

Mind, Body, and Belly Detox



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Welcome to Mind, Body, and Belly Detox!

We are so happy to have you.

There are so many detox programs out there, deciding which program to choose can get a little overwhelming.

What does it do exactly?

How will it make me feel?

Can I eat anything?

We understand. That's why we have developed a program that is not a juice and salad fast. We use food, exercise, and mindfulness practice that will help your body cleanse, repair, and rebalance naturally.

Our solution is simple and holistic. Not only do we include awareness and mindfulness practices, but we'll also inspire you with recipes, pre-planned meals, and other useful tools to help you decide which foods are best for you during this detox. Finally, we offer self-care techniques and soothing body stretches to support you from the inside out.

After four weeks you should feel empowered and excited about your new healthy food and lifestyle choices. This program is not a detox-and-drop-back-into-old-unhealthy-patterns kind of plan. We give you real tools to make mindful decisions about your body and belly far into the future.

Mind, Body, and Belly Detox Features:

- Recipes and meal plans
- Self-care tips
- Stretching techniques
- Education around healthy eating
- Mindfulness techniques that bring awareness to your body's needs
- Journaling
- Reflection and self-awareness around your relationship with food
- Education around supplements that help maintain energy, immunity, and metabolism
- Stress-management techniques
- A fun, easy way to cleanse your body



What to expect:

Week 1: Prepare for your cleanse!

Lesley begins by introducing her concepts of awareness around food. She will educate you on specific nutrients for healthy food choices and mindful eating practices. Next, she will help you become aware of your own eating habits and relationship to food through journaling.

Nicole will include an inspiring list of self-care practices so that you have solid, self-loving systems and tools in place throughout this process.



Week 2: Ready, set, go!

It's time to dig in with Lesley's recipes and meal plans. She'll also offer suggestions for beneficial supplements and juicing techniques that will keep you on track.

Nicole gives you specific stretches to support your body during your cleanse. These stretches have been chosen because they help fluid and energy flow around the abdomen and through the liver meridian, easing your detox process. Please feel free to add your own stretches as well!

Week 3: The detox continues!

In Week 3 you'll start to notice big change. Lesley will keep you going with more delicious recipes.

Nicole will keep you detox-focused by adding fun information about the TCM/Shiatsu liver meridian in your body, the main meridian in eastern medicine for detox.

Week 4: You did it! Go forth and conquer!

Lesley's final journaling questions will help you reflect on the changes you've experienced over the previous weeks. She will also offer encouragement and suggestions for how to continue a healthy diet and lifestyle after your detox.

Finally, Nicole will talk stress and how this affects the body. She offers self-care ideas to explore to reduce stress.

Once you know how to lead a more body- and belly-healthy lifestyle, you can take these techniques and tips with you into everyday life.



You will receive:

- A weekly email on Sunday for four weeks with education, meal plans, self-care, and recipes (including a printable version)
- An invitation to join our Facebook support group, “Mind, Body, and Belly Detox!”
- A weekly email on Thursday for four weeks with a short motivational and education email to keep you on track
- A follow-up email on the following Sunday
- Our contact information for additional questions

Here we go! You will receive your first email this Sunday. (Please check your promotions or junk box if you do not receive it). If you purchased the add-on session with Lesley or Nicole, make sure to schedule that with them.

We look forward to working with you and guiding you on your journey over the next four weeks!

Sincerely,

Lesley and Nicole



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Week 1: Awareness

We live in a polluted world. Chemicals in our air, water, food, clothes—not to mention toxic messages in our news, social media, and magazines—clog up our organs, our blood, our thoughts, and even our beliefs. Life’s daily stressors wear us thin, and the daily grind can take a toll on our health. Detoxing the body is a great way to rekindle our energy and our wellbeing.

Spring and fall are the best times of the year to reboot the body’s systems. In the spring, a detox can help flush out the stagnant winter energy and bring a sense of freshness into the body. In the fall, a detox can boost our immune systems and help us stay healthy through the cold and flu season. No matter what the season, the intension of this four-week detox is to rejuvenate and strengthen the body and mind from the inside out. Rediscover your body’s innate wisdom, relish in self-care and pampering, and feel ready to conquer your world.

Welcome to a new kind of detox! Over the next four weeks, we will spend quality time rejuvenating our bodies and minds. To start with, begin to make time for yourself. Allow yourself time to wind down, read a book with a cozy cup of tea, take a hot bath with candles, do yoga, walk the dog, give yourself a massage, do some gardening, prepare a delicious meal. The important thing is to find activities that are relaxing and help you find your roots. Relaxation will be an essential nutrient during Weeks 2 and 3, so begin to find your favorite activities now!

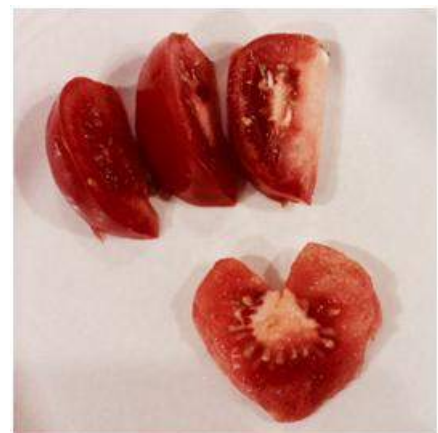
Let’s begin!

Kind Mindfulness

During Week 1, we will work on becoming aware of the body. Your body has infinite wisdom and an ancient knowledge of what is best for it, and this is worth paying attention to. Over the course of the next four weeks, we will learn how to lovingly tend to these messages, rather than overwriting them.

Start this week by paying attention to what your body is telling you. Notice when you are hungry, when you are full, when you are tired, or when you need to stretch. These sensations let you know exactly what your body needs. This concept is referred to as mindfulness. It’s simple and elegant, but it takes continuous practice and commitment because we all know how easy it is to fall back into old toxic habits.

Focus on kindness. Bring kindness into everything you do this week: eating, exercising, working at your desk, etc. When we are kind to our bodies, we listen and respect her/his needs. Keep kindness close by at all times.



The practice of mindful eating will not only help you hear the messages from your body, but it will actually improve digestion. When we are stressed, our body shuts off energy-intensive functions including digestion, reproduction, and anti-aging/repair to supply energy to the heart, skeletal muscles, and brain. When we're stressed, we may experience insufficient digestive enzymes, slowed peristalsis, and hormone imbalances that all impair digestive function. So, turn off stress and turn on digestion before each meal. Here's how:



- Get up away from your work and enjoy your meal at a different table or in a different room, in the cafeteria, or outside on a picnic table.
- Take three deep breaths before taking your first bite of food.
- Focus on gratitude.
- Chew each bite until you can no longer identify what you have in your mouth by its texture. Chewing is a critical step in the digestive process.
- Set your eating utensil down between each bite so you remember to slow down and enjoy the flavor! If you eat a piece of chocolate cake slowly, you don't need as large a piece.

Merriam-Webster dictionary definition of detoxify:

To remove a harmful substance (as a poison or toxin) or the effect of such from; to render (a harmful substance) harmless.

Self-care for detoxing

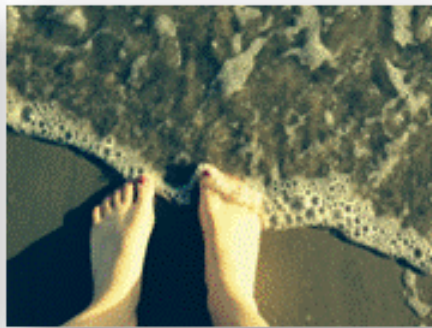
- Drink a lot of water.
- Take walks.
- Infrared sauna (M3 Chiropractic in Denver, CO has 2 infrared saunas! Check out www.m3chiropractic.com for information on their full-body infrared saunas.)
- Dry brush your skin with a body brush moving towards your heart before a shower.
- Gentle exfoliation of the face (try to use products without harsh chemicals).
- Have a physical or creative outlet for emotional calmness.
- Rest when you need to.
- Have a support system.
- Do things that make you laugh and smile.
- Sleep
- Get a massage, acupuncture, chiropractic, facial, pedicure/manicure, etc. Anything that supports your body and feels good.
- Take a bath.



- Listen to your body. If something is not working for you, ask questions.
- Stick with it! You can do it!

Food

Our eating habits and our relationship to food can be used as a foundation for mindfulness. During Week 1, I challenge you be extra aware of *how* and *when* you eat. Are you running out the door with a bagel in hand, zipping through the drive-through and eating in the car, or plopping down in front of the TV after a long day at the office. Or, do you take 20 minutes of undisturbed quiet or family time to enjoy the flavors and smells of your home-cooked meal? Do you use food as a distraction tool, a stress reliever, a comfort blanket, a dependable friend? Or, do you eat only when you are hungry? There are some journaling questions later in this chapter that can also help you understand your relationship to food. Please spend some time reflecting on this concept.



Now, *what* to eat...

Before we dive too deeply into food, let's talk about the bowel for a minute. Sticking with this idea of kindness, our digestive system works around the clock to keep us healthy, and if it gets upset, we're sure to know about it! Heartburn, constipation, diarrhea, bloating, gas...yuck. These are signs that the system is unhappy. As you begin to change your diet, notice how your digestive system reacts. The health of the bowel in large part governs the health of the rest of the body. It's estimated that over 75% of our immune system resides in our gut! (Mercola, 2008).

We won't get into the cause and effect of all these bowel disturbances; that's not the focus of this course. But it is important to discuss constipation because a working bowel is essential to a successful detox. If you are backed up (having less than one easy bowel movement per day), the toxins your body dumps into the large intestine will be reabsorbed if they are unable to pass through your stool. And, the toxins that have been prepared for excretion are far more dangerous than when they were stored in your body! Sounds gross, huh? If you are one of the many suffering from constipation, it will be important during Week 1 to focus on getting regular.

The goal is to get the bowel eliminating *at least* once a day. To do this, we need a few particular nutrients. If your bowel could use some extra love and kindness this week, work these essentials into your diet:

- **Fiber:** Leafy greens, radishes, squash, beans, bran of rice or oat, whole oats, quinoa, lentils, almonds, flaxseed, pecans, sunflower seeds, cloves, cayenne, cinnamon, nutmeg, rosemary.
- **Magnesium (Mg):** This mineral is helpful for muscle relaxation, and Americans are often deficient in it. Mg is found in leafy greens, nuts and seeds, and beans. A supplement of magnesium citrate can also be helpful. Start with 250 mg twice a day.
- **Vitamin C:** A supplement of 1,000 mg twice a day (morning and night) will help move the bowel. If you start to experience diarrhea, back off. If you're still stuck, try 1,000 mg three times daily. Look for a GMO-free product, such as NOW Brand.
- **Hydration:** Drink at least 48 oz. (6 cups) of water daily.
- **Reduce animal protein and milk consumption:** In general, these foods are constipating.
- **Exercise:** If you sit on your bum all day, things get stuck. Get your body moving and your bowel will move, too.
- **Digestive support:** Use bitter foods to stimulate digestive juice secretions. Drinking a warm cup of water and lemon juice or apple cider vinegar (1/2 TBS to 8 oz. water) first thing in the morning and/or before each meal can be helpful. You can also use digestive bitters with each meal. I recommend products from [Urban Moonshine](#), or check out your local apothecary.

