



SUMMER CLEANSE RECIPE BOOK

Your Summer Reset Starts Here.





Hi!

I'm Melissa, a Certified Nutritional Practitioner and founder of MellyFit Nutrition. I'm on a mission to help busy individuals, just like yourself discover their unique path to a healthier body, mind and soul.
(more info on me [here](#))



Life gets busy, and it's easy to fall out of healthy routines. Over time, poor nutrition, chronic stress, environmental toxins, and everyday lifestyle habits can place an extra burden on the body. When this happens, you may begin to experience symptoms such as low energy, digestive discomfort, brain fog, inflammation, poor sleep, and other signs that your body could use additional support.

This recipe book is filled with some of my favourite nourishing, whole-food recipes designed to gently support your body's natural detoxification processes while providing the nutrients it needs to thrive. Think of it as a simple first step toward feeling more energized, balanced, and vibrant.

I hope these recipes inspire you to reconnect with wholesome eating and help you build sustainable habits that support your long-term health and wellness.

Want more info? [Book your complimentary 20 min chat with me here!](#)

Blueberry Beet Chia Pudding

4 SERVINGS 3 HOURS



INGREDIENTS

1 Beet (medium)
3 cups Unsweetened Almond Milk
1 cup Canned Coconut Milk
1 cup Blueberries (fresh or frozen)
1 tsp Cinnamon
2 tbsps Maple Syrup
1 cup Chia Seeds

DIRECTIONS

- 01 Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
- 02 Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
- 03 Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
- 04 Remove chia pudding from fridge. Add desired toppings and enjoy!

NOTES

SAVE TIME

Buy canned beets. Make sure they are not pickled!

TOPPING IDEAS

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, or almonds.

Triple Berry Protein Bowl

2 SERVINGS 10 MINUTES



INGREDIENTS

- 1 cup Strawberries (sliced)
- 1 cup Blueberries
- 1 cup Blackberries
- 2 tbsps Almond Butter
- 2 tbsps Hemp Seeds
- 1/4 cup Slivered Almonds
- 1/2 cup Unsweetened Almond Milk

DIRECTIONS

- 01 Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Tofu Scramble with Lentils & Spinach

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
2 stalks Green Onion (chopped)
2 Garlic (clove, minced)
14 ozs Tofu (crumbled)
1 tbsp Nutritional Yeast
1 tsp Turmeric
1/2 tsp Cumin
Sea Salt & Black Pepper (to taste)
2 cups Lentils (cooked)
2 cups Baby Spinach (chopped)

DIRECTIONS

- 01 Heat the oil in a skillet over medium heat. Add the onion and garlic and sauté for one minute.
- 02 Add the tofu, nutritional yeast, turmeric, and cumin to the skillet. Season with salt and pepper. Cook for five minutes, stirring occasionally.
- 03 Add the lentils and spinach to the skillet. Cook for another three to four minutes or until the spinach wilts. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving equals approximately to two cups.

MORE FLAVOR

Add mushrooms or fresh herbs to the dish. Serve on a slice of sourdough bread.

Blueberry Detox Smoothie

2 SERVINGS 5 MINUTES



INGREDIENTS

2 cups Frozen Blueberries
2 cups Baby Spinach
2 Banana (peeled, chopped and frozen)
2 tbsps Chia Seeds
2 cups Unsweetened Almond Milk

DIRECTIONS

01 Place all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

NOTES

MORE PROTEIN

Add protein powder, hemp seeds or nut butter.

STORAGE

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

PREP AHEAD

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

Detox Green Smoothie

2 SERVINGS 10 MINUTES



INGREDIENTS

- 4 cups Kale Leaves
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 2 Pear (peeled and chopped)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed
- 1 1/2 cups Water
- 5 Ice Cubes

DIRECTIONS

- 01 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 02 Divide between glasses and enjoy!

NOTES

NO KALE

Use spinach.

NO PEAR

Use apples.

METABOLISM BOOST

Add 1/4 tsp cayenne pepper.

MAKE IT SWEETER

Add 1/2 cup frozen pineapple or mango.

MORE PROTEIN

Add a scoop of protein powder or hemp seeds.

Herby Quinoa & Chickpea Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Quinoa (dry, rinsed)
1 1/2 cups Chickpeas (cooked)
2 tbsps Fresh Dill (finely chopped)
2 tbsps Parsley (finely chopped)
1 tbsp Fresh Oregano (finely chopped)
1/2 Lemon (juiced)
1 tbsp Nutritional Yeast
1 tsp Dijon Mustard
1 tsp Raw Honey
2 tbsps Water
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Cook the quinoa according to the package directions. Let it cool then add to a large bowl along with the chickpeas, dill, parsley, and oregano.
- 02 In a small bowl, combine the lemon juice, nutritional yeast, mustard, honey, water, salt and pepper. Add more water if needed to thin out.
- 03 Whisk the dressing one more time before pouring over the salad. Mix to combine. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/2 cups.

MORE FLAVOR

Add garlic to the dressing.

