

Roasted Vegetables	
<p>ingredients to mix & match</p> <ul style="list-style-type: none"> • Garlic • Onions • Broccoli • Cauliflower • Sweet Potato • Red Beets • Asparagus • Carrots • Extra-Virgin Olive Oil • Salt & Pepper 	<p>instructions</p> <ul style="list-style-type: none"> • Preheat oven to 375°F (190°C) • Put all raw veg, cut into manageable pieces, into an 11x7 pyrex or similar dish. • Add olive oil, at least enough to glaze the veg. • Cover with aluminum foil. • Bake for 45-55 minutes @ 375°, until most veg are softened.
	<p>notes</p> <ul style="list-style-type: none"> • A great way to ingest garlic and cruciferous vegetables, which are useful for the liver cleanse, the colon cleanse, and the parasite cleanse.

Wok'd Vegetables	
<p>ingredients to mix & match</p> <ul style="list-style-type: none"> • Garlic • Onions • Broccoli • Cauliflower • Asparagus • Carrots • Animal Protein [for Heavy Metal Cleanse] <ul style="list-style-type: none"> • Beef • Chicken • Extra-Virgin Olive Oil • Salt & Pepper 	<p>instructions</p> <ul style="list-style-type: none"> • Chop veg into bite-size bits • Wok ingredients in a light coating of olive oil
	<p>notes</p> <ul style="list-style-type: none"> • A great way to ingest garlic and cruciferous vegetables, which are useful for the liver cleanse, the colon cleanse, the heavy metal cleanse, and the parasite cleanse. • During the Heavy Metal Cleanse, vegan and vegetarians (and anyone who does not eat animal proteins) can increase intake of Liquid Fiber drinks and vegetable-based proteins in order to provide binders for the expelling of Heavy Metals. • An all-metal wok is recommended, meaning no teflon. DetoxifyU has had multiple woks coated with teflon lose the teflon coating long before expected.