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**12 Day MS Detox Challenge**  
Recipe Book

# MS Detox Recipe Book

## Welcome to the 12 Day MS Detox Challenge!

The following recipes are designed to boost the liver's detoxification pathways, allowing your body to reset. These recipes are simple and use accessible ingredients, so if cooking is new to you, this is a wonderful opportunity to find a few recipes that you enjoy.

If you have food sensitivities or specific preferences, feel free to substitute ingredients with other acceptable foods outlined in the program guide.

Use your creativity! Don't be afraid to experiment with new flavors, and be sure to post your questions in the forum so we can brainstorm together.

Keep in mind most recipes are for 1 serving, so adjust accordingly if cooking larger amounts.

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# Almond Milk

## Ingredients

- 1 cup raw almonds
- 4 cups filtered water
- Optional: Nut milk bag

## Directions

1. Rinse and soak almonds in filtered water overnight.
2. Drain and rinse the soaked almonds.
3. Blend almonds with 4 cups of filtered water.
4. If you prefer to remove small pieces of almonds, strain through a nut milk bag.

\*Check out "Almond Ricotta" recipe to use leftover pulp

**\*Fresh almond milk can be stored in the fridge for 3 days.**

## Tips

- Substitute cashews or pistachios for almonds. No overnight soak is necessary for these nuts.
- Short on time? Blend 1-2 tablespoons of high quality nut butter with 1 cup filtered water. No straining required.
- Optional: add a small amount of honey for sweetness and a pinch of cinnamon for a kick
- Try adding a teaspoon of unsweetened matcha green tea to the freshly made almond milk!



# Almond Ricotta

## Ingredients

- 1 cup leftover almond pulp from making fresh almond milk
- 2 tablespoons extra virgin olive oil
- Fresh juice of 1/2 Lemon
- Salt and pepper (optional)
- Parsley, chives, oregano to taste (fresh preferred but dried is great too!)

## Directions

1. Mix ingredients in a bowl
2. Add salt, pepper, and herbs to taste.
3. Use with simple bread (see recipe) or rice crackers.

**\*Store in the refrigerator for up to 4 days.**



# Apple Cider Mocktail

## Ingredients

- 1/4 to 1/2 cup apple cider vinegar
- 1 cup filtered or sparkling water
- Ice

## Directions

1. Add apple cider vinegar to 1 cup filtered or sparkling water on ice.
2. Add small amount of stevia or honey if needed,
3. Garnish with a mint leaf or two

**Cheers!**



# Baked Bananas

## Ingredients

- 3 bananas
- 1 tablespoon organic ghee butter or coconut oil, melted
- 1 teaspoon cinnamon
- 1 teaspoon honey (Optional)

## Directions

1. Preheat the oven to 350 degrees.
2. Cut bananas in half and lay in baking dish.
3. Combine melted ghee butter/coconut oil, honey and cinnamon and evenly spread on the bananas.
4. Bake for 15 minutes or until the bananas are soft.



# Baked Cod

## Ingredients

- 1 lb wild cod
- 2 tablespoons olive oil
- 1 teaspoon thyme, chopped
- 1 teaspoon basil, chopped
- 1 tablespoon lemon juice
- 1/4 teaspoon salt

## Directions

1. Preheat oven to 400F.
2. Arrange cod in a baking dish
3. Drizzle with olive oil and herbs. (You can do this earlier in the day so it really absorbs all the flavors.)
4. Squeeze lemon over the fish and sprinkle with salt to taste.
5. Decorate fish with a few slices of lemon on top.
6. Bake in oven for 10-12 min (depending on thickness).



