

teami

DETOX APPROVED

RECIPES



HEALTHY RECIPES YOU CAN MAKE AT HOME WHILE
YOU ARE DOING OUR 30-DAY DETOX PROGRAM!

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welcome

TO THE TEAMI COMMUNITA!

My name is Adi Arezzini and I am the Co-Founder + CEO of Teami Blends! I created Teami when I was looking for natural remedies for my digestive issues after finishing my service in the military!



I discovered the incredible world of tea and began creating my own tea blends and tea infused skincare products! The best part of my day is seeing how you use our natural products in your everyday lives!

Throughout my own personal journey to a more well-balanced healthy lifestyle, I decided to further my knowledge by becoming a Certified Personal Trainer from NASM, as well as a Certified Holistic Health Coach by IIN.

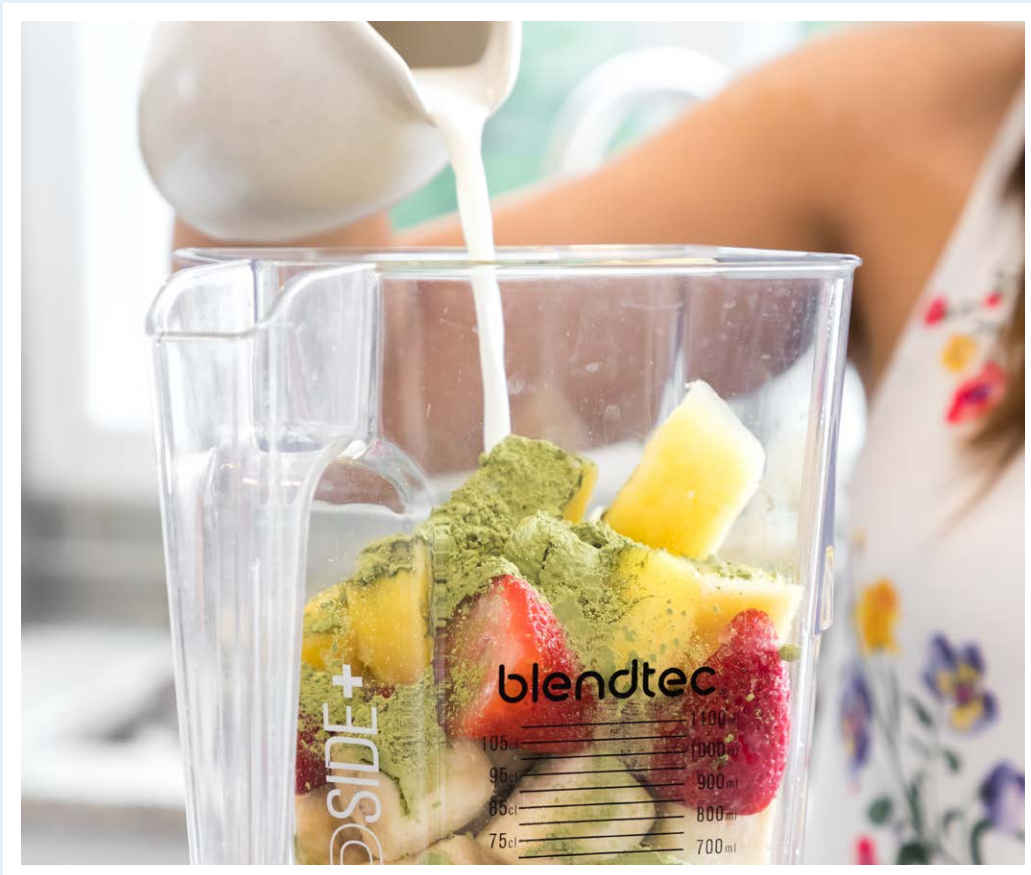
I hope you enjoy this e-book and I can't wait to see your healthy creations!

**TAG #THANKYOUTEAMI AND #TEAMIBLENDS
SO I SEE YOUR POSTS!**

A handwritten signature in black ink, which appears to be 'Adi' with a small heart symbol at the end.

