



28 DAY

Metabolic Reset

Feel Energized, Healthy & Fit with this Proven
Elimination Diet & Detox Cleanse

THE METABOLIC RESET

at a glance

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

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

What you can expect while you are on the Metabolic Reset:

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



Why Should You do the Metabolic Reset?

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

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

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

Getting Started:

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

- **Reduce and Remove all Foods** to Avoid during the cleanse from your pantry and fridge and be sure to replace them with detox approved foods. This will make it easy for you to stay on track and get the most from your cleanse.

- **Find an alternative that works.** What are your favorite foods that you are concerned you will miss while on this cleanse? To help yourself-find a healthy replacement that is similar but a better option. Ex. Instead of spaghetti, you can substitute spaghetti squash. Instead of chocolate, you can substitute for dark chocolate (85% cacao).
- **Swap out any plastic container with glass** for drinking or microwaving. Plastics are harmful hormone disruptors that will interfere with your cleanse.
- **Remove all hydrogenated foods, MSG, Nitrates and artificial sweeteners and colors** such as red dye #40. These are neurotoxins that harm your brain, gut, hormones and metabolism.
- **Follow the advised 28 day menu** and pre-plan your snacks and meals so you are ready to go and know what to eat when you are out.
- **Fill your pantry and fridge with lots of fresh, whole, nourishing foods** and snacks so you never feel hungry or deprived.

How to Get the Most from Your Reset:

- **Regulate your blood sugar for energy,** fat burning and metabolic success. To do so, plan to eat within 60-90 minutes of waking and then approximately every 3 ½- 4 hours. Meals are mandatory, snacks are optional.
- **Each meal should consist of complex carbohydrates, protein & good fats** such as coconut oil, olive oil & flaxseed. Think 1 Fistful size of protein, 2 fistful of veggies and 1 fistful of a complex carb like a sweet potato.
- **Drink plenty of clean water** (1/2 body weight in ounces per day to maximize flushing of toxins).

- **Practice intermittent 12 hour fasting** to optimize your detox pathways. This process simply entails you eating or drinking (other than water) your last bite of food by 7 or 8 pm and then not eating your next bite until 7 or 8 am.

- **EVERY MORNING: Start the day with a Himalayan sea salt cleanse-** drink 1 -2 ounces followed by 6-8 ounces of warm water. Pre-prepare your salt mixture in a glass container 4 teaspoons of Himalayan pink sea salt to 16 oz. of pure water- let dissolve and keep at room temperature. This process aids in healthy GI function as well as provides your body with 84 trace Minerals.

- **Each Day: Drink 1 oz. of Braggs Apple Cider Vinegar** mixed with 2-4 ounces of lemon water to aid your body in natural cleansing, elimination and detoxification.

- **SWEAT**, this is how your body naturally eliminates toxins. Work up a sweat with exercise (20-30 minutes daily) or use the Infrared sauna to support this process.

- **Do not eat or drink beverages other than water** at least 2 hours before bed and to help optimize hormonal balancing, fat burning, immune restoration and body regeneration, be in bed ideally between 10-11 pm, no later than midnight. The goal is to achieve 7-9 hours of quality sleep per night.

- **Be present with your food** try not to eat on the go. Sit down, relax and enjoy even if for only 15 minutes, your body will thank you!

- **Chew each bite of food up to 20 times** to aid in proper digestion- this is especially important for GI and Gallbladder issues.

- **Eat until you are satisfied**, don't skip meals. Realize that the focus is not on calories counting or deprivation, this cleanse is all about giving your body the nutrients back that it needs so you can THRIVE.

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

CARBS	PROTEINS	FATS
<ul style="list-style-type: none"> • Quinoa • Brown Rice • Millet • Buckwheat • Sweet Potato • Fresh Veggies • Squash Family • Fresh Fruit 	<ul style="list-style-type: none"> • Eggs • Grass Fed Beef • Nitrate Free Meats • Chicken • Turkey • Tuna • Salmon • Flounder • Almonds • Walnuts 	<ul style="list-style-type: none"> • Olive Oil • Coconut Oil • Ghee • Nuts/Seeds • Avocado • Organic Dairy Products

Foods Allowed During Your Reset:

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

- Drink plenty of **water** ½ your body weight in ounces, herbal teas, green tea, and fresh squeezed or cold pressed vegetable juices.
- **Gluten Free Grains** to include: Rice, millet, quinoa, buckwheat, or tapioca (although be mindful of your tolerance level for carbohydrates with hypoglycemia or insulin resistance).
- **Vegetables:** artichokes, asparagus, avocado, beets, bok choy, broccoli, carrots, cauliflower, celery, chives, cucumbers, garlic, green beans, kale, kohlrabi, leeks, lettuce, mustard greens, onions, parsley, peas, radishes, rhubarb, shallots, squash, sweet potatoes, spinach, turnips, watercress, water chestnuts, yams, zucchini. (again, be mindful of your carbohydrates tolerance with fruits beans and starchy vegetables.
- **Proteins:** Eggs*, Meats & Fish (not shellfish), Salmon, Flounder, Tuna, Sea Bass, Trout, Chicken, Turkey, Lamb, Grass Fed Beef (if you eat cold cuts they can only be with no additives or preservatives, nitrate free with USDA organic being the best- Hormel and Applegate are great brands).

