

THE COOKING LIGHT
3-DAY DETOX

SAFELY
DETOX
YOUR DIET
WITH
SIMPLE,
DELICIOUS
RECIPES.
HERE'S
HOW.

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**Pan-Seared
Shrimp with Rosemary
Spaghetti Squash**
Recipe p. 139

MAYBE your diet has been crowded with processed foods, added sugars, and alcohol lately, or you're simply veering far from your normal healthy habits. Any combination of poor choices can leave clothes fitting tighter and you feeling sluggish. This is why diets that claim to cleanse or detox the body have become so popular. The problem is that most plans attempt to do this with extremely low calories and bizarre food restrictions, leaving your body weak and devoid of key nutrients—not the best way to return to good health.

With the *Cooking Light* 3-Day Detox, we don't resort to liquid-only meals or weird food combos to detoxify. In fact, there's not much research to suggest the body needs help ridding itself of toxins; it does this pretty well on its own. Instead, we're helping you tune up your diet with real, unprocessed, nutrient-dense foods. This is meant to be your reset button, and it's streamlined for your busy life. We've delivered delicious recipes and made prep easy, affordable, and quick (most prep clocks in around 20 minutes or less). Our plan helps you jump back into healthy eating with fresh food at a calorie level that keeps pep in your step. Use it post-holidays, following a week of vacation, or any time you need to get back on track. You'll feel energized, nourished, and empowered to continue enjoying a healthier life. >>>

THE 5 PILLARS OF THE CL DETOX

There's a lot of misinformation about what to eliminate from your diet—some backed by science and some not. Here are the key principles we used to create this plan.



1 ELIMINATE ADDED SUGARS

The average American consumes an estimated 19½ teaspoons of added sugar daily—that's around 315 calories, empty of nutrients, that may contribute to weight gain and that research suggests increases cardiovascular disease risk. Added sugars may give you a quick burst of energy but also cause a drastic spike and dip in blood sugar levels, leaving you feeling weak and unsatisfied.

2 CHOOSE WHOLE OVER PROCESSED

Get more nutrients and avoid added preservatives and dyes by choosing whole or minimally processed foods. For this detox, the term "whole foods" refers to foods unaltered from the state in which they grew (such as an onion or a pear) or foods that have undergone only minimal processing, such as preparation or packaging for convenience or safety (such as trimmed green beans or packaged pork tenderloin).

3 FOCUS ON VEGETABLES

Make vegetables the center of your plate or dish; then supplement with lean protein, starch, or whole grains and heart-healthy fats. You'll end up with a meal that's more filling, thanks to the fiber in the vegetables, and a more balanced plate when it comes to carbs, protein, and fat.

4 DIVERSIFY YOUR CARBOHYDRATES

Carbs aren't bad; in fact, they're key to survival. What has given them a bad name is the fact that most of us overeat them and don't get them from the recommended sources. Focus on carbohydrates sourced primarily from vegetables, fruits, legumes, and beans with a light addition of whole grains.

5 AVOID ALCOHOL

Give your liver a break and cut some calories by skipping the booze for three days. If you're used to a glass of wine with dinner, this may be hard, but consider how much more you'll appreciate that glass of wine after three days of cleansing.





START HERE: TWO SIMPLE GET-AHEAD RECIPES

Prepping these items in advance will make mealtime quick and easy over the next few days.

EASY BAKED SPAGHETTI SQUASH (USED ON DAY 2 AND DAY 3)

Active: 6 min. **Total:** 1 hr. 16 min.

Preheat oven to 350°F. Cut 1 (3-lb.) spaghetti squash in half lengthwise. Scrape out and discard seeds and membranes. Place halves, cut side down, in a large baking dish; add $\frac{1}{2}$ cup water. Bake at 350°F for 45 to 50 minutes or until tender. Remove squash from oven. Turn cut side up; cool for 10 minutes. Scrape inside of squash with a fork to remove spaghetti-like strands.