Now that we've digested this concept, let's talk about food. A detox should never begin or end abruptly; this shocks the system. We will ease into our detox by incorporating more *clean foods* into the diet and reducing our caloric intake. No, we won't be counting calories but making an effort to replace refined grains with vegetables, say carrot sticks and bell peppers for tortilla chips, or cauliflower for couscous. Also, we want to stop eating before we are stuffed. Eat until you are 80% full; this



allows your brain time to tell you, “Stop eating.” If we continue to eat past that 80% mark, it’s easy to end up in a food coma.

To start, here are primary food groups to cut back on during Week 1:

- **Caffeine:** including coffee, tea, energy drinks, soda, and alcohol.
- **Refined sugar:** including all sugar substitutes, high fructose corn syrup, fruit juice, brown sugar, table sugar, agave, etc. Honey, maple syrup, and whole stevia leaves *in small amounts* (1 TBS per day) are okay.
- **High-sugar fruits:** including all dried fruit, bananas, peaches, pears, grapes. Apples, citrus, and berries are okay in small amounts (1 piece or ½ cup per day).
- **Refined grains and gluten:** including bread, pasta, couscous, pastries, cereal, corn chips, tortillas, etc.
- **Yeasts and fungi:** including nutritional yeast, brewer’s yeast, dried fruit, and mushrooms, and chocolate.
- **Molds and other toxins:** including peanuts, cashews, pistachios, and coffee.

Clean Out and Restock



Take a look at what’s in your cupboard, pantry, and refrigerator. Are there foods and snacks hanging around that will trigger temptation? It’s up to you what you do with them, but I recommend getting them out of sight and out of arm’s reach. Give them to your neighbor, leave them in the break room at the office, throw them away... whatever it takes. If you don’t stock the foods you want to avoid, you won’t have the option of eating them. “Out of sight, out of mind.”

Prepare for success. Below is a recommended list of items to choose from for Week 1. I highly stress the importance of buying organic, at least for the next four weeks. By choosing organic, you avoid pesticides, herbicides, genetically modified organisms (GMOs), and hormones. You will mostly likely experience a flavor difference, too. You pay a little more, but you also get a higher quality product. If you can’t commit to buying 100% organic, the table below identifies which produce items are okay to buy conventionally and which to buy organic. I highly encourage investing in top-quality animal proteins as well.

Here are the foods to add to the diet during Week 1. To make it easier, think “**QWEST.**”

1. **Q: Focus on Quality.** Eliminate processed foods. Focus on whole, unrefined foods listed in the recommended grocery list below.

2. **W: Drink Water.** As mentioned above, drink at least 48 oz. (6 cups) of purified water daily. If you are a person who gets to dinner and realizes you haven’t consumed any water other than your morning coffee, a fun-to-use water bottle will become your best friend.



3. **E: Eat Vegetables.** If you don’t already, make sure to have vegetables at every meal. Yes, even breakfast. Sautéed kale or zucchini or baked sweet potatoes make for great breakfast veggies.
4. **S: Salad.** Have a salad every day. I’m not talking a heaping plate of spinach, but a well-balanced salad with protein and fat, too. Add chicken, hamburger, beans, eggs for protein and avocado, nuts and seeds, and olive oil for healthy fats. Also, the more color the better, so add a variety of veggies.
5. **T: Time.** Give your digestive system a well-needed rest for 12-14 hours over the night. Stop eating after dinner; breakfast should be your next meal. Avoid the post-dinner dessert and the late-night snack. By doing this, you may notice significant improvements in your sleeping pattern, bowel movements, bloating, and metabolism. If you **truly** feel the need for more fuel, sip on some homemade broth, enjoy a cup of warm blueberries topped with coconut cream, or a small bowl of cooked oats with cinnamon and grass-fed butter or coconut oil and sea salt (avoid added sugar). Stick to whole-food ingredients and be sure to only have the amount you need to satisfy the hunger.

Week 1 Grocery List Optional Items

Fruits and Vegetables	Clean Protein & Whole Grains	Healthy Fats
<ul style="list-style-type: none"> • Leafy greens, including spinach, lettuce, kale, chard, beet greens, turnip greens, collards, bok choy • Tomato • Bell pepper • Cucumber • Celery • Carrot • Beets • Sprouts • Zucchini or yellow squash • Broccoli or cauliflower • Cabbage (green or purple) • Brussels sprouts • Squash and sweet potatoes/yams • Jicama • Onion • Garlic • Berries • Apple • Grapefruit • Orange • Lemons and limes • Herbs (fresh cilantro, parsley, thyme, chives, rosemary, sage) 	<ul style="list-style-type: none"> • Chicken, turkey, beef, lamb, eggs, (See the Clean Foods Table for details) • Fish, including sardines, salmon, and halibut • Wild game • Beans and legumes, including garbanzo beans, black beans, other beans, and lentils • Tempeh • Gluten-free whole grains including millet, quinoa, oats, rice, buckwheat, and amaranth 	<ul style="list-style-type: none"> • Extra virgin olive oil • Unrefined coconut oil • Nuts and seeds, including pecans, walnuts, almonds, sunflower seeds, and pumpkin seeds • Ground flax or chia seeds • Avocado • Organic yogurt (whole milk, if tolerated)
	Extras	
	<ul style="list-style-type: none"> • Coconut aminos, such as Coconut Secret • Raw apple cider vinegar, such as Braggs • Unrefined coconut oil • Fresh ginger root • Fresh turmeric root • Culinary coconut milk (canned, full-fat) • Coconut milk alternative 	

Clean Foods

Produce To Buy Organically	Produce Okay To Buy Conventionally	Clean Animal Products
FRUITS	FRUITS	Meat/Poultry/Fish
All berries, apples, grapes, peaches, imported nectarines, pears, peaches, domestic papaya*	Pineapple, mangos, kiwi, grapefruit, oranges, lemons and limes (unless using the rind), cantaloupe, watermelon	100% grass-fed, US-raised beef and lamb, pasture-raised pork, free-range chicken and turkey, wild-caught U.S.-sourced cold water fish
VEGETABLES	VEGETABLES	Dairy/Eggs
Celery, leafy greens, bell peppers and hot peppers, cucumbers, cherry tomatoes, carrots, zucchini*, yellow squash*, corn*	Avocado, asparagus, cabbage, broccoli, cauliflower, Brussels sprouts, sweet peas, eggplant, sweet potatoes, mushrooms, winter squash, onion, garlic	Organic milk, butter, yogurt, and cheese from pasture-raised cows, pasture-raised eggs

* Denotes genetically modified

Supplements

Supplements are not necessary for the detox, but they definitely increase your body's cleansing capacity! The recommended supplements below are listed in order of importance. If you can't afford to invest in all of them (yes, quality supplements can be pricey), the top five will do quite nicely. I've listed recommended brands that you can find on my [online supplement store](#). Here, you will receive an 18% discount off the retail prices and find other great detox products featured on the home page. Directions on how to set up an account are listed below. You can also bring this list with you to your health food store, and the supplement specialist should be able to help you find the products.

Good quality supplements aren't cheap and there's a reason for this. Many less-expensive products contain fillers, binders, lubricants, flavors, colorants, etc. Cheap supplements can contain allergenic ingredients such as genetically modified corn and soy, milk, and even added sugar! Often times too, poorly-absorbed synthetic forms of vitamins and minerals are used to keep prices low (Bauman 2013). In my professional opinion, it's not worth spending money on a product that doesn't work or causes more harm than good. A high-quality product will use active forms of vitamins which are more easily used by the body and don't require conversion by enzymatic processes before use. Only a fraction of the total amount of a vitamin may be used when taking the inactive form.

How to create an online supplement account with Natural Partners

1. Go to NaturalPartners.com/AwakenedTaste.
2. On the home page, click on "Create Account" at the top right.
3. Complete the information for New Patient Sign Up. The access code is **supplements101**.
4. Once your account is set up, log in and type the name of the product into the search bar; it will come right up.

Other Supplies

Here are some other things you may want to have on hand prior to the start of Week 2:

- Journal
- Relaxing music (Put together a play list on Spotify or Pandora.)
- Epsom salt and lavender oil for bath
- Candles
- Water bottle
- Walking shoes
- Yoga mat
- Comfortable clothing for stretching, relaxing, and getting cozy with your journal

Recommended Supplement List

Supplement	Recommended Brand/Product	Magic Power	Dose
N-acetyl-cysteine (NAC)	Designs for Health/N-Acetyl Cysteine	Increases powerful intrinsic antioxidant capacity	500-1,000 mg/day
Alpha-Lipoic Acid (ALA)	Complementary Prescriptions/Alpha Lipoic Acid 100 mg	Helps detox heavy metals (esp. mercury)	100-600 mg/day
Carnitine	Designs for Health/Acetyl L-Carnitine 800 mg	Protects intrinsic antioxidants, supports energy production	800-1,600 mg/day, divided dose
Multi-mineral	Designs for Health/Complete Mineral Complex	Supplies pathways with the essentials to work effectively; supports the immune system.	As directed on bottle.
B-vitamin complex	Pure Encapsulations/B Complex Plus OR THORNE/Basic B Complex	Supports methylation cycle and the production of intrinsic antioxidants	100 mg complex daily. Look for active forms*
Vitamin C (non- GMO, ascorbate with bioflavonoids)	NOW/C-500 (derived from corn) OR American Biologics/Super C Caps	Has antioxidant powers and helps detox lead	1,000-4,000 mg/day
Milk thistle (Silymarin)	Many brands available.	Supports liver detox	70-200 mg/day
CoQ10, or 5'-HTP, which the body can use to make its own CoQ10	DaVinci Labs/CoQ10 30 mg	Supports detoxification, is an antioxidant, and supports energy production.	30 mg/day
Green powder	Amazing Grass/Alkalize Detox Green Superfood	Provides vitamins, minerals, and antioxidant power	As directed on bottle.

*B2: riboflavin-5-phosphate; B6: pyridoxal-5-phosphate; Folate: methyltetrahydro-folate, L-5-MTHF.

B12: methylcobalamin

**Source (Bauman, 2014)

Journaling

Journaling is a great way to identify and set goals, uncover beliefs (both bad and good), process obstacles, and detox clogging emotions. Many people find journaling a chore, others do it every day. I journaled every night in college. I discovered that if I wrote all my thoughts down, made a to-do list, and emptied my emotions on paper, I could clear my head enough to fall asleep. Looking back on these pages, I could see how much progress I had made and how much I had grown and changed.

