



MastroFitness Detox

A jump-start wellness guide for ridding toxins and becoming a healthier you.

Nutritional Guidelines

- **Switch to good fats:** Olive, grape seed, avocado, grass-fed butter and coconut oil. Don't be afraid of healthy fats. But trash the canola, vegetable and shortening. These are highly oxidized oils.
- **Eliminate all dairy and gluten (wheat).** These two are the biggest offenders when it comes to bloat, allergies, asthma, food sensitivities and host of health-issues. One exception, grass-fed butter, which is a good fat.
- **Quality over quantity.** This is mostly a vegetarian meal plan, but if eating animal products, it must be high-quality. Chicken, eggs and turkey need to be organic and pasture-raised. Conventional chicken and eggs have alarming high levels of arsenic. Red meat needs to be organic, grass-fed. Pork needs to be organic, antibiotic free. Fish wild-caught. Non-organic animal products have high-levels of antibiotics and pesticides (from feed), which can contribute to our toxic load. Tips:



My weekly routine:

Movement:

- 45-60 min. power walk: 2-3x a week
- 30-60 min. strength training: 2x a week
- 10-60 min. stretching: 4-5x a week
- 5-20 min. meditation: 4-5x a week
- 30-75 min. casual walk: 2-3x a week
- 5 min. mini-walks: everyday

Nutrition:

- 2 eggs for breakfast (in various forms)
- A very green salad for lunch with hummus/tuna & gluten-free crackers
- Lara or Kind bar for snack
- Vegetable-based dinner
- 1-2 pieces of dark chocolate

This is for most days of the week. Friday night and Saturday I ease up, but don't go completely off clean eating.

Supplements:

- Green drink: I use Organifi
- Phosphatidylcholine: for estrogen balancing. I use Source Naturals.
- NAC: I use Solgar.
- Zinc: most vegetarians are low in zinc. I use Graden of Life.
- Quercetin w/ Vitamin C: By far the best thing for allergies. I use Natrol.
- Vitamin D: through testing, mine was low. I use Natrol.
- Magnesium spray. I use White Egret.

- Look for the USDA Organic label.
- Be wary of "natural" and "free-range" labeling.

- **Keep sugars low.** Not just the obvious sugar-laden, pre-packaged stuff. Juices, yogurts, bread/pasta/crackers, excessive fruit and alcohol. Sugar is additive and ruins your health, as a result of conditions like high cholesterol to diabetes.
- **Veggies, veggies and more veggies.**
- **Stop counting calories. Notice how you feel.**
- **Drink half your body weight (in ounces) of water.** We are chronically dehydrated. Add lemon or lime and a dash of sea salt to make it even better.
- If you have problems sleeping, **ditch the caffeine by 4:00 p.m.**
- **Prioritize these organic fruits and veggies:**
 - Strawberries
 - Spinach
 - Nectarines
 - Apples
 - Peaches
 - Pears
 - Cherries
 - Grapes
 - Celery
 - Tomatoes
 - Sweet bell peppers
 - Potatoes



Detoxifying and healing supplements

Like I mentioned above, we are exposed to a mind-boggling amount of toxins. From antibiotics and pesticides in our food. To air pollution, poor water quality, chemicals from furniture, plastics and cheap metals. Our body is loaded with heavy metals and toxins. (Testing is available at www.everlywell.com/products/elements-panel/) Our liver does a great job in filtering stuff out. But if you've had trouble losing weight and have done everything right by eating clean and exercising, you may have high levels of toxins in your body. Toxins love to be stored in fat. Otherwise, the level of toxins would be dangerous to you.

Having toxins in the body, not hydrating, not sleeping enough or eating a diet high in sugar will wreck your gut. And when you have a leaky gut, hormones get out of whack. When hormones are out of whack, your biology is not balanced causing health issues. Healing your gut is a priority. If you do not heal your gut, then you are not getting the nutrients you need. If you have been on antibiotics (or eating food that has been fed antibiotics) or eating a lot of processed, sugary food, you will need to heal your gut. **I highly recommend you consult with a functional doctor and get tested for heavy metals, hormone imbalances and vitamin and mineral deficiencies.**

Based on my own research and working with a functional doctor myself, here is a short list of some great supplements to try to help detoxify yourself.

To make sure you're getting a quality brand supplement look on <https://labdoor.com>.

Note: Please consult a physician before taking any new supplements.

- **N-Acetyl Cysteine (NAC):** NAC is essential in replenishing and maintaining glutathione levels in the body. Glutathione is one of the most powerful antioxidants for mitochondria health.
- **Liposomal Glutathione:** The most powerful antioxidant.
- **Resveratrol:** Resveratrol is thought to act like antioxidants, protecting the body against damage that can put you at higher risk for things like cancer and heart disease.

- **MSM (methylsulfonylmethane):** It's an organic sulfur-containing compound that's used to improve immune function, lower inflammation and help restore healthy bodily tissue.
- **Magnesium:** Think of magnesium as the original chill pill. It helps support the adrenal glands, relaxes stressed muscles and nerves, and promotes quality sleep. It helps with over 300 biochemical reactions of the body and most people are low in magnesium.
- **B vitamins:** (especially if you're vegan/vegetarian) B vitamins help the body convert food into glucose, which provides energy to the body. Fat and protein metabolizing is also aided by B vitamins, as well as healthy nervous system functioning.
- **Coenzyme 10 (CoQ10) :** CoQ10 is an essential element for many daily functions and is required by every single cell in the body. An antioxidant that protects cells from the effects of aging,
- **Vitamin C:** Helps to repair and regenerate tissues, protect against heart disease, aid in the absorption of iron, and decrease total and LDL ("bad") cholesterol and triglycerides.
- **Probiotic** (gut health): A good quality probiotic with live cultures of about 25 billion CFUs; shelf-stable
- **Digestive enzymes** (gut health): Help the body absorb more nutrients and improve gut health.
- **Adaptogenic herbs:** Ashwagandha, Rhodiola Rosea, Holy Basil, and Eleuthero Ginseng can have a regulating on cortisol rhythm.