ADDITIONAL TOPPINGS

Add vegetables like chopped cucumber, tomato and/or onion.

Tuna & Edamame Detox Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

- 1 tbsp Balsamic Vinegar
- 1 tbsp Dijon Mustard
- 2 tbsps Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 2 cans Tuna (drained and flaked)
- 1 cup Frozen Edamame (thawed)
- 1/2 Cucumber (diced)
- 1 head Endive (julienned)
- 4 cups Kale Leaves (chopped)
- 1/2 cup Alfalfa Sprouts
- 1/4 cup Slivered Almonds

DIRECTIONS

- 01 Combine balsamic vinegar, mustard, olive oil, sea salt and black pepper together in a jar. Mix well and set aside.
- 02 Combine remaining ingredients together in a large salad bowl. Drizzle with desired amount of dressing and toss well. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

NO TUNA

Use diced grilled chicken instead.

VEGAN

Use 1 can of cooked lentils instead of tuna.

NUT-FREE

Replace almonds with sunflower or pumpkin seeds.

Tofu Veggie Summer Rolls

4 SERVINGS 15 MINUTES



INGREDIENTS

3 tbsps Honey
2 tbsps Fish Sauce
2 tbsps Water (hot)
2 tbsps Lime Juice
8 Rice Paper Wraps
2 cups Purple Cabbage (thinly sliced)
1 Red Bell Pepper (medium, sliced)
1/2 Cucumber (sliced)
1 1/2 lbs Tofu (extra firm, pressed, sliced)

DIRECTIONS

- 01 In a bowl, whisk together the honey, fish sauce, water, and lime juice. Adjust to taste as needed.
- 02 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the cabbage, bell pepper, cucumber, and tofu near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 03 Dip into the sauce and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

SERVING SIZE

One serving equals approximately two rolls.

ADDITIONAL TOPPINGS

Add bean sprouts, crushed peanuts, vermicelli, cilantro, Thai basil, mint, shrimp, or sliced cooked pork.

NO HONEY

Use sugar, maple syrup, or your sweetener of choice instead.

HOISIN LOVER

Instead of the fish sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.

Lemon Dill Chicken with Rice & Kale Salad

2 SERVINGS 45 MINUTES



INGREDIENTS

1/4 tsp Dried Dill
1/4 tsp Lemon Zest
1/8 tsp Garlic Powder
1/8 tsp Sea Salt
3 tbsps Lemon Juice (divided)
8 ozs Chicken Breast
1/2 cup Brown Rice (dry)
3 cups Kale Leaves (finely chopped)
1 tbsp Extra Virgin Olive Oil
1 Carrot (small, peeled and grated)

DIRECTIONS

- 01 Add the dill, lemon zest, garlic powder, salt and 1/3 of the lemon juice to a zipper-lock bag or bowl and mix to combine. Add the chicken breast and marinate for at least 15 minutes.
- 02 Cook the rice according to package directions.
- 03 Preheat the oven to 400°F (205°C).
- 04 Add the chicken to a baking dish and bake for 25 to 28 minutes or until the chicken is cooked through.
- 05 Meanwhile, add the kale to a bowl with the remaining lemon juice and the olive oil and massage with your hands until the kale is wilted and tender. Mix in the grated carrots.
- 06 To serve, divide the rice and chicken salad between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add other dried herbs and spices to the chicken marinade.

ADDITIONAL TOPPINGS

Lemon wedges or fresh herbs.

NO BROWN RICE

Use cauliflower rice, white rice, or quinoa.

Chicken, Sweet Potato & Cauliflower Rice Bowl

2 SERVINGS 35 MINUTES



INGREDIENTS

2 Sweet Potato (small, cubed)
1/4 cup Extra Virgin Olive Oil (divided)
1/4 cup Italian Seasoning (divided)
1 tsp Sea Salt (divided)
8 ozs Chicken Breast (boneless, skinless, cubed)
1 cup Cauliflower Rice
4 cups Mixed Greens
1/2 cup Sauerkraut
1/2 Avocado (medium, cubed)
1/2 Lemon (juiced)

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 02 Add the sweet potato to the baking sheet and drizzle with 1/4 of the oil, half of the Italian seasoning, and half of the salt. Cook for 20 to 25 minutes or until browned and fork tender.
- 03 Meanwhile, season the chicken with the remaining Italian seasoning and salt. Heat half of the remaining oil in a pan over medium heat and add the chicken. Cook for six to eight minutes per side or until cooked through and browned.
- 04 Remove the chicken from the pan and add the cauliflower rice. Sauté for two to three minutes. Add a splash of water if needed.
- 05 Divide the mixed greens, sweet potatoes, chicken, cauliflower rice, sauerkraut, and avocado evenly between bowls. Drizzle each bowl with the remaining oil and lemon juice. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 2 1/2 cups with chicken.

ADDITIONAL TOPPINGS

Top with fresh herbs like parsley and/or cilantro.

