



EASY DETOX & RESET MEALS

CLEAN UP YOUR DIET FOR
THE NEW YEAR WITH 20
EASY "DETOX" RECIPES!





INTRODUCTION

CONGRATS ON PICKING UP THIS MONTH'S EDITION OF THE RECIPE BOOK FOR THE V SHRED FOODIES CLUB!

The New Year is the perfect time to “reset” your diet and fitness goals. And if you’re carrying some extra weight from the holidays and feeling sluggish, make sure to include some detox foods and drinks that will help supercharge your metabolism! From juices and smoothies to power salads and wraps, you can enjoy a variety of great-tasting meals and snacks that will help you feel lighter in no time.

Treat yourself to this month’s lineup of detox recipes that includes Spicy Black Bean and Corn Lettuce Wraps, Chia Seed Detox Pudding with Berries, and Zucchini Noodles with Pesto!

Have fun, and don’t forget to join our private FB Group to post your latest creations!

Share Your Recipes and Photos in the V Shred Foodies FB Group Here!



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ULTIMATE GREENS DETOX SMOOTHIE



93

CALORIES

2

FAT

11

CARBS

2

PROTEIN

4

SERVINGS

Kick off your day with this delicious detox smoothie loaded with nutrients, vitamins, and minerals your body needs to stay healthy. It's low in sugar and you can also throw in a scoop of Greens powder for an extra boost of nutrients!

INGREDIENTS

2 cups fresh spinach leaves
1 cucumber, peeled and sliced
2 kiwi fruits, peeled and chopped
1 green apple, cored and chopped
1/2 lemon, juiced
1 tablespoon fresh ginger, grated
1 cup celery, chopped
1/2 cup parsley leaves
1 tablespoon chia seeds
1 tablespoon flaxseeds
2 cups coconut water or water
Ice cubes (optional)

INSTRUCTIONS

1. Prepare the Ingredients
2. Wash and prepare all the fruits and vegetables as needed.
3. Blend the Greens:
4. In a blender, combine the spinach, cucumber, kiwi, green apple, lemon juice, ginger, celery, and parsley.
5. Add Seeds:
6. Add chia seeds and flaxseeds to the blender.
7. Pour Liquid:
8. Pour in the coconut water or water.
9. Blend Until Smooth:
10. Blend the ingredients until you achieve a smooth consistency.
11. Adjust Consistency:
12. If the smoothie is too thick, add more water until you reach your desired consistency.
13. Taste and Adjust:
14. Taste the smoothie and adjust the flavor as needed. You can add more lemon juice for acidity or a touch of honey if you prefer it sweeter.
15. Serve:
16. Pour the smoothie into glasses. You can add ice cubes if you want a colder drink.

WATERMELON AND MINT DETOX SALAD

120

CALORIES

3

FAT

20

CARBS

3

PROTEIN

4

SERVINGS

Trade one of your snacks for this light salad to support a healthy digestion. The mix of sweet and savory will wake up your taste buds, and since it's loaded with water, will also help give you a boost of hydration.

INGREDIENTS

4 cups seedless watermelon, cubed
 1 cucumber, peeled and diced
 1 cup cherry tomatoes, halved
 1/2 red onion, thinly sliced
 1/4 cup fresh mint leaves, chopped
 1/4 cup feta cheese, crumbled (optional)
 1 tablespoon extra-virgin olive oil
 1 tablespoon fresh lime or lemon juice
 Salt and pepper, to taste

INSTRUCTIONS

1. Prepare the Ingredients:
2. Wash and dice the watermelon, cucumber, cherry tomatoes, and mint leaves. Thinly slice the red onion.
3. Combine Ingredients:
4. In a large salad bowl, combine the watermelon, cucumber, cherry tomatoes, red onion, and chopped mint leaves.
5. Add Feta Cheese (Optional):
6. If you like, sprinkle crumbled feta cheese over the salad for an extra burst of flavor.
7. Prepare Dressing:
8. In a small bowl, whisk together the extra-virgin olive oil and fresh lime or lemon juice. Season with salt and pepper to taste.
9. Toss Salad:
10. Drizzle the dressing over the salad and gently toss until all ingredients are well combined.
11. Chill (Optional):
12. You can refrigerate the salad for 15-30 minutes if you prefer it chilled.
13. Serve:
14. Divide the Watermelon and Mint Detox Salad into four serving bowls or plates.

BEET AND CARROT DETOX JUICE

76

CALORIES

0

FAT

18

CARBS

1.5

PROTEIN

4

SERVINGS

Kickstart your new year with a vibrant burst of energy from these tasty veggies! This detoxifying juice is brimming with vitamins and nutrients naturally found in beets and carrots, not only rejuvenates your body but also supports liver health, making it the perfect ally for a fresh start.