Movement guidelines:

- **Stop thinking you need to workout.** Especially if you've always struggled with it.
- Start thinking exercise falls under the movement umbrella. **Movement always trumps exercise.** Hands down.
- **Think variety of movement** over repetition.
- **Start moving everyday.** Five minutes here. 10 minutes there. Keep adding gradually every week.
- **Don't do too much right off the bat.** You will be sore. You will probably hurt. You might get injured.
- **Aim for 10,000-14,000 steps a day.** If you're getting 3,000-6,000 a day, plan to add 1,000 a week. And keep working to get it higher. Drink more water, which will make you go to the bathroom more. And then walk to the farthest bathroom. Set a timer every 30 minutes to get up from your desk and stretch, walk, move. Park farther away. Take the stairs more often. Walk to the neighbors. Walk to the store. Just walk more. And then some more. It really does matter.
- **Stretch daily.** It doesn't matter what kind of stretch, just do it. For tips and techniques, check out my web site, mastrofitness.com or my Facebook page, MastroFitness & Mobility.
- **Strength-train.** Once you have the above habits created, feel free to add body-weight strength-training. Squats, pushups, bridges, supermans, planks and lying leg twists are great ones to start with.
- **Get 7-8 hours of sleep daily.** I would put sleep over traditional exercise any day. Lack of sleep will screw up your health quicker than anything. Hormones become unbalanced and you gain weight. Prioritize sleep.
- **Meditate.** While this isn't movement, meditation is game changer. It will help regulate stress and benefit mental health.

Recipes

How to use this guide: Drink lots of gut-healing broths. Eat when you are hungry. Three-four times a day is plenty. Choose 2-3 recipes per meal, per week. Make enough for 2-3 meals of the same recipe. Most recipes will make 4 servings. Choose different recipes the following week (or if you're like me, eat the same ones for breakfast/lunch). Repeat. Feel free to add a protein option to any meal.

Breakfast

Choose between a whole egg option (any style: over-easy, scrambled, sunny-side up, omelet, just make sure there is no cheese. Avocado makes for a good substitution. Or smoothie. Some options below:



Blueberry Zucchini Smoothie

- 1/2 c zucchini
- 1/2 c frozen wild blueberries
- 1/2 c spinach
- 1 to 2 pitted dates to sweeten
- 1 tbsp chia seeds
- 1 tbsp almond butter
- 1 c nut milk or coconut milk

Green Smoothie

- 1/2 c water
- 1/2 c coconut water
- 1 c, or 3 leaves, kale
- 1/4 green apple
- 1/2 lemon
- 1 inch slice of ginger
- 1/4 tsp cayenne pepper

Blueberry Avocado Smoothie

- 2 c blueberries
- 1 c pomegranate/berry juice
- 1 c ice cubes
- 1 tbsp. chia seeds
- 1 ripe banana, peeled
- half of an avocado, peeled and pitted

Avocado Mango Smoothie

- 2/3 c avocado
- Lemon juice
- Honey
- Ginger
- 1 c ripe mango
- 1 c ice

Mint-Chocolate Chip Smoothie

Serves 2

- 1 1/2 c nut milk or coconut milk
- 1 banana
- 1 avocado
- 2/3 c fresh spinach
- 8 mint leaves
- 1/8 tsp peppermint extract
- 1 tbsp raw cacao nibs (topping)
- 3 ice cubes

Sweet Potato Smoothie

- 1/2 c sweet potato, cooked and mashed (no skin)
- 1/2 large banana or 1 small banana
- 1 medjool date, pitted
- 1 c nut milk or coconut milk
- 1/4 c purified water
- 2 to 3 ice cubes
- Dash of cinnamon

Feel free to make your favorite eggs. Just omit the cheese and conventional meats. Add veggies and healthy-fats like avocado.



Loaded Scrambled Eggs

- Olive oil
- 2 eggs (per person)
- 1/4 c spinach or arugula
- 1/4 c onion
- 1/4 c chopped broccoli
- Herbs of your choice (rosemary, red hot pepper flakes, oregano)
- 1/4 avocado

Directions:

Heat olive oil in a pan. Saute onions and broccoli. Add eggs. Mix together. Add herbs. Lastly, add spinach/arugula until wilted. Top with avocado.

Grain-Free No-Oatmeal Recipe

- 1 tbsp coconut oil (for greasing the pan)
- 2 organic eggs
- 1/3 c coconut flour
- 3 tbsps almond milk
- 2 tsps chia seeds
- 1 tbsp almond butter
- 2 drops stevia or a small spoonful of sweetener of choice

Directions:

Grease a small skillet with coconut oil. Let it heat up.

Mix the eggs, coconut flour, almond milk, chia seeds, almond butter, and stevia in a bowl.

Once thoroughly mixed, pour the mixture into the greased skillet and let it simmer. Use a spatula to move the mixture around so all sides get a chance to cook.

The mixture will begin to turn golden brown, and once all of it seems cooked to your liking (takes only about 5 minutes or less), pour it into a bowl to cool off.

Add in some additional toppings like coconut butter, chocolate, or more almond butter, and then add a dab of almond milk to make it more cereal-like if you prefer that texture.

Egg Muffins

- 12 eggs (one per muffin tin)
- Nut milk of choice (optional)
- 1 to 2 tsp herbs of choice (basil, rosemary, cayenne, etc)
- 3 green onions, diced
- 1 c chopped veggies of choice (blanched broccoli, red pepper, zucchini, mushrooms, etc.)
- Optional: crumbled cooked turkey sausage

Directions:

Preheat oven to 375 F. Use regular muffin pan, 12 muffin size. Line with paper liners then spray liner with nonstick spray.

Break eggs into large measuring bowl with pour spout, add milk (optional, will make fluffier), herbs, vegetables and sausage, if using. Beat well. Pour egg mixture into each muffin cup until it is 3/4 full.

Bake 25-35 minutes until muffins have risen and are slightly browned and set.

Muffins will keep more than a week in the refrigerator.

Lunch

If you're not into making your own dressings and sauces, feel free to just use olive oil, lemon juice, apple cider vinegar, balsamic vinegar (or other vinegars). Good brands to buy are: Primal Kitchen or any brands using olive or avocado oils as the base.

Brussels Sprout & Avocado Salad

- 2 c brussels sprouts, sliced in half
- 1 c sliced broccolini
- 1/4 c chopped scallions
- a bit of coconut oil, for the pan
- salt, pepper
- 1 c cooked black rice
- 1/2 avocado, diced
- handful of fresh mint
- handful of sliced almonds
- handful of micro sprouts
- sprinkle of sesame seeds
- extra sriracha, for serving
- extra lime slices, for serving

Dressing:

- 1/4 c fish sauce
- 2 tbsps orange juice
- 1 tbsp lime juice
- 2 tbsps rice wine vinegar
- 1 garlic clove, minced
- 1 tbsp sugar (optional)
- 1 tsp sriracha (optional)

Directions:

Whisk together dressing ingredients and set aside.

