RECIPE: Chicken Taco Wraps With Black Beans

(Adapted from Real Simple)

10 ingredients

4 servings

Ingredients:

- 1 lb of skinless chicken breast (cut into 1/8 inch long slices)
- 1 T of olive oil
- 1 15.5 ounce of black beans rinsed or 1 pound of fresh black beans
- 1 large head of cabbage, with each leaf separated to wrap
- 4 scallions, sliced, white and green parts separated
- kosher salt
- 1/2 avocado
- Salsa
- Cilantro
- 4 lime wedges

Directions:

1. Heat Oil in large skillet over medium heat
2. Season Chicken with salt and cook until golden brown and cooked through, usually 6 - 7 minutes on each side
3. In a separate pan, heat 1/2 T of oil to medium heat
4. Add scallions, stirring until soft, about 1 - 2 minutes. Add beans, 1/4 C of water and shake of salt.
5. Cook until warmed, about 4 minutes.
6. Stir in scallion greens
7. Serve beans on side
7. In small bowls, place chicken, chopped avocado, salsa, cilantro and lime wedges
8. Serve cabbage leaves, stacked to use as wraps for ingredients.
9. Enjoy!

PEERtrainer Fresh Start Cleanse Recipes!

RECIPE: Tex Mex Salad

9 ingredients

4 servings

Ingredients:

- 2 Cups of Quinoa
- 1 tomato (chopped)
- 1 cucumber (seeded and chopped)
- 3 tablespoons of chopped red onions
- 3 halves of lime
- Sea Salt to taste
- 1 large head of chopped cabbage
- 1 pound of mixed greens
- 1/2 of chopped avocado

Directions:

1. Prepare quinoa according to directions on package or in a rice cooker.
2. Place chopped tomato, cucumber, red onions, jalapeno, 1/2 of lime, salt in bowl and mix.
3. Add in prepared quinoa and mix again.
4. Place Chopped cabbage/greens in large mixing bowl
5. Place quinoa mixture in greens/cabbage and mix
6. Toss in avocado and squeeze other two limes and serve!