INGREDIENTS

2 medium-sized beets, peeled and chopped
4 large carrots, peeled and chopped
1 apple, cored and chopped
1-inch piece of fresh ginger, peeled
1 lemon, peeled and segmented
4 cups cold water or coconut water
Ice cubes (optional)

INSTRUCTIONS

1. Prepare the Ingredients: Wash, peel, and chop the beets, carrots, apple, and ginger. Peel and segment the lemon.
2. Juicing: In a juicer, combine the beets, carrots, apple, ginger, and lemon segments. Juice the ingredients according to your juicer's instructions.
3. Mix with Water: In a large pitcher, combine the freshly extracted juice with cold water or coconut water. Stir well to mix.
4. Strain (Optional): If you prefer a smoother juice, you can strain the mixture using a fine mesh strainer or cheesecloth to remove any pulp.
5. Chill (Optional): Refrigerate the juice for at least 30 minutes before serving if you prefer it chilled.
6. Serve: Pour the Beet and Carrot Detox Juice into glasses. Add ice cubes if desired.
7. Garnish (Optional): Garnish with a slice of lemon on the rim of the glass or a sprig of mint for a decorative touch.
8. Enjoy: Serve immediately and enjoy this nutrient-packed Beet and Carrot Detox Juice!

ZUCCHINI NOODLES WITH PESTO & CHERRY TOMATOES

336

CALORIES

30

FAT

12

CARBS

7

PROTEIN

4

SERVINGS

Embrace a lighter you this season with these zesty noodles! Packed with antioxidants from cherry tomatoes and the healthy fats of pesto, this low-calorie dish is a must for any detox season because it helps promote digestion and supports a healthy weight.

INGREDIENTS

4 medium-sized zucchinis, spiralized into noodles
 1 tablespoon olive oil
 Salt and pepper to taste
 2 cups fresh basil leaves, packed
 1/2 cup grated Parmesan cheese
 1/2 cup pine nuts or walnuts
 2 garlic cloves, peeled
 1/2 cup extra-virgin olive oil
 Salt and pepper to taste
 1 cup cherry tomatoes, halved
 Extra grated Parmesan cheese for garnish
 Fresh basil leaves for garnish

INSTRUCTIONS

1. For the Zucchini Noodles: Spiralize Zucchini: Use a spiralizer to turn the zucchinis into noodles.
2. Cook Zucchini Noodles: Heat olive oil in a large skillet over medium heat. Add the zucchini noodles and sauté for 2-3 minutes until just tender. Season with salt and pepper. Be careful not to overcook, as zucchini noodles can become mushy.
3. For the Pesto: Prepare Pesto: In a food processor, combine the basil, Parmesan cheese, pine nuts or walnuts, and garlic cloves. Pulse until finely chopped.
4. Add Olive Oil: With the food processor running, slowly pour in the olive oil until the pesto reaches your desired consistency. Season with salt and pepper to taste.
5. Assembly: Combine Zucchini Noodles and Pesto: Toss the cooked zucchini noodles with the prepared pesto until well coated.
6. Add Cherry Tomatoes: Gently fold in the halved cherry tomatoes.
7. Serve: Divide the Zucchini Noodles with Pesto and Cherry Tomatoes among four plates.
8. Garnish: Garnish with extra grated Parmesan cheese and fresh basil leaves.
9. Enjoy: Serve immediately and enjoy this light and flavorful Zucchini Noodles dish!

DETOX GREEN TEA MATCHA SMOOTHIE

147

CALORIES

3

FAT

28

CARBS

2

PROTEIN

4

SERVINGS

Energize your mornings with a tasty matcha smoothie. A powerhouse of antioxidants, this vibrant blend not only enhances metabolism but also provides a gentle caffeine boost, making it an ideal addition to your New Year detox journey.

INGREDIENTS

2 teaspoons matcha green tea powder
 2 cups unsweetened almond milk or coconut milk
 2 cups fresh spinach leaves
 1 cucumber, peeled and sliced
 1 green apple, cored and chopped
 1 ripe banana
 1 tablespoon chia seeds
 1 tablespoon flaxseeds
 1 tablespoon honey or maple syrup (optional, for sweetness)
 Ice cubes (optional)

INSTRUCTIONS

1. Brew Matcha: In a small bowl, whisk the matcha green tea powder with a little water to make a smooth paste. Add more water if needed. Set aside.
2. Prepare Ingredients: Wash and prepare the spinach, cucumber, green apple, and banana.
3. Blend the Greens: In a blender, combine the matcha paste, almond milk or coconut milk, spinach, cucumber, green apple, banana, chia seeds, and flaxseeds.
4. Add Sweetener (Optional): If you prefer a sweeter smoothie, add honey or maple syrup to the blender.
5. Blend Until Smooth: Blend all the ingredients until you achieve a smooth and creamy consistency.
6. Adjust Consistency: If the smoothie is too thick, add more almond milk or coconut milk until you reach your desired consistency.
7. Add Ice Cubes (Optional): If you want a colder smoothie, add a handful of ice cubes to the blender and blend again until smooth.
8. Taste and Adjust: Taste the smoothie and adjust the sweetness or thickness if needed.
9. Serve: Pour the Detox Green Tea Matcha Smoothie into glasses.
10. Garnish (Optional): Garnish with a sprinkle of matcha powder on top or a slice of cucumber for a decorative touch.
11. Enjoy: Serve immediately and enjoy this refreshing and detoxifying green tea matcha smoothie!