# Banana Apple Kale Smoothie

## Ingredients

- 1 banana
- 1 apple with skin
- 1/2 cup kale leaves
- 1/2 cup almond milk or other plant-based milk (you can use just filtered water, still delicious)
- 5 ice cubes

## Directions

1. Blend all ingredients and enjoy!





# Banana Pancakes

## Ingredients

- 1 large banana
- 3 large eggs
- 1/2 cup almond butter
- 1/4 teaspoon baking soda
- 1/2 teaspoon vanilla extract
- Pinch of salt
- 4 teaspoons avocado oil
- Cinnamon to taste

## Directions

1. In a blender, mix all ingredients (except avocado oil) for about 1 minute.
2. Heat skillet on medium heat and add 1 teaspoon of avocado oil, turning the pan to coat evenly.
3. Use a 1/8 cup measuring cup (or 1 tablespoon) to scoop batter into pan
4. Pour 3-4 pancakes into the skillet.
5. Cook until tiny bubbles form on the surface, then flip with a spatula.
6. Cook on the other side for about 2 minutes and serve.
7. Repeat with remaining avocado oil and batter.



# Basic Breakfast Omelet

## Ingredients

- Eggs
- Any vegetables in your fridge
- Salt and pepper to taste
- Spices such as turmeric, basil, oregano, chili flakes, etc.
- Avocado oil

## Directions

1. Grab any vegetable that will go well with eggs.
2. Chop vegetables and saute in a pan that is lightly greased with avocado oil.
3. Once halfway cooked, add 2-3 eggs and continue cooking eggs to your desired consistency. May scramble or flip the eggs for over-medium eggs.
4. Add salt and pepper.
5. Top off with your favorite fresh or dried spices (turmeric, basil, oregano, etc).
6. Top off further with fresh, uncooked chopped cilantro, onions, tomatoes, avocado, cucumbers, etc.



# Berry Refresher Smoothie

## Ingredients

- 1/2 cup fresh or frozen organic berries
- 1/2 cup plant-based milk of your choice or filtered water
- 1/2 cup chopped watermelon
- 5 ice cubes
- Optional: to thicken, may add add 1/2 banana or 1/2 avocado into blender

## Directions

1. Mix in a blender and enjoy!

**\*Tip:** Garnish with fresh mint leaves



# Chia Pudding

## Ingredients

- 1 cup unsweetened coconut milk
- 2 tablespoons chia seeds
- Optional: Stevia for sweetness
- Optional: cinnamon, nuts, seeds, cacao nibs, and berries for garnish

## Directions

1. Combine coconut milk, chia seeds, and stevia in a glass container with a lid.
2. Mix well and leave in fridge overnight.
3. Garnish with cinnamon, nuts, seeds, cacao nibs, and berries.



# Cilantro Soup

## Ingredients

- 1 bunch cilantro, finely chopped
- 1/2 yellow onion, chopped
- Turmeric (1/2-1 tablespoon or to your taste)
- Salt (to taste)
- 8 cups filtered water
- Rice 1/4 cup (optional, to thicken the soup)
- Lentils 1/2 cup (or other quick cooking bean)
- Other vegetables: carrot, spinach, etc.
- Olive or avocado oil



## Directions

1. In a large pot, sauté the onions with oil for about 5 minutes until browned. Don't overdo it.
2. Add turmeric and salt and continue sautéing for another minute.
3. Add 8 cups of filtered water, rice (optional), lentils, or other beans.
4. Taste the broth so that it is salted to your taste.
5. Bring to a slow boil until the lentils and rice are almost cooked.
6. Add cilantro plus any other vegetables you like.
7. Cook for 5-10 more minutes and enjoy.

# Cranberry Cooler

## Ingredients

- 1/2 cup cranberry juice - unsweetened
- 1/2 cup filtered or sparkling water
- Ice
- Mint for garnish

## Directions

1. Mix cranberry juice with filtered or sparkling water 1:1 (or to your taste).
2. Add stevia or honey if needed.
3. Garnish with a mint leaf or two.



