



28 DAY

# *Detox Cleanse*

Feel Energized, Healthy and Fit with this  
Proven Elimination Diet Program



# THE DETOX CLEANSE

## *at a glance*

Get ready to feel your brain clear, your energy increase and your detox cleanse for optimal health and wellbeing.

You will start noticing improvements in only a few days and as you move through the entire process, week by week you experience powerful health benefits for your entire body.

### **What you can expect while you are on the Detox Cleanse:**

1. Remove Gluten, Dairy, Corn, Soy, Peanuts, Processed Lunch Meats, Sugar and Artificial Sweeteners.
2. Fill your pantry and fridge with delicious fresh, whole foods found on the detox approved foods to eat list.
3. Nourish your body daily with meals and snacks- we promise you will never go hungry or feel deprived.
4. Drink  $\frac{1}{2}$  of your body weight in ounces of clean, filtered water for more energy, clarity and enhanced detoxification support.
5. Tuck in for a great night's sleep between 10-11pm to optimize your body's natural detoxing power for enhanced health, vitality and wellbeing.





## Why Should You do the Detox Cleanse?

Every day your body undergoes a barrage of physical, chemical, environmental and mental stressors that take a severe toll on your health. This chronic stress load of toxins and inflammation builds up day by day, year after year, making it increasingly difficult for your body to properly function. This is when symptoms start to set in and health and function begin to change.

High levels of inflammation can have a negative impact to your heart, hormones, brain, gut and immune health. The longer this goes on, the more you'll notice symptoms like fatigue, brain fog, difficulty sleeping or losing weight, allergies, skin rashes, mood swings, belly fat, anxiety, depression, impaired focus and concentration, abdominal distress, aches, pains or slow healing time.

The detox cleanse is designed to safely and effectively break down and remove toxins while reducing inflammation. As this occurs, the metabolic pathways throughout your detox cleanse and are better able to respond to your daily stressors. Your symptoms reduce and your body is able to begin to repair and heal so you can regain your energy, optimize your function and enhance your wellbeing.

# Getting Started:

## Prep for Success with the 3 R's: Reduce, Remove, Replace

- **Reduce and Remove all Foods** found on your Foods to Avoid list (page 9). Be sure to replace them with detox-approved foods (see pg. 7). This will make it easy for you to stay on track and get the most from your cleanse.
- **Find an alternative that works.** What are some favorite foods that you are concerned you will miss while on this cleanse? Find healthier replacement options. Ex. Instead of spaghetti, you may substitute spaghetti squash. Instead of chocolate, you may substitute for dark chocolate (85% cacao).
- **Swap out plastic containers,** use glass or stainless steel for drinking and glass for microwaving. Plastics are harmful hormone disruptors that will interfere with your cleanse.
- **Remove all hydrogenated foods,** MSG, Nitrates and artificial sweeteners and colors such as red dye #40. These are neurotoxins that harm your brain, gut, hormones and metabolism.
- **Follow the advised 28 day menu and pre- plan your snacks and meals** so you are ready to go and know what to eat when you are out.
- **Fill your pantry and fridge with lots of fresh, whole, nourishing foods** and snacks so you never feel hungry or deprived.



## How to Get the Most from Your Detox Cleanse:

- **Regulate your blood sugar for energy,** fat burning and metabolic success. To do so, plan to eat within 60-90 minutes of waking and then approximately every 3 ½- 4 hours. Meals are mandatory, snacks are optional.
- **Each meal should consist of complex carbohydrates, protein & good fats** such as coconut oil, olive oil & flaxseed. Think 1 fistful size of protein, 2 fistful of veggies and 1 fistful of a complex carb like a sweet potato.
- **Drink plenty of clean water** 1/2 body weight in ounces per day to maximize flushing of toxins.
- **Practice intermittent 12 hour fasting** to optimize your detox pathways. This process simply entails you eating or drinking (other than water) your last bite of food by 7 or 8 pm and then not eating your next bite until 7 or 8 am.
- **EVERY MORNING: Start the day with a Himalayan sea salt cleanse** - drink 1 -2 ounces followed by 6-8 ounces of warm water. Pre-prepare your salt mixture in a glass container 4 teaspoons of Himalayan pink sea salt to 16 oz. of pure water- let dissolve and keep at room temperature. This process aids in healthy GI function as well as provides your body with 84 trace Minerals.
- **Each Day: Drink 1 oz. of Braggs Apple Cider Vinegar** mixed with 2-4 ounces of lemon water to aid your body in natural cleansing, elimination and detoxification.
- **SWEAT**, this is how your body naturally eliminates toxins. Work up a sweat with exercise (20-30 minutes daily) or use the Infrared sauna to support this process.
- **Do not eat or drink beverages other than water** at least 2 hours before bed and to help optimize hormonal balancing, fat burning, immune restoration and body regeneration, be in bed ideally between 10-11 pm, no later than midnight. The goal is to achieve 7-9 hours of quality sleep per night.
- **Be present with your food** try not to eat on the go. Sit down, relax and enjoy even if for only 15 minutes, your body will thank you!
- **Chew each bite of food up to 20 times** to aid in proper digestion- this is especially important for GI and Gallbladder issues.
- **Eat until you are satisfied and don't skip meals.** Realize that the focus is not on calories counting or deprivation, this cleanse is all about giving your body the nutrients back that it needs so you can THRIVE.

## Fast Example Chart of Ideal Macro Nutrients to Enjoy on Your Cleanse

### CARBS

Quinoa  
Brown Rice  
Millet  
Buckwheat  
Sweet Potato  
Fresh Veggies  
Squash Family  
Fresh Fruit

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### PROTEINS

Eggs  
Grass Fed Beef  
Nitrate Free Meats  
Chicken  
Turkey  
Cod  
Salmon  
Flounder  
Almonds  
Walnuts

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### FATS

Olive Oil  
Coconut Oil  
Ghee  
Nuts/ Seeds  
Avocado  
Organic Dairy  
Products



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# Foods Allowed During Your Detox Cleanse:

This is your approved list of foods to eat while on your detox.  
Be sure to nourish your body with 3 meals a day, snacks are optional.

- Drink plenty of **water** - ½ your body weight in ounces. You may also drink herbal or green teas plus organic bone or vegetable broth. Squeeze fresh lemon or lime in water or tea, if desired.
- **Gluten Free Grains** to include: Rice, millet, quinoa, buckwheat, or tapioca ( although be mindful of your tolerance level for carbohydrates with hypoglycemia or insulin resistance).
- **Vegetables:** artichokes, asparagus, avocado, beets, bok choy, broccoli, carrots, cauliflower, celery, chives, cucumbers, garlic, green beans, kale, kohlrabi, leeks, lettuce, mustard greens, onions, parsley, peas, radishes, rhubarb, shallots, squash, sweet potatoes, spinach, turnips, watercress, water chestnuts, yams, zucchini. Again, be mindful of your carbohydrates tolerance with fruits beans and starchy vegetables.
- **Proteins:** Eggs, Meats & Wild Caught Fish (not shellfish), Salmon, Flounder, Cod, Sea Bass, Trout, Chicken, Turkey, Lamb, Grass Fed Beef (if you eat cold cuts they should be additive, nitrate/nitrite and preservative free, with USDA Organic being the best - Hormel and Applegate are great brands).
- **Low glycemic fruits:** apricots, plums, apples, peaches, pears, cherries, berries, banana, grapes, grapefruit, lemons, limes and kiwi. Dried fruits (with no preservatives) are acceptable and must be eaten with proteins.
- **Dairy Substitutes:** Coconut: including coconut oil, unsweetened coconut butter, coconut flour, unsweetened coconut milk, unsweetened coconut yogurt, coconut cream, and unsweetened coconut flakes. Almond: including unsweetened almond butter, almond flour/almond meal, and unsweetened almond milk. Unsweetened Rice milk.
- **Cooking:** Olive oil, coconut oil, grapeseed oil, safflower oil, balsamic vinegar, red wine vinegar and apple cider vinegar. Condiments: Mustard.
- **Fermented foods:** sauerkraut, kimchi, pickled ginger, mixed pickle, coconut milk yogurt, kombucha tea, etc.
- **Sweeteners:** stevia, xylitol, pure maple syrup, organic agave, coconut palm sugar, raw honey.
- **Noodle Alternatives:** Brown Shirataki noodles, glass noodles or kelp noodles (yam noodles- can be found at most international grocery stores, krogers and online). These are all great alternatives for pastas.
- **Spices:** fresh herbs, natural organic spices (i.e. black pepper, sea salt, pink himalayan salt, basil, mint, ginger, fresh garlic, oregano, parsley, rosemary, thyme). Stay away from modified food starch.
- **Other:** Herbal or green tea, olives, white beans/chickpeas, dark chocolate, sunflower seeds, pumpkin seeds, sesame seeds, flax seeds, chia seeds, and pine nuts.

**\*Eggs may not be advised if you have food allergies.  
This will be discussed and approved by your provider.**





## Why Does This Detox Cleanse Eliminate Certain Foods?

The following foods are the most common foods that create increased inflammation, irritation, intolerance or allergic responses to the system. By removing these for only a few short weeks, your body will be able to heal the lining of the GI, reduce inflammation so you can heal.

If you find yourself tempted- ask yourself what is more important- the cookie or YOU? Without a healthy body- where will you live?

