



the decadent detox<sup>®</sup>

# ENERGY FOODS

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# TOP ENERGY FOODS

Our bodies thrive on a foundation of complex, low-glycemic carbohydrates which break down more slowly for a sustained release of energy. Simple carbs can spike blood sugar, resulting in quick bursts of energy that are then followed by dramatic dips leading to that all-to-familiar mid-morning or afternoon slump.

This rollercoaster ride causes inappropriate or excessive inflammation and oxidation which can lead to fatigue

and stress. To have more energy, fuel your body with nutrient-dense foods that support better health.

Healthy functional food can be fabulous and flavorful. These are some of our go-to recipes that offer maximum energy-boosting potential, and are decadent and delicious.

## ENERGY FOODS

- almonds
- apples
- avocado
- banana
- broccoli
- brown rice
- cashews
- cherries
- chia seeds
- coconut
- goji berries
- hemp seeds
- leafy greens
- legumes
- maca
- pineapple
- pistachios
- pumpkin seeds
- quinoa
- sprouts
- sunflower seeds
- sweet potato
- walnuts
- watermelon

Find energy-boosting recipes at [theblendergirl.com](http://theblendergirl.com).

# 20 WAYS TO EAT YOUR WATER

1



CUCUMBER  
96% WATER

2



LETTUCE  
96% WATER

3



ZUCCHINI  
95% WATER

4



RADISH  
95% WATER

5



CELERY  
95% WATER

6



TOMATO  
94% WATER

7



GREEN CABBAGE  
93% WATER

8



WATERMELON  
92% WATER

9



STRAWBERRIES  
92% WATER

10



CAULIFLOWER  
92% WATER

11



RED CABBAGE  
92% WATER

12



PEPPERS  
92% WATER

13



SPINACH  
92% WATER

14



GRAPEFRUIT  
91% WATER

15



BROCCOLI  
91% WATER

16



CANTALOUPE  
90% WATER

17



PEACHES  
88% WATER

18



PINEAPPLE  
87% WATER

19



ORANGE  
87% WATER

20



RASPBERRIES  
87% WATER

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# EL CUBANO JUICE

FROM THE 3-DAY JUICE CLEANSE

*SERVES 1*

This delectable juice from the [3-Day Juice Cleanse](#) tastes like a tropical mocktail, yet packs a powerful punch. Bromelain, the protein-digesting enzyme in pineapple helps the vitamin C in the lemon to suppress coughs, loosen mucus, flush out toxins, reduce swelling and bloating, and stimulate circulation to dial up detox. Mint also helps clear respiratory congestion, and acts as a natural antiseptic while cooling and calming the body. Cucumber and lemon hydrate, cleanse, and amp up the alkaline agenda.

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## INGREDIENTS

1/4 large pineapple, skin removed  
1/2 English cucumber, unpeeled  
1 lemon, rind removed  
1/3 (13g) cup mint leaves  
1/2 (120ml) cup filtered water  
Pinch of Celtic sea salt

## DIRECTIONS

Push the pineapple, cucumber, lemon, mint, and water through your [juicer](#). Strain the pulp, and stir in the salt.





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# CHOCOLATE BANANA MACA SMOOTHIE

FROM THE BLENDER GIRL

SERVES 1

This sweet shake is a detox disguised as dessert, and is one of the most popular energy-boosting smoothies on [The Blender Girl site](#). Bananas deliver potassium, B vitamins, vitamin C, manganese, and copper to power carbohydrate metabolism to help build proteins, oxygenate the blood, and support circulation, digestion, and immunity. A ripe medium banana contains 27 grams of carbs, half in natural sugars and one-fifth in resistant starch (RS). RS makes you feel full, slows digestion, stabilizes blood sugar, and revs up overall metabolism for a sustained release of energy. An under ripe banana contains twice as much RS. Bananas also contain small amounts of fat, in the form of sterols, which is fantastic for the adrenals. Maca, aka Peruvian ginseng, is the ultimate energy food. Its steroid-like compounds help metabolize macronutrients to increase endurance and aid muscle and tissue recovery in your workout and beyond. Maca also contains an arsenal of antioxidants, vitamins, proteins, and minerals like calcium, potassium, and iron to oxygenate and revitalize the adrenals and combat stress. This righteous root also supports healthy cortisol levels to reduce anxiety and depression, providing restful sleep. Cacao, the most nutrient-dense form of chocolate contains polyphenols, iron, and magnesium to oxygenate the body for more energy, and also contains neurotransmitters that increase serotonin in the brain to elevate mood. This is the ultimate feel-good breakfast.