I encourage you to try a few journaling exercises over the course of the detox. If every night feels like a burden, don't force it, but try at least to answer the questions in the journaling exercise for each week. Write as much or as little as is beneficial to you. This week, focus on questions 1 – 5; consider questions 6 and 7 extra credit.

1. Why am I doing this detox?
2. What are my three goals for the next four weeks?
3. Rate your overall feeling of wellness on a scale from 1-10. Why did you choose this number?
4. What beliefs do I have that might be holding me back from ultimate health and wellness? (Ex. I can't lose weight because being overweight runs in my family. I have a stressful job, that's just the way it is. I don't have time in my schedule to exercise every day.)
5. What do I need to complete a successful detox?
6. What is my relationship to food?
7. What is my relationship with my body?
 - a. Do I listen to the needs of my body and give it what it needs, or do I ignore its messages?
 - b. What is my body telling me? (What physical signs do you experience? Tired, stuffed after a meal, stiff, pain, bored, sick, chronic infection, hungry, lonely, heartbroken? What do you truly need?)
 - c. What beliefs do you have that hold you back from having what you need to be the best version of your best?
 - d. Write three statements for each limiting belief that indicate how it is false.
 - e. Replace each negative belief with a positive one. Write these beliefs on paper and place them somewhere so you can read them every day. Visualize what your best self looks and acts like.
 - f. For more on this topic, check out my blog, [Honoring the Heart](#).



Week 2

Food

Are you ready to clean and rejuvenate your insides? Food is medicine. During Weeks 2 and 3, you'll begin to understand the power of real food and how healing it truly is. The goal for the detox is to eat only whole foods as cleanly and as unprocessed as possible. I recommend building your diet around the ***Power Eats and Drinks***, listed below. As mentioned during week 1, we will continue to eliminate processed sugars and grains, caffeine and alcohol, molds, and yeast. It's recommended to keep grains and legumes to a minimum, especially if you have any inflammatory conditions, such as asthma, leaky gut, arthritis, cardio vascular conditions, Celiac or other auto-immune conditions, or skin irritations, allergies, or bacterial overgrowth. Grains contain compounds called phytates that can bind to minerals including magnesium, iron, zinc, and calcium and prevent absorption (Kressor 2013). They can also be inflammatory for those with chronic conditions, and their high carbohydrate content can promote bacterial imbalances in the gut. Beans will feed bad bacteria as well, and will ferment in the intestines causing bloating and gas.

However, I encourage you listen to your body's needs. If after a few days of going grain- and bean-free you develop diarrhea, insomnia, begin to feel anxious or depressed, or your energy tanks, try adding in a few whole grains such as wild rice, quinoa, rolled oats, oat groats, buckwheat groats, or millet. Continue to eliminate gluten because of its potentially unhealthy effect on many body systems. For more information on the effects of gluten, check out *Grain Brain* by Dr. David Perlmutter or *Wheat Belly* by Dr. William Davis.

If you want to take the detox one step further, you can eliminate all eight of the most common allergenic foods, including

- Eggs
- Shell fish
- Milk
- Tree nuts, including hazelnuts, walnuts, almonds, cashews, and brazil nuts
- Peanuts
- Soy
- Wheat

Corn, citrus, strawberries, and nightshades (white potatoes, tomatoes, eggplants, bell peppers, and hot peppers) are also common allergens. If you suffer from Rheumatoid arthritis, I would highly recommend avoiding nightshades. Food allergies can often mimic other conditions (itchy skin, mucus in the nose and throat, asthma, digestive trouble, heartburn, itchy runny nose and/or eyes, joint pain, brain fog, etc.) so it can be very hard to pinpoint the cause of the problem.

These foods can also cause delayed reactions, causing flairs-ups hours, or even days, after eating the problem food. By eliminating these potentially allergenic foods for 14 days, the body becomes more sensitive to them. When we slowly add them back in, one at a time, we can more easily identify if there is a reaction.

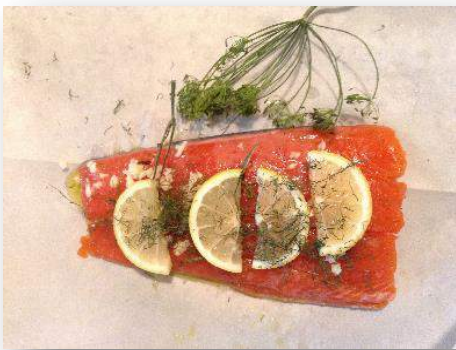
Identifying food allergies can be a difficult task, but doing it this way can save you hundreds of dollars on an allergy test. If you are interested in doing this during the detox and have questions or want support, don't hesitate to reach out. I'm here to help.

Below you will find a recommended meal plan and recipes for Week 2. You can follow them exactly or use them for ideas. Some of the allergenic foods mentioned above are included in the meal plan and recipes, but you can easily avoid them by substituting pumpkin or sunflower seeds for nuts, or avoiding the egg-based breakfasts and snacks. It's fine to venture away from the meal plan too, just be sure to build your meals and snacks around the **Power Eats and Drinks**.

Power Eats

- **Sauerkraut:** Sauerkraut, or any fermented food, is a power source for beneficial gut bacteria. In this way, fermented foods help support our immune system. **Eat 3-4 TBS daily with a meal.** Making your own sauerkraut or fermented vegetables is easy and inexpensive. You can make them yourself with the recipe below.
- **Vegetables and Leafy Greens:** Veggies and leafy greens are loaded with essential vitamins, alkalinizing minerals, cleansing fiber, and anti-aging antioxidants. They are also lower in sugar than fruit, which is important for stabilizing blood sugar and kick-starting the metabolism. Choose organic vegetables and leafy greens whenever possible; refer to the list of veggies above. For leafy greens, choose from spinach, red, green, or Romaine lettuce, kale, chard, collard greens, turnip greens, beet greens, bok choy, etc. Don't forget about parsley and cilantro too; they help rid the body of heavy metals such as mercury, lead, and aluminum. **Consume organic raw or lightly steamed veggies and greens in abundance (4 to 6 cups daily).**
- **Fiber:** Fiber helps rid the body of excess cholesterol, adds bulk to the stool, sweeps the intestines, and feeds healthy gut bacteria. **Choose from raw, crunchy and leafy vegetables, apples, avocados, coconut flakes, ground flax or chia seeds, and raw nuts.** NOTE: beans and whole grains are also a great source of fiber, but during the cleanse, we will avoid these foods to make room for other, more powerful, nutrients.

- **Animal Protein:** Surprising but true, animal protein provides essential amino acids that help turn the detox cycles in the body. It is critical that you choose organic animal products whenever possible, and especially during the detox. **Aim for 4-6 oz. animal protein at least once per day.** If you are severely constipated at the beginning of Week 2, keep animal protein to a minimum (4 oz. once per day) and focus on fiber and raw vegetables until your bowel movements become regular and pass easily. Increase fats to provide energy and blood sugar stability. Fats will also help get the bowel moving.
- **Clean Fats:** Fats are essential for energy, metabolism, hormone neurotransmitter manufacturing, blood sugar stability and satiation. Don't worry about the quantity as long as you choose quality! **During the cleanse, choose from avocados, nuts, seeds (including pumpkin, flax, chia, and hemp), olive oil, and unrefined coconut oil.** The fat from your organic animal products is great, too. Avoid heating oils during the cleanse to prevent oxidation. You will notice that the recipes use steaming as the primary cooking method rather than sautéing or roasting; oils should be added after the cooking process to prevent damage.
- **Broth:** Bone and vegetable broth is very alkalizing to the body as it supplies a hearty dose of minerals. Bone broth also provides gelatin and amino acids (proteins) that support healthy skin, joints, the immune system, and the repair of the GI tract. It is essential for anyone with arthritis, skin disorders, allergies, or auto-immune conditions. See the recipe below for making your own bone and Beiler broth. **Drink at least 1 cup of broth daily as a snack or alongside a salad for lunch.**



Power Drinks

Incorporate the following beverages into your routine. Start your day with a warm cup of lemon water prior to eating breakfast to kick-start digestive juices and to support alkalinity. Choose any herbal or detox tea instead of coffee or black tea and sip water throughout the day. Shoot for at least 48 ounces of pure water a day. Try fresh lemon, cucumber, or mint for added flavor. Try not to drink cold beverages. Water should be consumed at room temperature, not iced, to keep the intestines from seizing up and holding onto waste products.

- Herbal tea blends, including dandelion root, burdock root, milk thistle, licorice, peppermint, nettle, raspberry leaf, chamomile, ginger, hibiscus, fennel, or cinnamon, clove, etc.
- Fresh sprig of rosemary, thyme, or sage with lemon
- Detox tea blends from [Yogi Teas](#) or [Traditional Medicinals](#)
- Lemon and water
- 1 TBS raw apple cider vinegar and 8 oz. water before a meal (alkalinizing, digestive aid)
- Fresh vegetable juice

Juicing is a wonderful way to add nutrients to your body. Many common veggies contain detox-supporting nutrients. Because they are raw and 100% pure, they are chock-full of vitamins, minerals, enzymes, and antioxidants that also support energy production and the immune system. I recommend juicing three times during Week 1 at least every other day during the detox (every day, if possible).

If you don't have a juicer, I recommend investing in one. Check Craig's List for a used or slightly used one. You can find some great deals on perfectly good juicers! If you don't have a juicer, you can use a high-powered blender or Vita-Mix and a strainer bag. Just chop your veggies small, add water, set the blender to liquefy and let'er fly! Then simply strain the fiber through the bag into a large bowl, give the bag a squeeze, and pour your liquid energy into your favorite sipping glass.

You don't need much juice, 8-10 ounces will do. If you're using a juicer, dilute the juice concentrate with purified water in a 1:2 ratio (1 part water, 2 parts juice). If you're using a blender, you may not need to dilute your juice if you've added enough water during the blending process. Dilution is important because of the high concentration of sugar. It's also important to consume juice shortly before a balanced meal, say 30 minutes to an hour. This will assure your blood sugar remains balanced.

Below is a list of fun juices to try. No need to follow a recipe, though you can juice nearly any organic fruit or vegetable you have on hand (I stress organic to reduce pesticide exposure, especially during the detox!). My juice is usually a blend of apple, beet, carrot, celery, and ginger. Sometimes I add cabbage or broccoli stalk. To add antioxidant and detox power, add fresh or powdered turmeric or chlorella powder. Turmeric contains curcumin, which provides powerful anti-cancer and anti-inflammatory support. Chlorella is a good source of protein, minerals, enzymes, and other nutrients. It contains chlorophyll, a plant pigment and antioxidant. You can find both of these products in powdered form from your local health food store.



"I can feel this juice healing my body; I think I'll live to be 100!"
 – W. Harwood

The Gardener

- 2 carrots
- 3 celery
- 1 beet (red or orange)
- ¼ bunch cilantro
- ¼ bunch parsley
- 1" ginger

Cleansing Clearer

- 2 cup spinach
- 4-5 celery stalks
- 3-4 carrots
- 1 apple
- 1 hunk ginger
- 1 organic, un-waxed lemon

Green Goddess with Chlorella Powder

- Broccoli
- Cucumber
- Celery
- Parsley
- Apple
- To the juice, add a little water and a teaspoon of chlorella powder.