**Your health matters, you deserve to express your full vitality and joy so enjoy the next 28 days detox cleanse to THRIVE!**



## Foods to Eliminate on Your Detox Cleanse:

- **Any food you are allergic to**- noting your food intolerances from your food sensitivity test.
- **Gluten:** Found in all products containing: Wheat (whole wheat, flour white, bleached and unbleached), Oats, Rye, Barley or Spelt.
- **Dairy** to include: cow's milk, cheese, yogurt, butter, margarine, and shortening even cultured and fermented dairy.
- **Tomatoes** and tomato sauces.
- **Corn**
- **Alcohol, and caffeine** (coffee, black tea, sodas and any other sweetened drinks including waters).
- **Soy** or products made from soy, such soymilk or tofu.
- **Peanuts** or peanut butter.
- **Beef that is not grass-fed**, Pork, Cold Cuts, Bacon, Hot Dogs, Canned Meat, Sausage, Shellfish, and meat analogues made from soy.
- **Sugars:** including artificial sweeteners to include: corn syrup, high fructose corn syrup, molasses, candy, sucralose, aspartame, splenda, sweet n low and equal.
- **High glycemic fruits:** watermelon, mango, cantaloupe, oranges, and canned fruits.
- **Gluten containing compounds:** processed salad dressings, ketchup, soy sauce, bbq sauce, condiments, modified food starch, chewing gum.
- Avoid all **dried fruits**.
- Avoid all **fried foods**.

\*Any changes due to your specific health requirements will be discussed with you by your provider.







## Your Plan at a Glance

### **PHASE 1 Eliminate Allergens & Cleanse the System**

You will eliminate the most common food allergens and irritants that cause inflammation and upset to the system and you will begin your daily Himalayan Sea Salt and Bone Broth Cleanse. Week 1 you will eliminate Gluten, Dairy and Sugar products and drink your morning Sea Salt Flush and your afternoon bone broth. Week 2 you will also eliminate all other items on your list to include tomatoes, corn, soy, peanuts, alcohol & caffeine and continue your daily Sea Salt Cleanse and Bone Broth drinks.

### **PHASE 2 Improve Digestion**

This phase is focused on restoring and re inoculating the system for improved digestion and GI function. Week 3 you will begin drinking your daily Braggs Apple Cider Vinegar Drink and introducing fermented foods. Enjoy sauerkraut, kimchi, kombucha and other fermented foods.

### **PHASE 3 is the Reintroduction phase**

This is when you will SLOWLY reintroduce the foods that you have taken out over the prior 21 days. It is recommended that you start with the food you have most missed like dairy for example. Introduce it several times on 1 day then monitor for the next 24 hours if you have any symptoms. If symptoms appear, based on the severity will determine if you bring this item back into your diet or not. Mild symptoms mean you can eat every 4 days, moderate symptoms mean keep out for another 7-10 days and try again, severe mean you may have an allergy or intolerance to this food and you should consider further testing.



# MENUS AT A GLANCE

## Week 1

**Detox Focus:** Eliminate Gluten, Dairy and Sugar. Drink Your Himalayan Sea Salt Cleanse each morning and Bone Broth each afternoon

### DAY 1

- Avocado, Pear & Bacon Toast
- Simple Salmon Cakes with Sweet Potato Fries
- Chicken Zucchini GF Noodle Soup

### DAY 2

- Banana Pancakes
- Power Salad
- Balsamic Lentils with Brown Rice

### DAY 3

- Breakfast Power Balls
- Quinoa with Roasted Vegetables
- Bok Choy Stir Fry

### DAY 4

- Breakfast Porridge
- Mediterranean Tuna Salad
- Baked Chicken with Collard Greens

### DAY 5

- Turkey & Squash Hash
- Chicken Salad with Plantain Chips
- Chili Lime Chicken Kabobs

### DAY 6

- Banana with Almond Butter & Coconut
- Simple Fish with Pesto Sauce
- Chicken Salad with dried fruit

### DAY 7

- Almond Flour Pancakes
- Stir-Fried Beef with Vegetables
- Herbed Chicken

## Week 2

**Detox Focus:** Continue to eliminate Gluten, Dairy and Sugar as well as now eliminate Corn, Tomatoes, Peanuts, Alcohol and Caffeine. Continue your daily Himalayan Sea Salt and Bone Broth Cleanse.

### DAY 1

- Baked Eggs in Avocado Cups
- Cannellini Beans with Mint Spring Greens
- Cod with Balsamic Herb Sauce

### DAY 2

- Green Power Smoothie
- Chicken Taco Salad
- Pistachio Crusted Cod

### DAY 3

- Quinoa Power BF
- Roasted Vegetable and Quinoa Salad
- Fruit Sweetened Spinach Salad with Chicken

### DAY 4

- Mini Frittatas
- Chicken with Red Beets
- Salmon Baked in Foil

### DAY 5

- Berries with Coconut and Lime
- Southwest Steak Salad
- Garlic Roasted Chicken with Carrots and Potatoes

### DAY 6

- Chicken Sausage Stir Fry
- Beef, Broccoli & Bok Choy Stir Fry
- Rainbow Chard with Golden Raisins and Pine Nuts

### DAY 7

- Avocado Delight
- Salmon Caesar Salad
- Asian Chicken and Cauliflower Rice

# MENUS AT A GLANCE

## Week 3

**Detox Focus:** Begin supporting healthy bacteria in the GI, begin enjoying your daily apple cider cleanse drink and introducing fermented foods into your diet such as sauerkraut, kimchi, kombucha and pickled veggies.

### **DAY 1**

- Avocado & Bacon Lettuce Wrap
- Pesto Quinoa with Chicken & Red Peppers
- Asian Salad with Sesame Dressing

### **DAY 2**

- Quinoa with Pine Nuts and Cranberries
- Fish Lettuce Wraps
- Basil Lemon Cod

### **DAY 3**

- Chicken Sausage Stir Fry
- Mustard Vinaigrette Chicken over Greens
- Avocado Turkey Burger

### **DAY 4**

- Turkey And Squash Hash
- Mixed Greens with Pomegranate Vinaigrette
- Chicken Broccoli Casserole

### **DAY 5**

- Banana Pancakes
- Salmon Caesar Salad
- Olive Chicken with Brown Rice

### **DAY 6**

- Breakfast Porridge
- Chicken with Red Beets
- Raw Cream of Zucchini Soup

### **DAY 7**

- Banana Pancakes
- Kale & Portabella Stir-Fry
- Bean Burgers with Oven-Roasted Sweet Potato Wedges

## Week 4

**Reintroduce foods 1 at a time** every 3 days and monitor symptoms. It is advised that you still continue with the apple cider cleanse until day 28.

### **DAY 1**

- Avocado, Pear & Bacon Toast
- Simple Salmon Cakes with Sweet Potato Fries
- Honey Chicken Skillet

### **DAY 2**

- Banana with Almond Butter & Coconut
- Salmon and Arugula Salad
- Garlic Roasted Chicken with Carrots and Potatoes

### **DAY 3**

- Breakfast Power Balls
- Quinoa with Roasted Vegetables
- Very Tasty Beef & Veggie Kabobs

### **DAY 4**

- Berries with Coconut and Lime
- Beef, Broccoli & Bok Choy Stir Fry
- Fruit Sweetened Spinach Salad with Chicken

### **DAY 5**

- Almond Flour Pancakes
- Chicken Salad with Plantain Chips
- Roasted Vegetable GF Wraps

### **DAY 6**

- Baked Eggs in Avocado Cups
- Southwest Steak Salad
- Baked Chicken with Collard Greens

### **DAY 7**

- Mini Frittatas
- Quinoa with Roasted Vegetables
- Basil Lemon Cod



# Natural Detoxifiers:

## Bone Broth or Stock Drink 8-12 Ounces Daily

Meat and fish stocks provide building blocks for the rapidly growing cells of the gut lining and they have a soothing effect on any areas of inflammation in the gut. That is why they aid digestion and have been known for centuries as healing folk remedies for the digestive tract. Do not use commercially available soup stock granules or bullion cubes, they are highly processed and are full of detrimental ingredients. Chicken stock is particularly gentle on the stomach and is very good to start from.

**The EASY way to make homemade stock.** Go to Whole foods and grab a rotisserie chicken, take it home, take the meat off the chicken- set to the side, put the carcass in the crockpot or sauce pot with freshly filtered water. Add Garlic, Onion, Basil, Oregano, Sea Salt or Pepper to taste ( all seasonings are optional) and put on low setting to let simmer for a minimum of 3 hours up to 12 hours.

**Easy option # 2-** Go to your local butcher, ask for a beef bone. Take the bone home, place it in the crock pot with desired spices and simmer for 8-14 hours ( as the bone softens, you can break and remove the marrow, adding it to the stock)

**Note...** The gelatinous soft tissues around the bones and the bone marrow provide some of the best healing remedies for the gut lining and the immune system; it is important to consume them with every meal. Stock will keep well in the fridge for at least 7 days or it can be frozen.

**Himalayan Sea Salt Cleanse-** drink 1 -2 ounces followed by 6-8 ounces of warm water daily.

Pre-prepare your salt mixture in a glass container 4 teaspoons of Himalayan pink sea salt to 16 oz. of pure water- let dissolve and keep at room temperature. This process aids in healthy GI function as well as provides your body with 84 trace minerals.

**Apple Cider Restore:** Mix 1 ounce of Braggs Apple Cider Vinegar with 2-4 ounces of warm lemon water and drink each morning and evening while on your body cleanse. This will aid your body in natural cleansing, elimination and detoxification. If the flavor is too strong, you may add more water to dilute and a ½ teaspoon of organic honey.

**Herbal Teas:** Ginger, Peppermint, Chamomile, Lavender and Turmeric Teas are all great to enjoy throughout this body cleanse.



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# Fermented Foods:

## Simple Sauerkraut

4 or 5 heads of red or green cabbage, shredded;  
1/4 cup sea salt;

Place the shredded cabbage little by little in your fermentation jar, pounding it vigorously and sprinkling some with the sea salt as you go. Make sure the mixture fills the jar up to no more than 1 inch below the top (because of the expansion), adding more if needed, and that the extracted water covers the vegetables entirely. If not, create a brine of 2 tablespoons sea salt to 4 cups water and add it to the cabbage. Press the vegetables and keep them under the brine by placing a plate or a lid on top weighted down by a rock or a jug of water.

