



Dr. Barker

Health Made Simple

5-DAY DETOX SMOOTHIE GUIDE

Feeling sluggish and tired? Have a hard time falling asleep? Do you keep gaining weight despite eating healthy? If so, it's time for a whole body detox! Lethargy, tiredness, weight gain, poor sleep, migraines, and low energy are often caused by toxin buildup. From the food you eat to the air you breathe, toxins are everywhere. Diet alone isn't enough to cleanse your body and remove the chemicals in your system.

Most cleansing programs involve harsh laxatives, diuretics, and liquid meals that may cause nutrient deficiencies. Fortunately, there is no need to live on fruit juices and starve yourself to flush out toxins. Clean eating and natural detox aids, such as green smoothies, can reduce toxic buildup and restore your health. It all comes down to the ingredients used.

We have compiled this five-day detox plan to help you shed those extra pounds and cleanse your system. Most recipes require basic ingredients that you already have at home. In just a few days, you'll look and feel healthier, have more energy, and sleep better.

So, are you ready to give it a try? Follow this simple five-day detox plan to boost your health and well-being! Each day consists of a smoothie at breakfast, a smoothie at lunch and a meal for dinner.

MONDAY

Banana Ginger Smoothie (Breakfast)

Start the week full of energy with this delicious banana ginger smoothie! Rich in potassium and complex carbs, bananas will fuel your body and lift your mood. Ginger aids in digestion, increases metabolism, and regulates blood sugar. It's the perfect combo for early Monday mornings!

Ingredients:

- 1 banana, sliced
- 1 tablespoon honey (or stevia to taste)
- 1 tablespoon grated ginger
- 3/4 cup Greek yogurt

Directions:

Mix all ingredients in a blender until smooth. Add ice and enjoy!

*Add 1/2 teaspoon of cinnamon to your smoothie to enhance its fat-burning properties. If you're on a low carb diet, use stevia instead of honey.



Black Forest (Lunch)

This rich, creamy chocolate smoothie will satisfy your cravings without adding inches to your waist. Loaded with fiber and antioxidants, it fills you up quickly and helps flush out toxins. The flavor is out of this world!

Ingredients:

- 1 cup unsweetened almond milk
- 2 tablespoons raw cocoa
- 1 cup spinach leaves
- 1 1/2 cups frozen cherries
- 1 scoop vanilla protein powder (optional)
- Stevia (optional)



Directions:

Add all ingredients to a blender and mix until smooth. Raw cocoa can be replaced with 4–5 pieces of dark chocolate (minimum 70% cocoa). Sprinkle mint leaves on top for extra flavor.

Mustard Baked Salmon with Asparagus (Dinner)

This delicious, healthy meal boasts omega-3s, protein, and antioxidants. Salmon is a fantastic source of monounsaturated fats and has no carbs. Asparagus boasts diuretic properties, which helps reduce fluid retention. It's also a natural brain booster and detoxification aid.

Ingredients:

- 5 oz salmon
- 1 tablespoon garlic, minced
- 1 1/2 cup grilled asparagus
- 1/2 tablespoon extras virgin olive oil
- 1 tablespoon Dijon mustard
- Freshly squeezed lemon juice (1/2 lemon)

Directions:

- Mix olive oil, mustard, garlic, and lemon juice in a small bowl.
- Place the salmon in a baking tray greased with olive oil
- Pour the marinade over the salmon. Leave it in the fridge for at least one hour.
- Add asparagus to the baking tray.
- Cook in the oven at 405 degrees F for 15–20 minutes. Enjoy!

TUESDAY

Coconut-Blueberry Smoothie (Breakfast)

Made with chia seeds and blueberries, this savory smoothie recipe offers a great nutritional punch. Blueberries are packed with antioxidants, catechins, and polyphenols that fight free radicals and delay aging. Chia seeds deliver large amounts of fiber and heart-healthy fats, keeping you full longer. Greek yogurt is rich in protein and calcium.

Ingredients:

- 1/2 cup low fat Greek yogurt
- 3/4 cup frozen blueberries
- 1 cup unsweetened coconut milk



- 1 tablespoon chia seeds
- 3/4 cup baby spinach
- Stevia to taste



Directions:

Blend all ingredients, scraping down the sides once or twice. Add ice. Chia seeds can be replaced with hemp seeds, and coconut milk with almond milk. Enjoy!