- **Low glycemic fruits:** apricots, plums, apples, peaches, pears, cherries, berries, banana, grapes, grapefruit, lemons, limes and kiwi. Dried fruits (with no preservatives) are acceptable and must be eaten with proteins.
- **Dairy Substitute:** Coconut: including coconut oil, coconut butter, coconut flour, coconut milk, coconut cream, and unsweetened coconut flakes. Almonds, almond butter, almond flour/almond meal, and almond milk. Rice milk.
- **Cooking:** Olive oil, coconut oil, grapeseed oil, safflower oil, balsamic vinegar, red wine vinegar and apple cider vinegar. Condiments: Mustard.
- **Fermented foods:** sauerkraut, kimchi, pickled ginger, mixed pickle, coconut milk yogurt, kombucha tea, etc.
- **Sweeteners:** stevia, xylitol, pure maple syrup, organic agave, coconut palm sugar, raw honey.
- **Noodle Alternatives:** Brown Shirataki noodles, glass noodles or kelp noodles (yam noodles- can be found at most international grocery stores, krogers and online). These are all great alternatives for pastas.
- **Spices:** fresh herbs, natural organic spices (i.e. black pepper, sea salt, pink himalayan salt, basil, mint, ginger, fresh garlic, oregano, parsley, rosemary, thyme). Stay away from modified food starch.
- **Other:** Herbal or green tea, olives, white beans/chickpeas, dark chocolate, sunflower seeds, pumpkin seeds, sesame seeds, flax seeds, chia seeds, and pine nuts.

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

Why Does This Reset Eliminate Certain Foods?

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

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

Your health matters, you deserve to express your full vitality and joy so ENJOY the next 28 days resetting your body and health to THRIVE!

Foods to Eliminate on Your Reset:

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

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





Phase 1 Eliminate Allergens & Cleanse the System

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

Phase 2 Improve Digestion

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

Phase 3 is the Reintroduction phase

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

MENUS AT A GLANCE

Week 1

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

DAY 1

- Avocado, Pear & Nitrate Free Bacon Delight
- Simple Salmon Cakes with Sweet Potato Fries
- Chicken Tacos with Swiss Chard

DAY 2

- Super Breakfast Smoothie
- Power Salad
- Balsamic Lentils with Brown Rice

DAY 3

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

DAY 4

- Quinoa Power Porridge
- Garlic Shrimp with Spinach, Red Peppers & Basil
- Baked Chicken with Collard Greens

DAY 5

- Turkey & Butternut Squash Hash
- Soba Noodle Chicken Salad with Plantain Chips
- Very Tasty Beef & Veggie Kabobs

DAY 6

- Berries with Coconut Milk & Lime
- Simple Fish with Pesto Sauce
- Chicken Salad with dried fruit

DAY 7

- Almond Flour Pancakes
- Red Beans and Brown Rice
- Herbed Chicken

Week 2

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

DAY 1

- 2 egg whites/ 1 yolk scrambled with spinach, roasted garlic and black beans
- Cannellini Beans with Mint Spring Greens
- Tilapia with Balsamic Herb Sauce

DAY 2

- Chicken Sausage Stir-Fry
- Barley "Risotto" with Mushrooms
- Garlic Shrimp with Spinach, Red Peppers & Basil

DAY 3

- Green Power Smoothie
- Beef, Broccoli & Bok Choy Stir Fry
- Fruit Sweetened Spinach Salad with Chicken

DAY 4

- Green Power Smoothie
- Beef, Broccoli & Bok Choy Stir Fry
- Fruit Sweetened Spinach Salad with Chicken

DAY 5

- Your Own Spaghetti Sauce Pasta
- Grilled Tuna over Greens
- Southwest Steak Salad

DAY 6

- Roasted Vegetable Wraps
- Shrimp with Cilantro Lime Vinaigrette
- Rainbow Chard with Golden Raisins and Pine Nuts

DAY 7

- Tasty Beef Tacos
- Roasted Tomato Chicken
- Spinach Salad with Creamy Herb Dressing

MENUS AT A GLANCE

Week 3

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

DAY 1

- Al Dente Asparagus Pasta
- Pesto Quinoa with Chicken & Red Peppers
- Asian Salad with Sesame Dressing

DAY 2

- Quinoa with Pine Nuts and Cranberries
- Grilled Chicken with Tomato Herb Salad
- Mixed Greens with Pomegranate Vinaigrette

DAY 3

- Olive Chicken with Brown Rice
- Mustard Vinaigrette Chicken over Greens
- Eggplant Pizza w/ Lacto-fermented salsa

DAY 4

- Brown Rice with Garbanzo Beans & Mint
- Basil Lemon Tilapia
- Chickpea & Lentil Stew

DAY 5

- Kale & Portabella Stir Fry
- Mozzarella, Tomato & Basil Salad over Greens
- Pasta with Braised Lettuce, Pine Nut & Saltanas

DAY 6

- Ten Minute Tuna
- Lemon Shrimp over Brown Rice
- Raw Cream of Zucchini Soup

DAY 7

- Almond Flour Pancakes
- Red Beans & Brown Rice
- Herbed Chicken

Week 4

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

DAY 1

- Avocado, Pear & Nitrate Free Bacon Delight
- Simple Salmon Cakes with Sweet Potato Fries
- Chicken Tacos with Swiss Chard

DAY 2

- Chicken Sausage Stir-Fry
- Barley "Risotto" with Mushrooms
- Garlic Shrimp with Spinach, Red Peppers & Basil

DAY 3

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

DAY 4

- Green Power Smoothie
- Beef, Broccoli & Bok Choy Stir Fry
- Fruit Sweetened Spinach Salad with Chicken

DAY 5

- Turkey & Butternut Squash Hash
- Soba Noodle Chicken Salad with Plantain Chips
- Very Tasty Beef & Veggie Kabobs

DAY 6

- Your Own Spaghetti Sauce Pasta
- Grilled Tuna over Greens
- Southwest Steak Salad

DAY 7

- Almond Flour Pancakes
- Red Beans and Brown Rice
- Herbed Chicken

Natural Detoxifiers:

Bone Broth or Stock Drink 8-12 Ounces Daily

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

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

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

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

Himalayan Sea Salt Cleanse- drink 1 -2 ounces followed by 6-8 ounces of warm water daily. Pre-prepare your salt mixture in a glass container 4 teaspoons of Himalayan pink sea salt to 16 oz. of pure water- let dissolve and keep at room temperature. This process aids in healthy GI function as well as provides your body with 84 trace minerals.

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

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



Fermented Foods:

Simple Sauerkraut

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

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

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

Sour Pickles

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

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

Beet Kvass

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

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

Sauerrüben (lacto-fermented parsnips)

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

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

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

Recipes

Simple Salmon Cakes



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

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

Serve with brown rice or a side of vegetables.