Cover with a clean towel if needed to keep out fruit flies. Place the fermentation jar in a warm spot in your kitchen and allow the sauerkraut to ferment for 7 to 10 days. Check on it from time to time to be sure that the brine covers the vegetables and to remove any mold that may form on the surface.

## Sour Pickles

1 gallon (16 cups) pickling cucumbers, non waxed;  
2 bunches fresh dill; 16 cloves garlic, whole and peeled; 3 tbsp pickling spices (peppercorns, mustard seeds, bay leaves, cloves); 5 or 6 tbsp sea salt;

Soak the cucumbers in cold water for a few hours then scrub them thoroughly to prevent any mold from forming during the fermentation process. Place the cucumbers, dill, garlic and spices in your fermentation jar and sprinkle a bit of sea salt as you go along. Prepare a brine of 5 tablespoons sea salt to 8 cups water, making sure to stir well to dissolve the salt, and fill the fermentation jar with the brine so it covers the cucumbers. Cover the jar, place it in a warm spot in your kitchen and allow the cucumbers to ferment for 5 to 10 days.

## Beet Kvass

4 large or 6 medium beets, peeled and chopped roughly; 5 tbsp sea salt;

Combine the sea salt and the chopped beets and place the mixture in your fermentation jar. Add enough water to fill the jar, stir to dissolve the salt, cover and let ferment in a warm spot of your kitchen for about 2 days before removing it to the refrigerator

## Sauerrüben (lacto-fermented parsnips)

10 lb parsnips, peeled and julienned;  
1/4 cup sea salt;

Place the julienned parsnips little by little in your fermentation jar, pounding them vigorously and sprinkling some of the sea salt as you go. Make sure the mixture fills the jar up to no more than 1 inch below the top (because of the expansion), adding more if needed, and that the extracted water covers the vegetables entirely. If not, create a brine of 2 tablespoons sea salt to 4 cups water and add it to the mix. Press the vegetables and keep them under the brine by placing a plate or a lid on top weighted down by a rock or a jug of water.

Cover with a clean towel if needed to keep out fruit flies. Place the fermentation jar in a warm spot in your kitchen and allow the parsnips to ferment for 7 to 10 days. Check on it from time to time to be sure that the brine covers the vegetables and to remove any mold that may form on the surface.



# Recipes

## Breakfast

### AVOCADO, PEAR & BACON TOAST

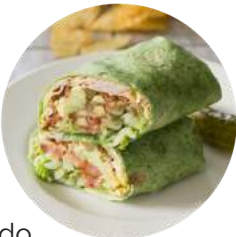


1 whole avocado  
2 strips of nitrate-free bacon  
1 whole organic pear  
Sea Salt to taste

#### Directions:

Cook bacon in a pan on medium heat until crispy. Peel the avocado skin, slice in half and remove the pit- slice. Slice the Pear- it will act as your "toast". Place the Pear down and fill with your bacon and avocado. Lightly salt and serve

### AVOCADO, & BACON LETTUCE WRAP



1 whole avocado,  
2 strips of nitrate free bacon, 1  
head of lettuce, sea salt to taste

#### Directions:

Cook bacon in a pan on medium heat until crispy. Peel the avocado skin, slice in half and remove the pit. Place the lettuce wrap down and fill with your bacon and avocado. Lightly salt and serve

### BANANA PANCAKES



1/2 banana  
1 tbsp of shredded  
coconut, 1/2 tbsp of  
coconut flour, 1 tsp coconut oil

#### Optional Toppings:

All natural maple syrup  
Organic Strawberries, bananas or  
blueberries

#### Directions:

In a medium bowl, mash the banana until liquid, then gradually mix in the coconut flour and coconut shreds; when fully mixed, it should have a dough-like texture (different from a normal pancake batter).

In a small to medium frying pan, lightly coat with coconut oil and bring to medium heat. Add small portions of the mixture to the pan and flip after about 1 minute or two. Once both sides are golden brown, plate and top with your favorite fruits and some (optional) maple syrup.

### BANANA WITH ALMOND BUTTER & COCONUT



Serves 2:

1 large banana, 2 tbsps of almond butter, 2 tbsps of coconut milk

#### Directions:

Slice the banana and divide between 2 small bowls. Top each banana with a tablespoon of almond butter and coconut milk. Add slivered almonds, cinnamon or coconut for variety.

### BREAKFAST POWERBALLS



16 oz almond  
butter (you can  
use peanut butter  
or cashew butter, too), 1/2 cup raw  
honey or agave nectar (may vary  
depending on level of sweetness  
you prefer), 1 1/2 cups rolled oats  
(whole oats, not instant), 1/3 cup  
ground-up flaxseed, bowl full of  
coconut or sesame seeds

#### Directions:

Mix almond butter and honey together in a bowl. Put oats in blender and blend until they assume a powder-like texture. Add oats to nut butter/honey mixture and mix well. Adjust consistency if necessary. Add ground flax seed and mix. Roll batter into small balls. Roll balls in your choice of coconut or sesame seeds.

If you're short on time, you can just press the mixture into a baking dish and cut it into bars. No need to roll it into balls!

Yields 35-40 PowerBalls. Will last in refrigerator for one week. Can also make and freeze.

## BREAKFAST PORRIDGE

1/2 cup cooked butternut squash  
1/4 cup full fat organic coconut milk  
1 pinch salt, 1/2 tsp cinnamon  
1/2 tsp ground ginger  
1/4 large apple  
1 tbsp toasted coconut



### Directions:

Grate the whole apple without peeling. Add the apple, butternut squash, coconut milk, salt and spices to a food processor. Blend until smooth for about a minute. In a saucepan add the blended mixture and bring to a simmer, stirring occasionally. Cook for about 10 minutes. Serve warm and top with about a tablespoon of toasted coconut for each serving.

## QUINOA WITH PINE NUTS & CRANBERRIES

2 cups quinoa,  
2 tbsp chives, chopped,  
1/4 cup pine nuts, 3 tbsp olive oil,  
1 yellow pepper, chopped,  
Salt, 1/2 cup dried cranberries



### Directions:

Add quinoa to 4 cups water and bring to a boil. Reduce heat, cover and simmer for 30 minutes. Fluff the quinoa with a fork and add in remaining ingredients. Toss then serve.

## BAKED EGGS IN AVOCADO WRAPS

Serves 2:  
1 avocado, halved  
2 eggs, Sea salt and pepper to taste



### Directions:

Preheat oven to 350 degrees F. Slice avocado in half and remove pit. Scoop out about half of the avocado flesh; reserve. Crack one egg into each half of the avocado. Place avocado halves onto a parchment-lined baking sheet. Bake 15 minutes or until yolk is set to desired consistency. Salt and pepper to taste.

## AVOCADO DELIGHT

1 avocado,  
2 Slices of GF Bread, 1 Pear, 2 tsp ghee or coconut spread



### Directions:

Toast GF Bread and add ghee or coconut spread then layer sliced avocado and sliced pear.

## BERRIES WITH COCONUT AND LIME

1 cup of mixed fresh, organic berries, 1/4 cup of coconut milk  
1/2 lime



### Directions:

Add berries to bowl. Pour Coconut Milk over. Add light squeeze of lime and serve

## ROASTED VEGETABLES GF WRAPS

1 Eggplant, sliced into chunks, 2 cloves garlic, minced, 1 zucchini, cut into thin strips, 4 leaves basil, chopped, 1 red pepper, cut into thin strips, gluten-free tortillas, 3 tbsp lemon juice, 1 package hummus, 2 tbsp balsamic vinegar, 3 tbsp olive oil, Salsa (optional), 1 tsp sea salt



### Directions:

Mix lemon juice, vinegar, oil and salt in a bowl. Add vegetables and marinade for at least 1 hour or as long as overnight. Preheat broiler. Put vegetables in a pan. (You may discard the remaining marinade or save it to use as a salad dressing.) Broil the vegetables on the top rack for 12 minutes. Warm the tortillas by wrapping them in tin foil and heating them for just a few minutes on the lower rack.

Spread the hummus on the tortillas, add a serving of veggies. You can also add chicken strips or cooked beans to make this a heartier meal. I recommend adding salsa before closing the wrap. This is a fun dinner or lunch sandwich, too.

## CHICKEN SAUSAGE STIR FRY

1 tsp coconut oil  
1 medium onion  
1/2 pound chicken sausage  
4 cups of spinach, kale or greens



### Directions:

Melt 1 tbsp coconut oil over medium- heat. Add in onion, lightly saute. Add in chicken sausage, cook until browned. Add greens, mix in , cover for 2-3 min off heat and serve

## TURKEY & SQUASH HASH



### Meat:

4 oz ground turkey  
1/2 tbsp coconut oil  
1/4 tsp dried thyme  
1/4 tsp cinnamon  
sea salt, to taste

### Hash:

1/2 Tbsp coconut oil  
1/2 tsp cinnamon  
1/2 tsp ground ginger  
1/4 tsp garlic powder  
1/4 tsp turmeric  
1/4 tsp dried thyme  
sea salt, to taste  
1 small zucchini  
1/4 cup shredded carrots  
1 cup cubed frozen butternut squash (or sweet potato)  
1/2 large apple, peeled and chopped  
1 cup spinach or kale

### Directions:

Add coconut oil to a frying pan over medium heat. Add the ground turkey and cook through. Season with cinnamon, thyme, and sea salt. Set aside. Drop remaining coconut oil to the same skillet and add zucchini, carrots, apple, and squash.

Cook for 4-5 minutes, or until veggies are soft. Add in spinach and stir until soft. Stir in the turkey and remaining seasonings. Plate and enjoy

## GREEN POWER SMOOTHIE



1 small apple,  
1 cup of spinach  
or kale, 1/2 tsp ginger,  
1 lemon, 8 ounces of pure water

### Directions:

Put all ingredients in a blender and puree. Add a scoop of Replenish or Nourish for more of a power packed nutrient punch.