Heat a large skillet over high heat. Add a few teaspoons of oil. When it starts to sizzle add the brussels sprouts, with a few pinches of salt. Don't touch them for a few minutes until they start to turn golden brown. Once they have a good sear, flip them over, add the broccolini and continue cooking until tender, but not mushy (a bright-green). At the very end, toss in the scallions.

Transfer the vegetables to a large plate, let them cool slightly, then toss with a bit of the dressing. Taste and adjust seasonings.

Toss the brussels sprouts & broccolini with the black rice, sliced avocado, mint, almonds, sprouts and sesame seeds. Taste & toss with more dressing. Serve warm, and with extra lime slices and sriracha if you like.



Tempeh or wild-caught tuna Niçoise Salad

Vinaigrette Dressing

- 3 tbsps red wine vinegar
- 1 tbsp finely chopped shallot
- 1/2 tsp Dijon mustard
- 1/4 tsp dried oregano
- 1/2 tsp sugar
- 3 tbsps extra virgin olive oil

- Sea salt and freshly ground black pepper

Salad

- 2 (8 ounce) packages tempeh cut into (1-inch) cubes or wild-caught tuna
- 1 lb small red potatoes
- 2/3 lb green beans, trimmed
- 1 c pitted Niçoise or Kalamata olives
- 1 c cherry or grape tomatoes, halved
- 2 tsps capers, drained
- 6 c mixed baby greens
- 1/4 c chopped flat-leaf parsley (optional)

Directions:

To prepare the vinaigrette dressing, whisk together vinegar, shallot, mustard, oregano and sugar in a wide, shallow dish. Gradually drizzle in olive oil, whisking constantly until combined and slightly thickened. Season with salt and pepper to taste. Transfer half of the dressing to a small bowl and set aside, then add tempeh/tuna to remaining dressing in dish, toss well, cover and chill for 30 to 60 minutes.

Meanwhile, place potatoes in a medium pot, cover with salted water and bring to a boil. Reduce heat to medium low and simmer until tender, 12 to 15 minutes; drain and set aside to let cool. Bring a large pot of salted water to a boil, add green beans and cook until just tender, 3 to 4 minutes; rinse in cold water and drain well.

Preheat oven to 375°F. Arrange tempeh on a baking sheet in a single layer and bake, tossing halfway through, until golden brown, 15 to 20 minutes. Let cool slightly and then toss with reserved dressing, olives, tomatoes and capers.

To serve, divide greens, potatoes and green beans among plates, top with tempeh mixture and parsley and serve.

Cucumber Seaweed Salad

- 1/4 c dried Pacific arame
- 1 oz dried wakame
- 3 tbsps rice vinegar
- 2 tbsps dashi
- 1 tbsp raw honey
- 1 tbsp coconut aminos
- 2 tsp minced ginger
- 1/2 tsp lemon zest
- 1/2 tbsp sesame oil
- 8 cucumbers, cut into 1/2-inch slices
- Small handful red radishes, thinly sliced
- Sesame seeds and crushed dried bonito flakes, for garnish

Directions:

Place the arame in a medium bowl and add warm water until covered. Let soak until softened, about 5 to 10 minutes. Rinse, drain, and squeeze out excess moisture. Do the same for the wakame.

Whisk together the rice vinegar, dashi, honey, coconut aminos, ginger, lemon zest, and sesame oil in a large bowl. Add cucumbers and drained seaweed, then toss to coat. To serve, top with sliced red radishes, sesame seeds, and crushed bonito flakes.



Cilantro Lime Chickpea Salad

- One 15-oz can chickpeas (2 cups cooked), drained and rinsed
- 2 c spinach
- 1/4 c sweet onion, chopped finely
- Juice from 1.5 limes
- 3/4 c fresh Cilantro
- 1/2 tsp sugar (or to taste)

- 2 tsp Dijon mustard
- 1 garlic clove
- 1 tsp extra virgin olive oil
- 1/2 tsp ground cumin
- 1/2 tsp kosher salt + ground pepper

Directions:

In a food processor, add the spinach and pulse a few times until chopped very small. Add the processed spinach, drained chickpeas, and chopped onion into a large bowl.

In the food processor (no need to rinse the bowl!), add the lime juice, cilantro, mustard, sugar, garlic, cumin, and oil. Process until smooth, scraping down the sides of the bowl as needed.

Pour the dressing on top of the spinach chickpea mixture and stir well. Add salt and pepper to taste. Let stand for about 10 minutes to let the flavours develop (optional- I didn't!). Serve over a bed of grains, like brown rice. Serves 1-2.

Note: The dressing has quite a bite to it, thanks to the lime and oil that I cut down, so please feel free to adjust the dressing to your taste buds preference! You may want more oil, less lime, etc.



Green Goddess Salad

- 10 oz buckwheat (soba) noodles
- 1 tbsp extra-virgin olive oil
- 10 oz broccoli florets or purple sprouting broccoli, asparagus or green beans
- 1 medium bok choy, leaves finely shredded
- 1 medium fennel bulb, finely sliced
- 1 cucumber, halved lengthwise, seeds scooped out with a spoon and flesh chopped
- 4 spring onions, finely sliced
- 1 large ripe avocado, sliced

- 2 handfuls of fresh greens (such as watercress, baby spinach, sliced lettuce or leftover cooked kale)
- 1 small handful of nuts (such as cashew nuts, peanuts or almonds) or seeds (such as sesame, sunflower or poppy seeds)
- 4 large handfuls of fresh herbs (such as cilantro, mint or basil, or a mixture), roughly chopped

Dressing Ingredients

- Grated zest and juice of 2 limes or 1 lemon
- 2 tbsps toasted sesame oil
- 5 tbsps extra-virgin olive oil
- 1 garlic clove, grated
- 1 1/2 -inch piece of fresh root ginger (unpeeled if organic), finely grated
- 2 tsps tamari
- A pinch of cayenne pepper or chili flakes (optional)
- Sea salt and black pepper

Directions:

Cook the buckwheat noodles in a large pan of boiling water according to the packet instructions (about 7 minutes). Use two forks to tease the noodles apart during the first minute of cooking.

