

Mid-Winter Mind-Body Detox

By Debora Robinett – Nutritionist (www.deborarobinett.com)

After all the holiday indulging, a one day, mid-holiday detox may be just what you need to get through the remaining parties, family gatherings and ready for the new year feeling good and energized.



This one day detox is sugar free, gluten free, grain free, dairy free and if you can do it....coffee free. You will have healthy fats, lean proteins and lots of veggies. If you are feeling extra motivated, feel free to do it two days in a row.

This is meant to be very easy, with very little preparation. The only thing that will require some preparation is the bone broth, and you can make that in advance.

A quick note on the benefits of bone broth: Fights cold and flu, reduces joint pain and inflammation, promotes sleep and calms the mind. Bone broth is a great addition to your every day. If you are vegetarian, prepare a vegetable broth. (Bone broth recipe at the bottom). When buying meat and bones always try to buy from a local farmer if at all possible. If that is not possible buy organic and free range (chicken/ pork) or grass fed (beef).

Upon waking

8 oz. of water w/lemon. I would have this prepared at night and sitting next to your bed when you wake up, warm water is always best. Add lemon to your water through the entire day and try to drink half your body weight in oz. This is a good goal to shoot for every day.

Breakfast: My go to green smoothie

2 handfuls of spinach

1 cup unsweetened Almond Milk

1 cup water (add more for desired consistency)

1 tbsp. Coconut Oil

1 handful frozen blueberries

1/4 frozen banana

1-2 scoops of UltraClear Plus (available from my online store at <https://drobinett.metagenics.com/>)



1 cup Green tea (no sweetener)

Snack: 8 oz of Bone broth

Lunch: Simple Green Salad

1 cucumber, diced
2 cups mixed greens
1 raw beet, grated
1 medium tomato, diced
1 can of artichokes, drained and rinsed
1 small bunch cilantro
1 avocado

Toss all the ingredients in a bowl and top with 4 oz. of grilled chicken, salmon or wild caught canned tuna or no meat. Serve with balsamic dressing or toss with fresh squeezed lemon, olive oil & sea salt.

Snack: 1 green apple and 10 almonds

Dinner: Sautéed Vegetables and Chicken or Tofu (organic)

2 Cups vegetables (broccoli, red peppers, onions, collard greens, kale, snow peas, green onions, leeks) lightly sautéed in coconut Oil and Salt and Pepper, serve with 4 oz of Chicken or Tofu
1 Cup bone broth



If you're craving something sweet, try fresh blueberries or raspberries.

Evening ritual: Since detoxing is not only about detoxing what you eat, but about getting calm and present, here is the evening ritual I recommend and personally try and practice:

- Detox bath (1/4 cup Epsom salts, 1/4 baking soda and a few drops of lavender oil, or you can buy a prepared pack at the store)
- 15 min in meditation (silence)
- 1 cup of Chamomile tea w/lemon (raw honey if necessary)
- NO Television (you can do it), phone off at 9 and enjoy a book, or magazine.
- Lights out at 10.

Bone broth recipe:

3-5 lbs of soup bones (ask your local butcher shop)

4 -6 stalks of celery, finely chopped

2 large carrots

1 large onion yellow onion, finely chopped

3 cloves garlic, finely chopped

1 Tablespoon chopped fresh parsley

1 inch ginger root, finely chopped

½ teaspoon sea salt

2 tablespoon raw apple cider vinegar



Make your stock: In the stock pot, cover your soup bones and vegetables with enough water to cover the ingredients. Add the Apple cider vinegar. Bring to a boil and then reduce to a simmer for 12 to 24 hrs (the longer it cooks the better it tastes).

After 24 hrs, strain the stock in a fine mesh strainer into

Mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top, and close tightly with a lid, or put in ice cube trays for quick use. Keep in the refrigerator for a few days or for four to six months in the freezer.