SPINACH AND BERRY POWER SALAD

231

CALORIES

7

FAT

40

CARBS

4

PROTEIN

4

SERVINGS

Fuel your body with a tasty salad bursting with vitamins and antioxidants. This colorful mix not only supports your immune system but also aids in detoxification.

INGREDIENTS

8 cups fresh baby spinach leaves, washed
 1 cup strawberries, hulled and sliced
 1 cup blueberries
 1 cup raspberries
 1/2 cup sliced almonds, toasted
 1/4 cup crumbled feta cheese (optional)
 3 tablespoons extra-virgin olive oil
 2 tablespoons balsamic vinegar
 1 tablespoon honey or maple syrup
 1 teaspoon Dijon mustard
 Salt and pepper to taste

INSTRUCTIONS

1. For the Salad: Prepare Spinach: Wash and dry the baby spinach leaves thoroughly. Place them in a large salad bowl.
2. Add Berries: Add the sliced strawberries, blueberries, and raspberries to the bowl.
3. Toast Almonds: In a dry skillet over medium heat, toast the sliced almonds until they are golden brown. Keep a close eye on them to prevent burning.
4. Assemble Salad: Sprinkle the toasted almonds over the salad. If using, add the crumbled feta cheese.
5. For the Dressing: Whisk Dressing: In a small bowl, whisk together the olive oil, balsamic vinegar, honey or maple syrup, Dijon mustard, salt, and pepper.
6. Taste and Adjust: Taste the dressing and adjust the sweetness or acidity to your liking.
7. Dress Salad: Drizzle the dressing over the salad just before serving.
8. Toss Gently: Gently toss the salad to coat the ingredients evenly with the dressing.
9. Serve: Divide the Spinach and Berry Power Salad among four plates.
10. Garnish (Optional): Garnish with additional toasted almonds or a few whole berries.
11. Enjoy: Serve immediately and enjoy this vibrant and nutrient-packed Spinach and Berry Power Salad!

QUINOA AND VEGGIE STUFFED BELL PEPPERS

478

CALORIES

16

FAT

63

CARBS

21

PROTEIN

4

SERVINGS

Packed with fiber-rich quinoa and an array of colorful veggies, this dish is a nutrient-packed, low-calorie option that satisfies your taste buds while promoting digestive health. Try it for lunch or a light dinner this week!

INGREDIENTS

4 large bell peppers, halved and seeds removed
 1 cup quinoa, rinsed
 2 cups vegetable broth or water
 1 tablespoon olive oil
 1 onion, finely chopped
 2 cloves garlic, minced
 1 zucchini, diced
 1 carrot, grated
 1 cup cherry tomatoes, halved
 1 cup black beans, drained and rinsed
 1 teaspoon cumin
 1 teaspoon paprika
 Salt and pepper to taste
 1 cup shredded cheese (cheddar or a blend), optional for topping
 1 can (14 oz) crushed tomatoes
 1 teaspoon dried oregano
 1 teaspoon dried basil
 Salt and pepper to taste

INSTRUCTIONS

1. Cook Quinoa: In a medium saucepan, combine quinoa and vegetable broth or water. Bring to a boil, then reduce the heat to low, cover, and simmer for 15-20 minutes or until the quinoa is cooked and the liquid is absorbed. Fluff the quinoa with a fork.
2. Preheat the oven to 375°F (190°C).
3. Prepare Bell Peppers: Cut the bell peppers in half lengthwise, remove the seeds, and place them in a baking dish.
4. Sauté Vegetables: In a large skillet, heat olive oil over medium heat. Add chopped onion and garlic and sauté until softened.
5. Add Zucchini and Carrot: Add diced zucchini and grated carrot to the skillet. Cook for 3-4 minutes until the vegetables are tender.
6. Combine with Quinoa: In the skillet, combine the sautéed vegetables with cooked quinoa. Add halved cherry tomatoes, black beans, cumin, paprika, salt, and pepper. Mix well.
7. Stuff Bell Peppers: Spoon the quinoa and vegetable mixture into each bell pepper half, pressing down gently to pack the filling.
8. Prepare Tomato Sauce: In a small bowl, mix crushed tomatoes, dried oregano, dried basil, salt, and pepper.
9. Pour Sauce Over Peppers: Pour the tomato sauce over the stuffed bell peppers in the baking dish.
10. Cover the baking dish with aluminum foil and bake in the preheated oven for 25-30 minutes or until the peppers are tender.
11. Optional Topping: If using cheese, remove the foil, sprinkle shredded cheese over the stuffed peppers, and bake for an additional 5-7 minutes until the cheese is melted and bubbly.
12. Serve: Remove from the oven and let it cool slightly. Serve the Quinoa and Veggie Stuffed Bell Peppers warm.