Mango Delight (Lunch)

Mango contains powerful antioxidants that protect against leukemia, breast, colon, and prostate cancers. It's also an excellent source of gallic acid, astragalin, quercetin, and other polyphenolic compounds that support optimum health. This fruit alkalizes your body, clears your skin, and lowers LDL (bad cholesterol). Add it to your smoothies to reap the benefits!

Ingredients:

- 1 cup mango (chopped)
- 1/4 cup low fat Greek yogurt
- 1/2 cup coconut milk
- 1 tablespoon honey or stevia to taste (optional)
- Ice



Directions:

Place all ingredients in a blender, mix well, and enjoy! This smoothie is naturally sweet, so you can skip the honey.

Spicy Turkey Stir-Fry (Dinner)

With a whopping 24 grams of protein per serving, turkey will keep you fit and lean. Low in fat, it's ideal for dieters and athletes looking to eat healthy or shed pounds. Turkey meat also provides high amounts of zinc, iron, potassium, and phosphorus as well as tryptophan, an amino acid that boosts serotonin levels in the brain.

Ingredients:

- 1lb ground turkey
- 1 onion, chopped
- 1 eggplant
- 3 tablespoons garlic, crushed
- Cilantro
- Soy sauce to taste
- Salt and pepper to taste

Directions:

- In a large nonstick pan, add turkey, garlic, onion, salt, and pepper.
- Cook over medium heat until the meat is lightly browned.
- Add cilantro, eggplant, and soy sauce, stirring occasionally.
- Cover and cook for another 10 minutes.

WEDNESDAY

Almond Butter and Banana Smoothie (Breakfast)

This creamy smoothie offers the perfect mix of healthy fats and complex carbs. It's made with almond butter, one of the best natural sources of omega-3s. Compared to peanut butter, it boasts higher doses of vitamin E, magnesium, iron, and antioxidants. Just make sure you choose a brand with at least 90 percent nuts and no preservatives or additives.

Ingredients:

- 1 tablespoon almond butter
- 1 medium banana
- 1 1/2 cups plain soy milk (unsweetened)

Directions:

Combine all ingredients in a blender. Add ice for a thicker consistency. If you don't have almond butter, use natural peanut butter.



Spicy Bloody Mary Smoothie (Lunch)

With this spicy smoothie recipe, you can enjoy the flavor of a Bloody Mary without the extra calories and alcohol. It's the perfect drink for those cold nights when you need something to warm you up. Tomato juice, its main ingredient, is packed with lycopene, an antioxidant that support eyesight and fights oxidative stress. This compound reduces heart disease risk by over 30% while lowering cholesterol levels and inflammation.

Ingredients:

- 1 3/4 cups organic/homemade tomato juice
- 3/4 teaspoon hot chili sauce
- 1/2 cucumbers, chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon black pepper
- Ice

Directions:

Mix all ingredients in a blender until smooth. Serve immediately.



Aragula Chicken Salad (Dinner)

Chicken salad is the perfect choice for dinner. Loaded with protein and fiber, it keeps hunger at bay without feeling heavy in your stomach. Aragula, one of the main ingredients in this recipe, delivers vitamins A, C, and K, folic acid, copper, iron, and alpha-lipoic acid. This cruciferous veggie has been shown to lower blood glucose levels, relieve diabetes symptoms, and inhibit tumor growth.

- 1 cup aragula
- 8 oz chicken breast, shredded
- 1/2 cup red cabbage, chopped
- 1 tomato, sliced

- 2 tablespoons sunflower seeds
- 1 teaspoon black cumin seeds
- 1 tablespoon olive oil
- Freshly squeezed lemon juice
- Salt and pepper to taste

Directions:

- Cut the chicken into small piece and fry it in a nonstick pan. Let it cool.
- Chop the vegetables and mix them with flax seeds, olive oil, lemon juice, salt, and pepper into a large bowl.
- Add the chicken and toss well. Enjoy!

*For extra flavor, add Greek yogurt and mustard. You can also use leftover chicken or turkey.

THURSDAY

Raspberry-Beet Smoothie (Breakfast)

With its naturally sweet flavor and thick consistency, this smoothie curbs hunger and boosts your energy. Beets, its key ingredient, elevates nitric acid levels in the body, increasing blood flow. They also provide vitamin C, betaine, and phytonutrients that fight inflammation, prevent cancer, and support immune function. Raspberries are rich in anthocyanins, ellagic acid, and other antioxidants that have been shown to cause cancer cell death.