CO-FOUNDER & CEO
@ADIAREZZINI

smoothies



GREEN SUPER-FOOD SMOOTHIE BOWL

AÇAÍ BOWL

CANTALOUPE BOWL

GREEN MATCHA SMOOTHIE BOWL

GREEN SUPER-FOOD SMOOTHIE BOWL

INGREDIENTS:

- 1-2 frozen bananas
- 6-8 frozen strawberries
- 1 cup pineapple chunks
- 1 scoop Teami Greens
- 1 tbsp almond butter
- 1 cup almond milk
- 1 handful of ice

INSTRUCTIONS:

Blend all of your ingredients together in your blender. The texture should be on the thicker side! Top with coconut, fruit, granola, and any other desired toppings & enjoy!!



AÇAÍ BOWL

INGREDIENTS:

- 1 frozen banana
- 1/2 cup of almond milk
- 1 handful of frozen blueberries
- 1 tbsp of açai berry powder
- 1 tbsp almond butter

INSTRUCTIONS:

Add all ingredients to blender. Blend until smooth. Add desired toppings.



CANTALOUPE BOWL

INGREDIENTS:

1 frozen banana
3-5 cantaloupe chunks
1/2 cup almond milk
1 tsp turmeric
1 tbsp almond butter

INSTRUCTIONS:

Add all ingredients to your blender. Blend until smooth. Add desired toppings.



GREEN MATCHA SMOOTHIE BOWL

INGREDIENTS:

1/2 tsp Teami Matcha
1 handful baby spinach
1/4 avocado
1 frozen banana
3/4 cup almond milk
1/2 cup frozen pineapple
1 cup ice

INSTRUCTIONS:

Add all ingredients to your blender. Blend until smooth. Add desired toppings.



salads



HEARTY ARUGULA BEET SALAD

SIMPLE TOMATO CUCUMBER SALAD

MEDITERRANEAN SALAD

WATERMELON FETA SALAD

MANGO ARUGULA SALAD



HEARTY ARUGULA BEET SALAD

INGREDIENTS:

4 strawberries
1 apple
1 tsp olive oil
1 pinch salt
1 radish
2 orange beets
4 cups fresh arugula
1/4 cup feta cheese

INSTRUCTIONS:

Steam beets for about 15 minutes or until tender when pierced with a fork. Allow beets to cool. Cut toppings into bite sized slices. Combine all ingredients into a bowl & enjoy!

SIMPLE TOMATO CUCUMBER SALAD

INGREDIENTS:

2 cucumbers
2 tomatoes
Olive oil
Himalayan pink salt
Lemons

INSTRUCTIONS:

Chop up tomatoes, cucumber into bite size pieces. Mix olive oil, salt, and lemon juice for the dressing. Drizzle over your veggies, mix and enjoy!





MEDITERRANEAN SALAD



prep time - 5 minutes



cook time - 0 minutes

INGREDIENTS:

2 purple onions
Cilantro
2 red bell peppers
2 cucumbers
2 tomatoes
Olive oil
Himalayan pink salt
Lemons

INSTRUCTIONS:

1. Cut up all ingredients into small bite-size pieces
2. Put them all together in a bowl and toss with olive oil, pink salt, and lemon juice until evenly combined
3. Enjoy this super easy and yummy meal!

WATERMELON FETA SALAD

INGREDIENTS:

Watermelon
Feta cheese
Blueberries
Spinach

INSTRUCTIONS:

Cut up your watermelon into bite size pieces. Toss these four ingredients in a bowl until evenly mixed, and enjoy!