LOW CARB EGG AND VEGGIE MUFFINS



174

CALORIES

11

FAT

10

CARBS

7

PROTEIN

4

SERVINGS

Start your day right with our Low Carb Egg and Veggie Muffins! High in protein and low in carbs, these savory muffins can support muscle health but also keep you feeling full for a few hours.

INGREDIENTS

8 large eggs
 1/4 cup unsweetened almond milk or any milk of your choice
 1 cup cherry tomatoes, diced
 1/2 cup bell peppers, diced (use a mix of colors)
 1/2 cup spinach, chopped
 1/4 cup red onion, finely chopped
 1/4 cup feta cheese, crumbled (optional)
 Salt and pepper to taste
 Cooking spray or olive oil for greasing

INSTRUCTIONS

1. Preheat Oven: Preheat your oven to 375°F (190°C).
2. Prepare Muffin Tin: Grease a muffin tin with cooking spray or a small amount of olive oil.
3. Whisk Eggs: In a large bowl, whisk together eggs and almond milk until well combined.
4. Add Vegetables: Add diced cherry tomatoes, bell peppers, chopped spinach, and finely chopped red onion to the egg mixture. Mix well.
5. Season: Season the mixture with salt and pepper to taste. Stir in crumbled feta cheese if using.
6. Fill Muffin Cups: Pour the egg and vegetable mixture evenly into the prepared muffin tin, filling each cup almost to the top.
7. Bake: Bake in the preheated oven for 20-25 minutes or until the egg muffins are set and lightly golden on top.
8. Cool and Serve: Allow the egg muffins to cool in the muffin tin for a few minutes before transferring them to a wire rack.
9. Serve Warm or Cold: Serve the Low Carb Egg and Veggie Muffins warm or refrigerate for later. They are great for meal prep and can be enjoyed cold as well.

DETOX BERRY AND KALE PROTEIN SMOOTHIE



191

CALORIES

3

FAT

30

CARBS

7

PROTEIN

4

SERVINGS

Revitalize your body and enjoy an energy boost with this delicious smoothie you can enjoy for breakfast or any time of day. Packed with the goodness of berries, kale, and protein, this smoothie not only aids in detoxification but also make sit easy to boost your nutrient intake.

INGREDIENTS

2 cups kale leaves, stems removed
 1 cup frozen mixed berries (such as strawberries, blueberries, and raspberries)
 1 ripe banana
 1/2 cup plain Greek yogurt
 1 scoop protein powder (plant-based or whey, as per preference)
 1 tablespoon chia seeds
 1 tablespoon hemp seeds
 1-2 teaspoons honey or maple syrup (optional, for sweetness)
 2 cups unsweetened almond milk or water
 Ice cubes (optional)

INSTRUCTIONS

1. Prepare Ingredients: Wash the kale leaves thoroughly and remove the stems. Peel and slice the ripe banana.
2. Blend Greens: In a blender, combine the kale leaves and almond milk. Blend until the kale is finely chopped.
3. Add Frozen Berries and Banana: Add the frozen mixed berries, sliced banana, and Greek yogurt to the blender.
4. Include Protein Powder: Add the protein powder to the blender. This adds an extra boost of protein to the smoothie.
5. Incorporate Seeds: Add chia seeds and hemp seeds to the blender.
6. Sweeten (Optional): If you prefer a sweeter smoothie, add honey or maple syrup to taste.
7. Blend Until Smooth: Blend all the ingredients until you achieve a smooth and creamy consistency. If the smoothie is too thick, add more almond milk or water.
8. Adjust Consistency: Adjust the thickness of the smoothie by adding more liquid if needed.
9. Add Ice Cubes (Optional): If you want a colder smoothie, you can add a handful of ice cubes to the blender and blend again.
10. Taste and Adjust: Taste the smoothie and adjust the sweetness or thickness if necessary.
11. Serve: Pour the Detox Berry and Kale Protein Smoothie into glasses.
12. Garnish (Optional): Garnish with a few whole berries or a sprinkle of chia seeds for a decorative touch.
13. Enjoy: Serve immediately and enjoy this refreshing and nutrient-packed Detox Berry and Kale Protein Smoothie!

GRILLED PORTOBELLO MUSHROOM DETOX WRAP



462

CALORIES

23

FAT

54

CARBS

12

PROTEIN

4

SERVINGS

Filled with fiber-rich mushrooms and a medley of detoxifying ingredients, this light but satisfying meal is a healthy way to support your body's natural cleansing process.