Cranberry Wave

- ½ cup fresh organic cranberries
- 1" piece of ginger, added with cranberries
- 1 red beet
- 1 apple
- 2 carrots

Green Machine

- 1 Granny Smith apple
- 3 stalks celery
- 1/3 of a small cabbage
- 1 bunch parsley
- 2 stalks broccoli

Cucumber Cooler

- 2 large organic English cucumbers
- Chunk of ginger
- 1 apple (optional)

Journaling

Take some time to reflect on the following questions.

1. What were three good things that happened during Week 1?
2. What were the challenges you experienced, and what can you do to overcome them in the future?
3. Rate your overall feeling of wellness on a scale from 1-10. How has it changed from Week 1?
4. What do you hope to achieve next week?
5. Reevaluate your relationship to food. What has changed from Week 1?

Week 3

You're doing well and looking fabulous! Keep up the great work! This week's meal plan is similar to last week's but incorporates a few non-gluten grain options. If you are feeling great without grains, feel free to replace them with vegetables. Enjoy the new recipes, and be sure to keep listening to the needs of your body. Adjust as necessary and refer back to the information from weeks one and two.

When you go through a detox, you're cleaning out more than just your gut. Often times, people experience emotional detox as well. Here are some things that might have come up during week two or that might arise in the coming week:

- Emotional release
- Anxiety
- Irritability
- Short patience
- Frustration
- Weakness
- Cravings
- Sleep regulation
- Low energy
- Skin break-out



If you are experiencing any of these things, it is normal! Just know it is part of the process. Here are some pointers for overcoming these symptoms.

- **Anxiety:** If you're feeling anxious or hot and short tempered, cool off with cucumbers, celery, or maybe even a little watermelon. Juicing these three together with some muddled mint might be a soothing tonic, not only for your digestive system, but also your emotions. Other things that could be helpful are 1) going for a leisurely swim in a cool pool, 2) talking with a good friend, 3) laughing at a silly movie or some classic cat videos, or 4) putting on some of your favorite dance music and dancing your emotions out of your body.
- **Sleep regulation:** If you find it hard to fall asleep at night, you may not be getting enough calories throughout the day. Try getting more calories at breakfast and lunch by eating a larger portion or incorporating more fats into the meal. You can also have a snack after dinner if you start to feel hungry and/or weak. A small bowl of blueberries with coconut milk and cinnamon, a small bowl of oatmeal with coconut oil/milk, or a half of an apple with nuts or nut butter are all good late-night snacks. If you wake up

between the hours of 1 and 3 a.m., your liver could be working overtime. This is when its detox functions are most active. Focus on bitter foods at every meal (arugula, dandelion greens, kale, lemon and water, turmeric, etc.), and drink plenty of water throughout the day.

- **Low energy:** Again, make sure you are getting enough calories, protein, and healthy fats. Don't worry about how many calories you are eating, just focus on the quality. You may find you need more food to feel energized because now you aren't running on caffeine and sugar. When your body detoxes, it also heals, and healing requires extra nutrients and energy. You can also try adding a small serving of grains once a day to your diet ($\frac{1}{2}$ to $\frac{3}{4}$ cup brown or wild rice, quinoa, or oats for example).
- **Skin break-out:** If you start breaking out, congratulations! You're detoxing! The skin is a primary organ for detox. Try dry brushing your skin daily (as mentioned in week one); eat foods high in zinc (pumpkin seeds and oysters), or take a zinc supplement (15-25 mg zinc picolinate daily); relax with a hot washcloth on your face; sit in a sauna once or twice a week, and drink plenty of water. Don't use acne face wash or other alcohols that dry out the skin; mix coconut oil and baking soda together (enough to make a paste) to use as a gentle exfoliator (coconut oil is anti-microbial).
- **Deprivation:** Remember that you are doing something kind for your body. You began this cleanse with good intention because your body was calling you; it wants to be as clean and healthy as you do. When you see others eating something you want to eat, know and tell yourself you are more powerful than that. The reward is how much better you feel, how much more energy you have, how much weight you are losing, etc.

Speaking of deprivation, you may find it hard to continue with your detox during the weekends, when social events are scheduled and everyone else is out on the town. This program doesn't make it easy for get-togethers and dinner parties, but you can still stick to the plan and have success. Here are some tips while you're away from home.

- **Drinks:** Ask for bubbly water with a lemon. It's refreshing! Hot or iced unsweetened herbal tea is also available at most places. Add a little lemon for a boost of flavor.
- **Food:** Most restaurants offer salads with an option to add a protein side, like grilled chicken or salmon. Opt for olive oil and vinegar dressing and pass on the cheese and croutons. If they don't have salads, you can turn just about any sandwich into a salad; just ask for a side salad instead of fries and tell the server to hold the bun.

When you eat out, you will most likely encounter foods you are trying to avoid. Be kind to yourself and don't get upset. It's not the end of the world. You can also choose to eat at home before going out. Carry a snack with you if you need extra fuel (nuts and seeds and an apple or chia pudding with berries, for example).



Remember to keep yourself surrounded by people who support you. If you haven't experienced it already, you might be questioned by your friends or family about why you are restricting yourself. Stay cool. You aren't restricting yourself, you are *nurturing yourself*. Explain you are supporting your health with a delicious detox and the rewards are far reaching. You may discover that your leadership and confidence intrigue your friends and soon they will be asking you how they can detox, too.

The benefits of this process can be very rewarding:

- Improved energy
- Improved mental clarity
- Increased fluid movement in your body (circulation, lymph, immune system, digestion)
- Clear skin
- Improved digestion
- Empowerment around your health
- Increased metabolism
- Weight loss
- Control around stress in your life
- Improved relationship with your body and self
- Self-care



You've got this! If you need extra support along the way, remember we're here for you. Reach out. You can also join the Facebook group at any time.

Week 4

You did it! Congrats! See, it wasn't that bad. And hopefully by now you are feeling great, sleeping soundly, and have completely decompressed.

Now, just because the detox is over, that doesn't mean we should slip into our old ways and bad habits. The detox helped break old unhealthy cycles, so don't let yourself fall back into them just because they are easy and familiar.

"If you find a path with no obstacles, it probably doesn't lead anywhere."

- Frank A. Clark

Food

Just as we eased into the detox during Week 1, we will ease out of the detox during Week 4. Any drastic changes are a shock to the system, so be kind to yourself. Resist the temptation of ordering a pizza or dropping in for a Big Mac. We want to add foods back in slowly... and hopefully only real foods. No "Frankenfoods" in this clean body, thank you! You've done great work over the last few weeks. Now you're in an excellent place to continue with these new diet and lifestyle changes that will continue to bring you health and wellness.

Testing for Food Allergies

If you eliminated all of the allergenic foods during the detox, now is the time to start adding them back in, one at a time. This will give the body a chance to react and allow us to clearly experience the effects. Here is the five-step process to test for food sensitivities:

1. Pick one food to test. Eat a small amount of it at every meal for three days.
2. Be very mindful during and after eating the food of how your body reacts. Remember, many food allergies are delayed and show up hours or days after the food has been consumed.
3. By the end of the three-day test, you should know if the food causes any irritation. If you are suspicious but not yet clear, continue with this food until you have come to a solid conclusion.
4. If you notice negative reactions to a food, remove it from the diet again and let symptoms subside before testing the next food. If no symptoms occur, you can continue eating it.
5. Repeat with the next food.

At this rate, testing all of the allergenic foods could take months! Yes, it's true. But it's an up-front investment with lasting benefits. You're going to feel SO much better not eating the foods that make you sick! If you need extra support through this process, don't hesitate to reach out;

that's what I'm here for. Also note that this three-day window for testing is just a suggestion. You may experience reactions within the first day. If so, there's no reason to continue the test with that particular food.

Ongoing Supplementation

Supplementation is important for sustainable health. Unfortunately, our food just doesn't have the nutritional value it once did, as our soils are depleted, our bodies are working overtime to constantly detoxify, and with all the stress in our lives, our digestive systems probably aren't running on all cylinders. Routine supplementation can boost our energy and our immune system. Here are the supplements I recommend taking on a daily basis.

Supplement	Recommended Brand/Product	Magic Power	Dose
Vitamin B Complex	Pure Encapsulations/B Complex Plus OR THORNE/Basic B Complex	Supports energy production in the mitochondria and detoxification cycles.	50-100 mg complex per day. More info below.
Vitamin D3	Jarrow Formulas/Vitamin D3 5000 I.U.	Supports immune system function.	Get your vitamin D levels tested. More info below.
Multi-Mineral	Designs for Health/Complete Mineral Complex	Supports the immune system, detoxification cycles, nerve function, heart health, and many other enzymatic reactions.	As directed on bottle.
Probiotic	Pharmax/HLC Multi-Strain OR MegaFood/MegaFlora	Supports the immune system and digestive function	10-20 billion every day or every other day. Include multiple strains.
Omega-3s (EPA and DHA, best from fish)	Vital Nutrients/Fish Oil 800 Triglyceride Ultra Pure OR Green Pastures/Blue Ice Fermented Cod Liver Oil	Supports cardiovascular health, brain function, healthy skin, and helps prevent inflammatory conditions.	No more than 3 grams/day

*Source (Liska et al 2004)

Vitamin B Supplementation – Additional information

Vitamin B should be taken in a complex because all of them act synergistically. The active forms include the following:

- B2: riboflavin-5-phosphate
- B6: pyridoxal-5-phosphate
- Folate: methyltetrahydro-folate; L-5-MTHF
- B12: methylcobalamin

Vitamin D Supplementation – Additional information

For vitamin D supplementation, it is important to get your levels tested prior to supplementing. It is not uncommon for Americans to be low, or even dangerously low, in vitamin D. Levels should be tested once a year, or every two years, depending on your health. Levels should be between 60 and 80 mg/dL. I've seen numbers as low as 18! Boost your levels with 10,000 I.U.s per day for two to three months. Once levels are within optimal range, you can maintain with 500 I.U.s per day.

- Vitamin B: supports energy production in the mitochondria and detoxification cycles
- Vitamin D: supports the immune system
- Multi mineral: supports the immune system, detoxification cycles, nerve function, heart health, and many other enzymatic reactions
- Probiotic – 10 to 20 billion of a combination of multiple strains: supports the immune system and digestive function
- Omega-3s (DHA and EPA) from fish oil - 3grams/day: supports cardiovascular health, brain function, healthy skin, and prevents against inflammatory conditions.



Stress Management

You have done the detox and probably feeling pretty good and excited to be able to start eating some of those guilty pleasures again.



