

redeemed
Health Solutions

The

**RESET
MIGRAINE**

Recipes

**Wholesome Recipes for a
Transformed body**

Fasting Week Recipes

FLAXSEED COCKTAIL

Ingredients: ground flaxseed and spring water.

Instructions

Drink the flaxseed cocktail on an empty stomach in the morning to help with elimination. Add one full teaspoon of ground flax seeds to 4oz of spring water. Mix well and drink quickly. Do not let it sit long or it will coagulate. Follow with a full 8 oz glass of water.



Fasting Week Recipes

CUCUMBER DETOX WATER

Ingredients: lemons, cucumber, ginger, mint leaves, limes, spring water and herbal aloe.

Instructions

Prepare detox water at least 1 day before. You can make a large pitcher or make individual bottles, preferably glass bottles. Properly wash your fruit first. Slice 1 lemon, 1 cucumber, 1 tbsp ginger (peel also), crush the mint leaves, juice of 2 limes, and add 1 - 2 tsps of herbal aloe to a bottle, 2 - 3 tbsps to a pitcher and fill with spring water.



Fasting Week Recipes

PINEAPPLE DETOX WATER

Ingredients: fresh pineapple, spring water, seeded limes, lemons, and fresh basil.

Instructions

Prepare detox water the day before or 8-10 hours before you drink it. You can make this 1 of 2 ways. Peel and cut up a whole, ripe pineapple. The skin should be very yellow all over and slightly soft when you squeeze it. If it's very soft all over, it is too ripe. Use 2 cups of pineapple. You can use a manual hand press juicer to squeeze the juice from the pineapple chunks, or blend the chunks with 2 cups of water, and the juice of 2 or 3 limes. If you juiced the pineapple, add the juice to a quart of spring water. For both, add 1 to 2 sliced lemons and fresh basil leaves.

Fasting Week Recipes

KALE SALAD

Ingredients: olive oil, red or green kale, lemon or lime juice, red bell pepper, roma tomatoes, red onion, cucumber, ripe avocado, sea salt, cayenne pepper, pumpkin seeds,

Properly clean all your fruits and vegetables. Paper towel dry or use a salad spinner to remove the water from your Kale leaves. Tear or cut the Kale into bite size pieces. Put all the Kale into a large bowl. Pour 1 tbsp of olive oil onto the Kale and massage the oil into the Kale with your hands. Do this for 1 to 2 minutes. Sprinkle lightly with sea salt and cayenne pepper (only if you can do the heat). Squeeze lime or lemon juice on the Kale and massage again to mix the seasonings in together. Cut up your red bell pepper, red onion, tomatoes, and cucumber. Put in a separate bowl. Season them the same way you did the Kale and mix together. You can use more lemon or lime juice here. Make sure you taste it. Add this mixture on top of your Kale. Slice your avocado and lay it on top along with your pumpkin seeds. Enjoy!

Detox Week Recipes

FLAXSEED COCKTAIL

Ingredients: ground flaxseed and spring water.

Instructions

Drink the flaxseed cocktail on an empty stomach in the morning to help with elimination. Add one full teaspoon of ground flax seeds to 4oz of spring water. Mix well and drink quickly. Do not let it sit long or it will coagulate. Follow with a full 8 oz glass of water.



Detox Week Recipes

STRAWBERRY DETOX WATER

Ingredients: strawberries, lemons, limes, cucumber, fresh basil and spring water.

Instructions

Prepare detox water at least 1 day before. You can make a large pitcher or make individual bottles, preferably in glass bottles. Properly wash your fruits first. Slice 1 lemon, 1 cucumber, a handful of strawberries. Slice and juice 2 limes and add 1 - 2 tsps. of herbal aloe (any flavor) to a bottle, 2 - 3 tbsps. to a pitcher then fill with spring water.



Detox Week Recipes

BURDOCK ROOT TEA

Ingredients: dried organic burdock root and spring water.

Instructions

Single serving: 1 - 2 tsps in 1 cup of water

Batch for the day: 1- 2 tbsps in 3 cups of water

Add water and dried burdock root to a pot and bring to a boil. Reduce the heat, then cover with a lid and simmer for 10 to 15 minutes. Strain out the roots and serve. Add lemon juice for taste.



Detox Week Recipes

GUT HEALTH DRINK

Ingredients: mango, pineapple, papaya, banana, turmeric, ice cubes, spring water.

Instructions

Properly wash your papaya and mango. Peel, slice or cube each fruit. Put 1/3 cup each of mango, pineapple, and papaya (with some seeds) into a blender. Add half a banana, 1 tsp. of turmeric, 3 or 4 ice cubes and 1 cup of spring water. Blend until smooth.



Detox Week Recipes

DETOX GREEN SMOOTHIE

Ingredients: ripe mango, frozen pineapple chunks, kale or spinach leaves, ripe avocado, chia seeds, lime juice, ginger and spring water.

Instructions

Properly wash your kale if you're using kale. Add 1/3 cup of pineapple chunks, 1/3 cup of avocado, 1/3 cup mango, 1\2 cup of spinach or kale, about a tsp of grated ginger, 1 tbsp of chia seeds, 3 or 4 ice cubes and 1 cup of spring water to a blender. Blend until smooth.



Detox Week Recipes

PURPLE RICE & KALE BOWL

Ingredients: kale, pumfu (pumpkinseed tofu), purple rice, carrots, beets, ginger, siracha.

Basil Dressing: 2 cups of fresh basil, 1/2 lemon, juiced, 1 tsp of sea salt, 3/4 cup olive oil, 1/2 avocado, 2 tbsps apple cider vinegar.