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## INGREDIENTS

2 cups (480ml) unsweetened almond milk  
1 cup (30g) chard  
1/4 cup (18g) cacao powder  
1 tablespoon chia seeds  
1 tablespoon flax meal (ground flax seeds)  
1 teaspoon gelatinized maca powder  
1 teaspoon natural vanilla extract  
2 pitted dates, plus more to taste  
(or sugar-free sweetener)  
Pinch of Celtic sea salt  
2 medium-sized frozen sliced bananas  
1 cup (125g) ice cubes

## DIRECTIONS

Throw all of the ingredients into your blender, and blast on high for 30 to 60 seconds until smooth and creamy.

*\*Consume immediately, as the maca flavor intensifies when left to sit.*





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# BROCCOLI BONANZA SALAD

FROM THE 7-DAY RAW RESET

SERVES 2

Broccoli is the ultimate detox food, and this scrumptious energy salad from our [7-Day Raw Reset](#) is the most delicious way to enjoy these fabulous florets raw. The rich creamy dressing will make you weak at the knees. Rich in toxin-tackling compounds like glucoraphanin, antioxidants (glutathione plus vitamins C and E), minerals (calcium, magnesium, iron, zinc), omega-3s, vitamin K, folate, and fiber, broccoli oxygenates the blood, battles bad bacteria for better digestion, and helps the liver and colon expel the nasties. Cabbage is also filled with fantastic phytonutrients to calm inflammation, and antioxidants like vitamins A and E for glowing skin and eyes. This leafy legend is also full of fiber for digestive cleansing. Don't overlook celery as a health hero. Loaded with alkaline mineral buffers and phytonutrients, celery neutralizes acidic wastes, calms the nervous system, and regulates blood pressure. This sexy stalk is also a diuretic that combats bloating and inflammation, and contains fiber to clear the colon. Loaded up with vitamins A, B, C, and K; and folate, celery loves on the liver. If you don't think you can enjoy raw veggies, this salad will change your mind.

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## INGREDIENTS

### SALAD

- 3 cups (225g) finely chopped broccoli florets
- 1 cup (100g) finely shredded green cabbage
- 1 cup (130g) finely diced celery
- 1/4 cup (38g) finely chopped red onion
- 1/4 cup (35g) raw sunflower seeds
- 1/4 cup (35g) raw pumpkin seeds
- 1/4 cup (35g) sesame seeds
- 1/4 cup (35g) shelled hemp seeds

### DRESSING

- 1/3 cup (80ml) filtered water
- 1/4 cup (60ml) fresh lemon juice
- 1/4 cup (60ml) extra-virgin olive oil
- 1/3 cup (47g) blanched almonds, soaked (or raw pine nuts)

### DRESSING CONTINUED

- 1/3 cup (53g) raw unsalted sunflower seeds, soaked
- 2 tablespoons Dijon mustard
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon Celtic sea salt
- 1/8 teaspoon red pepper flakes

### DIRECTIONS

To make the dressing, throw all of the ingredients into your blender, and blast on high for about 1 minute, until smooth and creamy. Chill in the fridge.

To assemble the salad, in a large bowl, toss the broccoli, cabbage, celery, onion, sunflower seeds, pumpkin seeds, sesame seeds, and hemp seeds. Add the dressing and toss. Season to taste with salt and pepper.