When they are tender, drain and rinse under cold water for 15 seconds. Drain again and then toss in the EVOO in a large serving bowl to stop the noodles sticking together. Set aside.

Using the same pan, after a quick rinse, steam the broccoli (or other vegetable), covered with a lid, in 4 tablespoons of boiling water for 4 minutes until tender.

Whisk all the dressing ingredients together in a bowl or shake in a jam jar with the lid on. Season to taste with salt and pepper, then drain.

Add the raw vegetables, spring onions and avocado to the noodles with the greens and steamed broccoli. Pour over the dressing and mix everything together. Top with the nuts or seeds, toasted in a dry pan for a minute if you like, and the fresh herbs.

Quinoa & Avocado Summer Salad

- 1 1/2 c cooked quinoa
- 1/2 small jalapeno pepper (adds some zest but totally optional)
- 1/2 avocado
- 1 tbsp extra virgin olive oil
- sea salt and fresh dill to taste
- 1/4 c of sesame, hemp or sunflower seeds to garnish

Directions:

Simmer the quinoa for 10 min with the extra virgin olive oil and sea salt, let it cool and add the chopped up avocado, jalapeno pepper (optional) and fresh dill. I also like to toss in a handful of sesame, hemp or sunflower seeds.



Lemon & Basil Spaghetti Squash Salad

- 3 to 4 lbs spaghetti squash, baked, seeded and shredded (about 4-5 packed cups of cooked squash shreds)
- 1/2 lb cherry or grape tomatoes, sliced in half
- large bunch of basil, trimmed of stems and sliced thinly
- 3 lemons, rind peeled and juice squeezed
- 1/4 c organic extra-virgin olive oil
- Salt and pepper

Directions:

In a large bowl, toss the warm spaghetti squash, tomatoes, basil, lemon juice, and lemon rind with a fork until evenly combined. Add enough olive oil, starting with 1/4 cup, until the flavors are evenly balanced. Refrigerate overnight to allow the flavors to meld. Before serving, toss thoroughly and adjust with salt and pepper.

Mediterranean Salad in A Jar

- 2 tbsps Dijon balsamic vinaigrette (see recipe below)
- 1/4 c cucumbers, chopped
- 1/4 c pitted Kalamata olives
- 1/4 c canned artichoke hearts, chopped
- 1/4 c cannellini beans
- 2 tbsps sun-dried tomatoes, chopped
- 1 1/2 c organic spinach
- 1 tbsp basil, shredded

Dijon Balsamic Vinaigrette

- 4 tbsps balsamic vinegar
- 1 tbsp Dijon mustard
- 1/4 c plus 2 tablespoons extra-virgin olive oil
- sea salt and pepper to taste

Directions:

Add vinegar, mustard, and extra-virgin olive oil to food processor and combine until emulsified. Then add sea salt and pepper to taste. Add 2 tablespoons Dijon balsamic vinaigrette to bottom of 1-quart Mason jar.

Add cucumbers, olives, and artichoke hearts on top of dressing. Then add the cannellini beans on top of the vegetables. Sun-dried tomatoes on top of the cannellini beans. Top the sun-dried tomatoes with chicken (optional). Add spinach and basil on top of chicken.

Refrigerate. Once ready to eat, shake jar, pour salad into a bowl.

Grilled Vegetable + Quinoa Jar

- 1 c cooked quinoa
- 1/2 small can of chickpeas, drained + rinsed
- 4 to 6 asparagus stalks, trimmed

- 6 radishes, quartered
- 1/4 of a fennel bulb, trimmed to the root + sliced
- handful of baby arugula
- a few sprigs of mint
- 1/4 c balsamic vinegar
- 1 tsp Dijon mustard
- 1 tsp raw honey
- 3 tbsps olive oil + more for drizzling
- sea salt + pepper

Directions:

Make the dressing: Place the vinegar, mustard and honey in a small mixing bowl. Slowly drizzle in about 3 tablespoons of olive oil while whisking. Season with salt and pepper to taste. Divide the dressing between two glass jars.

Divide the quinoa between the two jars. Then add the chickpeas on top of the quinoa.

Season the asparagus fennel and radishes with salt and pepper and a drizzle of olive oil. Place on a grill or grill pan on medium high and grill until browned on all side, about 5-8 minutes. Slice the asparagus into bite-size pieces and place all the veggies in the jar on top of the chickpeas.

Top with arugula and mint. Season with salt and pepper.

Grilled Summer Vegetable Salad with Chickpeas and Basil

- 2 tbsps extra-virgin olive oil, plus more for oiling the grill
- 1 yellow bell pepper, cored, seeded and quartered
- 1 red bell pepper, cored, seeded and quartered
- 1 small red onion, cut into thick rings
- 2 zucchini, thickly sliced lengthwise
- 2 yellow squash, thickly sliced lengthwise

- 2 cloves garlic, chopped
- 2 tbsps red wine vinegar
- 2 tbsps chopped basil
- 1 (15-oz) can chickpeas, rinsed and drained
- Salt and pepper to taste

Directions:

Oil grill grates, then preheat grill to medium high heat. Working in batches, grill peppers, onions, zucchini and squash, flipping once, until just charred in parts and tender, 6 to 8 minutes total; transfer to a large platter as done. Set aside to let cool before cutting into bite-size pieces. Grill alternative, is to roast the vegetables in the oven at 450 degrees (peppers face down) for 25 min or until tops look charred.

In a large bowl, combine grilled vegetables, garlic, vinegar, oil, basil, chickpeas, salt and pepper. Serve immediately or cover and chill until ready to serve.

Soups (for lunch or dinner)



Artichoke Soup

- 6 large artichokes (canned)
- 1 large onion
- 1/2 c nut or coconut milk
- 1/2 c artichoke water
- 3 cloves garlic
- 2 lemons cut in half
- 1 c chopped broccoli
- 1 c mushrooms
- handful fresh thyme
- olive oil
- garnish: finely chopped chives and 1/4 cup olive oil

Directions:

Sauté the garlic, onions, mushrooms (if using), broccoli and thyme in a little olive oil till soft in a large pot or Dutch oven. Add artichokes.

