



Detox Meal Plan

DR. SARAH WHITE, ND

MON



BREAKFAST
Detox Green Smoothie



LUNCH
Tuna & Edamame Detox Salad



SNACK 1
Detox Chia Lemon Water



DINNER
Cauliflower, Kale & Lentil Detox Soup



SNACK 2
Immunity Boosting Bone Broth



SNACK 3
Lemon Ginger Tea

TUE



BREAKFAST
Blueberry Detox Smoothie



LUNCH
Tuna & Edamame Detox Salad



SNACK 1
Detox Chia Lemon Water



DINNER
Cauliflower, Kale & Lentil Detox Soup



SNACK 2
Immunity Boosting Bone Broth



SNACK 3
Lemon Ginger Tea

WED



BREAKFAST
Detox Green Smoothie



LUNCH
Tuna & Edamame Detox Salad



SNACK 1
Detox Chia Lemon Water



DINNER
Cauliflower, Kale & Lentil Detox Soup



SNACK 2
Immunity Boosting Bone Broth



SNACK 3
Lemon Ginger Tea

THU



BREAKFAST
Blueberry Detox Smoothie



LUNCH
Salmon Cakes, Creamy Vegan Sesame Slaw



SNACK 1
Detox Chia Lemon Water



DINNER
Chicken Soba Noodle Soup



SNACK 2
Immunity Boosting Bone Broth



SNACK 3
Lemon Ginger Tea

FRI



BREAKFAST
Detox Green Smoothie



LUNCH
Salmon Cakes, Creamy Vegan Sesame Slaw



SNACK 1
Detox Chia Lemon Water



DINNER
Chicken Soba Noodle Soup



SNACK 2
Immunity Boosting Bone Broth



SNACK 3
Lemon Ginger Tea

SAT



BREAKFAST
Blueberry Detox Smoothie



LUNCH
Salmon Cakes, Creamy Vegan Sesame Slaw



SNACK 1
Detox Chia Lemon Water



DINNER
Chicken Soba Noodle Soup



SNACK 2
Immunity Boosting Bone Broth



SNACK 3
Lemon Ginger Tea

SUN



BREAKFAST
Detox Green Smoothie



LUNCH
Salmon Cakes, Creamy Vegan Sesame Slaw



SNACK 1
Detox Chia Lemon Water



DINNER
Chicken Soba Noodle Soup



SNACK 2
Immunity Boosting Bone Broth



SNACK 3
Lemon Ginger Tea

FRUITS

- 3 Banana
- 5 1/2 Lemon
- 1 1/3 tbsps Lemon Juice
- 1 Lime
- 2 tps Lime Juice
- 4 Pear

SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 1/3 cup Cashews
- 2/3 cup Chia Seeds
- 2/3 tsp Dried Dill
- 2 tbsps Ground Flax Seed
- 1 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 3 tbsps Slivered Almonds

FROZEN

- 3 cups Frozen Blueberries
- 3/4 cup Frozen Edamame
- 10 Ice Cubes

VEGETABLES

- 1/3 cup Alfalfa Sprouts
- 3 cups Baby Spinach
- 2 cups Bok Choy
- 8 1/3 Carrot
- 1 head Cauliflower
- 5 1/2 stalks Celery
- 3 Cucumber
- 3/4 head Endive
- 12 Garlic
- 1 cup Ginger
- 3 1/2 cups Green Cabbage
- 15 cups Kale Leaves
- 1 3/4 cups Parsley
- 1/2 Red Bell Pepper
- 1/3 cup Red Onion
- 2 3/4 Yellow Onion

BOXED & CANNED

- 200 grams Buckwheat Soba Noodles
- 189 grams Canned Wild Salmon
- 2 1/4 cups Lentils
- 1 1/2 cans Tuna
- 6 cups Vegetable Broth

BAKING

- 2 2/3 tbsps Coconut Flour

BREAD, FISH, MEAT & CHEESE

- 227 grams Chicken Leg, Bone-In
- 1 3/4 Whole Chicken Carcass

CONDIMENTS & OILS

- 1 3/4 tbsps Apple Cider Vinegar
- 2 1/4 tps Balsamic Vinegar
- 2 tps Coconut Aminos
- 2 1/4 tps Dijon Mustard
- 3 1/2 tbsps Extra Virgin Olive Oil
- 1/3 tsp Fish Sauce
- 1 tsp Sesame Oil