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# CREAMY ASPARAGUS SOUP

FROM THE 14-DAY CLEANSE

SERVES 2

Asparagus is an awesome alkalizing and energizing agent, and it rocks in this creamy soup from our [14-Day Cleanse](#)! Cauliflower and almonds combine for velvety texture, and the asparagus gets the barest blanching to keep its prized nutrients and vibrant color. Packed with minerals, asparagus is a great source of vitamins A, C, E and K, fiber, folate, and chromium, which helps insulin transport glucose from the bloodstream to cells. These sexy stalks are also rich in antioxidants like glutathione, to neutralize carcinogens, and provide the amino acid asparagine, a natural diuretic.

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## INGREDIENTS

- 1 tablespoon olive oil (*or grapeseed oil*)
- 1 cup (150g) diced yellow onion (*1/2 medium*)
- 2 teaspoons minced garlic (*2 cloves*)
- 1 teaspoon Celtic sea salt, plus more to taste
- 1 cup (120g) cauliflower florets
- 4 cups (960ml) vegetable broth
- 2 bunches asparagus, ends removed and roughly chopped
- 2 tablespoons blanched slivered almonds
- 1/8 teaspoon freshly ground black pepper, to taste
- 1 teaspoon fresh lemon juice

## DIRECTIONS

In a large saucepan, heat the oil over medium heat and sauté the onion, garlic, and 1/4 teaspoon of salt for about 5 minutes, until the onions are soft and translucent. Add the cauliflower and sauté for another minute. Add the vegetable broth and 1/2 teaspoon of salt, increase the heat to high, and bring just to a boil. Reduce the heat to medium and simmer for about 10 minutes, until the cauliflower is just tender. Add the asparagus and simmer for a further 5 minutes until the spears are just al dente. Remove the saucepan from the heat and allow the soup to cool slightly; stir in the nuts.

Pour the soup into your blender in batches and puree on high for 1 to 2 minutes, until smooth and creamy.

Return the soup to the saucepan and warm it over low heat. Stir in the remaining 1/4 teaspoon of salt, and the pepper. Add lemon juice to taste.



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# AFRICAN STEW

FROM THE DECADENT DETOX® BOOK

SERVES 1

This incredible stew is one of our go-to energizing meals from [The Decadent Detox® book](#). It's hard to believe something so simple can be so sublime. Aaaaand so healthy! Sweet potatoes are high in fructose, but as fructose is the most water soluble simple sugar it is an exceptional transport vehicle for B vitamins and antioxidants. The fiber and B vitamins in sweet spuds act as built-in blood-sugar moderators that allow their simple carbs to metabolize slowly for a sustained release of energy. Combining the sweet potato with the healthy fats in the almond butter not only delivers flavor fever, the nut butter increases the bioavailability of the beta-carotenes in the spuds for sweet immunity. Use orange-flesh sweet potatoes wherever possible as they contain more beta-carotenes. This terrific tuber is also rich in vitamin C to combat inflammation and oxidation, and contains iron and potassium for heart health. Top tip: Almond butter is an energy-boosting, detox diva! Call it cleanse ketchup, and let it make all kinds of things taste amaaaazing.

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## INGREDIENTS

- 1 tablespoon olive oil (*or grapeseed oil*)
- 1/2 onion (*yellow or brown*), roughly chopped
- 1/2 teaspoon Celtic sea salt, plus more to taste
- 1 medium orange-fleshed sweet potato, peeled and cut into chunks
- 2 teaspoons minced ginger, plus more to taste
- 1/4 teaspoon red pepper flakes, plus more to taste
- 1 1/2 cups (360ml) vegetable broth, plus more as needed
- 1 cup (150g) diced chopped tomatoes
- 1 cup (25g) curly kale leaves (*ribs removed*), chiffonaded
- 2 tablespoons almond butter
- 1/4 cup (7g) finely chopped cilantro