Health Benefits: Salmon, Olive Oil – chocked full of Omega 3s, Essential Fatty Acids are essential to your health! Garlic helps lower blood pressure and prevent the common cold. Lemon juice – cleansing and good for the respiratory tract. Basil is a good source of magnesium, cardiovascular benefits

Sweet Potato Fries



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

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

Health Benefits

Sweet Potatoes are packed with tons of beta-carotene and Vitamin C – Both are antioxidants that fight free radicals in your body. High in fiber, sweet potatoes help you to stay full longer and reduce your sugar cravings.

Quinoa with Roasted Vegetables



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

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

Health Benefits

Quinoa – A whole grain native to South American, quinoa (pronounced Keen-wah) is a high-protein, low-gluten grain.
Red Peppers – full of antioxidants, which protect against free radicals.

Chicken Tacos with Swiss Chard



2 chicken breasts, One bunch of Swiss Chard, 1 ½ tbsp olive oil, 1 red onion, sliced into strips, 3 garlic cloves, ½ cup chicken broth or water, ½ tsp. salt Avocado, Whole grain tortillas (I prefer Sprouted Grain Tortillas made by Ezekial)

Cut the chard into slices. Heat the oil on medium and sauté onion and garlic until light brown. Slice the chicken into strips and add to pan. Once the chicken is cooked (about 5 minutes), add the chicken broth or water and salt. Add the chard and cook until it is tender (another 5 minutes). Warm the tortillas and Serve the dish with salsa, avocado strips, and other toppings of your choice.

Health Benefits

Swiss Chard is full of magnesium, Calcium, Vitamin C. Excellent for bone health and a good source of fiber.
Avocados are a healthy source of monounsaturated fats.

Power Salad



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

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

Health Benefits

Omega 3s from walnuts, flax seed, and olive oil
Chicken – good source of protein
All the vitamins and minerals you could ask for in dark leafy greens!
Mushrooms - immune support

Bok Choy Stir Fry

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



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

Health Benefits

Bok Choy - Loaded with vitamins A and C. Contains sulforaphane – which helps protect against cancer
Sesame Oil – yummy source of polyunsaturated fat, heart healthy
Sesame seeds – contain phyosterols which help lower cholesterol

Super Smoothie



Frozen berries of your choice
Almond butter
Flax seed oil
Yogurt
Liquid of your choice

Blend together frozen with 2 Tbsp. almond butter, 2 Tbsp flax seed oil, ½ cup yogurt, ½ cup water/juice/iced tea. Enjoy!

Health Benefits

- Berries are chocked full of antioxidants and are the perfect fruit for weight management.
- Almond butter adds healthy fat and protein
- Flax seed oil is an essential fatty acid, good for brain health!
- Yogurt – contains beneficial bacteria known as probiotics help with digestion

Balsamic Lentils with Brown Rice



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

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

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

Health Benefits

- Lentils are a good vegetarian source of protein. They are high in fiber and aid in digestion.
- Brown rice is a whole grain that contains more minerals and fiber than refined grains and won't affect your blood sugar levels like white grains.

Breakfast Power Balls



16 oz almond butter (you can use peanut butter or cashew butter, too), ½ cup raw honey or agave nectar (may vary depending on level of sweetness you prefer) 1 ½ cups rolled oats (whole oats, not instant), 1/3 cup Ground-up flaxseed, Bowl full of coconut or sesame seeds

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

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

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

Health Benefits: Almond butter adds healthy fat and protein. Flax seed oil is an essential fatty acid, good for brain health! Raw honey, Coconut, agave nectar – natural sweeteners without added sugar or artificial sweeteners.

Ten Minute Salmon

2 or more Salmon Fillets, 1 tsp sea salt, 1 tomato, 1 cup fresh basil, ½ red onion, chopped, 2 tbsp balsamic vinegar, ¼ cup olive oil

Broil salmon (550°, oven door ajar) for 7 minutes. While salmon is cooking, in a small bowl mix together the remaining ingredients to form a tomato-basil salsa. Top salmon with salsa and serve.



Garlic Shrimp with Spinach, Red Peppers & Basil



30 shrimp, peeled and deveined, 2 tsp whole wheat flour or other non-white flour 4 tbsp olive oil, ½ tsp sea salt 5 garlic cloves, minced or sliced thin, 1 onion, sliced into strips, 1 red bell pepper, sliced into strips, 2 cups baby spinach, ½ cup white wine, Fresh basil

Mix the flour and sea salt in a bowl. Place the shrimp in the bowl, tossing to coat with flour-salt mixture. Next, heat olive oil on low and add in garlic, cooking just until golden. Add the onion and pepper, cooking for 2-3 more minutes. Add the spinach and white wine. Cover the pan with a lid for approx. 3 minutes or until the spinach has slightly wilted. Add the shrimp and sauté until coating is crisp. Sprinkle with fresh basil and serve over pasta, rice or enjoy as is!

Health Benefits: Shrimp is a great source of selenium which has been shown to protect from cancer. Olive Oil is a healthy fat, use liberally! Garlic helps lower blood pressure and prevent the common cold. Basil is a good source of magnesium, good for the heart.

Baked Chicken with Collard Greens



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

Preheat oven to 375°. Combine butter, rosemary, and sea salt, mixing with a fork until creamy. Brush this sauce over your chicken and place in oven. Bake for 60 minutes. While chicken is baking, heat pan with 2 tbsp olive oil. Add onion and saute for 3 minutes. Add collard greens and water to pan and cook for 3-4 minutes or until the greens are lightly wilted. Sprinkle with sea salt and serve as a side to your finished chicken.

Health Benefits: Organic chicken is a great source of protein. Butter – get rid of your margarine, butter has essential vitamins and minerals we need, like Vitamin A! Stable for cooking at high heats, unlike most oils. Sea salt contains essential minerals. Collard greens – full of antioxidants, detoxifying!