# Golden Milk

## Ingredients

- 2 cups homemade almond milk (or other plant-based milk)
- 1/2 inch piece of fresh turmeric root or 1 teaspoon of turmeric powder
- 1/2 inch piece of fresh ginger root or 1 teaspoon of ginger powder
- 2 black pepper balls
- 1 teaspoon cinnamon powder
- Cinnamon for garnish

## Directions

1. Blend ginger, turmeric, and milk in a blender.
2. Heat the blended mixture in a pan until it reaches a slow boil.
3. Lower the heat and continue stirring until mixed.
4. Strain if using fresh turmeric or ginger root
5. Garnish with cinnamon



# Green Cooler

## Ingredients

- 2 green tea bags (organic and unbleached)
- 2 kiwis, skin removed
- 12 basil leaves, chopped
- Optional: 1 teaspoon of honey

## Directions

1. Brew 16 Oz of green tea (Add 2 green tea bags to 16 ounces of hot water)
2. Let it cool.
3. Peel kiwis and mash with fork
4. Combine cooled tea, mashed kiwi, basil leaves, and honey if using.
5. Shake to mix and refrigerate for 2 hours.
6. Pour beverage through strainer to remove kiwi pulp and basil leaves.
7. Add lots of ice and enjoy!





# Green Machine Smoothie

## Ingredients

- 4 celery stalks
- 2 green apples with skin
- 1/2 cup spinach leaves
- 1 teaspoon minced fresh ginger
- 1/2 cup ice

## Directions

1. Blend ingredients with enough filtered water to get your desired consistency.



# Green Salad

## Ingredients

### Salad:

- 2 bunches watercress, washed and tough stems removed
- ½ cup baby spinach
- 1 small cucumber, sliced thinly in half moons
- 1 avocado, diced
- ½ cup fresh parsley, roughly chopped
- 2 tablespoons scallions, chopped
- Handful of pumpkin seeds

### Dressing:

- 2 tablespoons lemon juice
- ¼ tablespoon lemon zest
- 1 tablespoon apple cider vinegar
- 1 tablespoon dijon mustard
- 3 tablespoons olive oil
- 3 tablespoons capers
- Salt and pepper to taste

## Directions

1. Prepare all salad ingredients and toss together in a large bowl.
2. Whisk together the dressing ingredients in a small bowl.
3. Drizzle salad with dressing and enjoy.



# Healing Veggie Soup

## Ingredients

- Vegetables: onion, mushrooms, carrots, celery, shallots, garlic (fresh or cubes), ginger (fresh or cubes), spinach etc.
- Spices: turmeric (fresh or powder), onion salt, cayenne pepper, salt, ground black pepper
- Liquids: 1 cup Oat milk & Vegetable Broth
- 1 cup lentils, rinsed
- 1 cup uncooked quinoa, rinsed
- Spinach
- Juice of 1 lemon (adjust to taste)
- Olive oil



## Directions

1. Sauté onions with mushrooms and shallots for a few minutes.
2. Add olive oil, garlic, and ginger and fry for a few more minutes.
3. Add sliced celery and carrots along with spices. Mix well and sauté for a few minutes.
4. Add washed quinoa and lentils.
5. Add 2 cups water, 1 cup oat milk, and 1 cup organic vegetable broth (optional). Cover and cook on medium heat. Add more water/broth if it gets too thick.
6. Add spinach and lemon juice. Always taste test!
7. Let simmer until you get your desired consistency.
8. Top with fresh dill, lemon juice, and a bit more cayenne pepper for some spice!



# Low Carb Pumpkin Bread

## Ingredients

- 3/4 cup roasted and mashed pumpkin (may use from a can if it is single ingredient, organic and BPA free)
- 4 eggs
- 1 cup almond flour
- 2 tablespoons olive or avocado oil
- 2 tablespoons sunflower seeds
- 1 tablespoon baking powder (aluminum-free)
- Pinch of salt



## Directions

1. Preheat the oven to 400F. Cut raw pumpkin into small pieces, drizzle with olive oil, and place in the oven for about 20 mins (until you can put a fork through it)
2. Mix eggs, roasted pumpkin, and oil in the blender.
3. Transfer the mixture to a bowl and add the remaining ingredients, adding in the baking powder last. Mix well until smooth.
4. Place the mixture in a greased baking sheet, and bake for about 25 minutes or until golden.