One Pan Salmon, Kale & Cabbage with Spices

2 SERVINGS 20 MINUTES



INGREDIENTS

6 cups Green Cabbage (roughly chopped)
4 cups Kale Leaves (roughly chopped)
3 tbsps Avocado Oil
8 ozs Salmon Fillet
Sea Salt (to taste)
1/4 cup Fresh Dill (finely chopped)
2 tbsps Apple Cider Vinegar
1 tsp Whole Grain Mustard
1 tsp Turmeric
1 tbsp Garlic

DIRECTIONS

- 01 Preheat oven to 375°F and line a baking pan with foil.
- 02 Add cabbage and kale to the baking pan and toss with 1/3 of the avocado oil. Bake for 6 minutes. Remove from oven and stir.
- 03 Pat the salmon fillets dry and season with salt, garlic & turmeric. Lay the salmon over the cabbage and kale. Bake together for 15 minutes, or until salmon is cooked through.
- 04 Meanwhile, add the remaining avocado oil, dill, vinegar, mustard, salt and pepper to a small mason jar. Cover with the lid and shake before serving.
- 05 Divide salmon, cabbage and kale onto plates. Drizzle with your desired amount of dressing. Enjoy!

NOTES

NO AVOCADO OIL

Use olive oil instead.

NO APPLE CIDER VINEGAR

Use lemon juice instead.

LEFTOVERS

Keep covered in the fridge up to two days.

Black Bean & White Fish Wraps

4 SERVINGS 25 MINUTES



INGREDIENTS

2 Tilapia Fillet (drained and rinsed)
Sea Salt & Black Pepper (to taste)
2 cups Black Beans (cooked, drained and rinsed)
1/4 cup Salsa
2 stalks Green Onion (diced)
1 Lemon (juiced and divided)
2 Avocado (peeled and chopped)
1 Jalapeno Pepper (de-seeded and chopped)
4 cups Coleslaw Mix
2 tbsps Cilantro (chopped)
1 tbsp Extra Virgin Olive Oil
4 cups Collard Greens (washed and stems chopped off)
1 Lime (cut into wedges)

DIRECTIONS

- 01 Preheat oven to 425°F (218°C). Line a baking sheet with parchment paper. Add tilapia fillets and season with sea salt and pepper. Bake in oven for 10 to 15 minutes or just until the fish flakes with a fork.
- 02 In a food processor, combine black beans, salsa, and green onions. Blend until smooth. Transfer to a bowl and set aside.
- 03 Remove the fish from the oven. Transfer to a mixing bowl and use a fork to break into pieces. Stir in half the lemon juice. Add the avocado, jalapeno, coleslaw mix, cilantro, olive oil and remaining lemon juice. Toss well.
- 04 Heat the bean mixture in the microwave for 30 to 60 seconds or until warmed through.
- 05 To assemble wraps, spread each collard green wrap with the bean mixture and add the fish and vegetable mix over top. Squeeze a lime wedge over top and wrap. Enjoy!

NOTES

LEFTOVERS

Refrigerate the wraps, black bean mixture, and fish and vegetable mix separately in airtight containers for up to two days.

SERVING SIZE

Depending on the size of your collard green leaves, one serving is approximately one to two wraps topped with half a cup of black bean mixture and one heaping cup of fish and vegetable mix.

NO COLESLAW MIX

Use shredded cabbage instead.

MORE CARBS

Use gluten-free tortillas instead.

NOT A WRAP FAN

Chop up the collard greens and turn it into a salad.

FILLET SIZE

One tilapia fillet is equal to 116 grams or 4.1 ounces.

Cauliflower, Kale & Lentil Detox Soup

6 SERVINGS 40 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 Yellow Onion (diced)
2 stalks Celery (diced)
2 Carrot (medium, peeled and diced)
4 Garlic (cloves, minced)
1 head Cauliflower (chopped into florets)
4 cups Kale Leaves (chopped)
6 cups Vegetable Broth
2 1/4 cups Lentils (cooked)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 02 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 03 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

SERVING SIZE

One serving is equal to approximately 2 cups of soup.

Turmeric Ginger Ground Turkey & Vegetables

2 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1 Yellow Onion (small, sliced)
2 Garlic (clove, finely chopped)
12 ozs Extra Lean Ground Turkey
1 tsp Turmeric (ground)
1/4 tsp Ground Ginger
1 1/2 cups Broccoli (chopped into florets)
1 1/2 cups Purple Cabbage (thinly sliced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat the oil in a large pan over medium heat. Add the onion and sauté for two to three minutes until softened. Add the garlic and cook for another 30 seconds until fragrant.
- 02 Add the ground turkey and cook for five to seven minutes until browned, breaking it up as it cooks. Add the turmeric and ground ginger and stir well to coat.
- 03 Add the broccoli and cabbage and season with salt and pepper. Cook for seven to 10 minutes or until the vegetables are slightly tender. Divide evenly between bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately two cups.

ADDITIONAL TOPPINGS

Green onion or cilantro.