## QUINOA POWER BF



1/2 cup quinoa  
1 cups water  
sea salt to taste

### Topping

1/2 cup organic GF rolled oats  
1/2 cup blueberries  
2 Tbsp. pumpkin seeds  
2 Tbsp. sliced almonds  
Top with 1/2 cup dairy-free milk alternative (e.g., almond, coconut or rice) and 1 tsp honey (use any of your favorite fruits in season)

### Directions:

Preparing Quinoa: Placed well-rinsed quinoa with water and salt in a saucepan, cover and bring to a boil. Turn the heat to low, keep covered, and simmer for 15 minutes.

Quinoa Breakfast: Divide quinoa between two bowls, adding one-half of the rolled oats on top. Top each bowl with half of the blueberries, pumpkin seeds and almonds. Serve with almond milk and honey.

## MINI FRITTATAS



6 eggs, 1-2 cups of chopped, fresh vegetables (peppers, scallions, broccoli), 1/2 cup low-sodium organic chicken broth, 1 Tbsp. olive oil, Sea salt and pepper to taste

### Directions:

Preheat oven to 350 degrees F. Whisk eggs, veggies, broth, salt and pepper together to combine. Lightly grease a muffin pan or use silicone muffin liners. Divide egg mixture evenly between 12 muffin cups. Bake 15-20 minutes or until eggs are set.

Enjoy immediately or refrigerate for later breakfasts on-the-go.

## ALMOND FLOUR PANCAKES



1 cup almond flour, 1/2 cup applesauce, unsweetened  
1 tablespoon coconut flour  
2 large egg(s)  
1/4 cup(s) water, (consider soda water for slightly fluffier pancakes)  
1/4 tsp nutmeg, fresh  
1/4 tsp sea salt  
1 Tbsp coconut oil, divided  
1/2 cup(s) berries

### Directions:

Combine almond flour, applesauce, coconut flour, eggs, water, nutmeg and sea salt in a bowl, and mix together completely with a fork. The batter will appear a little thicker than normal mix.

Heat a non-stick frying pan over medium-low heat with coconut oil. Drop 1/4 cup of batter onto the pan once it is fully heated. Spread out batter slightly if desired. Flip like a normal pancake when the bubbles start showing up on the top, and cook for another minute or two.

Add more oil to the pan and repeat with remaining batter. Top with fresh berries.



# Recipes

## Lunch

### SIMPLE SALMON CAKES



2 fillets wild salmon, 12 rice crackers, ½ onion, diced, 2 cloves garlic, minced, 1 tbsp lemon juice, 1 tbsp olive oil, Few sprigs fresh basil

#### Directions:

Broil salmon for 7 minutes. Flake salmon with fork into a bowl. Continue flaking until salmon is in very small, shredded pieces. Break rice crackers into small pieces into bowl. Mix in all other ingredients. Form small patties. Refrigerate for 45 minutes. Heat oil in a skillet and quickly fry both sides of each salmon patty for 2 minutes each.

Serve with brown rice or a side of vegetables.

### SWEET POTATO FRIES



1 large sweet potato, 2 tbsp olive oil, 1 tsp sea salt, 1 tsp natural sweetener (maple syrup agave nectar)

#### Directions:

Preheat oven to 400°. Peel sweet potato and cut into ½ inch strips. Combine olive oil, salt and sweetener in a bowl. Toss mixture with sweet potatoes. Place in baking pan to roast for 25 minutes. Enjoy as a snack or as a side to any dish.

### MEDITERRANEAN TUNA SALAD



5 oz. water-packed skipjack tuna, drained, 1 tbsp. chopped basil, 1/2 stalk celery, minced, 1 scallion, chopped, 2 tbsp. lemon juice, olive oil to taste, sea salt and pepper to taste

#### Directions:

Place tuna in a small bowl and use a fork to break into small chunks. Add veggies, basil, lemon juice, olive oil, salt and pepper and mix well. Serve on a bed of mixed greens or with bell pepper slices. Top with sliced avocado (optional).

### QUINOA WITH ROASTED VEGETABLES



Quinoa, 2 cups rinsed Eggplant, Red peppers Zucchini, Olive oil, Sea salt

#### Directions:

Chop eggplant, peppers and zucchini. Coat lightly with olive oil and salt.

Roast all vegetables at 450° for 25 minutes. While veggies are roasting, bring 2 cups quinoa with 4 cups water to boil. Cover and lower heat to low, cooking for 20 minutes. Fluff quinoa with a fork and top with roasted veggies.

### POWER SALAD



Mixed leafy greens, arugula, and/or spinach Mushrooms, diced, Red onion, chopped, Flax seed, ground Dried cranberries or raisins Walnuts, Chicken Breast

#### Directions:

Bake chicken at 350° for 30 minutes. While chicken is baking, place all ingredients in a bowl and toss with ½ cup olive oil and 3 tbsp. Balsamic vinegar. Slice chicken over top of salad.

## SIMPLE FISH WITH PESTO SAUCE



Fish of your choice (wild caught salmon or cod are both tasty!)

### **Pesto Sauce:**

3 cloves garlic, 2 cups fresh basil leaves, 3 tbsp pine nuts, 1 dash sea salt, 1/2 cup extra virgin olive oil, 1/2 cup ghee

### **Directions:**

Using a food processor (or blender), mince garlic. Next add basil, pine nuts, and sea salt. Slowly add olive oil. Finally, add in ghee. With pesto sauce complete, place fish in oven to broil (550°) for 7 minutes. Drizzle with pesto sauce. Serve fish with a side of brown rice and a salad or other vegetable.

## MUSTARD VINAIGRETTE CHICKEN OVER GREENS



2 chicken breasts, organic, 2 tbsp stone ground mustard, 1 tomato, 2 tbsp braggs aminos, 1/2 cup olive oil, 1/2 tsp sea salt, 1/8 cup agave nectar (or 100% maple syrup), 1/4 tsp black pepper, optional, 1/4 cup apple cider vinegar, Mixed greens, 3 cups or more

### **Directions:**

Bake chicken breasts in a pan at 350° for 35 minutes. Meanwhile, slice tomato into wedges. Combine the rest of the ingredients in a small bowl and whisk. When chicken is finished, cut into strips and toss with half of the vinaigrette.

Place mixed greens in a medium bowl, layer with chicken, and add the rest of the vinaigrette, tossing to coat.

## CHICKEN SALAD



2 small boneless, skinless chicken breast halves, 2 tsp olive oil, 1/2 tsp salt, 1/4 tsp freshly ground pepper, 1 small shallot, sliced into rings, 1 red pepper, sliced into strips, 1 small cucumber, diced, 3 tbsp chopped cashews, 2 tbsp chopped cilantro

### **Directions:**

Bake chicken at 375° for 45 minutes. (Or, if in a rush, you can broil chicken for 6 minutes on each side.) While chicken is baking, boil the noodles according to their package. Cool the chicken breasts for 5 minutes, then slice into thin strips. Place the strips in a large bowl and toss with shallot, pepper, cucumber, cashews, and cilantro.

To make the dressing: whisk the tahini, braggs aminos, ginger, garlic, and sesame oil in a medium bowl. Pour the dressing over the salad, toss, and serve.

### **Dressing:**

2 tbsp tahini, 2 tbsp braggs aminos, or tamari, 2 tsp fresh ginger, minced, 2 tbsp sesame oil, 1 small garlic clove, minced

## KALE & PORTABELLA STIR FRY



1 medium bunch kale, rinsed & chopped, 2 tbsp extra virgin olive oil, 1 portabella mushroom, sliced, 1/4 cup sliced almonds, 1/2 onion, chopped, 3 tbsp braggs aminos, 2 cloves garlic, minced, 2 cups brown rice

### **Directions:**

Prepare brown rice in rice cooker or on stove following package directions. Heat oil in pan on stove. Add onion and garlic and sauté until light brown. Add kale and portabellas. Cover pan to produce steam. Add braggs aminos and stir. Top with sliced almonds and serve over brown rice or other whole grain.

## PLANTAIN CHIPS



6 green plantains  
Juice of 6 limes  
2 tablespoons coconut oil

### **Directions:**

To peel the plantains, slice the ends off and cut each plantain in two. Deeply score the skin with a knife, cutting right through to the flesh, down the length of the plantains.

Slide your finger under the skin and peel it away. Slice the plantains diagonally and very thin. Soak the slices in lime juice for 10-15 minutes. Then dry thoroughly.

Heat broiler.

In a bowl toss plantains in coconut oil (you may have to heat the oil just a bit so that it is not in solid form, allowing it to cover all the plantain slices).

Place on a baking sheet and put under broiler for 3-5 minutes or until golden brown and then flip to the other side, repeat.

## SOUTHWEST STEAK SALAD



2 steak filets,  
 ½ tsp chili powder,  
 ½ cup cilantro, minced, ¼ cup olive oil, ½ lime, squeeze half for juice, Sea salt and pepper, 1 tsp ground cumin, Mixed greens

### Directions:

Grill or broil meat 4-8 minutes, depending on how you prefer. (To check if it is done how you like it, make a small cut in the thickest part of the steak and check the color.). In a small bowl, combine all ingredients and add in olive oil slowly while whisking.

Prepare a salad of mixed greens and other "fixings" you like. When steak is done, place on bed of greens and pour dressing over salad.

