



HEALTH TOTAL

Simple - Real - Scientific

THE DETOX RECIPE BOOK

Reset your health and bring it on the right track
with these detox recipes by one of India's
leading nutritionists, Anjali Mukerjee

www.health-total.com



Anjali Mukerjee



- Nutritionist
- Researcher
- Author
- Columnist
- Founder-director, Health Total

Food plays a major role in helping your body to detoxify. If we eliminate foods that contribute to our toxicity (processed, packaged & refined foods) and choose to eat those that help cleanse the body, we will remain in great shape and health. The logic is simple.

These recipes are simply suggestions to spark your imagination. The juice combinations can be endless and limited only by your creativity. You must realise, that the best pharmacy is right there in your own kitchen. Make use of it!



Aloe Vera Juice

Ingredients:

- ❖ 30 ml Aloe Vera juice

Method:

- ❖ Take 30 ml measured concentrated Aloe vera juice and consume it.



Amla Juice

Ingredients:

- ❖ 30 ml Amla juice

Method:

- ❖ Take 30 ml measured concentrated Amla juice and consume it.



Tomato Creamy Soup

Ingredients:

- ❖ 1 sachet of Tomato Creamy Soup

Method:

- ❖ Take 150 ml hot water.
- ❖ Add 1 sachet of tomato creamy soup in water.
- ❖ Mix well and consume hot.



Himalayan Rock Salt

Ingredients:

- ❖ Himalayan Rock Salt – to taste

Method:

- ❖ You may use Himalayan rock salt in place of regular table salt for all type of meal preparations.



Tomato Carrot Beetroot Juice

Ingredients:

- ❖ 2 medium-size tomatoes
- ❖ 1 medium-size carrot
- ❖ 1/2 medium-size beetroot

Method:

- ❖ Take 2 medium tomatoes, 1 medium carrot and 1/2 beetroot.
- ❖ Wash them and push them through the juicer.
- ❖ Add lemon drops & salt as per taste. Consume within 20 minutes of extraction.



Jowar/Ragi Wheat Atta

Ingredients:

- ❖ Jowar / Ragi/Wheat Atta - as required

Method:

- ❖ Take as much atta as required to make rotis and make a soft, well-kneaded dough with enough water.
- ❖ Roll out rotis by pressing the rolling pin
- ❖ Use a container lid of 6-7 cm diameter or saucer size and cut out the roti.
- ❖ Roast roti on both sides on medium-heated tawa until half cooked. Cook roti on gas to make it fluff like a phulka.



Energiser Smoothie

Ingredients:

- ❖ 1 guava
- ❖ 2 tsp lemon juice
- ❖ 1 tsp chia seeds (soaked)
- ❖ Artificial sweetener (optional)

Method:

- ❖ Blend all the ingredients in the blender until the desired consistency.
- ❖ Add water as required
- ❖ Add few ice cubes to chill it.

Serving Size: One



Cleanser Smoothie

Ingredients:

- ❖ 1 medium-size apple
- ❖ 1/2 beetroot
- ❖ 1 cup carrot cubes
- ❖ 1-inch ginger piece
- ❖ 2 tsp lemon juice

Method:

- ❖ Blend all the ingredients in the blender until the desired consistency. Add water as required
- ❖ Add few ice cubes to chill it.

Serving Size: One



Cocoa-Berry Chia Smoothie

Ingredients:

- ❖ 2 large strawberries
- ❖ 1 tsp cocoa powder (unsweetened)
- ❖ 1 tsp chia seeds, soaked for 10 mins
- ❖ 1 cup skimmed milk
- ❖ Sweetener (optional)

Method:

- ❖ Add the ingredients except, chia seeds, in a blender and blend until smooth.
- ❖ Add few ice cubes & then add soaked chia seeds. Enjoy as filling, nutritious breakfast.

Serving Size: One



Fruit and Basil Smoothie

Ingredients:

- ❖ 2 medium strawberries or ½ medium apple or 1/2 pomegranate
- ❖ 6 fresh basil leaves
- ❖ 1 tsp chia seeds, soaked for 10 minutes
- ❖ 1/2 cup coconut water
- ❖ Sweetener (optional)

Method:

- ❖ Add 30ml water to the blender followed by the remaining ingredients. Blend until the smoothie is creamy. Serve cold.

Serving Size: One



Apple cinnamon smoothie

Ingredients:

- ❖ 1 cup coconut water
- ❖ 4 raw almonds
- ❖ 1 cup chopped apple
- ❖ 1 tsp flaxseeds (roasted)
- ❖ 1 tsp cinnamon powder
- ❖ Sweetener (optional)

Method:

- ❖ Combine all ingredients into a blender, and pulse for approximately 10-15 seconds.
- ❖ If you're going to drink it immediately, add three ice cubes to chill and drink.

Serving Size: One



Milk and Apple smoothie (variation)

Ingredients:

- ❖ 1 cup skimmed milk
- ❖ 1 cup chopped apple
- ❖ 1 tsp flaxseeds powder
- ❖ 1 tsp cinnamon powder
- ❖ Sweetener (optional)

Method:

- ❖ Combine all ingredients into a blender, and pulse for approximately 10-15 seconds.
- ❖ If you're going to drink it immediately, add three ice cubes to chill and drink.