Using an immersion blender, blend with the almond/coconut milk, half a cup of the artichoke water and the veggies. Cook, covered on medium heat for 15-20 minutes.

Garnish with chives and drizzle oil on top.

Coconut-Ginger Broth with Spring Vegetables

- 1 heaping tsp coconut oil
- 2 -inch piece of ginger, grated on a microplane or finely chopped
- 2 garlic cloves, grated on a microplane or finely chopped
- 2 tbsps tamari
- 1 (15-oz) can organic coconut milk
- Pinch of chili flakes
- 12 stalks of asparagus, tough bottoms discarded and sliced into thin coins
- 1/2 c frozen peas, slightly thawed
- 1 large carrot, peeled into ribbons or spiralized into noodles
- 1 medium zucchini, peeled into ribbons or spiralized into noodles
- Other add-in ideas: scallions, cilantro, cooked soba noodles, cooked rice or quinoa, tofu cubes

Directions:

Heat coconut oil in a large, high-sided pan or stockpot over medium heat. Add ginger and garlic and cook for 30 to 60 seconds, until fragrant. Add tamari, coconut milk, and a pinch of chili flakes, and stir well to combine everything.

Bring the broth to a boil; reduce to a simmer, and let cook for about 5 minutes.

Meanwhile, prepare your quick-cooking vegetables by chopping the asparagus into small pieces and peeling the carrots and zucchini with a vegetable peeler, julienne peeler, or spiralizer.

Place asparagus and peas into the broth and stir. Bring heat up to medium and cook for 3 to 5 minutes until the asparagus is tender.

Stir in carrot and zucchini and remove from heat. Let stand for 1 minute. Serve over rice or quinoa like a curry or on its own like a soup.

Creamy Cauliflower Soup

- 1 head cauliflower roughly chopped
- 1 c diced sweet onion
- 2 c vegetable broth
- 1 c nut or coconut milk
- 1 tbsp olive oil
- Sea salt to taste
- Rosemary or nutmeg

Directions:

Heat the olive oil in a saucepan and add the diced onion, sauté until golden around the edges.

Add the cauliflower and the broth to the pot. The broth should just cover the cauliflower.

Simmer and cook until cauliflower is very tender, using an immersion blender, blend until creamy. Add coconut milk.

Serve immediately with a drizzle of olive oil and a pinch of rosemary or freshly ground nutmeg if desired.



Detox Broccoli Soup

- 1 head of broccoli
- 1 14 oz can coconut milk
- salt, pepper, nutmeg
- Optional toppings: Crushed macadamias, parsley, avocado

Directions:

Add the coconut milk and the broccoli (broken into florets) to a sauce pan and bring to a boil. Let simmer for about 5 minutes until the broccoli softens.

Use immersion blender and process until smooth. Season to taste with salt, pepper, and nutmeg. Serve with optional toppings.

Mexican Lentil Tortilla Soup

- 2 tbsps extra virgin olive oil
- 1 c diced yellow onion
- 1/2 c diced celery
- 1 c diced carrots
- 2 cloves garlic, minced
- 1/2 c lentils rinsed
- 6 c vegetable broth
- 1 (14 oz) jar crushed tomatoes
- 1/2 jalapeno pepper, seeded and minced
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 1/2 tsp sea salt, more as needed
- 1/4 tsp pepper, more as needed
- 1/4 c chopped fresh cilantro
- 3 sprouted corn tortillas, cut in 1/2 inch wide pieces

Optional Topping: sliced avocado, a squeeze of fresh lime

Directions:

In a large pot, heat the olive oil over medium heat. Add the onion, celery and carrots and cook until tender, 8-10 minutes. Add the garlic and cook 1 minute. Add the lentils, vegetable broth, tomatoes, jalapeno, cumin, coriander, salt, pepper, cilantro and tortilla strips. Bring to a boil and turn down the heat to a simmer. Cook for 20-25 minutes.

To serve, place some of the soup in a bowl and top with the sliced avocado.

Detoxifying Green Soup

- 1 tbsp olive oil
- 2 cloves garlic, sliced
- 1 (3-inch) piece of ginger, peeled and minced
- 1/2 tsp ground coriander
- 1/2 tsp turmeric
- 3 tbsps water
- 1 zucchini, sliced
- Himalayan salt, to taste
- 2 c vegetable stock or filtered water
- 1/2 small head broccoli, broken into florets
- 1 bunch kale, stems removed
- 1 large handful watercress
- 1 large handful parsley leaves
- Juice and zest of 1 lime
- Freshly ground black pepper, to taste
- Chopped parsley, to garnish

Directions:

Heat olive oil in a large pot and sauté garlic and ginger until tender. Stir in ground coriander and turmeric and toast 30 seconds. Add 3 tablespoons water and sliced zucchini and cook 1 minute, stirring.

Season with a pinch of salt then add stock or water. Let simmer 3 minutes, then add broccoli and kale, and leave to cook 4 minutes.

Remove from heat, then stir in the watercress, parsley, and lime juice. Use immersion blender and blend until smooth. Check for seasoning.

To serve, garnish with lime zest, black pepper, and chopped parsley.

Garlic Soup Recipe

- 1/4 c high quality olive oil
- 4-5 whole heads of garlic
- 4 tbsp butter or ghee
- 2 onions, sliced
- 1 qt chicken broth
- 2 c canned coconut milk (or other milk of choice)
- 1 tsp dried thyme or 2 tsp fresh
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp salt
- 1/2 tsp black pepper

For Garnish:

- 2 tbsp fresh parsley, minced
- 1/4 c fresh chives, chopped
- 1 fresh lemon, cut into wedges

Directions:

Preheat the oven to 350 degrees.

Cut the heads of garlic in half across the cloves but do not peel them.

Pour the olive oil into an oven safe dish and place the garlic head halves cut side down on the dish. Cover with an oven-safe lid or baking sheet.

Roast for 45 minutes to 1 hour or until garlic cloves are fragrant and starting to brown.

While garlic is roasting, melt butter in a large pot and add sliced onions. Saute over medium heat, stirring constantly until onions are translucent and golden. Add thyme, oregano, basil, salt and pepper and saute for 2 minutes.

Let garlic cloves cool slightly, then carefully pick up the shell of the garlic heads. The cloves should slightly stick to the pan, making peeling easy. Add peeled cloves to the onion mixture in the pot.

Add chicken broth and bring to a simmer. Simmer for 15 minutes.