COLD

- 2 2/3 Egg
- 3 cups Unsweetened Almond Milk

OTHER

- 2 Nori Sheets
- 42 1/2 cups Water

Detox Green Smoothie

1 SERVING 10 MINUTES



INGREDIENTS

2 cups Kale Leaves
1/2 Cucumber (chopped)
1/2 Lemon (juiced)
1 Pear (peeled and chopped)
1 1/2 tsps Ginger (grated)
1 1/2 tsps Ground Flax Seed
3/4 cup Water
2 1/2 Ice Cubes

DIRECTIONS

- 01 Place 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.
- 02 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.

Blueberry Detox Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 cup Frozen Blueberries
- 1 cup Baby Spinach
- 1 Banana (peeled, chopped and frozen)
- 1 tbsp Chia Seeds
- 1 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

NOTES

MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

PREP AHEAD

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

Tuna & Edamame Detox Salad

3 SERVINGS 15 MINUTES



INGREDIENTS

2 1/4 tsps Balsamic Vinegar
2 1/4 tsps Dijon Mustard
1 1/2 tbsps Extra Virgin Olive Oil
1/8 tsp Sea Salt
1/8 tsp Black Pepper
1 1/2 cans Tuna (drained and flaked)
3/4 cup Frozen Edamame (thawed)
1/3 Cup Cucumber (diced)
3/4 head Endive (julienned)
3 cups Kale Leaves (chopped)
1/3 cup Alfalfa Sprouts
3 tbsps Slivered Almonds

DIRECTIONS

- 01 Combine balsamic vinegar, mustard, olive oil, sea salt and black pepper together in a jar. Mix well and set aside.
- 02 Combine remaining ingredients together in a large salad bowl. Drizzle with desired amount of dressing and toss well. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

NO TUNA

Use diced grilled chicken instead.

VEGAN

Use 1 can of cooked lentils instead of tuna.

NUT-FREE

Replace almonds with sunflower or pumpkin seeds.

Salmon Cakes

4 SERVINGS 40 MINUTES



INGREDIENTS

- 2 2/3 Carrot (medium, peeled, and roughly chopped)
- 1/3 cup Red Onion (roughly chopped)
- 2 2/3 Garlic (clove, minced)
- 1 1/3 tbsps Lemon Juice
- 2/3 tsp Dried Dill
- 1/3 tsp Sea Salt
- 189 grams Canned Wild Salmon (drained)
- 2 2/3 Egg (whisked)
- 2 2/3 tbsps Coconut Flour

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 Place the carrot and onion in the bowl of a food processor and pulse until the carrots form a rice-like consistency. Add the garlic, lemon juice, dill, salt, and salmon and pulse until combined.
- 03 Transfer the salmon and carrot mixture to a mixing bowl and fold in the egg and coconut flour (the mixture should be wet but not soggy). Form the mixture into equal patties, approximately 1/4 cup each and place on the prepared baking sheet.
- 04 Bake for 20 minutes then carefully flip and continue to bake for 10 minutes more.
- 05 Divide between plates and season with additional salt or lemon juice if desired. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to two salmon cakes.

MORE FLAVOR

Add other dried herbs and spices to taste.

ADDITIONAL TOPPINGS

Serve with favorite dipping sauce.

NO CANNED SALMON

Use canned tuna instead.

NO FRESH GARLIC

Use garlic powder instead.

COCONUT FLOUR

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Creamy Vegan Sesame Slaw

4 SERVINGS 1 HOUR 10 MINUTES



INGREDIENTS

- 1/3 cup Cashews (soaked for 1 hour and drained)
- 2 tsps Lime Juice
- 2 tsps Coconut Aminos
- 1 tsp Sesame Oil
- 1/3 cup Water
- 3 1/2 cups Green Cabbage (savoy, thinly sliced)
- 2 Carrot (thinly sliced)
- 1/2 Red Bell Pepper (chopped)
- 1/2 Cucumber (large, sliced thin)
- 2 Nori Sheets (torn into pieces)
- 1 tsp Sesame Seeds (optional, for garnish)

DIRECTIONS

- 01 In a blender add the cashews along with the lime juice, coconut aminos, sesame oil and water. Blend on high until smooth and creamy.
- 02 In a large bowl, add the cabbage, carrots, peppers and cucumber. Add the dressing to the vegetables and toss to combine.
- 03 Before serving, add nori sheets and sesame seeds on top, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Store the nori separately to keep it from getting soggy.