Go ahead, eat them! Just remember to be mindful and pay attention to how you feel afterwards, even the next day. By eliminating allergenic foods for some time, such as wheat, dairy, corn, and soy, our bodies tend to become more sensitive to those that don't agree with us. Take cheese for example. If you have a dairy protein allergy or are lactose intolerant, you may notice stronger symptoms when you add it back into your diet. This is a sign dairy may not be a food you want to continue with regularly, or at all.

Also remember, moderation is key. Oh, and did we mention stress? Yes, stress!

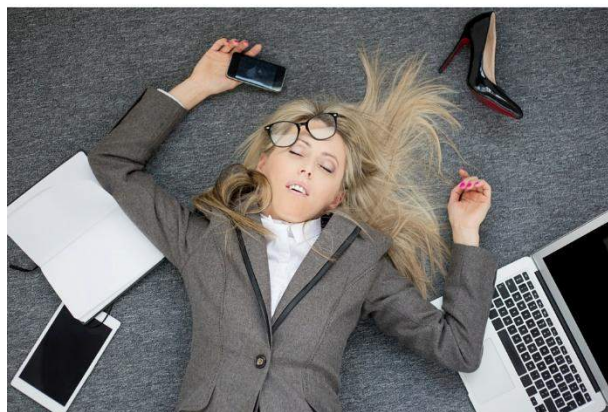
Stress can wreak havoc on the body. Most of us have experienced a super-stressful week where we end up getting sick, or our digestive system starts acting up, or our bodies feel incredibly tight and sore like we aged 20 years, or all of the above! Stress sucks, but we just have to deal with it...or do we?

I get it, a deadline is a deadline; the kids won't feed and clean themselves; the car won't drive itself to the mechanic. Yes, life is stressful. But there are ways to relieve stress so that our bodies can acclimate better to life's everyday stressors. We can train our body and our mind to shift from sympathetic stress mode to parasympathetic relaxation mode. Doesn't that sound nice?

You can call it many things: self-care, self-love, self-maintenance, or even preventative healthcare.

It is really important to have a preventative self-care routine (even health insurance companies are realizing this). It can be something really simple you do for 30 seconds a few times a day or something you block out a few hours a day to do.

I know sometimes it feels like we don't have those 30 seconds to spare. We do. If you lose your keys, you have to take the time to find them, right? You owe it to yourself to give yourself a 30-second break.



I was talking to one of my friends the other day. She is a mother of an almost 3-year-old, 38 weeks pregnant, and her husband travels a lot for work. She was having one of those days where nothing was going right, and her 3-year-old was not having a good day either. She finally got him down for a nap and was telling me the rest of the stuff she had to do for the day (laundry, dinner, clean the house, pack for moving – yes, they were in the middle of moving during this), and she had to fit it all in before her son woke up.

I think some of you can relate, or at least understand how those days feel. They happen to all of us. We just want 4 more hours in the day—or 4 more days in the week!



I told her, if it is possible, make some tea. While you are waiting for the water to boil, get some of the stuff started. When the tea is ready, sit down and let yourself enjoy it.

Yes, just sit down and enjoy it for even a few seconds.

Take a deep breath.

It sounds easy, but we actually have to switch the pattern our brain is in, which is the hardest part.

I could hear the relief in her voice when she said, “Yes, I can do that.”

Ok, back to us. We have just finished a detox and are feeling really good. You’re ready to take on the world! I’m going to challenge you to start looking at the stress in your life and figure out a self-care routine that works for you. What can you let go of? What can you add that reduces stress? Do you have time to meditate? Draw? Dance? Stretch? Enjoy a cup of tea?

I challenge you to figure out how you can interrupt that switch in your brain from sympathetic nervous system (fight or flight) to parasympathetic nervous system (rest and digest).

The rest and digest mode is really important. You should not be trying to rest and digest when your system is in fight or flight. Your mind won’t realize you just ate that sandwich while driving from one meeting to the next, so your body will store it somewhere because it thinks you are in danger.

When we are stressed, energy is diverted away from the digestive, immune, and reproductive systems and turns off any healing, repair, and anti-aging work that needs to be done. All of that extra energy is given to our heart, our brain, and our skeletal muscles so we can escape from danger.

Back when we used to run away from predators on a regular basis, our brains functioned using the sympathetic nervous system to keep us alive. You can see this pattern with prey animals. They get chased by a predator—run, run, run—and if they get away, they shake and rest for a bit (the shaking is a response to letting go of trauma). Our brains do not know the difference between that hungry lion and the never-ending deadlines we face daily. The only difference is that the lion stops chasing us.



Think of the stress in your life as the lion. The lion has to stop chasing us, or we will run ourselves to the ground (never-ending stress = imbalance, sickness, system shut down). We need to stop the lion from chasing us so we can rest! This is self-care.

Here are some ideas of self-care you can add to your life:

- Stretching. Use the dynamic and static stretches that you have already started doing from the beginning of this detox. Start adding a stretching routine somewhere in your day. If you take the time to do it once, even for a few minutes, you will start remembering to do it. The hardest part is remembering, so when you think about it, just do it.
- Fun self-care tools: Foam rollers, tennis balls, Theracanes, foot massagers, microwaveable warming rice packs, etc. There are many tools out there. Find some that work for you and that you are motivated to use. Not sure where to start? Ask others what works for them, or feel free to reach out to me. If I don't know, I will try to find a resource for you.



- Meditation: Taking a few minutes to turn your brain off is huge! In my opinion, some form of meditation is one of the best things you can do for yourself. Yes, it is hard; that is why they call it a practice. Again, there are many resources out there if this option appeals to you. (I can point in the right direction if you need).

- Movement: Yoga, dance, cycling, jogging, Pilates, elliptical machine, swimming, take your



pick. Movement is great for the body, especially if you spend a lot of time not moving (sitting in front of a computer, in a car, standing behind a desk or kiosk). Moderation is important here. You can actually work out too much and induce unnecessary stress on your body. It takes a lot, but it can be done.

- Make sure you are checking in with your body when starting a new workout routine. Proper body mechanics and working within your ability is key. You do not want to hurt yourself right out of the gate. If you overdo it, remember there are resources for that as well—massage therapy, chiropractic, physical therapists, acupuncture, etc.
- Sit. Stay. If your lifestyle is go, go, go, then you need to take some time to stop going. Interrupt the brain cycle. This can be the hardest task to accomplish, especially if you have been on the run since childhood. Life is about finding a balance. If you are in go, go, go mode, take time to stop and rest. Try to do it often. Even for one minute to have coffee in the morning. Make it a point to eat in peace. 15 minutes of sit, stay. Try it! You might love it, and you might find that you feel like you can focus a little better. Remember, balance!



- Bodywork: adding a bodyworker (massage, acupuncture, chiropractic, reiki, the list can go on and on and on) to your schedule is a great idea! Seeing a bodyworker every 4 to 6 weeks for routine maintenance is a good goal to start with. If the car gets an oil change every 4 months, then don't you deserve a little R&R on a regular basis? If you aren't into professional bodywork, try self-massage! There are many ways to massage yourself with your hands or the tools I mentioned above.

- Guilty pleasures: We all have them. I love ice cream! I would eat it all day if I could. Again, moderation. Let yourself have those guilty pleasures every once in a while. Enjoy them slowly and mindfully so you are satisfied with a cup of ice cream, not a carton. The important thing to remember is to eliminate stress, so if not eating that chocolate is causing stress, then have some chocolate. It is better to smile while enjoying our guilty pleasures than be miserable because we are beating ourselves up. If you want to eat the cupcake, please do. Be mindful and thankful for the cupcake as you eat it so your body processes it.



- Set self-care goals: If we have something to work towards, it is easier to start doing it. Write your goal down on paper and share it with a loved one, someone who supports your efforts. This makes us more accountable.
- Support: when you have like-minded people around you, it is easier to stick with something. Having people who support you is a great encouragement to keep doing something. Bring a friend with you to yoga, set goals with other people, start a running club in the neighborhood, set time aside with your co-workers to take breaks and stretch together, etc. Get creative, but keep taking care of yourself.



You have come so far—congrats! Take this with you and do good things!

Journaling

The journaling exercises for this week will help you reflect on the benefit of the detox and how you can bring the lessons and techniques you learned into your routine every day. If you feel like sharing your experience with us, we would love to hear your responses to questions 1-4. You can send these and any other comments you have to Lesley@awakenedtaste.com and Nicole@greenskymassage.com.

1. What benefitted you most during the detox?
2. What tools and techniques will you continue to use moving forward?
3. What didn't work for you and how would you modify it for future detox routines?
4. Rate your overall feeling of wellness on a scale from 1-10. How has it changed from Week 1?
5. List three to five ways you will reduce stress and care for your body every day.

Follow Up

First, **thank you** so much for choosing us to guide you through this detox and open up new possibilities in your relationship to food and self-care!

How are you feeling?

What came up for you?

If you go back through this process and your journaling, do you see change?

Did you learn some new techniques and recipes you will be adding to your life?

Again, the benefits of doing a detox once or twice a year are:

- Improved energy
- Improved mental clarity
- Increased fluid movement in your body (circulation, lymph, immune system, digestion)
- Clearer skin
- Improved digestion
- Empowerment around your health
- Increased metabolism
- Weight loss

Adding self-care completes the mind/body/energy component of holistic detox; you may begin seeing benefits such as:

- Improved stress management
- Finding it easier to get into a relaxed state
- Being more in touch with your body
- Finding joy in doing something healthy for yourself



We ask that you give yourself permission to find joy when it comes to your body and food. For some people that might be really easy and for some it might be an ongoing process. Through mindfulness and awareness, and with the right tools, it doesn't seem so hard.

Both Lesley and Nicole have websites with blog posts on how to continue this work with ideas for self-care, recipes, etc. Just because the detox is over does not mean that our work together has to be finished.

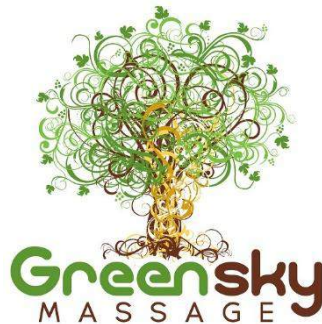
If you have any questions, comments, success stories, and/or you are looking for more great tools and services, please reach out to us!