Health Benefits:

Salmon - Omega 3 Fatty Acids are present in salmon, very important for heart health as well as inflammation and brain health. Tomato contains lycopene which protects against cancer and heart attack. Basil protect cells from damage, reduces bacteria

Soba Noodle Chicken Salad



2 small boneless, skinless chicken breast halves, 2 tsp olive oil, ½ tsp salt, ¼ tsp freshly ground pepper, 1 small shallot, sliced into rings, 1 red pepper, sliced into strips, 1 small cucumber, diced, 3 tbsp chopped cashews, 2 tbsp chopped cilantro, 4 ounces dried soba noodles

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

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

Dressing:

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

Health Benefits

- Soba noodles - A great alternative to white pasta, gluten-free & energy-sustaining
- Ginger – antioxidants, natural anti-inflammatory agent, adds great flavor
- Cilantro – shown to help lower cholesterol and blood sugar in recent research studies

Plantain Chips



6 green plantains
Juice of 6 limes
2 tablespoons coconut oil

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

Slice the plantains diagonally and very thin. Soak the slices in lime juice for 10-15 minutes. Then dry thoroughly.

Heat broiler.

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

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

Health Benefits

Plantains – quick energy food that can aid in digestion

Simple Fish with Pesto Sauce

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

Pesto Sauce:

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

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

Health Benefits: Fish – a great source of protein and healthy fats; Basil – high in Vitamin A and Magnesium; Pine nuts – good source of iron, included as 1 of many nuts to reduce heart disease

Very Tasty Beef & Veggie Kabobs



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

Herb-Garlic Marinade:

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

Preheat the broiler (550°). Make sure the top rack is 6 inches from the heat. Drain the meat and save the marinade. Insert skewers through meat, green peppers, and onions. Place the kabobs on a broiler pan or resting across a baking dish. Broil kabobs for 4 minutes, then turn and broil for another 4 minutes. Remove and baste with the reserved marinade. Serve on a bed of brown rice.

Health Benefits

- Organic beef – contains CLA (conjugated linoleic acid), a newly discovered "good" fat that may fight against cancer!
- Garlic – helps lower blood pressure and prevent the common cold
- Thyme – antioxidant properties



Chicken Salad with dried fruit



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

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

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

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

Health Benefits:

Celery is full of Vitamin C, blood pressure reducing properties, very cleansing. Arugula is rich in phytonutrients, shown to reduce cancer risk. Chicken is excellent source of protein

Red Beans and Brown Rice



2 cups red beans (soaked overnight, drained and cooked or use canned) 1 red onion, chopped, 2 cloves garlic, sliced thin, 2 tbsp Olive oil, 1/2 jar favorite salsa (no sugar added – I like Frontera Grill's salsa), Sprig of cilantro

Saute onion and garlic with olive oil over medium heat. Add beans and Salsa. To make brown rice, I prefer using a rice cooker ahead of time. You may also use the following directions to make most grains:
1 cup brown rice
2 cups water

Bring water and rice to boil. Reduce heat and simmer for 60 minutes. Serve beans over rice with slices of avocado and a sprig of cilantro.

Health Benefits

- Red beans – high in fiber to control blood sugar and give you energy
- Onion – shown to lower cholesterol and blood pressure
- Cilantro – shown to help lower cholesterol and blood sugar in recent research studies

Tilapia with Balsamic Herb Sauce



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

In a small bowl, combine vinegar, garlic, herbs, salt and olive oil. Whisk and set aside. Heat one large saucepan and melt 2 tbsp butter (or oil). Cook filets of tilapia 3 minutes on first side, then flip and cook 3 minutes on the second side. Lower heat and pour sauce over fish and simmer for 1 minutes. Serve with whole grains and a side of greens of your choice.

Health Benefits: Balsamic vinegar – contains antioxidants, improves digestion; Butter – it's a real food unlike margarine which contains trans fats

Herbed Chicken



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

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

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

Health Benefits

- Garlic – helps lower blood pressure and prevent the common cold
- Parsley – shown to help protect from carcinogens like cigarette smoke and charcoal grill smoke.
- Rosemary – stimulates the immune system and improves digestion
- Thyme – known to help with chest congestion and coughs

Cannellini Beans with Mint Spring Greens



:You can choose any bean you like in this salad.

Beans, 3 tbsp balsamic vinegar
½ cup olive oil, 2 tbsp lemon juice, 4 leaves fresh basil, chopped, 4 cloves garlic, minced
1 tsp stone ground mustard, 1/8 tsp sea salt, ½ red onion, sliced thin, 1 red pepper, diced, 1 tsp natural sweetener (agave nectar, raw honey, brown rice syrup)
1 pkg or 2 cans beans of your choice (if dried, soak overnight, rinsed and cooked. If canned, drained and rinsed)

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

For salad: Combine greens with mint in a bowl. In a separate bowl, mix oil, vinegar and sea salt. Pour dressing over greens and toss. Serve beans alongside or on top of the greens.

Spring Greens, ½ cup olive oil
Fresh mixed spring greens, 2 tbsp red wine vinegar, 2 tbsp mint, chopped, dash of sea salt

Health Benefits: Beans – High in fiber and cholesterol-lowering
Lemon juice – creates alkaline environment in the body, high in Vitamin C, Mustard – anti-inflammatory agent

Barley "Risotto" with Mushrooms



¼ cup (1/2 stick) butter, ½ tsp salt, 1 1/3 cups finely chopped onion, ½ tsp black pepper, 1 cup pearl barley, 8 cups low-sodium chicken broth
2/3 cups dry white wine, 1 cup grated Parmesan, 1 tbsp garlic, minced, 3 tbsp parsley, 8 ounces shiitake mushrooms, stems removed, diced

In a large skillet, heat butter over medium heat until foam subsides. Add onion, cooking for about 7minutes. Add in mushrooms, cook until soft. Next add in barley and stir. Add in wine, garlic, salt, and pepper, cooking until liquid is absorbed. Then bring it to a boil, then reduce the heat to simmer. Add in 2 cups of the chicken broth and cook for 9 minutes until broth is absorbed. Add in the remaining broth, a cup at a time, letting each cup absorb before adding the next (5 minutes per cup). Cook until barley is soft, about 30 minutes. Stir in cheese and top with parsley.