MANGO ARUGULA SALAD



SALAD INGREDIENTS:

6 cups arugula leaves
1 mango, peeled and cut into long slices
1 avocado, peeled and sliced
1/2 red onion, sliced
1 tbs lime juice

SPICY ORANGE VINAIGRETTE:

1 tbs white wine vinegar
4 tbs orange juice
2 tbs lime juice
4 tbs olive oil
1/2 tsp cumin
2 tbs finely chopped cilantro
1 red chili or hot pepper, sliced
Salt and pepper

meals



SHAKSHUKA

AVOCADO EGG TOAST

EGG WHITE SPINACH OMELET

ONE PAN OVEN BAKED SALMON

CAULIFLOWER TACOS



*Adi's signature dish

SHAKSHUKA

INGREDIENTS:

- 1 tbsp olive oil
- 1/2 onion, peeled and diced
- 1 clove garlic, minced
- 1 chopped bell pepper
- 4 cups ripe diced tomatoes
- 2 tbsp tomato paste
- 1 tsp mild chili powder
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper, to taste
- 4-6 eggs
- 1/2 tbsp fresh chopped parsley (optional, for garnish)

Good for breakfast, lunch, a snack or dinner!



prep time - 10 minutes



cook time - 30 minutes

INSTRUCTIONS:

1. Warm up oil in a deep skillet. Saute onions for 3 minutes or until soft. Add garlic and saute for another minute.
2. Add diced bell pepper, saute for 5-7 minutes over medium until soft.
4. Add tomatoes, spices and tomato paste, stir simmer for 5-7 minutes.
5. Add eggs over the tomato sauce, cover and simmer for 10-15 minutes.



AVOCADO EGG TOAST

INGREDIENTS:

2 slices of bread
1/2 avocado
Salt & pepper
Lime juice

INSTRUCTIONS:

Place bread in the toaster. Mash 1/2 an avocado in a bowl, add salt & pepper to taste. Cook an egg to your liking. Place mashed avocado over toast, top with egg, salt and pepper and lime.



EGG WHITE SPINACH OMELET

INGREDIENTS:

2 eggs separated
2-3 chopped cherry tomatoes
5-6 spinach leaves diced

INSTRUCTIONS:

Whisk egg whites in a bowl until fluffy. Add the veggies. Cook over medium-low heat with a lid and let sit until eggs are cooked throughout. They should be solid yet spongy to the touch.