## STIR-FRIED BEEF WITH VEGETABLES



Serves 2:

8 oz. boneless sirloin steak (grass-fed), trimmed, of all visible fat, thinly sliced into small bite sized strips., 2 Tbsp olive oil mixture, 1 clove of garlic, pressed, 2 celery stalks, chopped, 1 cup broccoli, 4 oz. thinly sliced carrots, 4 oz. sliced mushrooms, 3 tbsp lemon juice

### Directions:

Saute the beef in half of the oil with garlic until the beef is browned. Remove from skillet. Heat the residual oil in the skillet. Saute the broccoli, celery and carrots until tender about 4 minutes. Add the mushrooms and lemon juice. Stir-fry mixture for approximately 3 more minutes. Combine the vegetables with the meat.

## CHICKEN WITH RED BEETS



1 whole roasted chicken, ¼ cup olive oil, 4 large red beets with green stalks, Sea salt, dash, 2 tbsp Stone ground mustard, ¼ cup red wine vinegar

### Directions:

Roast the chicken in the oven at 350° for 60 minutes or until golden brown. (You may also grill or bake chicken breasts.)

Bring a large pot of water to boil. Chop the greens from the root of the beets. Reserve the greens to steam at a later date. Add the beets to the boiling water for 20 minutes, or until you can gently push a fork through them.

Remove from water, strain, and run under cold water. Slip the outer skins off of the beet with your hands (as your fingers turn bright pink!! It's worth it, I promise!) Cut each beet in half. With the flat side down, cut into smaller chunks. In a medium bowl, whisk together mustard, vinegar, oil and salt. Add in the beets and toss. When the chicken is done, top with the beets or serve on the side.

## ROASTED VEGETABLE AND QUINOA SALAD



3 cups roasted vegetables, 1 cup cooked quinoa, 1 cup chickpeas, 1/2 cup dried cranberries, 2 Tbsp. apple cider vinegar, 2 Tbsp. olive oil Parsley, chopped (optional)

### Directions:

Combine veggies, quinoa, beans, and cranberries. Whisk together vinegar and oil. Drizzle over veggie and quinoa mixture. Top with chopped parsley.

## SALMON & ARUGULA SALAD



Serves 4:

1 large Salmon Filet, 2 tbsp coconut oil, 2 garlic cloves, minced, 2 cups arugula, 2-3 artichoke hearts, chopped, A few sprigs of thyme sea salt and black pepper to taste

### Directions:

Heat the grill and keep at medium-low heat. Season both sides of the salmon with salt and pepper. Place on a sheet of foil (enough to wrap around the whole piece of fish). Drizzle with coconut oil and sprinkle top of the fish with minced garlic and a few sprigs of thyme. Seal the salmon in foil and place on the grill.

Cook 15-20 minutes or until pink and flaky. In a large salad bowl combine arugula, and artichoke hearts. (prepare salad dressing). Once the salmon has cooked, remove from grill and allow to cool for a few minutes. Using a fork, pull apart the salmon and serve salmon warm.

## CHICKEN TACO SALAD



1/2 cup of chicken, 1/4 cup of diced peppers, ½ cup of black beans, 5 GF Chips

### Directions:

Layer the chicken, beans and peppers over a bed of mixed field greens and top off with gluten free chips for a bit of crunch and drizzle oil and vinegar over the top.



## PESTO QUINOA WITH CHICKEN AND RED PEPPERS



1 cup Quinoa (Sufficient for 2 people. Use more if for a family or group, use 1 cup grain to 2 cups water), 2 chicken breasts, cut into strips, 1 red bell pepper, chopped, 5 scallions, chopped, 2 cloves garlic, minced, Sea salt to taste, 2 tbsp Olive oil

### Directions:

Add quinoa to 2 cups water and bring to a boil. Reduce heat, cover and simmer for 30 minutes. While quinoa is cooking, heat olive oil in a pan. Saute chicken until cooked thoroughly. Add red pepper and scallions to pan for 5 minutes, add garlic and cook for 3 more minutes. Keep on low while proceeding to pesto sauce.

For pesto sauce, use a food processor (or blender), mince garlic. Next, add basil, pine nuts, and sea salt. Slowly add olive oil.

Return to stove and combine finished quinoa with chicken and red peppers in pan. Pour pesto sauce over mixture and stir.

### Pesto Sauce:

3 cloves garlic  
2 cups fresh basil leaves  
3 tablespoons pine nuts  
1 dash sea salt  
1/2 cup extra virgin olive oil  
grated (fresh parmesan is best, grated by you)

## SALMON CAESAR SALAD



Serves 4:

4 (6 oz) portions  
salmon fillet, skin on, 2 Tbsp of extra virgin olive oil, 2 heads romaine lettuce, chopped, 1/4 small red onion, diced, 2 Tbsp of cold pressed flaxseed oil, 1 clove garlic, crushed, 1 tsp of mustard seed crushed, 1 Tbsp of lemon juice

### Directions:

Preheat oven to broil. Brush flesh side of salmon fillet with 1 tbsp olive oil. Place in baking pan flesh side down. Brush skin with remaining olive oil, broil for 15 minutes. Remove from oven and set aside. In a large bowl, mix together lettuce and onion. Combine flaxseed oil, garlic, mustard seed and lemon juice in a small jar and shake well. Toss with lettuce and onion. Serve topped with salmon fillet and season with freshly ground pepper to taste.

This recipe is from the Paleo Diet Cookbook by Dr. Loren Cordain

## BEEF, BROCCOLI & BOK CHOY STIR FRY



1/2 lb. organic steak, cut into strips about 1/8 inch thick, 3 Tbsp olive oil, 1 large head of broccoli, cut into small florets, 2 Tbsp bragg's aminos, 1 bunch of bok choy, chopped, 1/4 tsp salt, 3 garlic cloves, chopped, 1/3 cup water, 2 Tbsp Sesame oil

### Directions:

Heat 2 Tbsp olive oil in a large pan or wok on medium high heat. Add beef and cook about 2 minutes. Remove and transfer to a plate. Add 1 Tbsp olive oil, broccoli, bok choy and garlic, cooking for another 2 minutes.

Return meat to pan with bragg's aminos, salt and water. Stir thoroughly and cook for 2 more minutes. Turn off heat. Drizzle sesame oil and remove to serve promptly. Can be served over brown rice or whole grain of your choice.

## MIXED GREENS WITH POMEGRANATE VINAIGRETTE



1 bunch of your favorite mixed greens (or ready-made salad bag), 5 mushrooms, brushed and sliced thin, 1/2 cup pine nuts 3 tbsp flax seed, ground

### Dressing:

1/4 cup pomegranate juice, 1 shallot, minced, 2 tbsp white wine vinegar, 1 lemon, 1/2 squeezed, 1/2 cup olive oil  
Sea salt

### Directions:

Top greens with mushrooms and pine nuts. Combine all dressing ingredients in a jar and shake vigorously. Pour dressing lightly over greens and toss. Sprinkle with flax seed.

## PESTO QUINOA WITH CHICKEN AND RED PEPPERS



1 cup Quinoa (Sufficient for 2 people. Use more if for a family or group use 1 cup grain to 2 cups water)  
2 chicken breasts, cut into strips  
1 red bell pepper, chopped  
5 scallions, chopped  
2 cloves garlic, minced  
Sea salt to taste  
2 tbsp Olive oil

### Directions:

Add quinoa to 2 cups water and bring to a boil. Reduce heat, cover and simmer for 30 minutes. While quinoa is cooking, heat olive oil in a pan. Sauté chicken until cooked thoroughly. Add red pepper and scallions to pan for 5 minutes, add garlic and cook for 3 more minutes. Keep on low while proceeding to pesto sauce.

For pesto sauce, use a food processor (or blender), mince garlic. Next, add basil, pine nuts, and sea salt. Slowly add olive oil.

Return to stove and combine finished quinoa with chicken and red peppers in pan. Pour pesto sauce over mixture and stir.

### Pesto Sauce:

3 cloves garlic  
2 cups fresh basil leaves  
3 tablespoons pine nuts  
1 dash sea salt  
1/2 cup extra virgin olive oil  
grated (fresh parmesan is best, grated by you)

## CANNELLINI BEANS WITH MINT SPRING GREENS



You can choose any bean you like in this salad.

Beans, 3 tbsp balsamic vinegar  
1/2 cup olive oil  
2 tbsp lemon juice,  
4 leaves fresh basil, chopped  
4 cloves garlic, minced  
1 tsp stone ground mustard,  
1/8 tsp sea salt  
1/2 red onion, sliced thin  
1 red pepper, diced  
1 tsp natural sweetener (agave nectar, raw honey, brown rice syrup)  
1 pkg or 2 cans beans of your choice (if dried, soak overnight, rinsed and cooked. If canned, drained and rinsed)

**For beans:** Whisk together vinegar, oil, lemon juice, basil, garlic, mustard, nat.sweetener, and salt. Add onion, beans and pepper.

**For salad:** Combine greens with mint in a bowl. In a separate bowl, mix oil, vinegar and sea salt. Pour dressing over greens and toss. Serve beans alongside or on top of the greens. Spring Greens, 1/2 cup olive oil Fresh mixed spring greens, 2 tbsp red wine vinegar, 2 tbsp mint, chopped, dash of sea salt.

## FISH LETTUCE WRAP



Fried Cod Fillets  
1 cod fillet, 3 Tbsp olive oi, 3 tsp garlic powder, 3 tsp onion powder, 3 tsp oregano, 3/4 tsp salt, 3/4 tsp ground ginger

### Slaw

2 tsp olive oil, 2 tsp balsamic vinegar, 2 tsp lemon juice, 1 tsp onion powder, 1/2 tsp salt, A handful of a purple cabbage, shredded, 1/4 apple, grated, 1/4 carrot, grated

### Additional Ingredients

Lettuce (substitute for tortilla)  
1 tbsp of Fresh Cilantro  
A splash of Fresh lime juice

### Directions:

Place the olive oil and dry ingredients for the Fried Cod Fillets (all except the cod) in a bowl and mix together to create a coating for the fish. Lightly coat the fillets in the mixture and place into a frying pan on medium heat. Once Fully Cooked, set aside. Mix together the ingredients for the cabbage slaw in a bowl and set aside. Assemble tacos by placing the fish inside the lettuce tortilla and topping with slaw, fresh cilantro and a drizzle of lime juice.