➤ **YIELD:** 4 to 5 cups

PER CUP: CALORIES 42; FAT 0.4g (sat 0.1g, mono 0g, poly 0.2g); PROTEIN 1g; CARB 10g; FIBER 2g; SUGARS 4g (est. added sugars 0g); CHOL 0mg; IRON 1mg; SODIUM 28mg; CALC 33mg

ALL-PURPOSE CITRUS DRESSING (USED ON DAY 1, DAY 2, AND DAY 3)

Active: 5 min. **Total:** 5 min.

Homemade dressing comes together in minutes and is far healthier, cheaper, and fresher than bottled dressings with added sugars, chemicals, and fillers. Prep ahead and store in a covered jar or container in the refrigerator. If you're cooking for more than one, feel free to double or triple the dressing.

Whisk together 2 Tbsp. olive oil, 1 Tbsp. fresh lemon juice, 1 Tbsp. fresh orange juice, 2 tsp. Dijon mustard, $\frac{1}{2}$ tsp. minced garlic, and a dash each of salt and black pepper. Refrigerate in an airtight container. Shake well before using.

➤ **YIELD:** 5 Tbsp.

PER TBSP.: CALORIES 52; FAT 5.4g (sat 0.8g, mono 3.9g, poly 0.6g); PROTEIN 0g; CARB 1g; FIBER 0g; SUGARS 0g; CHOL 0mg; IRON 0mg; SODIUM 78mg; CALC 1mg



A SIMPLE SHOPPING LIST

We kept an eye on price, ease, and reduced food waste. Here's what you'll need to get cooking—all for about \$60.

STAPLES YOU'LL PROBABLY HAVE ON HAND

- Cooking spray
- Dijon mustard
- Garlic powder
- Olive oil
- Red wine vinegar
- Salt and black pepper

PRODUCE

- Baby spinach (1[6-oz.] bag)
- Bananas (2)
- Cherry tomatoes (1 pint)
- Cucumber (1)
- Garlic (1 head)
- Lacinato kale (1 bunch)
- Lemons (2)
- Oranges (3) or clementines (5)
- Pears or apples (2)

- Plain hummus (1[7-oz.] container)
- Poultry-blend herbs (1 package)
- Red onion (1)
- Seedless red grapes (1 lb.)
- Spaghetti squash (1[3-lb.])
- Sweet potato (1[10-to 12-oz.])
- Trimmed green beans (1[12-oz.] bag)

FROZEN FOOD

- Frozen mixed berries (12 oz.)

DAIRY

- Crumbled feta cheese (4 oz.)
- Large eggs
- Plain 2% reduced-fat Greek yogurt (2[5.3-oz.] containers)

DRY GOODS

- Almond butter (1[1.15-oz.] packet)
- Cooked quinoa (1/2 cup)
- Low-sodium white tuna in water (1[2.6-oz.] pouch)
- Unsalted chickpeas (1[15-oz.] can)

MEAT AND SEAFOOD

- Peeled and deveined large shrimp (6 oz.)
- Pork tenderloin (8 oz.)
- Wild salmon fillet (6 oz.)

TOTAL COST: \$60.34

DETOX YOUR WALLET, TOO

There are several things to consider about grocery costs. First, most foods will provide you with a little extra to eat after the three days end. Second, the grocery list calls for some convenience foods, such as trimmed green beans and cooked quinoa. These save time but also cost a little more, so consider doing the trimming or cooking yourself to cut costs.

HAVE YOUR OWN DETOX KIT DELIVERED!



Order a version of this plan—with prepped ingredients—right to your door. Go to freshrealm.co/cleanse and enter the code 35CLCLEANSE16A to receive \$35 off your first order of \$70 or more. Expires 3/1/17.

DAY 1

1,275 Total Calories

BREAKFAST BERRY GREEN SMOOTHIE

Active: 10 min. Total: 10 min. Smoothies are a quick way to kick-start your day with extra fruits, vegetables, and fiber. Avoid juices and powders with added sugars; instead choose whole ripe fruit to add a sweet touch naturally. Dairy-free option: Use a (5.3-ounce) container of dairy-free soy yogurt alternative.