Ingredients:

- 60g fresh/frozen raspberries
- 150g cooked beetroots, chopped
- 226g low fat Greek yogurt
- 250ml cranberry juice

Directions:

Mix raspberries, beets, and cranberry juice in a blender until smooth. Pour the mixture through a strainer into a large jug. Add yogurt and whisk well. Serve in chilled glasses. Enjoy!

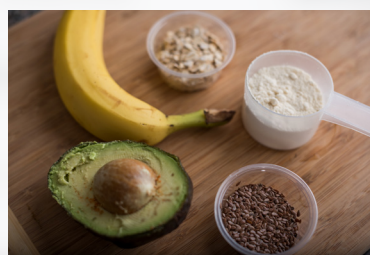


Power Smoothie (Lunch)

Need more energy for your workouts? This rich Power Smoothie is the perfect portable meal in a glass! You can pour the mixture in your shaker cup and drink it before training or on the go. It's high in fiber, monounsaturated fats, protein, and complex carbs for steady energy.

Ingredients:

- 1 medium banana
- 1 medium avocado
- 1 cup oats
- 1-2 tablespoons flaxseed, ground



- 2 cups water
- 1 scoop whey protein powder (optional)

Directions:

Slice the banana and avocado. Add all ingredients to a blender and process until smooth.

Homemade Beef Burgers (Dinner)

High in protein and low in carbs, beef burgers make a healthy dinner. The key is to use lean cuts of meat and limit sodium. One serving of beef provides about 26 grams of protein, which helps support fat loss, muscle growth, and energy metabolism. If you're on a diet, skip the burger buns and use a lettuce wrap.

Ingredients:

- 1 pound lean ground beef
- 1/2 onion, minced
- 1/4 cup oats
- 2 egg whites
- 2 green onions, diced
- 1 tablespoon soy sauce
- 1 tablespoon low sugar BBQ sauce
- 1/2 tomato, sliced
- Lettuce
- Mustard (optional)
- Whole wheat buns (optional)

Directions:

- Mix the eggs, meat, oats, vegetables, and soy sauce into a bowl.
- Form small patties and place them on a heated grill. Flip them every few minutes.
- Brush the patties with BBQ sauce while cooking.
- Serve burgers with tomatoes, lettuce, and mustard on buns.

FRIDAY

Pineapple Passion (Breakfast)

Craving ice cream? Try this decadent, creamy smoothie! Made with Greek yogurt and pineapple, it has a thick consistency that you will love. Bromelain, an enzyme in pineapple, supports healthy digestion and helps your body break down protein. Basically, it makes fish, meat, eggs, and other high-protein foods easier to digest. High in vitamin C, pineapple protects against colds and flus, supports cellular health, and boosts immunity.

Ingredients:

- 1 cup pineapple chunks
- 1 cup low fat Greek yogurt
- Vanilla essence (optional)
- Ice



Directions:

Mix yogurt and ice in a blender, add pineapple, and process until smooth.

Spiced Pumpkin Smoothie (Lunch)

Enjoy the flavors of the cold season with a spiced pumpkin smoothie! This delicious beverage tastes will delight your senses and keep you energized. Pumpkin, its main ingredient, promotes satiety, improves vision, and helps maintain strong bones and teeth. Rich in phytoestrogens, it balances your hormones and prevents high blood pressure.

Ingredients:

- 1/3 cup unsweetened pumpkin puree
- 1/2 cup almond milk
- 1/2 teaspoons ground nutmeg
- 1 tablespoon honey or stevia to taste
- Ice cubes



Directions:

Place all ingredients in a blender and mix until smooth and frothy. Serve right away!

Cheesy Stuffed Tomatoes (Dinner)

Tomatoes and cottage cheese go hand-in-hand. Add spices to the mix and you'll get a light, healthy meal that's ready within minutes.

Ingredients:

- 5 tomatoes
- 1 cup low fat cottage cheese
- 1 tablespoon olive oil
- Cilantro
- Parsley
- Salt and pepper to taste

Directions:

- Slice tops off of each tomato and remove the flesh.
- Stuff the tomatoes with a mixture of cottage cheese, parsley, cilantro, salt, and pepper.
- Grease a baking dish with olive oil and place the tomatoes inside/
- Place caps on tomatoes and bake until soft. Enjoy!

Now that you know what it takes to get rid of toxins, try this simple cleansing program! The recipes are not only healthy, but full of flavor. Most smoothies and meals take minutes to prepare, so you'll spend less time in the kitchen. Enjoy them at home, or make them at work to stay on track with your detox plan!