**\*Tip:** Stick a toothpick into the center of the bread and if it is still doughy or sticks to the toothpick, then it needs some more time in the oven. Once the toothpick comes out clean, it's ready!

# Mashed Cauliflower

## Ingredients

- 1 medium cauliflower
- 2 tablespoons organic virgin coconut oil
- 3 tablespoons coconut milk
- 1/4 teaspoon sea salt
- 1 fresh garlic clove (or 1 teaspoon garlic powder)
- 1/4 teaspoon black pepper
- Herbs of your choice : parsley, spring onions, cilantro, etc.



## Directions

1. Cut the cauliflower into pieces and steam it, (See "How to Steam Vegetables" recipe).
1. Add steamed cauliflower to food processor along with remaining ingredients,
2. Include herbs of your choice.
3. Mix until the puree has the consistency of mashed potatoes.

**\*Tip:** Cauliflower puree goes well with baked cod recipe.

# Overnight Oats

## Ingredients

- 1 cup rolled oats (gluten free)
- 1 tablespoon chia seeds
- 1/2 apple, grated or chopped into small pieces
- 1/2 teaspoon cinnamon powder
- 2 teaspoons cacao nibs
- 1 1/2 cups plant-based milk of your choice
- 1 teaspoon honey (optional)



## Directions

1. Add rolled oats, chia seeds, cinnamon, and apples to a glass jar.
2. Top with plant-based milk of your choice and mix with a spoon.
3. Refrigerate for at least 2 hours or overnight.
4. Top with cacao nibs, hemp seeds, pumpkin seeds, and low-sugar fruit (like berries) for an extra boost of antioxidants.

**\*This recipe is highly versatile so feel free to add or subtract any ingredient.**

# Pesto Sauce

## Ingredients

- 4 tablespoons fresh basil
- 10 cashew nuts
- 1-2 cloves garlic
- 2/3 cup olive oil

## Directions

1. Place ingredients in blender or food processor and mix until creamy.
2. Add salt and pepper to taste.

**\*Tip:** Pesto goes well with grilled vegetables, zucchini noodles, and grilled salmon



# Quinoa Tabbouleh

## Ingredients

- 2 cups cooked and cooled quinoa (white or colored, see cooking directions below)
- 4 seedless tomatoes, diced into small pieces
- 1/2 cup parsley, chopped
- 1/4 cup mint leaves, chopped
- 4 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- Salt and pepper to taste

\***Tip:** Add mango, cucumber, and avocado

## Directions

### How to Cook Quinoa

1. Soak 1 cup uncooked quinoa in water for 15 minutes and rinse well.
2. Add rinsed quinoa to a medium pot, along with 2 cups of water and 1/4 teaspoon salt (per cup of dry quinoa).
3. Bring to a boil over medium-high heat, then decrease heat to maintain a gentle simmer. Cook uncovered until quinoa has absorbed all of the water, about 10 to 20 minutes. Reduce heat as time goes on to maintain a gentle simmer.
4. Remove the pot from heat, cover, and let quinoa steam for 5 minutes. Remove the lid and fluff quinoa with a fork. Season with salt to your taste.
5. Drizzle olive oil and a mashed clove of garlic into warm quinoa for extra flavor. Other options include freshly chopped spinach, arugula, or kale. Fresh herbs and/or dried spices make a nice addition along with sliced olives.

### To Make Tabbouleh:

- Mix all ingredients and leave in fridge for 2 hours.
- Before serving, season with olive oil, lemon, salt and pepper.