Instructions

Rinse 1 cup of rice in cold water. Cook as directed. You can use wild rice or purple rice and you can substitute one of the cups of water for veggie stock to add flavor. To cook the pumfu, cut it into squares, drizzle with olive oil in a bowl. Season lightly with sea salt, pepper, an herb seasoning and mix. Bake or sauté the pumfu until golden brown. Properly wash all your vegetable ingredients. Roll the kale into a tube and slice. Massage the kale in a bowl with a very light drizzle of olive oil. Carefully grate 1-2 carrots, half a beet and 2 inches of ginger. Blend the dressing ingredients together until smooth. Build your bowl placing kale on the bottom, rice, then the grated ingredients and pumfu. Add dressing on top and a drizzle of siracha. Enjoy!

Detox Week Recipes

SIMPLE VEGGIE STIR FRY

Ingredients: 1/4 cup veggie broth, 2 cups mushrooms (cremini, Bella, chicken of the woods, or trumpet), 1 red bell pepper, 2 carrots peeled and cut into matchsticks, 1 tsp fresh grated ginger, 2-3 cups of Kale, green onions, sea salt to taste, and 1 tbs coconut aminos (substitute for soy sauce). Rice (optional).

Instructions

Clean all your vegetables properly. Clean your mushrooms with a damp paper towel. Wipe them clean. Do not wash them or submerge them in water. Heat broth and coconut aminos in a nonstick skillet over medium high heat. Add mushrooms, carrots, bell pepper and ginger. Cook for 5 minutes. Add Kale and sea salt. Cook until tender. Kale should still be bright in color. Do not overcook. Add green onions and serve. Can add a side of wild or purple rice.

ReIntro Week Recipes

FLAXSEED COCKTAIL

Ingredients: ground flaxseed and spring water.

Instructions

Drink the flaxseed cocktail on an empty stomach in the morning to help with elimination. Add one full teaspoon of ground flax seeds to 4oz of spring water. Mix well and drink quickly. Do not let it sit long or it will coagulate. Follow with a full 8 oz glass of water.



ReIntro Week Recipes

ANTI-INFLAMMATORY DETOX WATER

Ingredients: cucumbers, lemons, strawberries, watermelon, ginger and spring water.

Instructions

Prepare detox water at least 2 - 4 hours and up to a day before drinking. You can make a large pitcher or make individual bottles, preferably in glass bottles. Properly wash your fruits first. Slice 2 lemons, half a large cucumber, 1 cup strawberries and 1 and a half cups of watermelon. Peel and grate 1 small knob of ginger and add to a pitcher then fill with spring water.



ReIntro Week Recipes

PB & J SHAKE

Ingredients: nut butter, frozen blueberries, spinach or kale, nut milk, hemp seeds, soaked dates, cinnamon, and vanilla extract.

Instructions

To a blender, add the following: 1/4 cup of a nut butter (almond, sunflower seed etc), 1 cup frozen blueberries, 1/2 cup washed spinach or kale, 1 tsp vanilla extract, 1/2 tsp of cinnamon, 2 - 3 tbsps of hemp seed, 2 soaked dates, 1 cup unsweetened nut or seed milk (oat, almond, cashew), and 3 or 4 ice cubes. Blend until smooth and creamy. If it's too thick add small amounts of water until you get the desired consistency. Feel free to add super foods like acai berry powder!

ReIntro Week Recipes

GUACAMOLE

Ingredients: ripe avocados, cilantro, garlic, jalapeño peppers, red onion, lime, garlic powder, cayenne pepper, salt.

Instructions

Finely dice 1/4 medium red onion and 2 deseeded jalapeños. Roughly chop 2 garlic cloves. Place these into a gallon size ziploc bag with a tap of kosher or sea salt. Squeeze the air out of the bag so it doesn't pop. Use a rolling pin to smash the veggies until they are juicy and softened. Carefully cut open your 2 large avocados, cutting down the center to and around the seed. Scoop out the avocado with a spoon. Place in a bowl. Add your smashed veggies along with 1/3 cup of finely chopped cilantro, juice of 1 large lime, 1/2 tsp garlic powder and 1/4 tsp of cayenne powder. Add sea salt or kosher salt to taste.

ReIntro Week Recipes

ROASTED VEGGIE SALAD

Ingredients: kale, romaine lettuce, sweet potatoes, red bell pepper, red onion, zucchini.

Creamy Balsamic Dressing: 1/2 cup dates pitted and soaked, 1/4 cup reserved soaking water, 2 tbsps balsamic vinegar, 1-2 tbsps mustard, 3-4 tbsps of nut milk, 1/4 tsp sea salt, pinch of cayenne pepper and a pinch of garlic powder.

Instructions

Preheat your oven to 400 degrees. Properly clean your vegetables. Roughly chop your Kale and romaine after cleaning and refrigerate. Next, cut into cube size pieces 1-2 sweet potatoes and 2 zucchini. Cut 1 medium red onion and 1 red bell pepper into pieces that match the size of the other vegetables. Keep all the veggies separated. Drizzle each one with olive oil and season with sea salt and pepper and toss to mix. Continued on next page.

ReIntro Week Recipes

ROASTED VEGGIE SALAD

Instructions Continued

Line 2 baking trays with parchment paper or aluminum foil. On one pan, place the sweet potatoes on one side and the zucchini on the other. On the other pan, place the red onion on one side and the red bell pepper on the other. Cook the veggies for 20 - 30 minutes and turn them. The onions and bell peppers should be done. Continue cooking the sweet potatoes and zucchini for another 20 minutes or until done. They should be golden brown, crispy but soft to fork through. To make the dressing, cover the dates with hot water for 30 minutes. Blend the dates with 1/4 cup of the soaking water. Add the other ingredients and blend until smooth. Add a tbsp of water to thin if desired. Put the salad together and add dressing on top. Add chopped nuts or seeds to garnish for some added crunch.