

Thanksgiving Detox Diet Plan- Beat The Impact Of Calorie-laden Foods

Do you fail to stop yourself from feasting on all the mouth-watering delicacies of Thanksgiving? That scrumptious turkey, cranberry sauce, stuffing and pumpkin pie get you drooling like it's now or never? Well, that's absolutely normal and understood. After all, festive season doesn't come again & again. But what comes is the question- How to flush out all the gained calories?

Most of you may not admit but unless you know what exactly will work to detox & cleanse your body, all those gulped calories will remain inside. Oh, wait! What did we just say? Detox & cleanse? How about a Thanksgiving detox diet then? In case you aren't aware, you can recover from all the goodies you enjoy during the holiday season through a detox diet. Want to know what this diet plan allows you to eat? Check it out below...

BREAKFAST

Recipe 1

Heal your gut and strengthen your immune system with Greek yogurt with pear.

Ingredients: Serves 4

- ✓ Greek yogurt- 2 cups
- ✓ Maple syrup
- ✓ Thinly sliced and core pear- 1
- ✓ Chopped mint- 1 tablespoon
- ✓ Buckwheat groats (soaked overnight)- 1 cup

Instructions:

Take a plate and spoon yogurt on it. Garnish it with pear, groats, mint and syrup.

Recipe 2

If yogurt and pear don't seem tempting to you, a bowl of chocolate banana oatmeal will please your taste buds and satiate your belly for hours. Oatmeal debloats and makes the digestion better.

Ingredients: Serves 4

- ✓ Water- 4 cups
- ✓ Brown sugar- 1 tablespoon
- ✓ Ripe bananas- 2 (medium sized)
- ✓ Chopped dark chocolate- ¼ cup
- ✓ Organic rolled oats- 2 cups
- ✓ Natural peanut butter- 3 tablespoons

Instructions:

1. Boil water in a saucepan and stir the oats. Cook for 3-5 minutes.
2. Divide the oatmeal into four bowls.
3. Put thinly sliced bananas over the oatmeal.
4. Top ¼ of the peanut butter, dark chocolate and brown sugar in each bowl.

LUNCH

Recipe 1

Make mushrooms and farro your companions to improve the working of immune system and lower the level of cholesterol. To meet the nutritional need and amp up the anti-inflammatory system, go for collard greens.

Ingredients: Serves 4

- ✓ Water- 2 cups
- ✓ Olive oil- 2 tablespoons
- ✓ Collard greens with center vein removed and chopped into fine pieces- 2 cups
- ✓ Farro- 1 cup
- ✓ Thinly sliced scallions- 4
- ✓ Tamari- 2 tablespoons
- ✓ Salt- 1 tablespoon
- ✓ Black pepper- For taste
- ✓ Thinly sliced cloves of garlic- 2

- ✓ Mixed wild mushrooms with stems removed and chopped into fine pieces- 2 cups
- ✓ Thinly sliced shallots- 2
- ✓ Chopped basil- 2 tablespoons

Instructions:

1. Boil 2 cups of water with 1 tablespoon of salt. Now add farro and cover. Lower the heat to simmer until water gets absorbed.
2. Heat 2 tablespoons of olive oil to saute shallots until they turn light brown. Upon this, add mushrooms, garlic and scallions. Ensure the mushrooms get crispy.
3. Put mushrooms in a bowl and add collard greens to the remaining ingredients. Add 2 tablespoons of water and put salt according to taste. Cook for 2 minutes.
4. Divide collard greens and mushrooms among four plates.
5. Top ½ cup of farro on each pile of vegetables.
6. Drizzle ½ tablespoon of tamari and ½ tablespoon of basil on each plate.

Recipe 2

How about some delicious chicken salad for lunch? Light on tummy, this alternative has fiber, protein and healthy fats.

Ingredients: Serves 6

- ✓ Boneless & skinless, poached chicken breasts- 2 large
- ✓ Diced apple- 1/3 cup
- ✓ Slivered almonds- ¼ cup
- ✓ Diced celery- 1/3 cup
- ✓ Halved grapes- 1/3 cup
- ✓ Salt- For taste
- ✓ Pepper- For taste
- ✓ Nonfat Greek yogurt- ¼ cup

Instructions:

1. In a large bowl, dice the poached chicken breasts.
2. Add Greek yogurt to coat the chicken evenly.
3. Take a bowl and add grapes, celery, almonds and apple along with salt & pepper for taste.