INGREDIENTS

4 large portobello mushrooms, stems removed
 2 tablespoons balsamic vinegar
 2 tablespoons olive oil
 2 cloves garlic, minced
 1 teaspoon dried thyme
 Salt and pepper to taste
 4 large whole-grain or spinach tortillas
 1 cup hummus (store-bought or homemade)
 2 cups mixed greens (spinach, arugula, or kale)
 1 cucumber, thinly sliced
 1 avocado, sliced
 1 cup cherry tomatoes, halved
 1/4 cup red onion, thinly sliced
 Fresh cilantro or parsley for garnish (optional)

INSTRUCTIONS

1. For the Grilled Portobello Mushrooms: Preheat Grill or Grill Pan: Preheat an outdoor grill or grill pan over medium-high heat.
2. Marinate Mushrooms: In a small bowl, whisk together balsamic vinegar, olive oil, minced garlic, dried thyme, salt, and pepper. Brush the mixture over the portobello mushrooms, ensuring they are well coated.
3. Grill Mushrooms: Grill the portobello mushrooms for 4-5 minutes per side or until they are tender and have nice grill marks. Remove from the grill and set aside.
4. Assembling the Detox Wrap: Prepare Tortillas: Warm the tortillas slightly on the grill or in a dry pan.
5. Spread Hummus: Spread a generous layer of hummus over each tortilla, leaving space around the edges.
6. Layer with Greens and Vegetables: Place a handful of mixed greens in the center of each tortilla. Add grilled portobello mushrooms, cucumber slices, avocado slices, cherry tomatoes, and thinly sliced red onion.
7. Garnish (Optional): Garnish with fresh cilantro or parsley if desired.
8. Fold and Roll: Fold the sides of the tortilla inwards and then roll it up tightly from the bottom to create a wrap.
9. Serve: Slice each wrap in half diagonally and serve immediately.

CHIA SEED DETOX PUDDING WITH BERRIES



225

CALORIES

10

FAT

29

CARBS

5

PROTEIN

4

SERVINGS

This one is sure to satisfy your sweet tooth and makes the perfect snack or dessert. It's packed with omega-3 fatty acids, natural sugars, and antioxidants which support the body's detoxification process.

INGREDIENTS

- 1/2 cup chia seeds
- 2 cups unsweetened almond milk or coconut milk
- 1 teaspoon pure vanilla extract
- 2 tablespoons maple syrup or honey (adjust to taste)
- 1 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh mint leaves (optional, for garnish)

INSTRUCTIONS

1. For the Chia Seed Pudding: Mix Ingredients: In a bowl, combine chia seeds, almond milk (or coconut milk), vanilla extract, and maple syrup. Stir well to combine.
2. Chill: Cover the bowl and refrigerate for at least 2 hours or overnight to allow the chia seeds to absorb the liquid and create a pudding-like consistency.
3. For the Berry Topping: Prepare Berries: In a separate bowl, mix the mixed berries with fresh lemon juice. Toss gently to combine.
4. Assembling the Chia Seed Detox Pudding: Layer Pudding and Berries: Spoon the chilled chia seed pudding into serving glasses or bowls.
5. Add Berry Topping: Top the chia seed pudding with the mixed berries.
6. Garnish (Optional): Garnish with chopped fresh mint leaves for a burst of freshness.
7. Serve: Serve the Chia Seed Detox Pudding with Berries immediately or refrigerate until ready to serve.
8. Enjoy: Enjoy this delightful and nutritious Chia Seed Detox Pudding with the goodness of chia seeds and antioxidant-rich berries!

AVOCADO AND CHICKPEA LETTUCE WRAPS



389

CALORIES

17

FAT

54

CARBS

14

PROTEIN

4

SERVINGS

These nutrient-dense wraps are a satisfying blend of fiber and healthy fats, making them a light yet filling option when you want a detox-friendly meal. Try them with hot sauce for an extra kick!

INGREDIENTS

1 can (15 oz) chickpeas, drained and rinsed
 2 ripe avocados, peeled and diced
 1 cup cherry tomatoes, halved
 1/2 red onion, finely diced
 1/4 cup fresh cilantro, chopped
 Juice of 1 lime
 Salt and pepper to taste
 4 large lettuce leaves (such as Bibb or iceberg)
 Optional toppings:
 Greek yogurt or vegan yogurt
 Hot sauce
 Salsa

INSTRUCTIONS

1. Prepare the Chickpea Filling: In a medium bowl, mash the chickpeas with a fork or potato masher until you have a chunky consistency.
2. Add diced avocado, cherry tomatoes, red onion, cilantro, lime juice, salt, and pepper. Mix everything together until well combined.
3. Assemble the Wraps: Lay out the large lettuce leaves on a clean surface.
4. Spoon the avocado and chickpea filling evenly onto each lettuce leaf.
5. Optional Toppings: Drizzle with a dollop of Greek yogurt or vegan yogurt.
6. Add hot sauce or salsa according to your taste preferences.
7. Wrap and Serve:
8. Fold the sides of each lettuce leaf over the filling, creating a wrap.
9. Secure with toothpicks if necessary.
10. Serve: Arrange the wraps on a serving platter and enjoy immediately.