# Recipes

## Dinner

### ROASTED VEGETABLES GF WRAPS



1 Eggplant, sliced into chunks, 2 cloves garlic, minced, 1 zucchini, cut into thin strips, 4 leaves basil, chopped, 1 red pepper, cut into thin strips, gluten-free tortillas, 3 tbsp lemon juice, 1 package hummus, 2 tbsp balsamic vinegar, 3 tbsp olive oil, Salsa (optional), 1 tsp sea salt

#### Directions:

Mix lemon juice, vinegar, oil and salt in a bowl. Add vegetables and marinade for at least 1 hour or as long as overnight. Preheat broiler. Put vegetables in a pan. (You may discard the remaining marinade or save it to use as a salad dressing.) Broil the vegetables on the top rack for 12 minutes. Warm the tortillas by wrapping them in tin foil and heating them for just a few minutes on the lower rack.

Spread the hummus on the tortillas, add a serving of veggies. You can also add chicken strips or cooked beans to make this a heartier meal. I recommend adding salsa before closing the wrap. This is a fun dinner or lunch sandwich, too.

### BALSAMIC LENTILS WITH BROWN RICE



1 cup lentils, preferably purchased dried and soaked overnight, drained and rinsed, 1 cup chopped red onion, 1/2 cup chopped fresh parsley, 2 garlic cloves, minced, 2 tbsps olive oil, 3 tbsps balsamic vinegar, 2 tsps stone ground mustard, Brown Rice

#### Directions:

Bring medium saucepan of water to boil. Add onion slice, parsley and 1 minced garlic clove and bring to boil. Stir in lentils. Reduce heat and simmer uncovered until lentils are just tender, about 10 minutes if pre-soaked, 20 minutes if not. Drain water. Place lentils in a bowl.

Stir oil, vinegar, mustard and remaining garlic in small saucepan over low heat until warm. Pour sauce over lentils and toss. Season with salt and pepper. Serve over brown rice.

### CHICKEN ZUCCHINI GF NOODLE SOUP



3 cups of chicken broth, Salt to taste, 1 chicken breast (8 oz.), 3 tbsps of avocado oil, 1 stalk of celery, 1 green onion, 1/4 cup cilantro, 1 zucchini

#### Directions:

Cut the chicken breast into small pieces. Chop the celery, green onion and cilantro. Use a peeling tool to create the zucchini noodles. Add avocado oil to pan and cook the chicken. Add the chicken broth to the pan; add salt to taste. Toss in your celery and green onion. Finally, add the cilantro and gluten free noodles. Let this cook for about 5 more minutes. Enjoy!



## BAKED CHICKEN WITH COLLARD GREENS



1 whole roaster chicken, organic & free-range if possible. 2 tbsp organic butter, at room temperature, 2 tbsp olive oil, 1 tbsp fresh rosemary, ¼ tsp sea salt, 1 onion, chopped, 1 bunch collard greens (or dark, leafy green of your choice), rinsed & chopped, ¼ cup water

### Directions:

Preheat oven to 375°. Combine butter, rosemary, and sea salt, mixing with a fork until creamy.

Brush this sauce over your chicken and place in oven. Bake for 60 minutes. While chicken is baking, heat pan with 2 tbsp olive oil.

Add onion and saute for 3 minutes. Add collard greens and water to pan and cook for 3-4 minutes or until the greens are lightly wilted. Sprinkle with sea salt and serve as a side to your finished chicken.

## BOK CHOY STIR FRY



1 bunch Bok Choy, 2 cups mushrooms, 1 Red Pepper, 1 yellow onion Protein of your choice, Chicken or Beef, 2 tbsp oil (coconut oil is best for high heat, could also substitute olive oil), Sesame Seeds, Cashews Tamari Sauce, Sesame oil

### Directions:

Slice all vegetables. Heat oil in pan and sauté onion and pepper. Add meat if using and cook thoroughly. Add Mushrooms, then Bok Choy and ¼ cup water. Cover to steam. Turn off heat. Add 2 tsp tamari, ¼ cup sesame oil. Stir and toss with sesame seeds and cashews

## CHICKEN SALAD WITH DRIED FRUIT



(Here's where you use that leftover chicken!)

2 chicken breasts, or leftover chicken, 3 stalks celery, sliced thin, 3 scallions, chopped into rings, 1 cup ghee, shredded 2 bunches fresh arugula, cut into pieces, ½ cup raisins, cranberries or dried fruit of choice, ½ cup olive oil, 3 tbsp red wine vinegar 2 tbsp fresh herbs of your choice, chopped, sea salt, 2 hard boiled eggs, sliced into circles, optional

### Directions:

Cut leftover chicken into chunks (or bake chicken at 350° for 40 minutes). Combine chicken in a large bowl with celery, scallions, and dried fruit. In a separate bowl, combine the oil, vinegar, herbs, and a few dashes of sea salt. Pour the dressing over the chicken mixture and toss. Serve with the slices of hard boiled eggs on top. (To hard boil eggs, simply place eggs in a pot of water covering the eggs and bring to a boil, simmer for a remaining 12 minutes).

You can eat this as is, over a bed of greens, in a wrap or open-face on a toasted piece of sprouted whole grain bread.

## VERY TASTY BEEF & VEGGIE KABOBS



1 lb. organic sirloin steak, cut into cubes, marinated at least 3 hours 1 green pepper, quartered, 1 red onion, quartered, Skewers, either metal or bamboo

### Herb-Garlic Marinade:

5 garlic cloves, minced  
2 tbsp red wine vinegar  
1 cup olive oil  
½ cup fresh lemon juice  
2 tbsp sea salt  
1 tbsp pepper  
¼ cup fresh thyme  
¼ cup fresh basil

### Directions:

Preheat the broiler (550°). Make sure the top rack is 6 inches from the heat. Drain the meat and save the marinade. Insert skewers through meat, green peppers, and onions.

Place the kabobs on a broiler pan or resting across a baking dish. Broil kabobs for 4 minutes, then turn and broil for another 4 minutes.

Remove and baste with the reserved marinade. Serve on a bed of brown rice.

## HERBED CHICKEN



In this recipe, I suggest using a whole roaster chicken so that you can use the leftovers for a second recipe in this week's menu or to add over a salad for lunch.

1 Roaster chicken, about 3 lbs.  
2 tbsp chopped herbs: rosemary, basil, thyme, 5 tbsp parsley, chopped  
4 garlic cloves, minced, ½ cup olive oil, preferable extra virgin, Sea salt

### Directions:

Thoroughly rinse and clean chicken. In a small bowl or food processor, combine the herbs, parsley, garlic, olive oil and salt. Mix into a paste. Coat the chicken with the herb paste and marinate overnight if possible. Preheat oven to 350°. Bake for 60 minutes, until skin is golden brown, basting it again with the remaining herb paste 10 minutes before completion. Serve with a crisp salad or steamed greens of your choice.

## FRUIT SWEETENED SPINACH SALAD WITH CHICKEN



2 chicken breasts,  
1 lemon, ½ cup raisins  
½ cup olive oil, 1 tbsp  
dried apricots, 1 tbsp balsamic vinegar, 1 tbsp dried cranberries,  
5 cups organic spinach, ½ red onion, sliced thin, 2 tbsp walnuts

### Directions:

Bake or grill 2 chicken breasts. (If baking, 350° for 35 minutes). While chicken is baking, boil water. In a small bowl, put the raisins, apricots and cranberries. Pour the boiling water over the dried fruit, soak for 10 minutes. Drain the dried fruit, reserving 2 tbsp of the sweetened water. In a large bowl, add spinach with red onion, walnuts. Squeeze the lemon over the salad, add the soaked fruit.

Combine the olive oil with 2 tbsp of the reserved fruit-sweetened water, and balsamic vinegar. Whisk, sprinkle in sea salt, then pour over the salad. Top with chicken if you desire.

## COD WITH BALSAMIC HERB SAUCE



Cod (or fish of your choice), 3 tbsp balsamic vinegar, 1 clove garlic, minced, 2 tbsp fresh basil, 1 tbsp fresh thyme, ¼ tsp sea salt, 1/3 cup extra virgin olive oil, 2 tbsp oil.

### Directions:

In a small bowl, combine vinegar, garlic, herbs, salt and olive oil. Whisk and set aside.

Heat one large saucepan and add 2 tbsp oil. Cook filets of cod 3 minutes on first side, then flip and cook 3 minutes on the second side. Lower heat and pour sauce over fish and simmer for 1 minutes.

Serve with whole grains and a side of greens of your choice.

## RAINBOW CHARD WITH GOLDEN RAISINS & PINE NUTS



1 bunch swiss chard, rainbow if desired, ¼ cup golden raisins, ¼ cups red onion, ½ cups pine nuts, 2 tbsp garlic, minced, Sea salt, 3 tbsp olive oil

### Directions:

After washing, stack the chard leaves one on top of the other.

Roll and then slice into strips. Slice the colorful ribs into small pieces.

Heat the olive oil over medium heat (under the smoking point – that is, don't let it smoke!) Add the red onion, garlic, and colored ribs, cooking for 3 minutes.

Add the chard leaves and 3 tbsp of water. Cover the pan and cook for 5 minutes. Remove the chard. Sprinkle with raisins, pine nuts and sea salt. Serve warm or cool.



## HONEY CHICKEN SKILLET

2 tbsp coconut oil, 2 chicken breasts, 1 Cup of diced green onion, 2 cup of broccoli, 1 tbsp garlic, minced, 1 tbsp honey, 1 tbsp Apple Cider Vinegar, 1/2 tsp Sea Salt

### Directions:

In a large skillet melt your coconut oil over medium heat. Cut up your chicken into bite size pieces and add them to your skillet.