Serving Size: One



Wow smoothie

Ingredients:

- ❖ 1 sweet lime
- ❖ 1 cup chilled coconut water
- ❖ 1 tsp soaked chia seeds
- ❖ Artificial Sweetener (optional)

Method:

- ❖ Puree everything in a blender until smooth.
- ❖ Enjoy chilled.

Serving Size: One



Apple Cucumber smoothie

Ingredients:

- ❖ Handful of mint leaves
- ❖ 1/2 cucumber, peeled
- ❖ 1/2 lemon
- ❖ 2 apples
- ❖ Artificial sweetener (optional)

Method:

- ❖ Combine all the ingredients and blend them in a blender until the desired consistency.
- ❖ Add few ice cubes to chill it.

Serving Size: One



Green Tea and Apple Smoothie

Ingredients:

- ❖ 1 lemon
- ❖ 1 apple
- ❖ 1 cup chilled green tea (150ml)
- ❖ 1 tsp chia seeds soaked for 10 mins
- ❖ Artificial sweetener (optional)

Method:

- ❖ Combine all the ingredients and blend them in a blender until the desired consistency.
- ❖ Add few ice cubes to chill it.

Serving Size: One



Carrot and Black Grape Juice

Ingredients:

- ❖ 2 cups carrot cubes
- ❖ 5 black grapes
- ❖ Lemon juice
- ❖ Ice cubes

Method:

- ❖ Combine the carrot cubes and black grapes and blend it in a blender.
- ❖ Add lemon juice to it and mix it well.
- ❖ Add some ice cubes to chill it and serve immediately.

Serving Size: One



Chocolate Milk Smoothie

Ingredients:

- ❖ 1 cup skimmed milk
- ❖ 1 tsp soaked chia seeds
- ❖ 1 tbsp cocoa powder (unsweetened)
- ❖ 3 drops vanilla essence
- ❖ Artificial Sweetener (optional)

Method:

- ❖ Soak the chia seeds in water for 10 min. It will become a gel. You can store it in fridge for a week. Blend ingredients till smooth.

Serving Size: One



Ginger Spice Smoothie

Ingredients:

- ❖ 1 nub Ginger Root
- ❖ 1 tsp Cinnamon
- ❖ 1 cup mint leaves
- ❖ 1 cup coconut water
- ❖ Sweetener (optional)

Method:

- ❖ Blend ingredients in a blender
- ❖ The more you mince the ginger before adding it in, the less bits you'll have to crunch on once it's blended

Serving Size: One



Berry dew Smoothie

Ingredients:

- ❖ 1/2 cup skimmed milk with
- 1/2 cup Strawberries
- ❖ 1 tsp chia seeds
- ❖ 1 tbsp flaxseeds
- ❖ Artificial sweetener (optional)

Method:

- ❖ Blend all the ingredients in the blender until the desired consistency.
- ❖ Add few ice cubes to chill it.

Serving Size: One



Clear Vegetable Soup

Ingredients:

- ❖ 1/2 tsp Butter
- ❖ 1 Onion (chopped)
- ❖ 1 Tomato (blanched)
- ❖ Tabasco Sauce to taste
- ❖ Pepper to taste
- ❖ Salt to taste

Method:

- ❖ Take 1/2 tsp butter. Add chopped onions and cook them until golden brown
- ❖ Add water. Boil for some time and then strain the water
- ❖ In this stock, add Tabasco, pepper and add the paste of blanched tomato. Serve hot.



Cauliflower Soup

Ingredients:

- ❖ 250 gm cauliflower
- ❖ A few cauliflower greens
- ❖ 2-3 pods of garlic
- ❖ 1 mushroom
- ❖ Salt & pepper to taste

Method:

- ❖ Take cauliflower into a steamer to steam
- ❖ Keep cauliflower greens inside the water while steaming cauliflower, chopped garlic and chopped mushroom for enhancing the taste
- ❖ Grind all the ingredients except cauliflower greens. Add hot water but do not boil
- ❖ Add salt & pepper to taste. Consume hot.

Note: Discard the cauliflower greens; use that water as a soup stock.



Palak Soup

Ingredients:

- ❖ 8-10 leaves of palak
- ❖ 2 tbsp of roasted chana
- ❖ 1 tsp of ginger-garlic paste
- ❖ 1/2 tsp butter
- ❖ Salt & pepper to taste

Method:

- ❖ Blanch palak and keep it aside. Grind roasted chana and add blanched palak to it and grind again
- ❖ Add hot water to palak puree to make soup consistent
- ❖ Take a frying pan, add butter & saute ginger-garlic paste
- ❖ Put palak soup into it & bring it to boil
- ❖ Add salt & pepper and serve hot.



HEALTH TOTAL

Simple - Real - Scientific

**LOOK GOOD, FEEL GREAT,
NATURALLY**

For any queries or for scheduling
the consultation, you can call

1800 8918131

www.health-total.com