Health Benefits: Red beans – high in fiber to control blood sugar and give you energy, Onion – shown to lower cholesterol and blood pressure, Cilantro – shown to help lower cholesterol and blood sugar in recent research studies

Southwest Steak Salad

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

Grill or broil meat 4-8 minutes, depending on how you prefer. (To check if it is done how you like it, make a small cut in the thickest part of the steak and check the color.) In a small bowl, combine all ingredients and add in olive oil slowly while whisking. Prepare a salad of mixed greens and other "fixings" you like. When steak is done, place on bed of greens and pour dressing over salad.

Health Benefits: Lime – antioxidant properties, fights cancer and supports immune system, Chili – fights inflammation and provide natural pain relief
Greens – The 3 C's: Cleansing, Calcium and Carotenoid (Antioxidant)

Beef, Broccoli & Bok Choy Stir Fry



½ lb. organic steak, cut into strips about 1/8 inch thick, 3 Tbsp olive oil, 1 large head of broccoli, cut into small florets, 2 Tbsp soy sauce, 1 bunch of bok choy, chopped, ¼ tsp salt, 3 garlic cloves, chopped, 1/3 cup water, 2 Tbsp Sesame oil

Heat 2 Tbsp olive oil in a large pan or wok on medium high heat. Add beef and cook about 2 minutes. Remove and transfer to a plate. Add 1 Tbsp olive oil, broccoli, bok choy and garlic, cooking for another 2 minutes. Return meat to pan with soy sauce, salt and water. Stir thoroughly and cook for 2 more minutes. Turn off heat. Drizzle sesame oil and remove to serve promptly. Can be served over brown rice or whole grain of your choice.

Health Benefits: Broccoli- full of phytonutrients, helps the body detoxify, Bok choy – aids in digestion, Sesame oil – contains healthy fats and powerful antioxidants, do not heat



Fruit Sweetened Spinach Salad with Chicken



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

Bake or grill 2 chicken breasts. (If baking, 350° for 35 minutes). While chicken is baking, boil water. In a small bowl, put the raisins, apricots and cranberries. Pour the boiling water over the dried fruit, soak for 10 minutes. Drain the dried fruit, reserving 2 tbsp of the sweetened water. In a large bowl, add spinach with red onion, walnuts. Squeeze the lemon over the salad, add the soaked fruit. Combine the olive oil with 2 tbsp of the reserved fruit-sweetened water, and balsamic vinegar. Whisk, sprinkle in sea salt, then pour over the salad. Top with chicken if you desire.

Health Benefits: Apricots – full of fiber, help to protect the heart and the eyes. Spinach fights prostate and breast cancer! Balsamic vinegar contains antioxidants, improves digestion

Grilled Tuna over Greens

3 tablespoons soy sauce, 1 orange, squeezed for juice, 1 tablespoon natural sweetener (agave, honey, molasses), 1 tablespoon grated orange peel, 1 small clove garlic, minced, 1 pound ahi or yellowfin tuna – wild caught, Mixed greens, Basil, Lemon, squeezed, Tomatoes, 8 Mushrooms.

Chicken with Red Beets



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

Roast the chicken in the oven at 350° for 60 minutes or until golden brown. (You may also grill or bake chicken breasts.) Bring a large pot of water to boil. Chop the greens from the root of the beets. Reserve the greens to steam at a later date. Add the beets to the boiling water for 20 minutes, or until you can gently push a fork through them. Remove from water, strain, and run under cold water. Slip the outer skins off of the beet with your hands (as your fingers turn bright pink!! It's worth it, I promise!) Cut each beet in half. With the flat side down, cut into smaller chunks. In a medium bowl, whisk together mustard, vinegar, oil and salt. Add in the beets and toss. When the chicken is done, top with the beets or serve on the side. Top beets with crumbled feta cheese.

Health Benefits: Beets' bright pink color imparts amazing health benefits such as cancer-fighting, protection against heart disease and birth defects. Mustard is anti-inflammatory agent



In a large bowl, combine the soy sauce, orange juice, sweetener, orange peel, and garlic. Add the tuna to marinade and soak for 15 minutes. Heat grill or broiler. Place the tuna on grill (or 6 inches beneath broiler). Cover and cook 7 minutes or until the tuna is down to your liking.

Salmon Baked in Foil



3 tomatoes, chopped, or 1 (14 ounce) can diced tomatoes in juice, drained 2 shallots, chopped, 2 tbsp PLUS 2 tsp olive oil, 2 tbsp fresh lemon juice (from about 1/2 lemon), 1 1/2 tsp chopped fresh oregano OR 3/4 tsp dried 1 1/2 tsp chopped fresh thyme or 3/4 tsp dried, 1 tsp salt, 3/4 tsp freshly ground black pepper, 4 salmon fillets (5-6 ounces each)

Preheat the oven to 400F. In a medium bowl, stir tomatoes, shallots, 2 tbsp of oil, lemon juice, oregano, thyme, 1/2 tsp of salt, and 1/4 tsp of pepper. In the center of each of four large sheets of aluminum foil, spoon 1/2 tsp of oil. Place 1 salmon fillet atop each sheet of foil and turn to coat with the oil. Sprinkle the salmon fillets with the remaining 1/2 tsp each of salt and pepper. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely, and seal the packets closed. Place the packets on a large, heavy baking sheet. (The salmon packets can be prepared up to this point 6 hours ahead. Refrigerate until ready to bake.) Bake until the salmon is just cooked through, about 25-28 minutes. Using a large metal spatula, transfer the foil packets to plates and serve.