Reduce heat to low and add coconut milk or other milk.

Using a stainless steel immersion blender, carefully blend the soup until smooth.

Garnish with fresh parsley and chives and squeeze a lemon wedge over each bowl. Serve warm.

Notes: Keeps for 4-5 days in the refrigerator.

Roasted Garlic Make-Ahead Option: Double or triple the number of garlic heads, roast according to instructions, and remove cloves from skin. Mash cloves and freeze in a silicone ice cube tray or wrapped in parchment paper packets. Keeps for 10-12 months in freezer.

Gut-Healing Broths

Magic Mineral Broth

Makes about 6 quarts

- 6 unpeeled carrots, cut into thirds
- 2 unpeeled yellow onions, quartered
- 1 leek, white and green parts, cut into thirds
- 1 bunch celery, including the heart, cut into thirds

- 4 unpeeled red potatoes, quartered
- 2 unpeeled Japanese or regular sweet potatoes, quartered
- 1 unpeeled garnet yam (sweet potato), quartered
- 5 unpeeled cloves garlic, halved
- ½ bunch fresh flat-leaf parsley
- 1 (8-inch) strip kombu
- 12 black peppercorns
- 4 whole allspice or juniper berries
- 2 bay leaves
- 8 qts cold, filtered water, plus more if needed
- 1 tsp sea salt, plus more if needed

Directions:

Rinse all of the vegetables well, including the kombu.

In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, red potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries and bay leaves. Add the water, cover, and bring to a boil over high heat. Decrease the heat to low and simmer, partially covered, for at least 2 hours, or until the full richness of the vegetables can be tasted. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out.

Strain the broth through a large, coarse-mesh sieve (use a heat-resistant container underneath), and discard the solids. Stir in the salt, adding more if desired. Let cool to room temperature before refrigerating or freezing.

Store in the refrigerator for up to 5 days or in the freezer for up to 6 months.



Nourishing Bone Broth

Makes about 6 quarts

- 3 lbs marrow bones from grass-fed organic beef or chicken bones
- 3 unpeeled carrots, cut into thirds
- 2 unpeeled yellow onions, quartered
- 1 bunch celery, including the heart, cut into thirds
- 5 unpeeled cloves garlic, halved
- ½ bunch fresh flat-leaf parsley
- 12 black peppercorns
- 2 bay leaves
- 4 sprigs fresh thyme
- 1 tbsp apple cider vinegar
- 8 qts cold, filtered water, plus more if needed
- sea salt

Directions:

Preheat the oven to 425°F.

Place the bones on a rimmed baking sheet or roasting pan and roast until browned, 20 to 30 minutes.

Rinse all of the vegetables well. In a 12-quart or larger stockpot, combine the bones, carrots, onions, celery, garlic, parsley, peppercorns, bay leaves, thyme and vinegar. Pour in the water, cover, and bring to a boil over high heat. Remove the lid, decrease the heat to low, and skim off the scum that has risen to the top. Simmer gently, partially covered, for 8 to 16 hours. As the broth simmers, some of the water will evaporate, add more if the vegetables begin to peek out.

Remove and discard the bones, then strain the broth through a large, coarse-mesh sieve; stir in the salt to taste. Let cool to room temperature, and then refrigerate overnight in an airtight container. Skim off as much fat as you can from the top of the broth, then portion into airtight containers.

Store in the refrigerator for up to 5 days or in the freezer for up to 6 months.

Old-fashioned Chicken Stock

Makes about 6 quarts

- 6 lbs organic chicken backs, necks, bones, and wings
- 2 unpeeled white onions, quartered
- 4 unpeeled large carrots, cut into thirds
- 2 stalks celery, cut in thirds
- 6 sprigs fresh thyme
- 4 unpeeled cloves garlic, halved
- 1 large bunch fresh flat-leaf parsley
- 1 bay leaf
- 8 black peppercorns
- 8 qts cold, filtered water, plus more if needed
- sea salt

Directions:

Rinse all of the vegetables well.

In a 12-quart or larger stockpot, combine the chicken, onions, carrots, celery, thyme, garlic, parsley, bay leaf and peppercorns. Add the water, cover, and cook over medium-high heat until the water comes to a boil. Decrease the heat so the bubbles just break the surface of the liquid. Skim off the scum and fat that have risen to the surface. Simmer, partially covered, for about 3 hours. Add more water if the vegetables begin to peek out.

Strain the stock through a fine-mesh sieve or colander lined with unbleached cheesecloth into a clean pot or heat-resistant bowl, then stir salt in to taste. Bring to room temperature, then store in an airtight container in the refrigerator. Skim off as much fat as you can from the top of the broth, then portion into airtight containers.

Store in the refrigerator for up to 5 days or in the freezer for up to 6 months.

Note: The stock will cool faster in smaller containers. Make sure it's refrigerated within 4 hours of cooking.



Dinner

Loaded Baked Sweet Potato

- 2 sweet potatoes
- 1 c fresh kale, shredded
- 1 c carrots, grated
- 1 avocado, diced
- 2 tbsp sunflower seeds
- 2 tbsp pepitas

Dressing:

- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp dijon
- salt & pepper

Directions:

Pierce potatoes with a fork and bake sweet potatoes at 400 degrees for 45-60 min.

Mix kale, carrots and seeds together. Mix dressing ingredients together. Add to kale/carrot/seed mixture. Pour on top of potato, then add avocado.

Loaded Sweet Potato Nachos

- 2 sweet potatoes, thinly sliced
- Extra-virgin olive oil, for drizzling
- 1 c cooked black beans, drained and rinsed
- 1 mango, peeled and diced
- 3 radishes, sliced
- 1 avocado, diced
- 1 serrano pepper, thinly sliced

- 1 small lime, sliced into wedges
- 1/4 c adobo sauce from canned chipotles in adobo sauce
- Sea salt and freshly ground black pepper

Directions:

Preheat the oven to 400°F (200°C) and line a large baking sheet with parchment paper.

Toss the sweet potatoes with a drizzle of olive oil and a pinch of salt and pepper. Spread in a thin layer on the baking sheet and bake for 15 minutes. Flip potatoes and bake for an additional 10 minutes until sweet potatoes are golden brown.

