

## PHASE 1 RECIPES

### Green Smoothie

*Add a little more water if the smoothie is too thick. You can make a triple batch and refrigerate for up to three days in a covered glass container.*

#### Phases 1-3

Serves 1

Total time: 5 minutes

- 1 cup chopped romaine lettuce
- ½ cup baby spinach
- 1 mint spring, with stem
- ½ avocado
- 4 tablespoons freshly squeezed lemon juice
- 3 to 6 drops stevia extract
- ¼ cup ice cubes
- 1 cup tap or filtered water

Place all the ingredients in a high-powered blender and blend on high until smooth and fluffy, adding more ice cubes if desired.

### Arugula Salad with Chicken and Lemon Vinaigrette

*Note that the same dressing is used for Romaine Salad with Avocado and Cilantro-Pesto Chicken (page 317). You might therefore want to make two batches of dressing, storing the rest in a glass container to use the following day.*