- 1 cup frozen mixed berries
- 1/2 cup baby spinach leaves
- 2 Tbsp. fresh orange juice
- 2 Tbsp. water
- 1 (5.3-oz.) container plain 2% reduced-fat Greek yogurt
- 1 medium ripe banana, sliced

1. Place all ingredients in a blender; process until smooth.

➤ **SERVES 1** (serving size: 1 3/4 cup)
CALORIES 297; **FAT** 3.8g (sat 2g, mono 0.8g, poly 0.2g); **PROTEIN** 18g; **CARB** 54g; **FIBER** 8g; **SUGARS** 33g (est. added sugars 0g); **CHOL** 15mg; **IRON** 2mg; **SODIUM** 75mg; **CALC** 229mg

LUNCH TUNA-QUINOA TOSS

Active: 10 min. Total: 10 min. A whole-grain protein bowl is the perfect solution for when lunch needs to be quick—as well as tasty, filling, and healthy. Cook quinoa ahead of time (or buy precooked, available in pouches near the rice). To complete the lunch, serve with 1/2 cup steamed green beans as shown. Dairy-free option: Use 2 teaspoons toasted chopped walnuts instead of feta cheese.

- 2 tsp. extra-virgin olive oil
- 1 tsp. red wine vinegar
- 1/2 tsp. fresh lemon juice
- 1/2 tsp. Dijon mustard
- Dash of salt
- Dash of freshly ground black pepper
- 1/2 cup cooked quinoa
- 1/4 cup unsalted canned chickpeas, rinsed and drained
- 1/4 cup chopped cucumber
- 1 Tbsp. crumbled feta cheese
- 5 cherry tomatoes, halved
- 1 (2.6-oz.) pouch solid white tuna in water

1. Combine first 6 ingredients in a small bowl, stirring well with a whisk.
2. Combine quinoa and remaining ingredients in a bowl. Drizzle with dressing; toss gently to coat.

➤ **SERVES 1** (serving size: 1 3/4 cups)
CALORIES 374; **FAT** 14g (sat 2.9g, mono 7.5g, poly 2.1g); **PROTEIN** 27g; **CARB** 35g; **FIBER** 6g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 38mg; **IRON** 3mg; **SODIUM** 460mg; **CALC** 106mg

WANT TO TRY THE 3-DAY DETOX, BUT CURIOUS HOW TO FEED YOUR FAMILY WHILE FOLLOWING IT?

The plan consists of nutrient-rich foods that are healthy for all ages, and meals and recipes can be adapted to feed more. Consider preparing all meals or at least the dinner meal for everyone, adapting as needed for taste preferences.

BREAKFAST Berry Green Smoothie

LUNCH Tuna-Quinoa Toss



DINNER Spinach Salad with Roasted Sweet Potatoes and Easy Herbed Pork Tenderloin



THE COOKING LIGHT 3-DAY DETOX

DINNER

SPINACH SALAD WITH ROASTED SWEET POTATOES

Active: 15 min. **Total:** 45 min.

This salad is nutrient- and antioxidant-packed, with healthy doses of fiber, iron, potassium, vitamin C, and beta-carotene. You'll save half of the potatoes for the next day's breakfast.

- 1 tsp. olive oil
 - $\frac{1}{8}$ tsp. salt
 - $\frac{1}{8}$ tsp. garlic powder
 - 1 large sweet potato (10–12 oz.), unpeeled and cut into $\frac{1}{2}$ -in. cubes
- Cooking spray
- 2 cups baby spinach
 - 2 Tbsp. All-Purpose Citrus Dressing (see page 133)

1. Preheat oven to 400°F.

2. Combine first 4 ingredients in a bowl; toss to coat.

Arrange potato mixture in a single layer on a foil-lined baking sheet coated with cooking spray. Coat potato cubes lightly with cooking spray. Bake at 400°F for 20 to 25 minutes or until potatoes are crisp on the outside and tender on the inside, stirring once after 12 minutes. Combine spinach and All-Purpose Citrus Dressing, and toss gently to coat. Arrange spinach mixture on a plate; top with half of sweet potatoes. (Refrigerate the remaining half of sweet potatoes for Day 2 Breakfast.)