Remove the baking sheet from the oven and top the sweet potatoes with the black beans, mango, radishes, avocado, and serrano pepper. Add a squeeze of lime, drizzle with the adobo sauce, and sprinkle with a few pinches of salt. Serve straight from the pan with extra lime slices on the side.

Tip: Use a mandoline, if you have one, to slice the sweet potatoes into thin, uniform slices so that they cook evenly.

Sweet Potato and Brussels Sprout Hash

- 1 medium sweet potato, peeled and diced
- 2 tsp olive oil
- 2 c trimmed Brussels sprouts, halved (or quartered if large)
- 1/2 c diced white onion
- 1 1/2 tsps dried thyme
- 1/2 tsp crumbled dried rosemary
- 1 tbsp fresh parsley, plus more to garnish
- 3 eggs

Directions:

Preheat oven to 400 degrees.

In a small pot, boil sweet potatoes for about 2 minutes until beginning to soften and can just be pierced with a fork.

Meanwhile, heat a cast-iron skillet over high heat and drizzle in olive oil. Sauté brussels sprouts and onions.

Drain sweet potatoes and add to skillet with thyme, rosemary, and parsley. Continue cooking for 3 more minutes, coating vegetables in herbs.

Make 3 small indentations in mixture and crack an egg into each one. Transfer the skillet to the oven and bake for 10 minutes or until eggs reach desired doneness.

Broil for 1 to 2 additional minutes to turn veggies slightly golden, then carefully remove from the oven. Garnish with additional parsley.

Vegetable Indian Curry

- Ghee or Olive oil
- 1 medium yellow onion, finely chopped
- Salt
- 3 garlic cloves, finely chopped
- 2 tsp curry powder
- 2 tsp garam masala
- 2 tsps cumin
- 2 tsps turmeric
- 1 (14-oz) can of crushed or diced tomatoes
- 1 (14-oz) can of chickpeas, drained and rinsed
- 1 c roasted butternut squash
- 1 c steamed broccoli
- 1/2 tsp of cayenne pepper, to taste
- Cilantro, for serving
- Cooked sorghum or brown rice, for serving

Directions:

Heat a drizzle of oil or tablespoon of ghee in a large pot or Dutch

oven over medium-high heat. Add chopped onion and a pinch of salt and cook, stirring occasionally, for 5 minutes, until translucent.

Add garlic, curry powder, garam masala, cumin, and turmeric, and cook for 1 minute. Add the can of tomatoes, plus two cans' worth of water, and stir. Bring to a low boil and cook, stirring, for 10 minutes.

Add chickpeas and cook for another 10 minutes. Add butternut, broccoli, and cayenne pepper, and remove from heat. Let stand for at least a half hour before serving to let the flavors mingle.

Serve with a grain of your choice and fresh cilantro.



Squash Curry with Ginger + Lime Cauliflower Rice

- 1 c fresh cilantro, leaves cut from the stalks and finely chopped
- 2 tbsp red curry paste
- 1 14 oz. can coconut milk
- 1 tbsp tomato pureé
- 1/2 tsp turmeric
- 1 tbsp coconut oil
- 1 white onion, finely chopped
- pinch salt
- 14 oz butternut squash or pumpkin, peeled and cubed
- 5 oz green beans, ends cut off
- 2 oz spinach
- juice of 1 lime

Ginger + Lime Cauliflower Rice Ingredients

- 1 cauliflower, outer leaves discarded and roughly chopped
- 1 tbsp coconut oil
- zest and juice of 1 lime
- 1 tbsp fresh grated ginger

- 2 tbsps chopped fresh coriander
- 3 tbsps water

Directions:

In a food processor or blender, blend the coriander stalks, red curry paste, coconut milk, tomato purée and turmeric.

Heat the coconut oil in a pan over a medium heat for 1 minute. Put the onions into the pan. Sauté them for 5 minutes with a pinch of salt. Add the butternut squash and stir-fry for 1 minute, then pour in the blended mix, bring to a simmer and let this cook for 10 minutes. Add the green beans and spinach and cook for another 20 minutes until the butternut squash is cooked through.

Meanwhile, make the Ginger + Lime Rice. Put the roughly chopped cauliflower into a food processor and process for a few minutes until you get a rice-like consistency.

Heat the coconut oil in a large frying pan, and throw in the lime zest with the ginger and coriander. Stir for 30 seconds, then add the cauliflower, 3 tablespoons water and the juice of the lime. Cook for 5 minutes, until cooked through.

Scatter the cilantro leaves over the curry with a squeeze of fresh lime juice, and serve with the 'rice'.

Italian Spaghetti Squash Bake

- 1 large spaghetti squash
- 1 tsp organic extra virgin olive oil (to bake the squash)
- 1 c organic pasta sauce
- 3 c organic baby spinach (diced in strips)
- 1 egg
- 3 cloves organic garlic (freshly crushed)
- 1/2 c nutritional yeast
- 1/2 tsp organic cayenne pepper
- 1/4 to 1/2 tsp pink himalayan salt
- For Garnish (optional): organic basil leaves

Directions:

Preheat oven to 350. Cut the spaghetti squash in half. Scrape out all the seeds from the inside. Rub olive oil on the inside of the spaghetti squash. Pierce rind a few times. Bake face down at 350 degrees for approximately 45 - 50 minutes.

Use a fork to scrape the inside of the squash out to use as "pasta".

Combine cooked spaghetti squash and all other ingredients into a medium sized bowl and stir well.

Put the mixture in an 8 x 8 glass or ceramic dish and bake at 375 for about 10 -15 minutes.

Change oven setting to broil and bake for another 5 minutes or until the top becomes crispy.

Garnish with fresh basil and serve hot from the oven.

Red Quinoa with Spaghetti Squash, Spinach, Fresh Herbs and Toasted Pumpkin Seeds

- 1 c red quinoa (you could also use regular quinoa here)
- 1 1/2 c water
- 1 large peeled whole garlic clove
- 1 spaghetti squash
- 1/4 c fresh herbs, like chives and mint
- 1 spicy hot chile pepper, finely chopped, seeds removed for less heat (or dried red pepper flakes)
- 2 cloves garlic, finely minced
- 2 c organic baby spinach, roughly chopped
- 1/2 lemon
- salt and pepper to taste

Directions:

Preheat oven to 375°.

Place the whole spaghetti squash in a shallow baking pan, pierce with a knife or skewer and place in the center of the oven (this is a

must so it doesn't explode). Baked for 45 minutes to an hour, until you can easily pierce it with a paring knife.