# Roasted Chicken Wings

## Ingredients

- 3 lb. organic chicken wings
- 1 tablespoon avocado oil or ghee
- 1 teaspoons salt
- 1/2 teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon paprika

## Directions

1. Preheat oven to 400 degrees F.
2. Line two baking sheets with parchment paper.
3. Arrange the chicken wings in a single layer on baking sheet, not touching each other.
4. Drizzle with avocado oil or ghee.
5. Sprinkle them with salt, pepper, garlic powder, and paprika.
6. Bake the wings until the skin is browned and crispy, about 40 minutes.

**\*TIP:** For extra crispy wings, bake the wings for just 30 minutes at 400 F, then lower the oven temperature to the "keep warm" setting (170 degrees F), and bake the wings in the oven for 30-60 more minutes.



# Roasted Veggies & Herbs

## Ingredients

- 1 seedless tomato, chopped
- 1 onion, cut into rounds
- 2 small eggplants, cut into ½ inch slices
- 2 cloves garlic, crushed
- 1 tablespoon avocado or coconut oil
- Sprigs of fresh rosemary or dried rosemary
- Salt and pepper to taste



## Directions

1. Mix all ingredients in a small baking dish and place in the oven at 400F.
2. Bake until golden (15-20 minutes).

**\*These ingredients can be variable, so use what you have in your kitchen!**

# Salmon with Pistachio Crust

## Ingredients

Serves 4 to 6 people

- 2 pounds of salmon
- 1/4 cup Dijon mustard
- 1 tablespoon chopped chives
- 1/2 cup shelled pistachios, crushed
- Salt and pepper to taste

## Directions

1. Line a baking sheet with parchment paper.
2. Season the skin side of the salmon with salt and pepper.
3. Place the salmon on the baking sheet, skin side down.
4. Mix the mustard with chives and coat the salmon with this mixture.
5. Gently press the pistachios onto the top surface of the salmon.
6. Bake for 15 to 20 minutes at 375 F or until the fish flakes with a fork.

**\*Serve with roasted vegetables of your choice!**



# Seeded Bread

## Ingredients

### For 1 serving:

- 1 tablespoon almond flour (coarse or finely ground)
- 1 tablespoon coconut flour
- 1 tablespoon sunflower seeds
- 1 tablespoon chia seed
- 1 tablespoon flaxseed meal
- Pinch of salt
- 3 tablespoon water
- Avocado oil



## Directions

1. Mix all ingredients and roll into a small ball.
2. Place the ball in a pan coated with avocado oil and slowly stretch out the dough using a fork or spoon.
3. Brown on both sides and enjoy with almond ricotta or scrambled eggs!

# Simple Bread

## Ingredients

For 1 serving:

- 2 tablespoon finely ground almond flour
- 1 egg
- 1 teaspoon baking powder

## Directions

1. Mix ingredients well.
2. Place in a small greased skillet on medium heat.
3. Once the edges are browned (after about 2 minutes), flip it and cook 1-2 more minutes.



# Steamed Vegetables

## Ingredients

Any vegetable, including cauliflower, broccoli, asparagus, carrots, artichoke, zucchini, etc.

## Directions

1. Without a steamer:
  - Place vegetables in a large skillet filled with  $\frac{1}{2}$  inch water.
  - Place lid on the skillet and steam up to 5 minutes.
  - Remove the lid and let the water evaporate.
  - Add in butter (or olive oil), minced garlic, and lemon pepper.
  - Continue steaming until vegetables are tender.
  - Add salt and pepper to taste.
2. In a steam basket:
  - To your pan, add 2 inches of water and place the steamer basket inside and bring to a boil.
  - Add the veggies into the basket and cover.
  - Reduce heat to medium and cook until tender.
3. In the microwave:
  - In a microwave-safe bowl (non-plastic), add vegetables and water.
  - Place in the microwave for 3-4 minutes until vegetables are fork tender.
  - Sprinkle with olive oil, salt, and pepper.