Sincerely,

Lesley and Nicole



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Nicole Greenhouse, LMT
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Week 2 Meal Plan

Day	Breakfast/Snack	Lunch	Dinner
Day 1	Smoothie (see smoothie options) Snack: Veggies and zucchini hummus	Choose from salad or soup. Build salad with lots of veggies, clean animal protein and healthy fats (see the Grocery List table from Week 1 for ideas).	Roasted chicken, stovetop root vegetables with pumpkin seed dulse, wilted spinach with garlic.
Day 2	Ground or leftover chicken and steamed veggies topped with coconut oil and coconut aminos Snack: Bone/veggie broth	Choose from salad or soup.	Baked salmon and broccoli with garlic mashed root vegetables (use leftovers) Bake a few sweet potatoes to have for other meals.
Day 3	2 soft poached eggs, ½ baked sweet potato with steamed spinach. Top with coconut oil. Snack: Sardines and cucumber slices	Choose from salad or soup.	Turkey meat balls with cilantro pesto and zucchini noodles, steamed kabocha squash with walnuts
Day 4	Smoothie Snack: Bone/veggie broth	Choose from salad or soup.	Kabocha and butternut soup with pumpkin seeds and spinach salad
Day 5	Leftover salmon and steamed veggies topped with coconut oil and coconut aminos Snack: Fresh guacamole with bell peppers	Choose from salad or soup.	Ginger coconut chicken with cauliflower couscous
Day 6	Chia seed pudding with walnuts and chopped apple Snack: ½ apple, 2 TBS walnuts, almonds, or pecan	Choose from salad or soup.	Zucchini noodles and beef marinara, topped with fresh parsley.
Day 7	Smoothie Snack: Bone/veggie broth	Choose from salad or soup.	Stuffed sweet potatoes and roasted vegetables

Week 2 Recipes

Salads and Sides

Stovetop Root Vegetables

Borrowed from *The Great Life Cook Book*, with permission



- 1 small butternut squash, peeled and seeds removed
- 3 medium rutabagas
- 4 medium parsnips
- 4 medium turnips
- 1 three-inch strip of kombu or kelp

1. Chop all vegetables into large bite-sized chunks (~ 1 ½ inch cubes).
2. Place kombu or kelp on the bottom of a large cast iron pan (or two small ones). Add just enough water to cover the kombu.
3. Add vegetables to the pan(s).
4. Cover with a tight fitting lid and cook on a high flame until it boils.
5. Turn down to simmer and cook until tender, about 20 minutes. Periodically, check if there is just enough water to prevent the vegetables from burning.
6. When soft, gently toss vegetables together. Cut sea vegetables into bit-sized pieces and stir into veggies. Sprinkle each serving with a teaspoon of Pumpkin Seed Dulse (see recipe below).

Mashed Root Vegetables

Leftover stovetop root vegetables (from above recipe)

¼ cup water

2 garlic cloves, minced

¼ tsp sea salt

Extra virgin olive oil to taste

1. Add root vegetables and water to a large skillet and cover with a lid. Steam over medium-low heat until veggies are warm and soft. Be sure not to let all the water boil out of the pan.
2. Meanwhile, add salt to the mound of minced garlic. Using the blade of your chopping knife, pull the garlic and salt back and forth to smear it into a paste with the salt. Set aside.
3. When veggies are warmed and soft, drain and reserve water. Add the garlic paste and a good guzzle of olive oil and mash with a potato masher or hand-held blender. Add some of the reserved cooking liquid if the mixture needs more moisture.
4. Serve hot with salt and pepper to taste. Grated orange or lemon peel on the top would also be a nice addition.

Homemade Sauerkraut (and Other Fermented Vegetables)

- 2 TBS lemon juice
- 1 clove garlic, minced
- 4 cups shredded green or red cabbage
- 1 tsp dry mustard
- 1 small pinch chili flakes (optional)
- 1 tsp sea salt

1. Pack the cabbage into a 1-qt glass jar with a tight sealing lid.
2. Add remaining ingredients and fill jar $\frac{1}{2}$ full of filtered water. Seal the jar. (If the lid is metal, place a baggie over the jar prior to screwing on the lid. Metal lids can give the contents of your kraut a funky taste.)
3. Give the jar a good shake to mix in the salt and spices and place in a cupboard or on a dark shelf for about 5 days. Invert and shake daily. You'll see bubbles start to form and the lid might bulge. At this point, give it one more day and then place it in the refrigerator to stop the fermentation.

For other fermented veggies, replace the cabbage with carrots, beets, or radish. Slice veggies into 1/4-1/8" pieces. Try beets with two or three cloves and carrots with fennel or caraway seeds.

Pumpkin Seed Dulse

Borrowed from *The Great Life Cook Book, with permission*

Use this mixture as a condiment on root veggies or salad. The authors mention to use whole dulse, not the flakes. Keep an eye on the oven when roasting the seeds and dulse; they both burn easily.

1 cup raw pumpkin seeds

1 cup dried dulse sea vegetable

1. Toast the seeds in a large cast iron skillet on the stovetop, or on a baking sheet in the oven at 325 F for 8 to 10 minutes, or until just barley browned.
2. Toast the dulse just the same as for the pumpkin seeds, being careful not to burn. The dulse should be crisp and dry so it can be ground with the seeds.
3. Combine and grind to a coarse consistency using a food processor or mortar and pestle. If using a food processor, be careful not to over blend.
4. Store in an air-tight glass jar away from heat.



Roasted Vegetables

4 green zucchini
4 yellow summer squash
4 bell peppers (choose from orange, yellow, red and green)
1 large purple onion
4 large garlic cloves, coarsely minced
1 TBS melted coconut oil
3 TBS water
Sea salt and pepper



1. Preheat broiler on high.
2. Cut vegetables into large slices of similar size. Transfer to a large mixing bowl.
3. Toss veggies with oil, garlic, salt and pepper and transfer to a large baking sheet.
4. Broil for 10 to 15 minutes in the center of the oven until the veggies are crisp tender. Check after five minutes and stir.
5. Alternatively, you can steam the veggies in a large pot with a steamer basket. Add oil, salt, and pepper once veggies have steamed.

Cauliflower Couscous

Adopted from *Flavors of Health*, with permission

Cauliflower makes for a great alternative to grain and pasta dishes. Try this recipe as a side or as a substitute for any rice or couscous dish. Remember, the more color a vegetable has, the more minerals it packs. So, look for purple, green, or orange cauliflower. Color makes for a beautiful meal too.

½ head each of white, yellow, and purple cauliflower (or 1 and ½ heads cauliflower of any color)

½ cup currants, soaked 15 minutes, then drained

3 carrots, finely diced

¼ cup finely chopped flat parsley

¼ cup finely chopped cilantro

1 TBS raw apple cider vinegar

2 TBS fresh squeezed orange juice

1 tsp fresh lemon zest

2 tsp ground coriander

½ tsp sea salt

¼ tsp white pepper

½ cup olive oil

1. Remove core and stems of cauliflower and cut into pea-sized pieces. Alternatively, you can cut the cauliflower into chunks and pulse in a food processor until it resembles grainy crumbs. Place in a large mixing bowl.
2. Add currents, carrots, parsley, and cilantro and mix well.

3. In a small bowl, whisk the apple cider vinegar and orange juice together with the lemon zest, coriander, salt, and pepper. Drizzle in the olive oil while whisking constantly until dressing is emulsified.
4. Add dressing to cauliflower couscous mixture and fold thoroughly until well combined. Allow flavors to marinate together for 30 minutes in the refrigerator.
5. Before serving, season to taste with salt and pepper. Garnish with chopped fresh parsley.



Mains

Easy Roasted Chicken in the Oven

1 three to four pound free-range organic chicken

Olive oil, salt and pepper

Option: Mexican spice mix (cumin and chili powder), Italian spice mix (rosemary, oregano, and thyme), lemon, garlic, or pesto.

1. Preheat oven to 375°F.
2. Rinse chicken and place on a baking dish, breast down. Using a sharp knife or kitchen shears, cut down one side of the chicken's back to butterfly the bird. Break apart the breast bone so the chicken lies as flat as possible in the baking dish, breast-side up.
3. Separate the skin from the breast meat and rub your preferred spice mix on the breast. Place lemon wedges, rosemary springs, and/or garlic between the breast and the skin, if using. Rub skin with olive oil and sprinkle with salt and pepper. If the chicken came with giblets, place them under the bird to cook. Organ meat is loaded with nutrients, especially vitamin B and iron, so eat up!
4. Allow chicken to come to room temperature before cooking if you have time. This helps keep the poultry tender.
5. Place the chicken in the center of the oven and bake for 45 minutes to an hour. Times will vary depending on the size of the bird. Check for doneness using a meat thermometer inserted in the side of the breast or thigh, avoiding the bones; the temperature should read 165°F and the juices should run clear, not red.
6. Let the bird sit in the dish for about 10 minutes before serving.
7. Reserve bones and wings for making broth (see recipe below).



Baked Salmon and Broccoli in Parchment Paper

Using parchment paper is a fast and effortless approach to preparing fish. Try other veggies like sliced zucchini and bell peppers, chopped cauliflower, thinly-sliced carrots, or diced Brussels sprouts. You can also use this cooking method for other fish, like halibut or cod.

Serves 4

Unbleached parchment paper

1 lb wild caught, Atlantic salmon filet, cut into four 4-oz pieces

2 ½ cups chopped fresh broccoli

4 circular lemon slices

2 large garlic cloves, minced

Salt and pepper

Olive oil

Coconut aminos, such as Coconut Secret brand

1. Preheat oven to 350°F and prepare 4 large pieces of parchment paper.
2. Arrange chopped broccoli in the center of the paper. Place salmon filet on the broccoli.
3. Top salmon with olive oil, coconut aminos, minced garlic, a slice of lemon, salt and pepper.
4. Fold the parchment paper into a pouch. Repeat with remaining filets. Place pouches on a baking sheet in the center of the oven and bake for about 18 minutes, depending on the thickness of the filet. When fish is done, it will flake apart easily.

Grass-Fed Meatballs with Cilantro Pesto

Serves 2; Easy to double or triple for leftovers.

For the meat balls

- 1 lb 100% grass-fed hamburger, 1 lb organic ground turkey or chicken, or 1 lb ground organic lamb
- 1 TBS coconut flour
- ½ tsp each thyme, rosemary, and sage
- 1 tsp salt
- Ground pepper to taste

For the cilantro pesto

- 1 bunch cilantro
- 1 bunch flat-leaf parsley
- ¼ cup hemp seed
- Juice from ½ lemon, about 2 TBS
- 2 garlic cloves, minced
- ¼ cup extra virgin olive oil
- 1/8 cup flax oil (optional)
- ½ tsp salt and fresh ground pepper

For the zucchini fettuccini

- 2 large zucchini
- ½ yellow onion, cut into thin crescents

1. For the meat balls, mix all ingredients in a bowl and form into meat balls. Heat skillet on medium low heat with coconut oil or beef tallow. Add meat balls and flatten slightly with the back of a spatula or spoon. Cook until lightly

browned, about 5 minutes. Flip and partially cover with a lid until done.

2. While the meat balls cook, prepare the pesto. Add all ingredients to a food processor. Pulse until well blended. Taste test for lemon, garlic and salt. If it's too acidic, add more olive oil and salt. If too salty, add more lemon. If it needs more liquid, add more olive oil or a little water.
3. Prepare the zucchini. Cut the ends off and peel into long, flat, thin “noodles” using a potato peeler. Alternatively, use a julienne peeler for a shoe-string shape.
4. Heat about ½ TBS olive oil in a large skillet on medium low heat; add the onions to a large skillet and sauté until softened, about 10 minutes. Add the zucchini and sauté until soften, about 3 minutes more.
5. Remove from heat and stir in about 2 TBS pesto, or to taste. Add salt and pepper to taste.
6. Serve zucchini noodles topped with meat balls.