MEDITERRANEAN QUINOA LETTUCE WRAPS WITH HUMMUS

244

CALORIES

10

FAT

31

CARBS

6

PROTEIN

4

SERVINGS

This one might just be a new lunch favorite any time of year! These lettuce wraps are packed with quinoa's protein power and the heart-healthy benefits of olive oil. They're a delicious way to support your detox goals.

INGREDIENTS

For the Quinoa Filling:

- 1 cup quinoa, cooked according to package instructions
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/2 cup Kalamata olives, pitted and sliced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh parsley, chopped
- 2 tablespoons extra-virgin olive oil
- Juice of 1 lemon
- Salt and pepper to taste
- 4 large lettuce leaves (such as Romaine or Bibb)
- Hummus (store-bought or homemade)
- Optional Garnish:
- Feta cheese, crumbled
- Pine nuts, toasted

INSTRUCTIONS

1. Prepare the Quinoa Filling: In a large bowl, combine the cooked quinoa, cherry tomatoes, cucumber, Kalamata olives, red onion, and fresh parsley.
2. Drizzle with extra-virgin olive oil and lemon juice.
3. Season with salt and pepper to taste.
4. Toss the ingredients until well combined.
5. Assemble the Wraps: Lay out the large lettuce leaves on a clean surface.
6. Spread a generous spoonful of hummus onto each lettuce leaf.
7. Add the Quinoa Filling: Spoon the quinoa mixture over the hummus, distributing it evenly among the lettuce leaves.
8. Optional Garnish: Crumble feta cheese over the quinoa filling.
9. Sprinkle toasted pine nuts on top.
10. Wrap and Serve:
11. Fold the sides of each lettuce leaf over the filling, creating a wrap.
12. Serve: Arrange the wraps on a serving platter and serve immediately.

SPICY BLACK BEAN AND CORN LETTUCE WRAPS

231

CALORIES

9

FAT

36

CARBS

9

PROTEIN

4

SERVINGS

Packed with fiber and essential nutrients, these wraps are not only loaded with flavor but also contribute to digestive health. Load them up with roasted veggies and other vegetables to make them even more nutritious!

INGREDIENTS

1 can (15 oz) black beans, drained and rinsed
 1 cup corn kernels (fresh, frozen, or canned)
 1 red bell pepper, diced
 1/2 red onion, finely chopped
 1 jalapeño, seeded and minced
 2 cloves garlic, minced
 1 teaspoon ground cumin
 1 teaspoon chili powder
 Salt and pepper to taste
 2 tablespoons olive oil
 4 large lettuce leaves (such as Iceberg or Butterhead)
 Optional Toppings:
 Avocado slices
 Fresh cilantro, chopped
 Lime wedges
 Greek yogurt or sour cream

INSTRUCTIONS

1. Prepare the Black Bean and Corn Filling: In a large skillet, heat olive oil over medium heat.
2. Add diced red bell pepper, red onion, and jalapeño. Sauté until softened, about 3-4 minutes.
3. Add minced garlic and sauté for an additional 1-2 minutes until fragrant.
4. Stir in black beans, corn, ground cumin, and chili powder.
5. Cook for 5-7 minutes, stirring occasionally, until the mixture is heated through.
6. Season with salt and pepper to taste.
7. Assemble the Wraps: Lay out the large lettuce leaves on a clean surface.
8. Add the Black Bean and Corn Filling: Spoon the spicy black bean and corn mixture onto each lettuce leaf.
9. Optional Toppings: Top with avocado slices, chopped fresh cilantro, and a squeeze of lime juice.
10. Add a dollop of Greek yogurt or sour cream if desired.
11. Wrap and Serve: Fold the sides of each lettuce leaf over the filling, creating a wrap.
12. Serve: Arrange the wraps on a serving platter and serve immediately.

SALMON AND AVOCADO NORI WRAP

288

CALORIES

16

FAT

8

CARBS

25

PROTEIN

4

SERVINGS

Rich in omega-3 fatty acids and nutrient-dense avocado, this wrap not only satisfies your taste buds but also supports heart health. It's easy to make and can be made ahead of time to stay in the fridge for a couple of days.