Health Benefits: Salmon is low in bad fat, high in good fat- it's that simple, heart-healthy. Onions kills harmful bacteria in the body

Combine the romaine and basil on a platter. Chop tomatoes and mushrooms. Sprinkle with the olive oil, lemon juice, salt, and pepper. Toss and Serve.

Health Benefits: Ahi Tuna is high quality source of protein, rich in essential Omega 3 fatty acids. Orange has Vitamin C of course! A potent antioxidant

Your Own Spaghetti Sauce Pasta



1 package whole grain pasta (whole wheat, rice, or soba), $\frac{3}{4}$ cups olive oil, 1 medium onion, chopped, 2 carrots, chopped $\frac{1}{4}$ cups basil, chopped, 2 cloves garlic, minced, 2 lbs. organic ground beef or bison (found at your local health food store), 1 cup white wine, 1 large can of tomatoes (or 6 chopped fresh) Sea salt and pepper

Boil a large pot of water on the stove and add pasta upon boiling. In a large saucepan, sauté the onion, carrots, and basil over medium heat for 7 minutes. Add the garlic and sauté for another 2 minutes.

Add the beef, breaking it up as you go along. Continue cooking for 10 minutes. Add the wine and cook until it evaporates down. Add the tomatoes, salt and pepper. Cover the pan and reduce the heat to simmer for 20 minutes.

Health Benefits: Carrots-help your vision!, Tomatoes contain lycopene, an antioxidant and cancer-preventing, Bison usually fed on grass which increases the healthy fat ratio, less likely to have antibiotics and hormones used in processing

Rainbow Chard with Golden Raisins and Pine Nuts



1 bunch swiss chard, rainbow if desired, $\frac{1}{4}$ cup golden raisins, $\frac{1}{4}$ cups red onion, $\frac{1}{2}$ cups pine nuts, 2 tbsp garlic, minced, Sea salt, 3 tbsp olive oil

After washing, stack the chard leaves one on top of the other. Roll and then slice into strips. Slice the colorful ribs into small pieces. Heat the olive oil over medium heat (under the smoking point – that is, don't let it smoke!) Add the red onion, garlic, and colored ribs, cooking for 3 minutes. Add the chard leaves and 3 tbsp of water. Cover the pan and cook for 5 minutes. Remove the chard. Sprinkle with raisins, pine nuts and sea salt. Serve warm or cool. Sprinkle with cheese if desired.

Health Benefits: Swiss chard – top of the vegetable list for vitamins and minerals. Garlic can help to lower blood pressures

Shrimp with Cilantro Lime Vinaigrette



12 large frozen shrimp (or more if two or more are eating), thawed in cool water for 10 minutes

Vinaigrette:

$\frac{2}{3}$ cups lime juice, approx 3 fresh limes squeezed, $\frac{1}{4}$ cup apple cider vinegar, Pinch of salt, $\frac{2}{3}$ cups cilantro leaves, packed, 1 tbsp. cumin $\frac{1}{4}$ cup canola oil (I used olive oil!) 2 dashes hot pepper sauce, optional

While shrimp is draining in a colander, place all ingredients except oil in a blender. Blend and then add oil in slowly. To enjoy shrimp cool, simply toss in the vinaigrette and serve. To enjoy warm, heat 1 tbsp olive oil in a pan and lightly sauté shrimp. Pour in vinaigrette and warm for 5 minutes. Can be served over pasta or a salad.

*Cilantro Lime Vinaigrette was adapted from a recipe provided by my CSA Farm, Rare Earth.

Health Benefits: Shrimp is a great source of selenium which has been shown to protect from cancer. Olive Oil is shown to raise good cholesterol and lower bad cholesterol. Cilantro is anti-diabetic, anti-cholesterol, and anti-inflammatory – wow!

Roasted Vegetable Wraps



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

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

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

Health Benefits: Eggplant is rich in antioxidant, dubbed a "brain" food. Zucchini is excellent source of Vitamin C, a disease-fighting food. Red peppers contain lycopene, full of Vitamin A – a "lung" health food

Tasty Beef Tacos



1 pound ground organic beef,
2 cups chopped mixed greens
2 tbsp olive oil, 1 cup shredded Organic Valley cheddar cheese
3 garlic cloves, minced,
1 Avocado, cut into strips, 1 tbsp chili powder, Cilantro, 1 cup jar salsa

Whole wheat tortillas or taco shells (Ezekial tortillas are great!) Heat the oil on medium and garlic until light brown. Add the beef and once it is cooked (about 4 minutes), the chili powder and 1 cup salsa. Simmer to keep warm. Warm the tortillas and Serve the dish with remaining salsa, mixed greens, avocado strips, and cheese. Sprinkle with cilantro.

Health Benefits: Garlic helps lower blood pressure and prevent the common cold. Cilantro helps control blood sugar and cholesterol. Chili powder clears congestion, boosts immunity and fights inflammation

Roasted Tomato Chicken



2 chicken breasts, baked or grilled 3 tbsp olive oil, 6 medium tomatoes, sliced in half, 3 garlic cloves, chopped, 1 onion, chopped, 1 tsp ground cumin, ¼ cup cilantro, chopped, Sea salt, ½ lime, squeeze half for juice

Broil tomatoes (oven at 550°, door ajar, use top rack) for 4 minutes. Remove and cool, chop. While cooling, reduce oven temperature to 350° and bake chicken or grill. Put tomatoes to a bowl and add in remaining ingredients. Pour sauce over chicken and serve.

Health Benefits: Tomatoes contain lycopene which has been shown to protect from oxidation damage and protect DNA, fight cancer and heart disease! Garlic helps lower blood pressure and prevent the common cold. Cilantro helps control blood sugar and cholesterol

Spinach Salad with Creamy Herb Dressing



7 cups spinach, 1 avocado, cut into small square cubes, 1 red onion, sliced, ¼ cup pumpkin seeds, Grape or cherry tomatoes

Dressing:

3 tbsp white wine vinegar, ½ tsp garlic, minced, 2 tbsp organic heavy whipping cream, ½ cup olive oil, 1 tsp stone ground mustard (Dijon), 1 tbsp fresh chives, minced, 2 tbsp mayonnaise, Sea salt and pepper to taste

Thoroughly wash and dry spinach. In a large salad bowl, add spinach, onions, tomatoes. In a glass jar, combine all dressing ingredients and shake vigorously. Pour over salad and toss. Add avocado cubes and pumpkin seeds, tossing lightly.