**\*Tip:** To add extra flavor to any of the above methods, squeeze fresh lemon juice on top!



# Strawberry Banana Coconut Ice Cream

## Ingredients

- 10 oz bag of frozen strawberries
- 1 banana (peeled, sliced, and frozen)
- 2 teaspoons vanilla extract
- Pinch of sea salt
- 3/4 cup canned heavy coconut cream, stirred



## Directions

1. Add strawberries, banana, vanilla, and salt to a food processor or a blender.
2. Pulse to chop and mix.
3. Add coconut cream and process until smooth, stopping to scrape down sides of bowl and break up chunks as needed.
4. Serve immediately or place in a container, cover, and freeze.
5. Let stand at room temperature for at least 5 minutes before serving.

# Summer Refresher Smoothie

## Ingredients

- 1 cucumber (with or without skin)
- 1 apple with skin
- 2 stalks of celery
- Fresh lemon juice to taste
- 1/2 cup filtered water
- 1/2 cup ice

## Directions

1. Mix ingredients in a blender and enjoy!

**\*Tip:** We love our smoothies with lots of ice.





# Super Smoothie

## Ingredients

- 1 apple with peel
- 2 green cabbage leaves
- Fresh lemon juice to taste
- 1 cup fresh coconut water
- 1/2 cup of ice

## Directions

1. Mix ingredients in a blender and enjoy!

**\*Tip:** Add filtered water as needed to blend and get your desired consistency



# Sweet Potato Salad

## Ingredients

### Salad:

- 2 medium sweet potatoes, cut into small cubes
- 2 cups arugula
- 2 tablespoons chopped parsley
- 2 tablespoons chopped cilantro
- ¼ cup pecans, crushed (OK to substitute other nuts)
- 2 tablespoons ghee or coconut oil
- Salt and pepper to taste
- Pinch of red pepper flakes (optional)

### Dressing:

- 3 tablespoons olive oil
- 1 tablespoon spicy brown mustard
- 3 tablespoons of Lime juice
- Salt and pepper to taste
- Pinch of cayenne pepper (optional)
- ½ tablespoons honey (optional)

## Directions

1. Preheat the oven to 400F.
2. Toss sweet potatoes with ghee or coconut oil, season with salt, pepper, and red pepper flakes (if using).
3. Place sweet potatoes on a baking sheet lined with parchment paper.
4. Roast for 20 to 30 min or until tender and slightly caramelized.
5. Remove from the oven to cool slightly.
6. Whisk together ingredients for dressing in a small bowl while waiting for sweet potatoes to cool.
7. Once cooled, gently toss roasted sweet potatoes in large mixing bowl with arugula, parsley, cilantro, and pecans.
8. Add dressing and enjoy!



# The Good Taco

## Ingredients

### Filling:

- 1/2 white onion
- 1 garlic clove, minced
- 1 cup sliced mushrooms
- 4 scrambled eggs
- 2 cups baby spinach
- 1 tablespoon ghee
- Salt and pepper to taste
- Hot sauce (optional)

### Wrap: (4 cassava wraps)

- 1 cup cassava flour
- 2 tablespoons coconut flour
- 4 tablespoons olive oil
- 2/3 cup warm water
- 1/2 teaspoon salt



## Directions

1. Whisk together cassava and coconut flours with salt. Add olive oil and water. Stir until dough is smooth. Divide dough into 10-12 two inch round balls and press flat using tortilla press or rolling pin (Or use the side of a smooth bottle as rolling pin).
2. Heat skillet over medium heat. Cook tortillas one at a time until bubbles appear on the surface. Flip and cook for another minute. Let leftover tortillas cool and separate them with parchment paper before storing for future use.
3. In a large skillet over medium high heat, add ghee, onion, and garlic. Cook for about 1-2 minutes. Add mushrooms to pan and cook for about 3-5 min until browned. Lower heat and add eggs and spinach. Keep scrambling in a circular motion until eggs and spinach are cooked. Remove from heat and serve on warm cassava wraps.
4. Top with avocado and hot sauce (if using)

**\*Tip:** Not in the mood to cook wraps from scratch? Try "Siete" brand tortillas or use lettuce as the wrap.