ONE PAN OVEN BAKED SALMON



prep time - 5 minutes



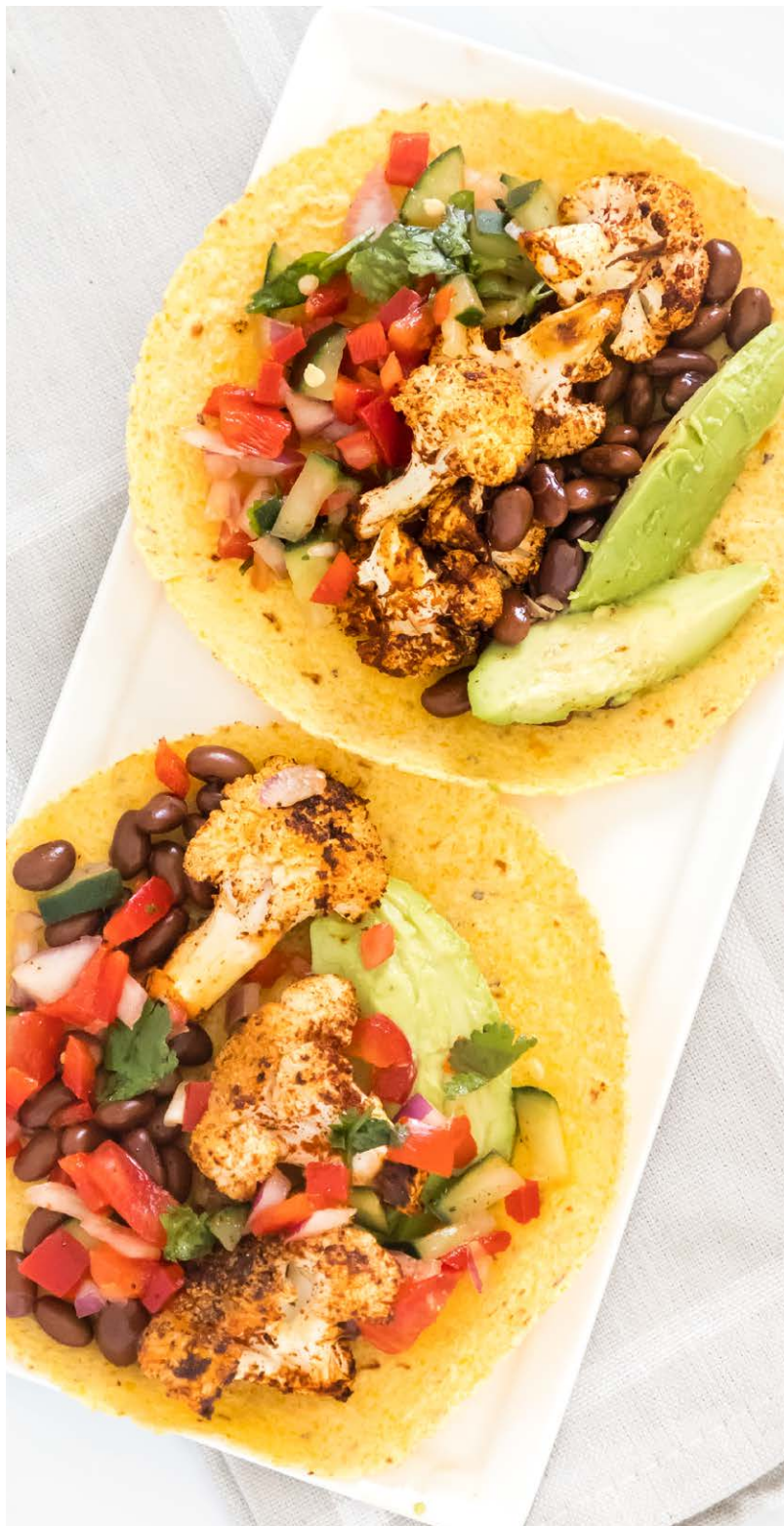
cook time - 15-20 minutes

INGREDIENTS:

- 1/2 lb salmon
- 2 cups pineapple chunks
- 3 sliced purple carrots
- 1 sliced bell pepper
- 1 tbs coconut oil

INSTRUCTIONS:

1. Preheat the oven to 450° F
2. Lightly grease cooking sheet with coconut oil
3. Add salmon and top with sliced veggies
4. Drizzle and coat with coconut oil
5. Bake for 15-20 minutes
6. Add salt, lemon & pepper to taste



CAULIFLOWER TACOS

INGREDIENTS:

1 head of cauliflower
1 tsp chili powder
2 tsp smoked paprika
1 tsp sea salt
2 tsp garlic
1 small onion
Pepper
Corn tortillas
Beans
Salsa
Avocado

INSTRUCTIONS:

1. Preheat oven to 400 F
2. Toss cauliflower in spices to evenly coat
3. Roast for 20-25 minutes
4. Fill tortillas with cauliflower, beans and salsa
5. Enjoy!



prep time - 5 minutes



cook time - 20 minutes

snacks



QUICK & EASY PARFAIT TO GO

FRUIT ON A LOG

WATERMELON FRUIT BOWL

WATERMELON "PIZZA"

HEALTHY POTATO CHIPS

QUICK & EASY PARFAIT TO GO

INGREDIENTS:

Creek yogurt
Granola
Raspberries
Banana

INSTRUCTIONS:

Alternate layers of Greek Yogurt, fresh raspberries, granola and slices of banana into a jar or to-go container.



FRUIT ON A LOG

INGREDIENTS:

Celery
Almond butter
Blueberries
Pineapple
Strawberries

INSTRUCTIONS:

Chop up your fruits into bite sized pieces. Spread almond butter on your celery and have fun garnishing with your fruit toppings!