4. Eat right away and keep the remaining salad in fridge.

DINNER

Recipe 1

Nothing ends a day better than protein and omega rich salmon along with curried cauliflower that's known to cleanse the liver. Anything else? Soak vitamin K with mustard greens.

Ingredients: Serves 2

- ✓ Cauliflower cut into florets- 1 head
- ✓ White wine vinegar- 3/8 cup
- ✓ Salt- 2 tablespoons
- ✓ Water- 2 tablespoons
- ✓ Vegetable oil- 2 tablespoons
- ✓ Quartered shallot with layers separated- 1
- ✓ Olive oil- ½ cup
- ✓ Black pepper- For taste
- ✓ Cumin seeds- 1 tablespoon
- ✓ Hungarian hot paprika- 1 tablespoon
- ✓ Cilantro leaf- ¼ cup
- ✓ Curry powder- 1 tablespoon
- ✓ Salmon fillet with skin and cut into 2- 10 oz.
- ✓ Coriander seeds- 1 tablespoon
- ✓ Mustard greens chopped into fine pieces- 2 cups

Instructions:

1. Preheat the oven to 425 degrees.
2. In a small bowl, put shallots and cauliflower florets.
3. Now toast cumin and coriander seeds in a skillet.
4. Put the seeds in a bowl and whisk in curry powder, salt, oil, paprika and vinegar. Pour the dressing onto the vegetables and toss to coat. In a roasting pan, spread the vegetables in a single layer and put black pepper for seasoning.
5. Roast the vegetables until they become tender. Stir occasionally.
6. Let the vegetables roast while you season the salmon with salt and black pepper.

7. Heat 2 tablespoons of vegetable oil in a pan. Sear the fish with skin side down and wait until it turns crispy.
8. Now transfer the fish to the oven and cook until medium.
9. Boil water on medium heat and add mustard greens and cook for 2 minutes. Season with black pepper and salt.
10. Divide mustard greens among two bowls. Top with salmon and curried cauliflower. Use cilantro to garnish.

Recipe 2

Warm your soul with veggie-filled soup. Go for broccoli first but if you aren't fond of it, zucchini, carrots, peas and basil are great options too.

Ingredients: Serves 2

- ✓ Olive oil- 1 tablespoon
- ✓ Water- 2 ½ cups
- ✓ Roughly diced yellow onion- ½
- ✓ Coarse salt- ¼ tablespoon
- ✓ Thinly sliced clove garlic- 1
- ✓ Arugula- ¾ cup
- ✓ Broccoli cut into small florets- 1 head
- ✓ Lemon- ½
- ✓ Black pepper- ¼ teaspoon

Instructions:

1. In a nonstick saucepan, heat olive oil and add onion & garlic to saute for one minute.
2. Add broccoli and cook it for about four minutes.
3. Now add salt, pepper and water and wait till a boil.
4. Reduce the heat and cover. Let it cook for about eight minutes.
5. Pour the soup in a blender and puree with arugula to get a smooth consistency. Consume with a zest of fresh lemon.

As the soup along won't keep you full till long, take quinoa salad along. Apart from beating bloating, it curbs hunger with lots of fiber and protein.

Ingredients: Serves 4

- ✓ Rinsed quinoa- 1 cup
- ✓ Salt- ¼ tablespoon
- ✓ Diced red pepper- ½
- ✓ Diced yellow pepper- ½
- ✓ Shelled frozen edamame- 1 ½ cups
- ✓ Rice vinegar- 2 tablespoons
- ✓ Sesame seeds- 1 tablespoon
- ✓ Chopped red cabbage- 1 cup
- ✓ Minced ginger- 3 teaspoons
- ✓ Water 2 cups
- ✓ Peeled & diced carrots- 2 medium
- ✓ Sesame oil- 2 tablespoons

Instructions:

1. Boil quinoa, salt and water in a covered pot. Once boiled, reduce the heat and cook for 15 minutes to soften the quinoa and let the water absorb.
2. Put the quinoa in a bowl and mix carrots, cabbage, edamame and peppers.
3. In another bowl, mix rice vinegar, sesame seeds, sesame oil and minced ginger to prepare the dressing.
4. Put this dressing over the veggies & quinoa and mix.

Pack Up!

And with this ends your detox plan. No matter how hard you have been trying to lose the gained holiday season weight until last year, you have a helpful diet plan this time.

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