

2 captures

4 Jan 14 - 14 Sep 14

 **ethicalBlog**
Discover **GREENER** choices



About Us

Recipes

Health

Home & Garden


Fashion & Beauty



Parenting

Giveaways

[<< Go to Blog Homepage](#)

New Year New You Detox Plan

 Like Sign Up to see what your friends like.

 Share
   Tweet
  Email

Save 70%
on GREENER choices



View Deals

Healthy New Year



Search ethicalBlog











Happy 2014 from ethicalDeal - hopefully your holidays were nothing short of merry and bright! With the winter holidays being known as a popular time of indulgence, here's a simple daily detox plan to supplement your health-related New Years Resolutions.

New Years Detox

You can follow this detox plan anywhere for 1 day to 3 days - or longer if you'd like! There are a few key detoxifying foods that are necessary to include each day. Dandelion tea first thing in the morning along with broccoli, cilantro, parsley, cauliflower and an assortment of greens and other veggies,

RSS Categories

-  Contributors (13)
-  Fashion & Beauty (65)
-  Giveaways (26)
-  Health (173)
-  Home & Garden (101)
-  News (60)
-  Parenting (54)
-  Recipes (190)

Like Us on Facebook

promotes gentle liver cleansing, healthy elimination and detoxification. Ginger promotes digestion and reduces inflammation. An absence of common allergens such as wheat, dairy, gluten and meat, will help the body further reduce it's toxic load.

First thing in AM

Dandelion tea



Photocredit: Flickr / Bruce McKay Yellow Snow Photography

Steep with the juice of 1/2 lemon + 1 inch ginger

* Wait 20 min. before eating breakfast.

Breakfast

Gluten-free oatmeal



Photocredit: Flickr / nate steiner

1 cup cooked gluten-free oats

Top with apple chunks, cinnamon, hemp hearts and soaked walnuts.

*Apple slices may be lightly sautéed in coconut oil to soften and enhance juiciness, if you wish.

Snack #1

Green Smoothie



*Before or after lunch

1/2 avocado

Chopped cilantro

1 cup spinach

1 cup kale

ethicalDeal
Like
9,702 people like ethicalDeal.
Facebook social plugin

Follow Us on Twitter

Tweets by @ethicalDeal

What we are talking about

Baking **Brandi Wagner** Brittany Eidsness
Cleaning Coconut Oil Contest

DIY **Doug Stewart** Eco-Friendly
Eco Fashion

EthicalDeal Fitness **Food** Genevieve

Blanchet **Gluten Free Green**
Green Cleaning Green Tips Halloween

Health Healthy
Eating Healthy Food

1/2 cup berries
1/2 banana

Lunch

Detox salad



Photocredit: Flickr / net_efekt / thebittenword.com

1 cup arugula
1/2 cup cooked quinoa
1/2 cup cooked kidney beans
1/2 cup sunflower seeds
Finely chopped parsley
Grated zucchini
Grated beets
Grated carrots
2 tbsp olive oil (mixing with dijon mustard is optional to add a tangy taste to the dressing)

Snack #2

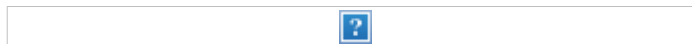


Photocredit: Flickr / HealthAliciousNess

1 handful of soaked almonds plus fresh pear slices

Dinner

Steamed salmon fillet



Plus 1/2 cup brown basmati rice
Lightly steamed broccoli and cauliflower florets

Healthy Recipes Holiday

Home Jenn Chic Katrina Roberto Lia

& Mary **Maryruth Belsey**

Priebe Natural Remedies

Natural Skincare Nutrition

Organic **Recipe Recipes**

Smoothie Summer Superfoods **Tips**

Vancouver **Vegan Vegan Recipe**

Vegetarian Visnja Milidragovic
Yoga

or Vegetable Curry

2 tbsp coconut oil
1 inch ginger
1 garlic clove
1 finely chopped onion
1 cup broccoli florets
1 cup cauliflower florets
2 tablespoons garam masala
1/2 red chili pepper (sliced into strips)
1 cubed sweet potato, with the skin left on
1 cup diced tomatoes
2 tbsp chopped parsley
1 tbsp coriander
1 pinch of salt & pepper
A few sprigs cilantro

Instructions

1. In a large sauce pan, sauté onion, garlic and ginger until onion is soft and translucent.
2. Add sweet potato and chili pepper, cooking until soft, around 25 minutes.
3. Stir in remaining ingredients and cook for another 20 minutes, stirring every so often.
4. Once ingredients are fully cooked, remove from heat.
5. Garnish with cilantro- serve on top of 1/4 cup brown basmati rice if desired.

Why wait until New Years to detox? Here's a list of the [Top Detoxifying Foods](#) you can include in your diet year round!

About the Author:

Brandi Wagner is a Registered Holistic Nutritionist from Vancouver, BC. Having finally found her way to wellness through nutrition, she is inspired to share her knowledge of holistic health and the impact of real food on ones radiance and inner glow. Brandi is often found creating homemade facials in her kitchen, writing (usually about food) and spending time on her yoga mat. For more from Brandi, visit her website at www.sexyfoodsexyyou.com.

0 Comments



Add a comment...

 Facebook Comments Plugin



Tags: [detox](#) [DIY food health](#) [healthy healthy eating healthy food](#) [Maryruth Belsey Priebe Tips](#)

[« Previous Post](#) | [Home Page](#) | [Next Post »](#)

COMPANY

[About Us](#)

[Contact](#)

[Media](#)

[Jobs](#)

[Legal](#)

[Privacy Policy](#)

LEARN MORE

[FAQ](#)

[How It Works](#)

FOR BUSINESSES

[Why EthicalDeal?](#)

[Get Featured](#)