Health Benefits: Spinach is full of vitamin K for bone health, Pumpkin seeds is full of zinc and healthy monounsaturated fats. Tomatoes contain lycopene which has been shown to protect from oxidation damage and protect DNA, fight cancer and heart disease!

Al Dente Asparagus Pasta



1 bunch asparagus, 1 pkg whole grain pasta (spaghetti, soba noodles, rice pasta), 4 tbsp olive oil, 5 garlic cloves, minced, sea salt, pepper, Basil, chopped, Mozzarella cheese, balls

Chop asparagus into 1 inch pieces. Bring a large pot of water to boil and place asparagus in pot to boil 3 minutes – no longer, we want "al dente" asparagus. Remove the asparagus by pouring the pot over your sink and a colander. Let cool. Fill the pot with water again and boil the pasta.

In a medium pan, heat olive oil over medium heat. Add garlic, then asparagus pieces and salt and pepper. Drain pasta and add to asparagus and garlic in pan. Stir and sprinkle with basil. Transfer to plates and top with mozzarella balls.

Health Benefits: Asparagus may be helpful for PMS water-retention, also healthy for gut and heart. Whole grain pasta won't spike your blood sugar like white pasta. Basil - There are 60 types of basil! Full of vitamin C, anti-inflammatory herb

Pesto Quinoa with Chicken and Red Peppers



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

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

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

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

Pesto Sauce:

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

Health Benefits: Quinoa – Whole grain with the highest protein. Cooks quickly. Look for it in bulk or try Bob's Red Mill brand. Basil – high in Vitamin A and Magnesium. Pine nuts – good source of iron, included as 1 of many nuts to reduce heart disease

Asian Salad with Sesame Dressing



1 Romaine lettuce head, washed and chopped, 1 carrot, peeled and grated 2 cups mixed greens, 1 zucchini, peeled and grated, 12 cherry tomatoes, 3 tsp sesame seeds

Dressing: 1/2 cup tamari sauce (soy sauce), 1/4 cup rice vinegar, 1/4 cup sesame oil, 2 tbsp agave nectar (or other natural sweetener)

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

Health Benefits: Carrots – Great for night vision, really! Beta-carotene travels to your retina. Zucchini – rich in fiber, fights disease. Sesame oil – cholesterol lowering effects, fabulous!

Quinoa with Pine Nuts & Cranberries



(You may use any whole grain you wish in this recipe). 2 cups quinoa, 2 tbsp chives, chopped, 1/4 cup pine nuts, 3 tbsp olive oil, 1 yellow pepper, chopped, Salt, 1/2 cup dried cranberries, Feta cheese, optional

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

Health Benefits: Quinoa – a good source of magnesium and may help with migraines. Pine nuts is a good source of healthy fat, lower cholesterol. Yellow pepper contains Vitamin K, which strengthens bones

Grilled Chicken with Tomato Herb Salad



2-4 chicken breasts (I always make extra for leftovers to top on salads) 2 tomatoes, sliced, 1/4 cup fresh parsley, chopped, 4 tbsp extra virgin, cold-pressed olive oil, 1 tsp oregano, chopped, 2 cloves garlic, minced, 1/4 cup fresh lemon juice, 2 tsp sea salt

Whisk together parsley, olive oil, oregano, garlic, lemon juice and sea salt in a small bowl. Add tomato slices and toss. Prepare your grill and rub additional olive oil and sea salt over chicken breasts. Grill about 5 minutes per side. Pour tomato salad over chicken.

Health Benefits: Tomatoes contains lycopene which fights several types of cancer. Parsley – powerhouse of nutrients, including Vitamin C. Garlic helps lower blood pressure and prevent the common cold

Basil Lemon Tilapia



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

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

Health Benefits: Tilapia is a great source of essential fatty acids. Olive oil is full of monounsaturated fats crucial for the brain. Sea salt contains important minerals not present in most salts

Mixed Greens with Pomegranate Vinaigrette



1 bunch of your favorite mixed greens (or ready-made salad bag), 5 mushrooms, brushed and sliced thin, ½ cup pine nuts
3 tbsp flax seed, ground

Dressing:

¼ cup pomegranate juice,
1 shallot, minced, 2 tbsp white wine vinegar, 1 lemon, ½ squeezed, ½ cup olive oil
Sea salt

Top greens with mushrooms and pine nuts. Combine all dressing ingredients in a jar and shake vigorously (or dance a little jig in your kitchen if your in the mood!) Pour dressing lightly over greens and toss. Sprinkle with flax seed.

Health Benefits: Pomegranate juice is higher in antioxidants than red wine! Flax seed – omega 3s, cholesterol lowering, great to get these in your food!

Olive Chicken with Brown Rice



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

Marinade: 2 garlic cloves, minced, ½ tsp ground cumin, 3 tbsp olive oil, 1 tsp salt, ½ tsp ginger, freshly chopped, 2 tbsp olive oil, ½ tsp black pepper, Parsley sprigs, Bunch of scallions, chopped, 1 cup kalamata olives

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

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

Health Benefits: Ginger helps with heartburn, nausea and abdominal bloating. Cumin helps digestion.

Mustard Vinaigrette Chicken over Greens



2 chicken breasts, organic, 2 tbsp stone ground mustard, 1 tomato, 2 tbsp soy sauce, ½ cup olive oil, ½ tsp sea salt
1/8 cup agave nectar (or 100% maple syrup), ¼ tsp black pepper, optional
¼ cup apple cider vinegar, Mixed greens, 3 cups or more

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

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

Health Benefits: Agave nectar – natural sweetener, gentle on blood sugar. Apple cider vinegar is very cleansing, fermented food great for digestion. Mustard - Anti-inflammatory that may help with asthma and arthritis

Eggplant Pizza



Yes, you can still enjoy pizza!