Ginger Coconut Chicken

6-8 chicken legs
1 small yellow onion, diced
1 pieces of fresh ginger, peeled and sliced thin (about 2" worth)
1-2 cloves fresh garlic, minced
1 can full-fat culinary coconut milk
2 TBS curry powder
½ cup chicken broth or water
Black pepper and sea salt to taste
2 bell peppers of your choice, sliced
2 zucchini, sliced
2 TBS fresh cilantro, chopped
1-2 green onions, diced



1. Preheat oven to 350°F.
2. Combine the coconut milk, chicken broth or water, yellow onion, garlic, and ginger in a baking dish. Add chicken legs, salt and pepper.
3. Cover with aluminum foil and bake for 35 minutes.
4. Remove baking dish from oven and add chopped bell pepper and zucchini and return to oven for about 12 minutes more to allow the veggies to warm and softened.
5. Check the chicken legs for doneness. When done. Serve chicken legs with sauce and veggies over Cauliflower Couscous (see recipe above). Top with green onions and chopped cilantro.

Stuffed Sweet Potatoes

Serves 4

- 2 organic chicken breasts, thighs, or tenders, sliced into bite sized pieces (1 in X 1 in or so)
- 2 good-sized heads of broccoli
- 4 large sweet potatoes or yams
- 2 TBS curry powder
- 2 TBS unrefined coconut oil
- 3 TBS green onions
- Salt and pepper to taste

1. Bake sweet potatoes in a preheated oven at 375°F. Bake for 40-50 minutes, depending on size. Allow for extra time.
2. While the potatoes bake, cut the broccoli into bite-sized pieces and steam on the stove-top in a large pot with steamer basket until bright green and still a bit crunchy (don't overcook).
3. Mix curry powder, salt, and pepper in a small bowl. Sprinkle on cut chicken and mix to coat. Heat oil in a large skillet (medium high heat). Add the chicken and cook until just done, turning once in the process. Cover with a lid and set aside until the potatoes are ready.
4. Once the potatoes are cooked, let cool slightly (5-8 minutes). Carefully cut the potato skin open and scoop out the filling into a large bowl. Be careful! The potatoes may still be hot on the inside! Reserve the skin.
5. Add 1 TBS coconut oil, salt and pepper, and green onions to the potatoes. Add the broccoli and chicken and stir to incorporate.
6. Stuff the potato skins with the mixture, top with a dusting of paprika. Re-heat in the oven if needed.

Serve with a side salad or roasted peppers and zucchini.

Soups and Broths

Warming Kabocha Squash Soup

Makes about 6 cups

This soup uses warming spices to add a little heat to the body. Cinnamon helps the body balance blood sugar and contains natural anti-microbial compounds.

- 1 large kabocha squash
- 3 TBS coconut oil
- 1 large onion, diced
- 2 large garlic cloves
- 1 inch fresh ginger, grated
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 4 cups homemade chicken broth, divided
- 1 can full-fat culinary coconut milk, such as Thai brand. Do not shake or stir.



1. Preheat oven to 375°F. Cut squash in half and remove seeds. Place face down on a rimmed cookie sheet or glass baking dish and bake 45 minutes or until squash is tender. When done, allow to cool.
2. In a kettle, sauté onions in coconut oil on medium heat until aromatic. Add spices and garlic and stir to coat. Cook until onions are soft, about 8 minutes, stir frequently. Stir in the ginger and then add 2 cups chick broth, salt and pepper.
3. Remove the skin from the squash and discard. Cut into cubes and place in a blender. Open the can of coconut milk from the bottom and drain off the liquid. Add the remaining coconut cream and 2 cups chicken broth to the blender. Purée until smooth.
4. Add the squash purée to the kettle and bring to a low simmer. Serve with a garnish of fresh parsley.

Bone Broth

- 2 lbs bones from an organic source (beef, chicken or turkey)
- 4 chicken feet for extra gelatin (optional)
- 1 onion, chopped
- 2 large carrots, chopped
- 3 stalks celery, chopped
- Cabbage wedge, about 1/8 of a full head
- 3 TBS organic, raw apple cider vinegar
- 1 TBS sea salt
- Herbs of choice (1/2 TBS oregano, 1/2 TBS thyme, fresh rosemary spring)
- 3 garlic cloves
- 1 bunch parsley, chopped



1. Place all ingredients in a large stockpot or slow cooker. Cover with enough water to submerge by 1-2 inches.
2. If using a stockpot, bring the pot to a boil, reduce to simmer and cover partially. Monitor water levels and add more if necessary. Skim off any foam that forms on the top.
3. If using a slow cooker, place all ingredients in cooker and set to high for the first two hours, then reduce to low and finish cooking. Skim foam and monitor water levels.
4. After cooking, strain liquid and store in the refrigerator in a sealable jar for up to 5 days or freeze for use at a later time.

Recommended cooking times:

- Beef broth: 48 hours
- Chicken or poultry broth: 24 hours
- Fish broth: 8 hours

Bieler Broth

[By Lily Calfee, Ideal Nourishment](#)

Eliminate sweet potato if you have any sort of infection.

2 quarts bone broth
1 quart filtered water
1 large sweet potato, cubed (optional)
1 tsp sea salt
1 pound green beans, roughly chopped
2 zucchini, roughly chopped
1 bunch leafy greens, stemmed and roughly chopped
½ bunch of celery, chopped
4 cloves garlic, peeled and chopped
2-inch piece ginger, peeled and chopped
½ tsp chili flakes (optional)
Lemon juice
Sliced avocado

1. Bring broth, water, sweet potatoes and salt to a boil in a large stockpot; cover with a lid. Lower to a simmer and cook until potatoes are soft, about 20-30 minutes.
2. Turn off heat and add green beans, zucchini, and leafy greens. Cover for a few minutes so that the vegetables cook slightly. Add garlic, ginger and chili flakes.
3. Blend in batches or with an immersion blender. Reheat gently if needed.
4. Serve with avocado slices, a squeeze of lemon, and a little sprinkle of sea salt. Other yummy toppings include cilantro, curry powder, and/or green onions.

Snacks

Sardines with Cucumbers and Parsley

- 1 can whole sardines in water
- ½ TBS coconut cream (the cream from the top of a can of culinary coconut milk, such as Thai brand) OR 1 tsp olive oil
- 2 TBS chopped sauerkraut or natural pickles, such as Bubby's
- 2-3 chopped kalamata olives
- ½ TBS flat-leaf parsley, chopped
- 8-10 slices of English cucumber
- Salt and pepper to taste

1. Drain and rinse sardines. Place in a bowl with coconut cream or olive oil, sauerkraut or pickles, olives, and chopped parsley.
2. Add salt and pepper to taste and stir to combine.
3. Place about 1 TBS of sardine salad atop cucumbers and serve.

Zucchini Hummus

- 2 heaping cups (about 2 small zucchini) chopped
- 1 clove garlic, minced (optional)
- 1 tsp cumin
- 2 tbsp lemon juice
- ¼ cup sunflower butter
- 2 TBS olive oil
- Salt and pepper to taste

1. Place zucchini in a food processor. Add remaining ingredients and process until smooth.
2. Transfer to an air-tight container and store in the refrigerator for up to five days.

Chia Seed Pudding

½ cup chia seeds

1 cup full-fat culinary coconut milk, such as Thai brand

1 ¼ cup almond or coconut milk substitute, or purified water

1 tsp vanilla

½ tsp sea salt

½ TBS honey or maple syrup (optional)

1 tsp maca powder (optional)

Fresh or frozen organic blueberries and chopped walnuts for topping

1. Mix all ingredients in a bowl and allow seeds to set for at least 2 hours in the refrigerator while seeds absorb liquid; setting overnight is best.
2. Top with fresh or frozen berries and chopped nuts.



Smoothies

These smoothies aren't known for their sweetness, but they are packed with nutrients and will keep you going without a sugar crash. Feel free to add a pea or hemp protein powder. Dairy and soy protein are not recommended because of their potential allergenic effects.

Maca Madness

- ½ avocado
- ½ cup blueberries
- 1 cup (or 1 large handful) spinach or mixed greens
- ½ apple, diced
- ½ tsp maca root powder
- ½ tsp cinnamon
- 1 TBS ground flax or chia
- Pinch of sea salt
- Coconut milk alternative and/or water to desired consistency
- Top with chopped walnuts or pumpkin seeds

The Greenery

- 1 cup spinach or mixed greens
- 1 avocado
- ½" fresh grated ginger
- 2 TBS lime
- Coconut milk alternative and/or water to desired consistency
- 2 TBS soaked chia seeds

Blueberry Almond

- ½ banana
- ½ cup blueberries
- 1 cup (or 1 large handful) spinach or mixed greens
- 1 TBS almond butter
- ½ tsp cinnamon
- Coconut milk alternative and/or water to desired consistency
- Top with chopped walnuts or pumpkin seeds

Basil Berry

- 1 cup frozen strawberries, thawed
- ½ avocado
- 1 cup spinach or mixed greens
- 1 stalk fresh basil leaves
- ¼ cup soaked walnuts
- 1 TBS ground chia or flax
- Coconut milk alternative and/or water to desired consistency



Juices

The Gardener

- 2 carrot
- 3 celery stalk
- 1 beet (red or orange)
- ¼ bunch cilantro
- ¼ bunch parsley
- 1-2" ginger

Clean and Clear

- 2 cup spinach
- 4-5 celery stalks
- 3-4 carrots
- 1 apple
- 1-2" ginger
- 1 organic, un-waxed lemon

Green Goddess with Chlorella Powder

- Broccoli
- Cucumber
- Celery
- Parsley
- Apple

To the juice, add a little water and a teaspoon of chlorella powder.