## DIRECTIONS

In a large pot over medium heat, sauté the oil, onion, garlic, and 1/4 teaspoon of salt for about 5 minutes until the onions are soft and translucent. Add in the sweet potato, ginger, and red pepper flakes, and stir well to combine. Pour in the vegetable broth, tomatoes, and remaining 1/4 teaspoon of salt, and bring the mixture to a boil. Reduce the heat to medium/low, and simmer for 15 to 20 minutes partially covered until the sweet potato is just tender, stirring periodically. You may have to add a bit more broth. Stir through the kale and almond butter, and simmer for another 5 minutes until just wilted. The vegetable broth should be absorbed but not dry, and you should have a creamy vegetable dish. Stir through the cilantro, and season with salt and pepper to taste.





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# ALMOND CHIA PUDDING

FROM THE 7-DAY RAW RESET

SERVES 1

We love this delicious decadent pudding from our [7-Day Raw Reset](#). The fiber in the chia, strawberries, and almonds helps regulate blood sugar and cholesterol, and bulks up foods in the colon for digestive cleansing and weight loss. This combo is also highly energizing. Chia boosts brain and nerve function, helps build healthy blood, elevates mood, and assists with muscle and tissue regeneration. Almonds are loaded with calcium, potassium, and magnesium buffers, monounsaturated fats, and vitamin E that help detox the liver and nourish the skin for heightened immunity. Strawberries are low in sugar and help to neutralize acidic waste and oxidation, reducing the degeneration of cells, tissues, and organs. Rich in vitamin C and other antioxidants, alkaline minerals, and omega-3s, strawberries combat excessive inflammation to protect the eyes, muscles, blood, and nervous system, and support circulation and heart health. This pudding is an energizing breakfast, snack, or healthy dessert.

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## INGREDIENTS

**4 to 6** chopped pitted dates  
*(or sugar-free sweetener)*  
**2 cups (480ml)** unsweetened almond milk  
**1** teaspoon natural vanilla extract  
**5** tablespoons chia seeds  
**1/4 cup (40g)** sliced raw almonds  
**2 cups (320g)** sliced strawberries

## DIRECTIONS

In a small bowl, add the dates with just enough boiled water to cover them. Allow them to soak for 10 minutes; then drain the water off.

Throw the almond milk, soaked dates, and vanilla into your blender, and blast on high for 30 to 60 seconds until smooth and creamy.

Transfer to a bowl or glass jar, and whisk in the chia seeds until well incorporated. Stir through the sliced almonds.

Chill in the fridge for at least 2 hours *(or overnight)* to thicken. Serve with sliced strawberries.









# TESS MASTERS

***Tess Masters is a cook and author of [The Blender Girl](#), [The Blender Girl Smoothies](#), and [The Perfect Blend](#). She is also the creator of [The Decadent Detox](#)<sup>®</sup>, and [Skinny60](#)<sup>®</sup> health programs.***

***Millions of people use [The Blender Girl recipes](#) and join her on [The Blender Girl Facebook](#) page every week.***

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As a presenter and recipe developer, Tess has collaborated with some of the world's leading food, culinary, and lifestyle brands. She was the global spokesperson for KitchenAid blenders, presented the official videos for the Vitamix 750 launch, developed recipes for Four Seasons, and many other companies.