TRY WITH CANTALOUPE

WATERMELON FRUIT BOWL

INGREDIENTS:

- 1/2 small watermelon
- 1 kiwi
- 1/2 cup blueberries
- 1 strawberry
- 1 cup Greek yogurt

INSTRUCTIONS:

1. Cut watermelon in half
2. Scoop out a hole for yogurt
3. Add yogurt and top with fruit

WATERMELON “PIZZA”

INGREDIENTS:

- 1/2 cup Greek yogurt
- 2 sliced strawberries
- 1/4 cup blueberries
- 1 tbs feta cheese
- 3-5 mint leaves

INSTRUCTIONS:

Slice watermelon down the middle. Spread Greek yogurt as the “sauce.” Sprinkle feta cheese. Top with blueberries, mint and strawberries



HEALTHY POTATO CHIPS



prep time - 5 minutes



cook time - 30 minutes

INGREDIENTS:

Purple potatoes
Russet potatoes
Olive Oil
Himalayan pink salt
Black pepper

INSTRUCTIONS:

1. Preheat oven to 425°F.
2. Thinly slice potatoes and place on oiled baking sheet.
3. Place baking sheet in oven for around 30-35 minutes.
4. Take potato chips out of oven and allow to cool.
5. Toss in olive oil, pink salt, and pepper
6. Enjoy this guilt free snack!



desserts



CHIA CHIP COOKIES

POWER PROTEIN BALLS

OOEY GOOEY BROWNIES

MATCHA NICE CREAM



CHIA CHIP COOKIES

INGREDIENTS:

1 cup smooth almond butter
1/2 cup coconut sugar
1 egg
1 tsp baking soda
1/2 cup mini dark chocolate chips

INSTRUCTIONS:

Preheat oven to 350°F. Line a baking sheet with parchment paper and coat with coconut oil.

In a medium bowl, whisk together the almond butter, coconut sugar, egg, and baking soda. Fold in the chocolate chips. Let the dough rest for about 15 minutes.

Using a small cookie dough scoop, form tablespoon-sized balls of dough and place onto the prepared baking sheet.

Bake for 8 to 10 minutes or until set. Let them cool for at least 15 minutes on the baking sheet, then transfer them carefully to a cooling rack. They will be crumbly if you try to move them too early, so be sure to let them set! Enjoy!!



prep time - 20 minutes



cook time - 10 minutes

POWER PROTEIN BALLS

INGREDIENTS:

1 1/4 cup oats (gluten-free)
2 tbsp chia seeds
1/2 cup almond butter
1/3 cup maple syrup
1 tsp pure vanilla extract
1/4 tsp pink salt
1/2 cup chocolate chips

INSTRUCTIONS:

1. Place all of the ingredients in a large mixing bowl and stir to combine. It should be a sticky dough consistency that holds together. Add more oats or nut butter if you need to modify.
2. Place the bowl in the refrigerator for 40 mins to set
3. Remove the bowl and portion the dough into balls of desired size
4. Enjoy at home or on the go!



OOEY GOOEY BROWNIES

INGREDIENTS:

2 cups unsalted smooth almond butter
1/2 cup cacao powder
1 tsp baking soda
1/2 tsp pink salt
2 eggs
1/2 cup 100% maple syrup
1 tsp vanilla extract

INSTRUCTIONS:

1. Mix all ingredients in a large bowl
2. Pour batter in a parchment lined 8x8 baking pan
3. Bake for 30 mins at 350°F
4. Cool for 15 mins + enjoy!





MATCHA NICE CREAM

INGREDIENTS:

3 bananas
2 tsp Teami Matcha
1 tbsp honey
1/2 tsp vanilla extract
1/2 tsp cinnamon
Coconut flakes

INSTRUCTIONS:

1. Cut the bananas into thick slices, put in a Ziploc bag, and freeze them overnight.
2. Put all the ingredients into blender on a pulse setting. Mix until well-blended and you have a soft, creamy texture.
3. Garnish with your favorite toppings (like chopped nuts or coconut flakes!)
4. Serve immediately, and enjoy!

THIS IS NOT
goodbye!

Don't worry, we have SO MANY more 100% Free healthy recipes on our blog!
Just head over to **teamiblends.com/blog** to discover our newest creations!

Being part of the Teami Communita is really something special. It means
that you are one of the unique individuals on this earth that is looking to
improve your life through wellness!

We want to be a part of journey and give you all the support you need, every
step of the way! Share your journey with us by joining the conversation on
Instagram - **@teamiblends!**

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Always incredibly proud of you!

LOVE, *Alie*

teami

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