INGREDIENTS

1 pound fresh salmon fillets, cooked and flaked
 1 large avocado, thinly sliced
 1 cucumber, julienned
 1 carrot, julienned
 4 sheets nori (seaweed) sheets
 2 tablespoons low-sodium soy sauce or tamari
 1 tablespoon rice vinegar
 1 teaspoon sesame oil
 1 teaspoon honey or maple syrup (optional for sweetness)
 1 teaspoon grated ginger
 1 clove garlic, minced
 Optional Toppings:
 Sesame seeds
 Sliced green onions
 Pickled ginger

INSTRUCTIONS

1. Prepare the Sauce: In a small bowl, whisk together soy sauce, rice vinegar, sesame oil, honey or maple syrup (if using), grated ginger, and minced garlic. Set aside.
2. Assemble the Nori Wraps: Lay out the nori sheets on a clean surface.
3. Add the Salmon and Avocado Filling: Place a portion of flaked salmon, avocado slices, julienned cucumber, and julienned carrot along the center of each nori sheet.
4. Drizzle with Sauce: Spoon the prepared sauce over the salmon and avocado filling.
5. Roll the Nori Wraps: Starting from one edge, carefully roll the nori sheet into a tight cylinder, enclosing the filling.
6. Slice and Serve: Use a sharp knife to slice each roll into bite-sized pieces.
7. Optional Toppings: Garnish with sesame seeds, sliced green onions, and serve with pickled ginger on the side.
8. Serve: Arrange the Salmon and Avocado Nori Wraps on a platter and serve immediately.

PORTOBELLO MUSHROOM AND GOAT CHEESE WRAP

492

CALORIES

19

FAT

63

CARBS

23

PROTEIN

4

SERVINGS

Bursting with earthy flavors and the health benefits of goat cheese, this wrap is a satisfying, detox-friendly meal that supports gut health.

INGREDIENTS

4 large portobello mushroom caps, cleaned and sliced
 2 tablespoons balsamic vinegar
 2 tablespoons olive oil
 2 cloves garlic, minced
 Salt and pepper to taste
 4 ounces goat cheese, softened
 1 tablespoon fresh thyme leaves (or 1 teaspoon dried thyme)
 Zest of 1 lemon
 Salt and pepper to taste
 4 large whole-grain or spinach tortillas
 Fresh spinach leaves
 Sliced red bell pepper
 Sliced cucumber

INSTRUCTIONS

1. Marinate the Portobello Mushrooms: In a bowl, whisk together balsamic vinegar, olive oil, minced garlic, salt, and pepper.
2. Place sliced portobello mushrooms in the marinade and toss to coat. Let them marinate for at least 15 minutes.
3. Cook the Portobello Mushrooms: Heat a grill pan or skillet over medium-high heat.
4. Add the marinated portobello mushrooms and cook for 5-7 minutes, turning occasionally, until they are tender and slightly caramelized.
5. Prepare the Goat Cheese Spread: In a small bowl, mix together softened goat cheese, thyme leaves, lemon zest, salt, and pepper. Set aside.
6. Assemble the Wraps: Spread a generous portion of the goat cheese mixture onto each tortilla.
7. Add the Portobello Mushrooms and Vegetables: Place cooked portobello mushroom slices on top of the goat cheese.
8. Add a handful of fresh spinach leaves, sliced red bell pepper, and sliced cucumber.
9. Wrap and Serve: Fold the sides of each tortilla over the filling, creating a wrap.
10. Serve: Arrange the Portobello Mushroom and Goat Cheese Wraps on a serving platter and serve immediately.

ROASTED CHICKPEAS WITH TURMERIC AND CUMIN

246

CALORIES

10

FAT

31

CARBS

9

PROTEIN

4

SERVINGS

Packed with protein and anti-inflammatory spices, these crunchy bites make for a tasty detox snack that supports digestion and overall well-being.

INGREDIENTS

2 cans (15 oz each) chickpeas, drained, rinsed, and patted dry
 2 tablespoons olive oil
 1 teaspoon ground turmeric
 1 teaspoon ground cumin
 1/2 teaspoon smoked paprika (optional, for added flavor)
 1/2 teaspoon garlic powder
 Salt and pepper to taste

INSTRUCTIONS

1. Preheat the Oven: Preheat your oven to 400°F (200°C).
2. Prepare the Chickpeas: Rinse and drain the chickpeas. Pat them dry with a paper towel to remove excess moisture. Dry chickpeas will crisp up better in the oven.
3. Season the Chickpeas: In a bowl, toss the chickpeas with olive oil, ground turmeric, ground cumin, smoked paprika (if using), garlic powder, salt, and pepper. Make sure the chickpeas are well-coated with the seasoning.
4. Spread on Baking Sheet: Spread the seasoned chickpeas in a single layer on a baking sheet. Make sure they are not crowded to allow for even roasting.
5. Roast in the Oven: Roast the chickpeas in the preheated oven for about 25-30 minutes or until they are golden brown and crispy. Shake the pan or stir the chickpeas halfway through the roasting time for even cooking.
6. Cool and Serve: Allow the roasted chickpeas to cool for a few minutes before serving. They will continue to crisp up as they cool.
7. Serve: Enjoy the roasted chickpeas as a snack on their own, or add them to salads, yogurt, or as a crunchy topping for soups.

COCONUT YOGURT PARFAIT WITH BERRIES



282

CALORIES

11

FAT

42

CARBS

4

PROTEIN

4

SERVINGS

This parfait not only satisfies your sweet tooth but also serves up a healthy dose of probiotics and antioxidants to support gut health and detoxification.