Cucumber Cooler

- 2 large organic English cucumbers
- 1-2" ginger
- 1 apple (optional)
- 2-4 stalks fresh mint

Week 3 Meal Plan

Day	Breakfast	Lunch	Dinner
Day 1	Oatmeal topped with ground flax seed, coconut oil, steamed veggies, and coconut aminos Snack: ½ apple with 3 TBS walnuts, almonds, or pecan	Choose from salad or soup. Build salad with lots of veggies, clean animal protein and healthy fats (see Grocery Kist table from Week 1 for ideas).	Baked Salmon with roasted vegetables Bake a few sweet potatoes to have for other meals.
Day 2	2 soft-poached eggs, ½ baked sweet potato with steamed spinach. Top with coconut oil. Snack: Sardines and cucumber slices	Choose from salad or soup.	Baked chicken, ginger beets, wilted greens with garlic, wild rice
Day 3	Leftover salmon and steamed veggies topped with coconut oil and coconut aminos Snack: Bone/veggie broth	Choose from salad or soup.	Lamb meat balls with cilantro pesto and cauliflower couscous
Day 4	Smoothie Snack: Turkey lettuce boat	Choose from salad or soup.	Stuffed sweet potatoes, sautéed ginger greens
Day 5	Leftover chicken and steamed veggies topped with coconut oil and coconut aminos Snack: Bone/veggie broth	Choose from salad or soup.	Turkey burgers with sliced tomato and avocado on a bed of spinach.
Day 6	Chia seed pudding with walnuts and chopped apple Snack: 2 hard boiled eggs, carrot hummus and sliced cucumbers	Choose from salad or soup.	Baked halibut with red cabbage sauté and baked squash
Day 7	Smoothie Snack: Bone/veggie broth	Choose from salad or soup.	Chicken and veggie noodle soup

Recipes for Week 3

Salads and Sides

Carrot, Jicama, and Apple Slaw with Mint Citrus Marinade

Adopted from *Flavors of Health*, with permission

I recommend using a large-holed box grater or a mandolin to grate the carrots, jicama, and apple. Using a small grater could result in soggy veggies. Try rainbow carrots for added color and nutrients.

- 4 medium carrots, grated
- 1 pound whole jicama, peeled and grated
- 2 apples, grated
- 1 TBS fresh squeezed lemon juice
- 1 lime, juiced
- 2 TBS raw apple cider vinegar
- ¼ cup avocado oil or extra virgin olive oil
- ¼ cup mint leaves, chiffonade
- Sea salt to taste

1. In a large bowl, whisk together the lemon juice, lime juice, and vinegar with the oil until emulsified and season to taste with salt.
2. Grate carrots, jicama, and apple into bowl with dressing.
3. Toss everything together along with the mint and serve.



Fresh Gingered Beets

Adopted from *Flavors of Health*, with permission

1 pound raw beets, peeled and diced into 1-inch cubes
1 ½ TBS extra virgin olive oil
½ TBS fresh orange juice
½ TBS raw apple cider vinegar
½ inch piece of fresh ginger root, peeled and minced
1 clove garlic, minced
1/8 tsp ground black pepper
1/8 tsp sea salt
1 TBS minced fresh mint

1. Steam diced beets for 5 to 7 minutes. Test them for doneness by pricking with a fork. When beets can be easily pierced with a fork, transfer them to a bowl and set aside.
2. In a small bowl, whisk together the olive oil, vinegar, ginger, garlic, pepper, salt and mint.
3. Pour the dressing over the cooled beets and marinate for about 1 hour in the refrigerator. For a stronger flavor, marinate for several hours or overnight.
4. Before serving, remove beets from the refrigerator and allow them to come to room temperature. This would make a great side dish to pack in a lunch that you don't need to refrigerate.

Carrot Seaweed Salad

Adopted from *Flavors of Health*, with permission

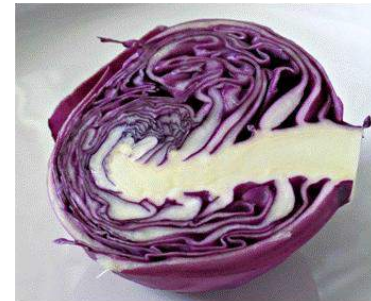
- ½ cup arame seaweed
- 1 cup grated carrots
- 1 tsp raw apple cider vinegar, such as Bragg's
- ½ tsp honey
- ¼ tsp chopped fresh dill

1. Cover arame with filtered water and soak the seaweed for 30 minutes, then drain and rinse.
2. In a large bowl, whisk vinegar and honey together until well combined.
3. Add drained arame and carrot to the dressing and toss lightly to distribute evenly. Add dill and toss again before serving.

Red Cabbage Sauté

Borrowed from *The Great Life Cook Book*, with permission

- 1 large red onion, cut into crescents
- 1 medium red cabbage, cut into long thin strips
- 1 TBS raw organic apple cider vinegar, such as Bragg's
- ½ tsp sea salt
- ¼ cup water



1. In a large pan, sauté onions with a couple tablespoons of water until translucent.
2. Add the cabbage and sprinkle with sea salt and vinegar. Add a few more tablespoons of water and cover.
3. Cook 20-30 minutes on low heat, adding small amounts of water as needed.
4. Gently toss and serve. Top with pumpkin seeds.

Pressed Spring Salad with Pecans

Borrowed from *The Great Life Cook Book*, with permission

- 1 small green cabbage, diced
- 2 scallions, diced small
- Fresh chives, diced small (about 1 TBS)
- About 2 cups chopped spinach
- 1 bunch assorted radishes, diced small
- ½ tsp sea salt
- ¼ cup pecans

1. Place all veggies in a large bowl. Mix in salt thoroughly with hands.
2. Press the salad to soften and release the juices. A ceramic bowl with steep edges works best. Place a plate on top of the salad, one that is slightly smaller than the diameter of the bowl. Place a weight on top. A glass gallon jug full of water works great, or use another bowl or pot filled with water. Press for four or more hours.
3. Transfer salad to a collinear and rinse off the salt. Drain well. Top with olive oil (if desired) and pecans.



Sautéed Gingered Greens

Adopted from *The Great Life Cook Book*, with permission

- 2 bunches kale
- 1 small head green cabbage, sliced
- 1 onion, diced small
- 1 TBS fresh ginger root, finely grated or minced
- ¼ cup water
- 1 TBS soy or coconut aminos

1. Remove the kale leaves from the stems. Dice stems into small pieces. Chop leaves into large bite-sized pieces. Prepare the cabbage.
2. Sauté ginger and onion in water for 5 minutes.
3. Add the cabbage and kale stems and cook for 3 minutes.
4. Add kale leaves; cook until kale is soft enough to chew and still bright green, about 3-4 minutes.
5. Add aminos and serve.



Mains

Turkey Burgers

- 1 TBS unrefined coconut oil
- 1 small onion, diced
- 1 large or 2 medium sweet potatoes or yams, cut into small bite-sized pieces
- 1 lb organic ground turkey
- 1 TBS curry powder
- 1 TBS coconut flour
- Salt and pepper to taste

1. Sauté onion in unrefined coconut oil on medium low heat until it begins to soften. Add sweet potato or yams and stir to coat with oil. Cover with a lid and let the potatoes steam until cooked thoroughly and soft, stirring often. Be careful not to let the sweet potatoes stick to the pan and burn and burn.
2. Once the potatoes are soft, add them to a mixing bowl and add the ground turkey, curry powder, coconut flour, salt and pepper.
3. Form turkey into patties and cook in a skillet on the stove using unrefined coconut oil. The coconut adds great flavor. You can also use olive oil or butter. Cook about 6-8 minutes on medium heat, then flip and cook an additional 6 minutes, depending on thickness. Use a lid to partially cover the skillet after flipping the patties.
4. Serve burger on a bed of spinach with sliced tomato, sauerkraut, and avocado. Leftovers make for great breakfast protein as well.

Soups

Ginger Carrot Soup

- 1 small yellow onion, diced
- 1 lb organic carrots, cut into ½" rounds
- 1-2" fresh ginger, chopped
- 2 garlic cloves, minced
- 1 quart homemade chicken broth
- 1 TBS curry powder
- ½ tsp turmeric powder
- 1 tsp sea salt and pepper, or to taste



1. Add carrots, ginger and garlic to a kettle. Cover with just enough purified water to submerge vegetables.
2. Boil vegetables on medium until soft.
3. Let cool slightly then transfer to a food processor. You may need to do this in batches. Another option is to blend with an emersion blender. Blend until smooth.
4. Return to kettle and add chicken broth, curry and turmeric powder, and salt. Bring to a gentle simmer and serve.
5. *Optional:* Add a TBS of culinary coconut milk to each serving for a creamier soup. Garnish with cilantro and pumpkin seeds.

Note: A pressure cooker is a great investment. It cooks very quickly by raising the internal pressure, thus raising the internal temperature. In a pressure cooker, you can cook a whole chicken, pot roast, stew, or dried beans in a fraction of the time it takes otherwise. Making a pureed veggie soup is very quick and easy as well. Pureed soups are great for detox because they are easy to digest and alleviate energy used for digestion.

Chicken Veggie Noodle Soup

I like to make my chicken veggie soup fresh each time. This recipe makes enough for one, but can easily be doubled. And don't feel you need to follow this recipe strictly. Sometimes I like more broth, sometimes I like more veggies.

3 cups homemade chicken broth
1 carrot, peeled with a julienne peeler, mandolin, or potato peeler
1 small zucchini, peeled like the carrot
½" grated ginger
½ cup diced or shredded leftover chicken
2 tsp coconut aminos
1 tsp unrefined coconut oil
1 finely chopped green onion for garnish
Cilantro or parsley for garnish
Salt and pepper to taste

1. Heat the broth to a gentle simmer in a kettle.
2. Add the grated carrots and ginger; let cook until softened and flexible, about 5 minutes.
3. Add the zucchini and chicken and cook a few minutes longer until the zucchini is soft.
4. Serve in a large bowl, top with coconut oil and aminos; garnish with green onions and cilantro or parsley.



Snacks

Turkey Lettuce Boat

- ½ large ripe avocado
- ½ sliced apple
- fresh lime juice
- A pinch of sea salt (or to taste)
- 4 slices organic turkey lunchmeat, such as Applegate Organics
- 4 leafs organic Romaine lettuce, washed and patted dry

1. Assemble lettuce boats by placing one slice turkey down the center of the lettuce leaf. Top with avocado, sliced apple, a squirt of fresh lime juice and a dash of sea salt.

Carrot Hummus

- 4 medium carrots
- 4 garlic cloves
- 1/3 tsp coriander
- ¼ tsp salt
- 1 TBS sunflower seed butter
- 1 TBS unrefined coconut oil
- ½ to ¾ TBS fresh lemon juice
- ¼ cup reserved cooking water

1. Slice carrots in ½" rounds. Steam carrots and garlic cloves for 7-10 minutes, or until carrots are very tender.
2. Transfer cooked carrots and garlic to food processor, reserving some of the cooking water. Add the remaining ingredients and about 3 tablespoons of cooking water and process until smooth (add more cooking water if mixture is too dry).
3. Let cool. Transfer to an air-tight container and store in the refrigerator for up to five days.

Juices

Green Machine

- 1 Granny Smith apple
- 3 stalks celery
- 1/3 of a small cabbage
- 1 bunch parsley
- 2 stalks broccoli

Cranberry Wave

- ½ cup fresh organic cranberries
- 1" piece of ginger, added with cranberries
- 1 red beet
- 1 apple
- 2 carrots



Interesting Reads

- The Science Behind Just One Mold Toxin in your Coffee, by Dave Aspry (2014). Available at <https://www.bulletproofexec.com/one-ugly-mug-the-science-behind-just-one-mold-toxin-in-your-coffee/>
- The Gut Flush Plan, by Ann Louise Gittlemen (2008)
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