▶ SERVES 1 (serving size: 2 cups)

CALORIES 251; **FAT** 14.2g (sat 1.9g, mono 10.2g, poly 1.7g); **PROTEIN** 4g; **CARB** 26g; **FIBER** 6g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 0mg; **IRON** 4mg; **SODIUM** 447mg; **CALC** 140mg

EASY HERBED PORK TENDERLOIN

Active: 20 min. **Total:** 50 min.

We suggest buying poultry blend herbs, which will provide a mix of rosemary and thyme in 1 package (instead of buying 2 separate packages). Be sure to reserve half of the pork for the next day's lunch.

- 1 Tbsp. olive oil
 - 1 tsp. chopped fresh rosemary
 - 1 tsp. chopped fresh thyme
 - 1 tsp. minced garlic
 - 8 oz. pork tenderloin, trimmed
 - $\frac{1}{8}$ tsp. salt
 - $\frac{1}{8}$ tsp. black pepper
- Cooking spray

1. Preheat grill to medium-high.

2. Combine first 4 ingredients in a ziplock plastic bag. Add pork, turning to coat. Refrigerate 30 minutes. Remove pork from bag; discard marinade. Sprinkle pork with salt and pepper. Place pork on grill grates coated with cooking spray; grill 16 minutes or until desired degree of doneness, turning occasionally. Remove pork from grill; let stand 5 minutes. Thinly slice. (Refrigerate half of pork for Day 2 Lunch.)

▶ SERVES 2 (serving size: 3 oz. pork)

CALORIES 197; **FAT** 10.3g (sat 1.8g, mono 6.5g, poly 1.4g); **PROTEIN** 24g; **CARB** 1g; **FIBER** 0g; **SUGARS** 0g (est. added sugars 0g); **CHOL** 74mg; **IRON** 1mg; **SODIUM** 209mg; **CALC** 12mg

MIDMORNING SNACK

3 Tbsp. hummus
with $\frac{1}{2}$ cup fresh
cucumber

AFTERNOON SNACK

$\frac{1}{2}$ cup grapes

RETHINK DAIRY

Most cleanse or detox diets eliminate dairy, but unless you have a dairy allergy or intolerance, research doesn't conclusively show that eliminating it improves your health. Our plan includes dairy, but in small amounts—and we suggest substitutes if you opt to go dairy-free.



DAY 2

1,312 Total Calories

BREAKFAST SWEET POTATO HOME FRIES WITH EGGS

Active: 10 min. Total: 10 min.
With the sweet potatoes already roasted the day before, this breakfast is ready in a flash. Serve with 1 orange or 2 clementines to complete the meal.

Cooking spray

1 cup Roasted Sweet Potatoes (see page 137)

2 large egg whites

1 large egg

Dash of salt

Chopped fresh thyme

1. Heat a medium skillet over medium-high. Coat pan with cooking spray. Add Roasted Sweet Potatoes; sauté 4 minutes. Remove from pan; keep warm.

2. Return skillet to medium; coat with cooking spray. Whisk together egg whites, egg, and salt. Add to pan; cook 3 minutes or until soft-scrambled. Serve with potatoes; top with thyme.

➤ **SERVES 1** (serving size: 1 cup potatoes and about $\frac{2}{3}$ cup egg mixture)

CALORIES 240; **FAT** 10.3g (sat 2.1g, mono 5.5g, poly 2.1g); **PROTEIN** 15g; **CARB** 22g; **FIBER** 3g; **SUGARS** 4g (est. added sugars 0g); **CHOL** 186mg; **IRON** 2mg; **SODIUM** 543mg; **CALC** 63mg

LUNCH

WINTER SALAD WITH EASY HERBED PORK TENDERLOIN

Active: 6 min. Total: 6 min.
Kale and spinach provide a hearty salad base for herb-seasoned pork tenderloin, tangy feta, sweet grapes, and a bright, citrusy olive oil dressing. Dairy-free option: Use 2 teaspoons toasted chopped walnuts instead of feta cheese.