While the squash is cooking, rinse quinoa well and place in a medium saucepan with 1 1/2 cups of water and garlic clove. Bring to a boil, then reduce the heat and simmer for 20 minutes, until all the water is absorbed and it's fully cooked. Fluff with a fork and place the cover on the pan until the squash is finished baking.

Meanwhile, cut up your fresh herbs, mince the garlic and pepper and add all to a large serving dish.

Once the squash is cooked remove it from the oven and allow to cool slightly, enough so that you can handle it. At this point, if your pumpkin seeds are raw you can increase the oven temperature to 400° and put them in to be toasted.

When cool enough to handle, cut the spaghetti squash in half lengthwise with a serrated knife. Scoop out the seeds and fibrous strings from the center of the cooked spaghetti squash. Gently scrape the tines of a kitchen fork around the edge of the spaghetti squash to shred the pulp into strands. Add the spaghetti squash to the serving bowl. Remove the whole garlic clove from the cooked quinoa and add the quinoa to the serving dish. Add in the fresh spinach and toss everything together to combine. Your spinach will wilt a bit from the heat of the quinoa and squash. If you want the spinach fully cooked, you can quickly sauté it in the pan you cooked your quinoa in. Squeeze the juice from half a lemon over the dish. Salt and pepper to taste and serve immediately topped with fresh herbs and a small handful of toasted pumpkin seeds.



Super-Easy Socca Pizza

- 1 c chickpea or garbanzo flour
- 1 c water
- 3 tbsps of olive oil + 1 tbsp of olive oil
- 1/2 tsp salt
- 2 cloves minced garlic (optional)
- 1 tsp dried oregano (optional)

- Toppings of choice (tomato sauce, pesto sauce, pineapple, fresh greens, farmers market vegetables, you name it)

Directions:

Whisk together all ingredients save for 1 tablespoon of olive oil and toppings and let sit for an hour to let everything soak in.

Turn your oven on broil and let a 10-inch cast-iron pan (or ovenproof pan of choice) sit in there to get warm and toasty. Remove carefully using oven mitts, then set on stove.

Swirl in 1 tablespoon of olive oil to coat bottom. Pour into socca batter. Tilt the pan around until it's evenly spread. Return to oven and let broil for 3 to 5 minutes or until the edges get brown and toasty.

Remove from oven and add toppings. You can serve it immediately. Slice and serve.

Snacks

- **Nuts of any kind**
- **Hummus with veggies**
- **Small piece of 70% or higher dark chocolate**
- **Hard-boiled egg**

DIY Protein Bar Recipe

- 1/4 c organic quick-cook rolled oats
- 4 scoops raw cacao protein powder
- 1 c organic nut butter
- 1/4 c organic pumpkin seeds
- 1/4 c organic dates, chopped into small pieces
- 1 1/2 c organic coconut butter
- 1/2 tsp sea salt
- 1 oz dark chocolate

Directions:

Dump the coconut cream into a large mixing bowl. Add the oats to the bowl. Let sit for 20 minutes.

Stir in nut butter, dates, salt, pumpkin seeds, and protein powder (1 scoop at a time). Mix thoroughly, about 5 minutes.

Spread the mixture evenly into a glass pan or baking dish lined with parchment paper.

Use a sharp knife to slice the dark cacao into thin shavings. Spread evenly on top of the bars.

Refrigerate overnight. Cut into 8 bars (or however many you want) and serve.

No-Bake Chocolate Fudge Cookies

For the wet ingredients:

- 3 tbsps virgin coconut oil
- 2 tbsps sunflower seed butter or other nut butter
- 1/4 c unsweetened cocoa powder
- 1/4 c pure maple syrup, or to taste
- 1 tsp pure vanilla extract

For the dry ingredients:

- 7 tbsps gluten-free rolled oats
- 6 tbsps unsweetened shredded coconut
- 2 tbsps chia seeds
- 1/8 tsp fine sea salt, or to taste

Directions:

Line a large plate with parchment paper and set aside.

In a medium pot, melt the coconut oil over low heat. Whisk in the sunflower seed butter, cocoa powder, and maple syrup until smooth. Remove the pot from the heat and whisk in the vanilla.

Add the oats, coconut, chia seeds, and salt into the pot and stir well until combined. The mixture will be thick, dense, oily, and gel-like (from the chia seeds), but this is normal.

Using a retractable ice cream scoop (approximately 2 tablespoons/ 30 mL) or simply a spoon, scoop the dough and place the mound onto the plate, leaving a bit of space between each cookie.

Place the cookies in the freezer to set for about 10 to 15 minutes, until firm, or simply chill in the fridge if you have the patience.

Store leftover cookies in an airtight container in the fridge for 1 week, or freeze them for up to 4 to 6 weeks. These cookies have the best texture/flavor straight from the fridge (rather than the freezer).



Sunbutter Freezer Fudge

- 1 c sunflower seed butter (or other nut butter)
- 1/3 c coconut butter, softened
- 1/3 c coconut oil, melted
- 1/4 c pure maple syrup
- 1 tsp pure vanilla extract
- 1/2 tsp salt

Directions:

Add all ingredients to a large bowl. Mix well.

Parchment paper in pan. Scrape this mixture into a 8"x8" glass baking dish and use a rubber spatula to even out the top.

Freeze for 30-35 minutes, or until firm.

Cut into squares and store in an airtight container in the refrigerator if you like softer fudge, or in the freezer if you like firmer fudge.



Blueberry Bliss Bars

- 2 c coconut butter
- 2 c fresh organic blueberries
- 1/4 c pure maple syrup
- 2 tsp ground vanilla beans or vanilla extract

Directions:

Combine all ingredients in a food processor until the mixture is smooth.

Line an 8x8 pan with parchment paper, leaving enough room for some paper to stick out the sides.

Dump the mixture into the pan and spread it out evenly. The mixture is very thick and you may need to wet a spatula to help spread it evenly.

Once the mixture is in the pan. Gently press down using the extra sides of parchment paper.

Stick the pan in the fridge to firm up. This should only take about 15-20 minutes.

Once the mixture is firm, lift the whole thing out by the edges of parchment paper.

Cut into squares.

Store these bars in the fridge with a piece of parchment between each bar. They should last at least a week in the fridge and you can also freeze them for longer storage.