INGREDIENTS

- 2 cups coconut yogurt (unsweetened)
- 1-2 tablespoons maple syrup or honey (optional, depending on your sweetness preference)
- 1 teaspoon vanilla extract
- 2 cups mixed berries (strawberries, blueberries, raspberries, or any berries of your choice)
- 1 cup granola (choose a low-sugar or homemade option for a healthier choice)
- 1/4 cup shredded coconut (toasted, optional, for garnish)

INSTRUCTIONS

1. Prepare the Coconut Yogurt: In a bowl, mix together coconut yogurt, maple syrup or honey (if using), and vanilla extract. Adjust the sweetness to your liking.
2. Assemble the Parfaits: In serving glasses or bowls, begin layering the parfait. Start with a spoonful of coconut yogurt at the bottom.
3. Add Berries: Add a layer of mixed berries on top of the yogurt.
4. Add Granola: Sprinkle a layer of granola over the berries.
5. Repeat Layers: Repeat the layers until the glass or bowl is filled, ending with a layer of berries on top.
6. Garnish: Optionally, sprinkle toasted shredded coconut on top for added flavor and texture.
7. Repeat for Remaining Servings: Repeat the layering process for the remaining glasses or bowls.
8. Serve: Serve the Coconut Yogurt Parfait with Berries immediately, or refrigerate until ready to serve.

CHIA SEED AND BERRY DETOX ENERGY BITES

222

CALORIES

14

FAT

23

CARBS

7

PROTEIN

4

SERVINGS

Loaded with fiber, omega-3s, and antioxidants, these tasty bites are a convenient and delicious snack that support your energy levels and New Year detox goals.

INGREDIENTS

1 cup mixed berries (such as blueberries, raspberries, or strawberries), fresh or frozen
 1/2 cup rolled oats
 1/4 cup chia seeds
 1/4 cup almond butter or any nut/seed butter of your choice
 2 tablespoons honey or maple syrup
 1 teaspoon lemon zest
 1/2 teaspoon vanilla extract
 A pinch of sea salt
 Shredded coconut or crushed nuts for coating (optional)

INSTRUCTIONS

1. Prepare the Berries: If using fresh berries, wash them thoroughly. If using frozen berries, allow them to thaw slightly.
2. Blend the Berry Mixture: In a blender or food processor, combine the berries, rolled oats, chia seeds, almond butter, honey or maple syrup, lemon zest, vanilla extract, and a pinch of sea salt.
3. Blend until the mixture is well combined and forms a sticky, dough-like consistency.
4. Chill the Mixture: Transfer the mixture to a bowl and refrigerate for at least 30 minutes to allow it to firm up.
5. Shape into Bites: Once chilled, use your hands to shape the mixture into small bite-sized balls.
6. Coat with Coconut or Nuts (Optional): If desired, roll each energy bite in shredded coconut or crushed nuts to add texture and flavor.
7. Chill Again (Optional): For a firmer texture, you can place the energy bites in the refrigerator for an additional 30 minutes.
8. Serve or Store: Serve the Chia Seed and Berry Detox Energy Bites immediately, or store them in an airtight container in the refrigerator for a quick and healthy snack.

DETOX TRAIL MIX WITH NUTS, SEEDS, AND DRIED BERRIES



380

CALORIES

29

FAT

23

CARBS

11

PROTEIN

4

SERVINGS

Fuel your New Year adventures with this addictive trail mix made with a mix of nuts, seeds, and dried berries. Packed with essential nutrients and antioxidants, it's a super satisfying (and healthy) on-the-go snack!

INGREDIENTS

1/2 cup almonds, raw
 1/2 cup walnuts, raw
 1/4 cup pumpkin seeds
 1/4 cup sunflower seeds
 2 tablespoons chia seeds
 2 tablespoons flaxseeds
 1/2 cup dried blueberries
 1/2 cup dried goji berries
 1/4 cup unsweetened coconut flakes
 1 teaspoon ground cinnamon
 1/2 teaspoon turmeric (optional)
 A pinch of sea salt

INSTRUCTIONS

1. Prepare Nuts and Seeds:
2. If the nuts and seeds are not already roasted, you can toast them in a dry skillet over medium heat for a few minutes, stirring occasionally, until they become fragrant. Allow them to cool.
3. Mix Nuts and Seeds:
4. In a large bowl, combine almonds, walnuts, pumpkin seeds, sunflower seeds, chia seeds, flaxseeds, and coconut flakes.
5. Add Dried Berries:
6. Gently fold in the dried blueberries and goji berries to the nut and seed mixture.
7. Season the Trail Mix:
8. Sprinkle ground cinnamon, turmeric (if using), and a pinch of sea salt over the mixture. Toss everything together until well combined.
9. Store: Transfer the Detox Trail Mix to an airtight container for storage.
10. Serve: Spoon out individual portions for a quick and nutritious snack.



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