2 cups baby spinach

2 cups thinly sliced lacinato kale

$\frac{1}{4}$ cup seedless red grapes, halved

2 Tbsp. All-Purpose Citrus Dressing (see page 133)

1 Tbsp. crumbled feta cheese

3 oz. Easy Herbed Pork Tenderloin (see page 137)

1. Combine first 5 ingredients in a bowl; toss to combine. Top with pork.

➤ **SERVES 1** (serving size: 3 cups salad and 3 oz. pork)

CALORIES 383; **FAT** 23.7g (sat 4.8g, mono 14.9g, poly 2.9g); **PROTEIN** 29g; **CARB** 15g; **FIBER** 3g; **SUGARS** 8g (est. added sugars 0g); **CHOL** 82mg; **IRON** 4mg; **SODIUM** 511mg; **CALC** 172mg

ON THE GO?

In place of almond butter, go with 12 walnut halves, 22 whole almonds, 10 whole cashews, 45 pistachios, or 10 peanuts.

LUNCH

Winter Salad with Easy Herbed Pork Tenderloin



SNACK

1 medium pear or apple with $\frac{1}{2}$ Tbsp. almond butter



THE COOKING LIGHT 3-DAY DETOX

BREAKFAST

Sweet Potato Home Fries
with Eggs and 1 orange



TRY CUTTING CAFFEINE

It's ideal to eliminate caffeine along with processed food, added sugar, and alcohol—so if you can do it, go for it! But if the thought holds you back from following the plan, allow yourself one cup of coffee or tea per day. A splash of dairy is fine, but avoid any added sugars or sweeteners, including artificial ones.

SIMPLE SWAPS

There's no magical combination of superfoods in the plan, so it's fine to substitute a food in the same food group for around the same calories, if needed.

Protein

Swap an equal amount of another lean protein (chicken breast, fish, shrimp, or lean steak).

Fruit

Use an equal amount of another fresh fruit.

Vegetables

Sub an equal amount of another low-calorie vegetable (carrots, green beans, zucchini, broccoli, cauliflower, spinach, leafy greens, or cucumber).

Quinoa

Swap an equal amount of other cooked whole grains.

Dairy

See dairy-free options listed. May add 1 to 2 Tbsp. milk, soy milk, or almond milk to coffee, if desired (no sugar, though).

DINNER

PAN-SEARED SHRIMP WITH ROSEMARY SPAGHETTI SQUASH

Active: 20 min. Total: 20 min.
For a faster option, you can use an equal amount of raw zucchini noodles or ribbons in place of the spaghetti squash. For a heartier dinner, serve with 1 cup steamed green beans.

- 2 tsp. olive oil, divided
- 6 oz. large peeled and deveined shrimp
- ¼ cup thinly sliced red onion
- ½ tsp. minced garlic
- 1½ cups Easy Baked Spaghetti Squash (see page 133)
- 5 cherry tomatoes, halved
- 1 tsp. fresh lemon juice
- ¼ tsp. chopped fresh rosemary

Dash of salt

1. Heat 1 teaspoon olive oil in a medium skillet over medium-high. Add shrimp; cook 2 minutes on each side or until done. Remove from pan; keep warm. Return skillet to medium-high. Add remaining 1 teaspoon oil to pan; swirl to coat. Add onion and garlic; sauté 4 minutes or until onion is tender. Add squash, tomatoes, juice, rosemary, and salt. Cook 2 minutes or until warmed through. Top with shrimp.

➤ SERVES 1 (serving size: about 3 cups)
CALORIES 318; **FAT** 10.7g (sat 1.6g, mono 6.8g, poly 1.6g); **PROTEIN** 37g; **CARB** 22g; **FIBER** 5g; **SUGARS** 9g (est. added sugars 0g); **CHOL** 274mg; **IRON** 2mg; **SODIUM** 398mg; **CALC** 178mg

DINNER
Pan-Seared Shrimp
with Rosemary
Spaghetti Squash



DAY 3

1,285 Total Calories

LUNCH

GREEK SPAGHETTI SQUASH TOSS

Active: 20 min. Total: 20 min.