Cook until browned before adding in your onion, garlic and vegetables. Continue to cook over medium heat until chicken is fully cooked, onion is translucent and vegetables are tender. In a small bowl combine your honey, apple cider vinegar and salt and mix well. Pour over your skillet and lightly toss.



## SALMON BAKED IN FOIL

2 shallots, chopped, 2 tbsp PLUS 2 tsp olive oil, 2 tbsp fresh lemon juice (from about 1/2 lemon), 1 1/2 tsp chopped fresh oregano OR 3/4 tsp dried, 1 1/2 tsp chopped fresh thyme or 3/4 tsp dried, 1 tsp salt, 3/4 tsp freshly ground black pepper, 4 salmon fillets (5-6 ounces each)

### Directions:

Preheat the oven to 400F. In a medium bowl, stir shallots, 2 tbsp of oil, lemon juice, oregano, thyme, 1/2 tsp of salt, and 1/4 tsp of pepper. In the center of each of four large sheets of aluminum foil, spoon 1/2 tsp of oil. Place 1 salmon fillet atop each sheet of foil and turn to coat with the oil. Sprinkle the salmon fillets with the remaining 1/2 tsp each of salt and pepper. Fold the sides of the foil over the fish, covering completely, and seal the packets closed.

Place the packets on a large, heavy baking sheet. (The salmon packets can be prepared up to this point 6 hours ahead. Refrigerate until ready to bake.) Bake until the salmon is just cooked through, about 25-28 minutes. Using a large metal spatula, transfer the foil packets to plates and serve.



## OLIVE CHICKEN WITH BROWN RICE

2-4 Chicken breasts or thighs, 2 cups brown rice,

**Marinade:** 2 garlic cloves, minced, 1/2 tsp ground cumin, 3 tbsp olive oil, 1 tsp salt, 1/2 tsp ginger, freshly chopped, 2 tbsp olive oil, 1/2 tsp black pepper, Parsley prigs, Bunch of scallions, chopped, 1 cup kalamata olives

### Directions:

Cook brown rice ahead of time in a rice cooker (reduces time in front of stove!) OR bring 4 cups of water to boil with rice, then reduce heat and simmer for 60 minutes. Prepare marinade in a large bowl and then add chicken.

Refrigerate for 45 minutes if possible. Heat 2 tbsp olive oil in a large pan, add chicken and remaining marinade, and sauté for 5 minutes each side. Add scallions and olives, and continue to cook until chicken is tender. Add brown rice to pan and stir. Serve and enjoy!



## ASIAN SALAD WITH SESAME DRESSING

1 Romaine lettuce head, washed and chopped, 1 carrot, peeled and grated, 2 cups mixed greens, 1 zucchini, peeled and grated, 3 tsp sesame seeds

**Dressing:** 1/2 cup bragg's aminos, 1/4 cup rice vinegar, 1/4 cup sesame oil, 2 tbsp agave nectar (or other natural sweetener)

### Directions:

Combine romaine with mixed greens. Add the carrots and zucchini, toss. Combine all dressing ingredients in a jar and shake vigorously. Pour over salad and toss. Sprinkle with sesame seeds.



## BASIL LEMON COD

2 cod filets, 1/2 cup fresh lemon juice, 1 cup fresh basil leaves, 1/2 tsp sea salt 1/2 cup extra virgin olive oil, 1 clove garlic, minced

### Directions:

Bake fish in oven at 350° for 7 minutes (or pan fry on stove with olive oil until flaky). In a blender, mix the remaining ingredients. Pour over fish. Serve with whole grain pasta or a salad.



## PISTACHIO CRUSTED COD



Serves 4:  
4 (4-6 oz.) cod filets (or other white fish)  
2 tsp. paprika, divided  
2 large eggs  
2 tsp. lemon zest  
1 Tbsp. garlic powder  
2 cups raw, shelled pistachios  
1/4 cup coconut oil  
Sea salt and pepper to taste

### Directions:

Season fish with salt and pepper and half of the paprika. Beat the eggs in a bowl with the remaining paprika, lemon zest, garlic powder, salt and pepper. Pulse pistachios in a food processor or clean coffee grinder to achieve a rough chop, then spread onto a plate.

Coat the fish filets in the egg mixture, then coat with the pistachio mix on both sides. Melt coconut oil in a large skillet over medium-high heat.

When the oil is hot, place the fish in to pan-fry for 3-4 minutes, until golden brown. Flip and fry on the other side for 3 minutes, or until fish is cooked through. Serve with greens of your choice and enjoy.

## RAW CREAM OF ZUCCHINI SOUP



From Jenny Cornbleet at [www.eatrawfood.com](http://www.eatrawfood.com)

1/2 cup water, 1/4 tsp sea salt, 1 zucchini, chopped (about 1 cup), 1 Tbsp olive oil, 1 stalk celery, chopped, 1/2 avocado, chopped, 1 Tbsp lemon juice, 1 tsp dried dill, 1 clove garlic

Place all of the ingredients except the olive oil, avocado and dill in a blender. Blend until smooth. Add the olive oil and avocado and blend until smooth. Add the dill and blend briefly just to mix. Serve immediately.

## AVOCADO TURKEY BURGER



4oz organic ground turkey, 1/4 large avocado, 1/2 tbsp lime juice, Sea salt to taste, a handful of chopped cilantro, 1/4 cup chopped green onion

### Directions:

Chop the avocado, cilantro, and green onion, and place in a mixing bowl. To the bowl, add your ground turkey, lime juice, and sea salt, then mix everything together with your hands.

Form the mixture into a few small sliders, and place on a hot grill, allowing to cook for about 3-4 minutes on each side. When fully cooked serve and enjoy; goes great with mixed greens.

## ASIAN CHICKEN & CAULIFLOWER RICE



4 florets of cauliflower, 1 tsp freshly grated ginger, 1 large egg, 1 jalapeño, diced, 1 clove of garlic, minced, 1 (4 oz.) chicken breast, shredded, Coconut oil for cooking (about 2.5 Tbs), 1/4 cup cilantro

### Directions:

Place the florets in a food processor. Pour processed cauliflower into pan and cook with coconut oil on medium heat. In a second pan scramble the egg, using coconut oil to coat the pan. Add scrambled eggs to processed cauliflower. Next, add your shredded chicken. Now include the minced garlic, diced jalapeño and ground ginger to the mixture. Garnish with cilantro.

## CHILI LIME CHICKEN KABOBS



3 tbsp olive oil, 1 tsp chili powder, 1 1/2 tbsp red wine vinegar, 1/2 tsp paprika, 1 lime, juiced, 1/2 tsp onion powder, cayenne pepper to taste, 1/2 tsp garlic, minced, salt and freshly ground black pepper to taste, skewers, 1 pound skinless, boneless chicken breast halves - cut into 1 1/2 inch pieces, 1 red pepper, cut into square pieces for skewers

### Directions:

In a small bowl, whisk together the olive oil, vinegar, and lime juice. Season with chili powder, paprika, onion powder, garlic, cayenne pepper, salt, and black pepper. Place the chicken in a shallow baking dish with the sauce, and stir to coat. Cover, and marinate in the refrigerator at least 1 hour. Preheat the grill for medium-high heat. Thread chicken onto skewers, and discard marinade. Lightly oil the grill grate. Grill skewers for 10 to 15 minutes, or until the chicken juices run clear.

## CHICKEN BROCCOLI CASSEROLE



2 Tbsp. olive oil, divided, 3 cups fresh broccoli florets, 2 cups red potatoes, chopped into small cubes, 1 medium onion, diced, ½ cup mushrooms, sliced, 3 cups cooked chicken, shredded, 1 cup low-sodium chicken broth, 1 cup coconut milk, 2 eggs, 1/2 tsp. nutmeg

### Directions:

Preheat oven to 350 degrees F. Grease a casserole dish with 1 Tbsp. olive oil and set aside. Steam broccoli and potatoes 4-5 minutes until just tender and set aside, uncovered. Heat remaining olive oil in a saucepan; add onions to sauté 2-3 minutes, then add mushrooms until cooked.

Transfer broccoli, mushrooms, onion and shredded chicken into a casserole dish and spread evenly. Mix broth, coconut milk, eggs, nutmeg and a generous pinch of salt and pepper in a bowl; whisk and pour over the casserole contents. Be sure mixture is spread evenly. Bake for 30-40 minutes or until casserole is set in the middle. Remove from the oven and let cool 5-10 minutes before serving.

## BEAN BURGERS WITH OVEN-ROASTED SWEET POTATO WEDGES



Serves 4:

Bean Burgers, 1 Tbsp. olive oil, 5 oz. white mushrooms, finely chopped, 1 onion, finely chopped, 1 ½ cups red pinto or red kidney beans, drained and rinsed, 1 clove garlic, minced, 2 Tbsp. chopped parsley, 1 tsp. ground coriander, Sea salt and pepper to taste, 1 tsp. ground cumin, Butter lettuce, for serving

### Directions:

Heat the olive oil in a medium skillet. Add onion and cook until translucent. Add garlic, coriander, cumin and mushrooms and continue to cook 5-6 minutes, stirring regularly. Transfer mixture to a bowl. In a separate bowl, mash the beans with a fork. Stir into the mushroom mixture and season with parsley, salt and pepper. Divide the mixture into 4 equal portions. Shape into patties and brush with oil. Heat on a grill or stove top until heated through. Serve on a lettuce wrap with toppings of choice.

### Oven-Roasted Sweet Potato Wedges

2 large sweet potatoes, peeled and cut into wedges, 1 Tbsp. olive oil, 1 tsp. paprika, Sea salt and pepper to taste

### Directions:

Preheat oven to 400 degrees F. Toss sweet potato wedges with oil, paprika, salt and pepper. Spread onto a baking sheet in a single layer. Bake until browned and tender, turning once, about 30-40 minutes total.