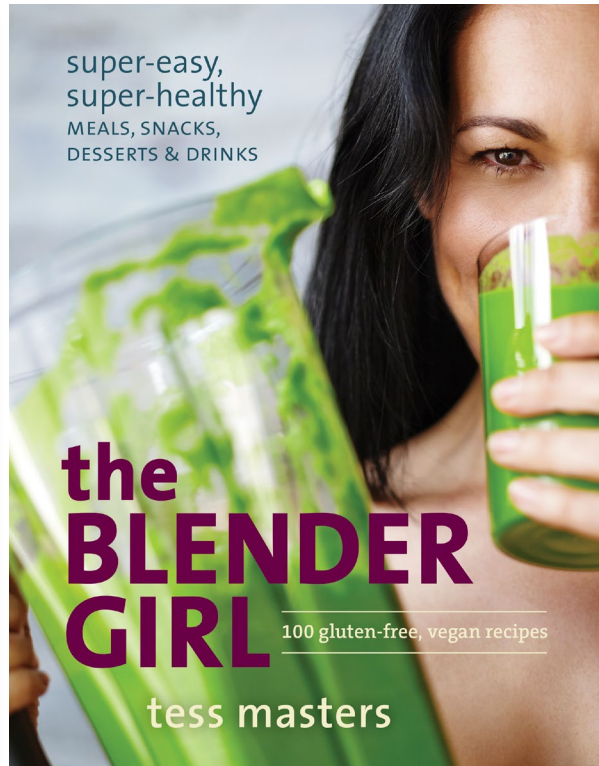
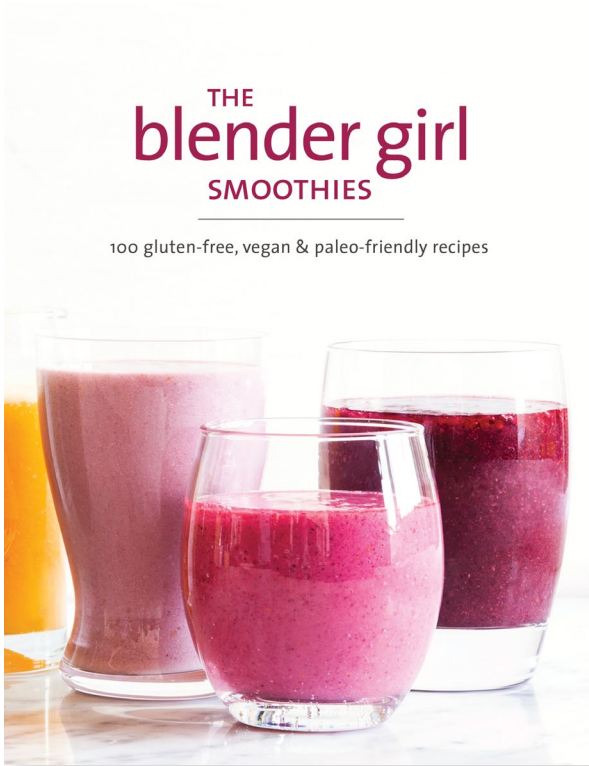
Tess and her healthy recipes have been featured in the L.A. Times, Washington Post, InStyle, Cosmopolitan, Prevention, Real Simple, Shape, Glamour, Family Circle, Clean Eating, Vegetarian Times, Veg News, Today.Com, FoodNetwork.Com, Parents.Com, among other publications.

Away from the blender, Tess enjoys a diverse *performance career*. She has toured internationally with stage productions, worked in film and television, and lent her voice to commercial campaigns, audiobooks, and popular video game characters.

Tess lived in the United States for over 20 years, and has recently returned to Australia to live with her family.

# COOKBOOKS

BY TESS MASTERS







# KAREN KIPP

***Karen Kipp is a certified [Holistic Health Coach \(HHC\)](#), reflexologist, and creator of [The Decadent Detox®](#) programs.***

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For more than 20 years, Karen has been coaching and facilitating juice fasts, wellness retreats and cleansing programs. Maintaining this work while running two holistic health companies and being a single mom (*plus Girl Scout leader, soccer coach and Spanish teacher*), she understands the real-life schedule demands many face. In that spirit, she strives to make better health attainable and accessible for everyone.

Away from the juicer and her coaching practice, Karen loves her work as volunteer and board member for several nonprofits, as well as cooking, experimenting in the kitchen, gardening, loving on her huge extended family, and adventure travel.

She lives in Kansas City with her family.



# DETOX PROGRAMS

FROM THE CREATORS OF THE DECADENT DETOX®



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