SERVING SIZE

One serving is equal to about 1 1/2 cups of slaw.

MAKE IT SWEET

Add coconut sugar to the dressing ingredients.

NO COCONUT AMINOS

Use tamari instead.

Detox Chia Lemon Water

1 SERVING 5 MINUTES



INGREDIENTS

2 cups Water
1 tbsp Chia Seeds
1/4 Lemon (juiced)

DIRECTIONS

01 Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

NOTES

MAKE IT SWEET

Add maple syrup.

MAKE IT SPICY

Add a pinch of cayenne pepper.

Cauliflower, Kale & Lentil Detox Soup

6 SERVINGS 40 MINUTES



INGREDIENTS

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

DIRECTIONS

- 01 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.
- 02 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 03 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

NOTES

LEFTOVERS

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

SERVING SIZE

One serving is equal to approximately 2 cups of soup.

Chicken Soba Noodle Soup

4 SERVINGS 1 HOUR



INGREDIENTS

227 grams Chicken Leg, Bone-in (skin on)
6 cups Water
2 tbsps Ginger (sliced)
1/3 tsp Fish Sauce
1 tsp Sea Salt
200 grams Buckwheat Soba Noodles
2 cups Bok Choy (quartered)
1 Lime (quartered)

DIRECTIONS

- 01 In a large pot, combine the chicken legs, water, ginger, fish sauce and sea salt. Bring to a boil and lower to a simmer. Cook for 40 minutes, or until the chicken reaches an internal temperature of 165°F (74°C). Skim the top of the water as needed.
- 02 Meanwhile, cook the soba noodles according to the directions on the package. Drain and rinse with cold water until completely cooled. Set aside.
- 03 Carefully remove the chicken legs from the broth and transfer to a large bowl. Using two forks, shred the chicken and remove the bones.
- 04 Divide the soba noodles, bok choy and shredded chicken into bowls. Pour the chicken broth overtop and serve with lime wedges. Enjoy!

NOTES

LEFTOVERS

Refrigerate the chicken and broth in separate airtight containers for up to three days. Refrigerate the veggies and soba noodles for up to five days.

SERVING SIZE

Each serving equals approximately 2 cups of noodles and broth, 1/2 cup of chicken and 1/2 cup of bok choy.

MORE FLAVOR

Add cinnamon sticks, star anise or cloves to the broth.

ADDITIONAL TOPPINGS

Top with roasted peanuts, dried shallots, bean sprouts and/or fresh herbs.

MAKE IT VEGAN

Use shiitake mushrooms and tofu instead of chicken.

Immunity Boosting Bone Broth

7 SERVINGS 12 HOURS



INGREDIENTS

- 1 3/4 Whole Chicken Carcass (about 2 lbs of bones)
- 1 3/4 Carrot (peeled and chopped)
- 1 3/4 Yellow Onion (diced)
- 3 1/2 stalks Celery (chopped)
- 5 1/4 Garlic (cloves, halved)
- 1 3/4 tbsps Apple Cider Vinegar
- 1 3/4 tps Sea Salt
- 1 3/4 cups Parsley (chopped)
- 10 1/2 cups Water

DIRECTIONS

- 01 Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
- 02 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

LEFTOVERS

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

SERVING SIZE

One serving is approximately 1 to 1 1/2 cups.

LOW FODMAP

Omit garlic and onions.

Lemon Ginger Tea

1 SERVING 10 MINUTES



INGREDIENTS

1 1/4 cups Water
1 1/2 tbsps Ginger (peeled, sliced)
1/4 Lemon

DIRECTIONS

- 01 Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
- 02 Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

SERVING SIZE

One serving equals approximately 2 cups.

MORE FLAVOR

Add mint leaves, honey or your sweetener of choice.

ENJOY IT COLD

Add ice cubes.