## Tips for Eating Out:

- Some great restaurant foods that will work on your body cleanse  
Burrito bowl: brown rice, chicken, avocado and pico  
Ask to see the gluten free menu- seek out grilled chicken or fish, steamed veggies or salads, no bread, no buns and you are set to go.  
Salad bars are great. Hard boiled eggs, hummus, greens, tons of fresh veggies like: sprouts, cucumbers, carrots, peppers, broccoli, cauliflower, fresh fruit nuts, seeds
- Most restaurants offer a green salad that you can add on healthy proteins and fats like broiled or grilled poultry or fish, veggies, nuts, seeds, avocado even fresh fruit with oil & vinegar dressing.
- If you are on a road trip, most gas stations offer kind bars, trail mix, water and fresh fruit; all are safe to grab on the go during your cleanse.



# Daily Checklist:

- ☐ Wake up and Check in. Take a few deep breaths and do a quick assessment noticing how energized you are as you set an inspiring goal or intention for the day.
- ☐ Be sure to eat within 60-90 minutes of waking.. Get at least 12 grams of protein for mental sharpness and energy until lunch.
- ☐ Supplements. Take appropriate morning supplements with breakfast
- ☐ Mid Morning snack with hot water and lemon or lime- remember blood sugar regulation matters. Eat something every 4 hours. ( If you are hypoglycemic, we may advise you to eat every 2 ½- 3 hours until your blood sugar stabilizes. To help with this, ensure you are intaking healthy fats, proteins, fiber and starch at each meal.)
- ☐ Stay Hydrated- remember the goal is to take in ½ of your body weight a day in H<sub>2</sub>O.
- ☐ Eat a nutrient dense well balanced lunch.
- ☐ Mid-afternoon snack with warm ginger root tea or hot water with lemon.
- ☐ Right before dinner. Do deep belly breathing to enhance digestion & increase energy.
- ☐ Eat a nutrient dense well balanced dinner.
- ☐ Supplements. Take appropriate evening supplements with dinner.
- ☐ Sustain Moderate levels of exercise 30-45 minutes 3-5x's a week.
- ☐ Journaling. Take a few minutes at the end of your day to write down 1-3 things that went well and why. This simple act has been proven to improve health and boost overall wellbeing.
- ☐ Relaxation before bed. Do belly breathing, turn off all electrical devices, take an Epsom salt bath 2 times a week and do your best to be in bed by 10pm- all lights off...sleep tight ☺



# Track Your Results:

Weigh in and List Your Top 3 Symptoms Daily 1-10( 10 is most severe). You may notice an increase in symptoms within the first 3 days as your body begins to cleanse. As you move through the 28 day process you will notice symptoms decrease and health improve. By tracking you will gain immediate feedback to know your results.

- Weigh in first thing upon waking after going to the bathroom. If your weight goes up by more than a pound from one day to the next- this is a sign of inflammation- check your foods.
- Symptoms- notice each day how and in what ways your symptoms are improving, as you get into day 5, your numbers will start to go down and you will notice the many ways you are feeling better.
- Keep a log of your food and water- 1 shake, 2 meals,  $\frac{1}{2}$  your body weight in h2o- snack only if and as you need to.

Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____
Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10
Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____
Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10
Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____	Weigh In_____
Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10	Symptom Tracker Scale 1-10

# Tips to THRIVE by:

- **Move for the Health of it!** Research shows that when you get up, get out and move your body in ways that feel good to you, your health improves. With as little as 10 minutes a day, clinical biomarkers improve. From normalizing blood pressure improved eyesight, increase lean muscle mass, balanced hormones and much more, the proof is in the movement. The next time your favorite song comes on, turn it up and dance, take the dog for a walk or go to your favorite class at the gym. Whatever makes you feel good, today is the day to go do more of it! The easiest place to start is with walking.
- **Consistency is Key!** Small, consistent actions pay off big when it comes to improving your health and wellbeing. To create change, is a process. Think about the seed that needs daily sunlight and regular watering to grow and thrive. Your health is no different. Remember slow and steady wins the race, so when you focus on small daily healthy actions, you will THRIVE. Keep it simple: drink an extra glass of water, park further away and walk, take the stairs instead of the elevator or go to bed 15 minutes earlier. These are all simple actions that when done regularly build and optimize health.
- **Find a Role Model:** The brain needs proof and it will respond to what you show and tell it on a daily basis. When you want to enhance your health, look for examples of health. Find role models and notice what you like about what they are doing. Begin to notice how you can incorporate those same type of actions and behaviors into your daily life. When your brain knows it is possible, your ability to create the outcomes you desire happen quicker. You don't have to reinvent the wheel, it is already there, now go find the one you like and model it so you can THRIVE.
- **Eat the Color of the Rainbow:** Nutrition can get complicated but when you keep it simple and enjoy whole fresh foods from the earth vs. a box or a bag filled with color, you will enjoy greater health. Fresh food is filled with the nutrients and enzymes that are essential building blocks to health so when in doubt, go for a variety of colors and enjoy.
- **Spread the Love:** Did you know that simple acts like smiling and hugging are two of the most powerful ways to enhance your health, happiness and longevity? Research shows that smiling boosts your feel good neurotransmitters in your brain. In fact, one smile can produce brain stimulation equal to 2,000 chocolate bars or receiving \$16,000 in cash, talk about a brain boost! Hugs are just as powerful by releasing the hormone oxytocin shown to be an important anti-aging hormone. It decreases inflammation, aids in building lean muscle mass, helps to lower stress hormones and improves your health. So share a hug and a smile, you will feel good all the while enhancing your health and wellbeing.



# Transitioning Off the Detox:

This is a key time as you move back into a healthy living daily routine. This phase will allow you to discover what foods make you feel great and what foods distress your body. Think of it this way, you just cleaned your system, things are calm and clear now so your body will notice very quickly any disturbance to this clean environment. That means if you bring foods back in that your body doesn't like, symptoms will reappear. This will be your cue to immediately remove that food for a minimum of 7 more days to then try again. But what is the correct way to reintroduce foods to your system?

As your detox ends, you will begin to introduce back in one food group at a time every 2-3 days. It is advised you eat it 2-3 times in one day and then track any symptoms rating them on a scale of 1-10 (10 being severe) that arise within the next 24-48 hours after reintroduction. If you notice symptoms, it is advised that you eliminate the food for another 7-10 days and then try to reintroduce again. If symptoms persist, we advise a food sensitivity test to better identify true food intolerances and appropriate amount of time to keep out of your system for optimal health and healing. For most accurate results, we advise a food intolerance test.

## What is a common reaction?

- The need to clear your throat.
- Gas, bloating or stomach pain.
- Heartburn or Reflux
- Headaches
- Low energy
- Brain Fog
- Increase in weight. This is especially important. If your weight goes up the next morning after reintroducing a food back in, this is a sign of inflammation and it should be removed or eaten with caution in limited amounts.





# Frequently Asked Questions:

**Will I feel sick or tired?** This depends on the person and the level of body's toxic burden. We advise you drink plenty of water to help quickly and safely flush all toxins out to reduce the chance of any flu like symptoms. This is a gentle clinical cleanse and is not meant to be aggressive. Typically clients report feeling an increase in energy within the first 36 hours.

**Will I get a caffeine withdrawal headache?** If you drink a large amount of caffeine on a daily basis, as you reduce and eliminate it during the detox, you may notice a 24 hour window of a mild headache. To avoid this, we suggest the first 3 days of your detox reduce your amount of caffeine to 8 ounces. By day 4-6 try to only take a sip to take the edge off and then by day 7 stop all together for the last half of the cleanse. This reduction should eliminate any potential for withdrawal headaches.

**Will I lose weight?** People frequently do lose weight during this detox cleanse. As you remove sugar, inflammatory foods that cause intolerances and excess starches from your diet an immediate reduction will occur. You will notice puffiness decreasing, your clothes fitting better and you will have a much toner look and feel to your body.

**Can I exercise during this detox?** Yes, you can but it should be in moderation. We advise that you keep your workouts to 30-45 minutes in duration at a mild-moderate intensity not to exceed 4 workouts in a week. Walking, Yoga & Circuit Training are all great ways to move while on your cleanse. It is also important to remember that sweating helps the body to detoxify, and infrared saunas are great to incorporate post workout and be sure to get proper rest. This is a time to support your body so it can cleanse. If you put too many demands on your system, it will slow down the effects and process for your body.

**Will I have to run to the bathroom all of the time?** This is a safe and effective clinical detox cleanse that does not use laxatives as most over the counter products do which will prevent any uncomfortable urgency to use the bathroom. It will actually improve GI and bowel function as you move through the cleanse. It is important to note if you previously did not drink much water prior to the cleanse then you may experience an increase in the amount of times you need to use the bathroom due to your water consumption.

**Will my skin break out?** Depending on the level of toxins in your body, it is possible that as you begin to flush the system you may have a brief cleansing of the skin resulting in mild breakouts. Continue to take your detox capsules and drink plenty of water and this will subside within 3 days, leaving you with healthier glowing skin.

**Can I still drink alcohol?** It is strongly advised that you eliminate alcohol during the detox as many forms contain gluten, inflammatory starches and sugars. To get the best results you should fully eliminate. If you are struggling with this, reduce to no more than 6 ounces and stick to red wine or distilled tequila no more than 3 times in 1 week.

**When should I start my detox?** We find the best day to begin for maximum success is on a Sunday. This ensures you have had time to shop & prep over the weekend so you can plan for your week ahead. It is best to prep your meals for the week and have snacks ready so you are not caught off guard during the week. Beginning on a Sunday also allows you to rest and relax on that first day so you can ease into your detox ahead.