Spaghetti squash is a great lower-calorie, lower-carb alternative to pasta. It's a neutral-tasting veggie that absorbs all the flavors of this simple dish. Eat with 1 orange or 2 clementines. Dairy-free option: Use 4 teaspoons toasted chopped walnuts instead of feta cheese.

- 1 tsp. olive oil
- ¼ cup thinly sliced red onion
- ½ tsp. minced garlic
- ⅓ cup unsalted chickpeas, rinsed and drained
- ½ tsp. chopped fresh thyme
- 6 cherry tomatoes, halved
- 1½ cups Easy Baked Spaghetti Squash (see page 133)
- 1 cup baby spinach, torn
- Dash of salt
- 2 Tbsp. crumbled feta cheese

1. Heat oil in a medium skillet over medium-high. Add onion and garlic; sauté 4 minutes. Add chickpeas, thyme, and tomatoes; cook 1 minute. Add spaghetti squash, spinach, and salt; toss gently to combine. Cook 2 minutes or until spinach is just wilted. Sprinkle with cheese.

➤ **SERVES 1** (serving size: 3 cups)

CALORIES 272; **FAT** 10.9g (sat 3.8g, mono 4.6g, poly 1.7g); **PROTEIN** 11g; **CARB** 37g; **FIBER** 10g; **SUGARS** 13g (est. added sugars 0g); **CHOL** 17mg; **IRON** 4mg; **SODIUM** 516mg; **CALC** 246mg

HYDRATE

Reach for water throughout the day; don't wait until you feel thirsty. Add a squeeze of lemon or lime, or toss in cucumber slices for flavor if you struggle to get plain water down.

BREAKFAST

Berry Green Smoothie
Recipe p. 136

SNACKS

3 Tbsp. hummus with
½ cup cucumber slices
and 1 medium apple

LUNCH

Greek Spaghetti Squash Toss and 1 orange or 2 clementines

THE COOKING LIGHT

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DINNER

Roasted Salmon with Kale-Quinoa Salad



DINNER

ROASTED SALMON WITH KALE-QUINOA SALAD

Active: 15 min. Total: 15 min.

The American Heart Association recommends eating salmon or other fatty fish twice a week to reap the cardiovascular benefits that the omega-3 fatty acids provide. Look for wild salmon, which has 5 to 10 times fewer contaminants and persistent organic pollutants (POPs) than farm-raised.

- 1 (6-oz.) wild salmon fillet
- Cooking spray
- 1 tsp. olive oil
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{8}$ tsp. freshly ground black pepper
- $1\frac{1}{2}$ cups thinly sliced lacinato kale
- $\frac{1}{2}$ cup cooked quinoa
- 1 Tbsp. All-Purpose Citrus Dressing (see page 133)
- 5 seedless red grapes, halved

1. Preheat oven to 425°F.
2. Place salmon on a foil-lined baking sheet coated with cooking spray. Rub evenly with oil, salt, and pepper. Bake at 425°F for 10 minutes or until fish flakes easily when tested with a fork.
3. While fish cooks, combine kale, quinoa, All-Purpose Citrus Dressing, and grapes in a bowl; toss to combine. Let stand 5 minutes. Top with salmon.

➤ **SERVES 1** (serving size: $1\frac{1}{2}$ cups salad and 1 fillet)

CALORIES 453; **FAT** 19.8g (sat 3g, mono 10.4g, poly 4g); **PROTEIN** 43g; **CARB** 27g; **FIBER** 4g; **SUGARS** 5g (est. added sugars 0g); **CHOL** 86mg; **IRON** 3mg; **SODIUM** 519mg; **CALC** 72mg

WHAT'S NEXT?

Continue eating healthy foods and portions, but take a break from the detox, and increase your caloric intake. Incorporate the plan's five pillars (see page 132) when possible, and feel free to repeat the cleanse at the beginning of each week, once a month, or as needed.