1-2 pizza crusts, whole wheat, rice or organic sourdough (French Meadow Bakery is good!), 1 cup tomato sauce, (Muir Glen - Garlic and Onion is tasty), 1 cup grated mozzarella cheese (try Organic Valley cheese), 6 mushrooms, sliced thin, 1 eggplant, sliced into thin rounds

Preheat oven to indicated time on pizza crust package. Brush tomato sauce on crusts, sprinkle with cheese. Next, layer with eggplant and mushrooms. Bake and enjoy! You can always add sliced of leftover chicken during the last 5 minutes of baking for a heartier pizza.

Health Benefits: Eggplant is shown to protect the fat in brain cells. Mushrooms enhance the immune system.

Cheese – when unprocessed, it is a smart source of calcium and protein

Brown Rice with Garbanzo Beans & Mint



2 cups brown rice, 4 cups organic chicken broth, 15 oz garbanzo beans, 1 can drained and rinsed or dried and soaked 2 cups grape tomatoes, 1/2 red onion, chopped, 1/2 cups fresh mint, chopped, 1 cup olive oil 1/2 cup red wine vinegar, 3 tsp Sea salt

Heat a large saucepan and boil chicken broth. Cook brown rice in broth, approximately 60 minutes. (Alternately, prepare brown rice ahead of time by cooking in a rice cooker.) Add the beans, tomatoes, onion, and mint to the rice and toss. In a small bowl, whisk together oil, vinegar and salt. Pour over rice and toss.

Health Benefits: Brown rice - unlike white rice, minerals & nutrients of the whole grain. Mint settles a nervous stomach and soothes your digestive tract. Chicken broth - still helps the common cold

Mozzarella, Tomato & Basil Salad over Greens

12 baby mozzarella balls, Cherry tomatoes, 1 bunch basil, chopped (tip: layer leaves one on top of another, roll, and cut), Mixed greens

Dressing:

3/4 cup olive oil, 1/4 cup balsamic vinegar, Dash of sea salt

Chickpea & Lentil Stew



(Maybe for a rainy summer day or a cool evening!)

1 cup dried chickpeas, 1 cup dried lentils, 1 medium yellow summer squash, sliced into circles, 2 large carrots, cut into 1/2 inch pieces, 1 large yellow onion, chopped, 4 cups vegetable broth (Full Circle or Health Valley), 2 tbsp tomato paste, 1 tbsp minced peeled fresh ginger, 1 1/2 tsp ground cumin, 1 tsp salt, 1/4 tsp pepper, 1/4 cup lime juice 1/4 cup packed cilantro leaves, chopped

Soak chickpeas overnight in cold water that covers them. Combine the soaked chickpeas and the remaining ingredients in your crock pot. Put on the lid and cook until the chickpeas and lentil have begun to break down, about 6 1/2 hours. Stir in lime juice. Serve warm or at room temperature on a hot day as is or over rice.

*Adapted from Eating Well magazine

Health Benefits: Squash - anti-cancer veggie. Lentils helps blood sugar and cholesterol. Cumin helps with digestion, contain iron.



Drain mozzarella balls. Combine with tomatoes and basil in a bowl, toss. Combine dressing in a jar and shake. Pour dressing over tomatoes, mozzarella and basil until coated. Serve over a bed of mixed greens. Ciao bella!

Health Benefits: Basil - anti-bacterial and anti-inflammatory, add to any Italian dish. Balsamic vinegar suppresses appetite naturally and may slow aging!

Kale & Portabella Stir Fry



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

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

Health Benefits: Kale - chocked full of antioxidants and calcium. Onion lowers blood sugar and helps with gastrointestinal health. Brown rice won't raise your blood sugar like white rice, lasting energy

Ten Minute Tuna



2 tuna steaks, preferably wild caught, 1 Tbsp fresh squeezed lime juice, 1 Tbsp olive oil, 1 Tbsp fresh ginger, minced, 2 Tbsp tamari (soy) sauce, 1 Tbsp fresh garlic, minced, 2 Tbsp rice vinegar (or red wine vinegar), Sea salt and pepper

Preheat pan with olive oil. Add ginger and garlic, cooking until slightly brown. In a small bowl combine tamari, vinegar, lime juice, ginger and garlic. Soak tuna steaks in the bowl, then add to the pan. Sear on fro 2 minutes on each side.

Sprinkle with salt and pepper and pour remaining marinade over the steaks. Enjoy with greens or brown rice.

Health Benefits: Tuna – omega 3s and protein in one! Tamari comes from fermented soybeans (miso), can purchase wheat free. Ginger – known for aiding digestion

Ten Minute Pasta & Greens

1 pkg Soba noodles
1 jar tomato sauce (Muir Glen or other no-sugar, organic brand)
1 Tbsp olive oil
2 cloves garlic
1 bunch spinach, washed thoroughly



Heat pot with water for cooking pasta according to package. In a small saucepan, sauté garlic, then add spinach and cook until just wilted. Add 1 cup of tomato sauce and heat. Pour spinach sauce over Soba Noodles.

Health Benefits: Soba Noodles – made from buckwheat, a true whole grain pasta that won't spike your energy levels like white pasta. Garlic – heart and cholesterol benefits Spinach – good source of calcium, full of antioxidants

Raw Cream of Zucchini Soup



From Jenny Cornbleet at www.eatrawfood.com

½ cup water, ¼ tsp sea salt, 1 zucchini, chopped (about 1 cup), 1 Tbsp olive oil, 1 stalk celery, chopped, ½ avocado, chopped, 1 Tbsp lemon juice, 1 tsp dried dill, 1 clove garlic

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

Health Benefits: Zucchini – fiber rich, helps to keep cancer-causing toxins away from colon. Avocado – full of healthy fats, avocados are great travel snack and give you energy

Lemon Shrimp over Brown Rice



2 tbsp olive oil, 1 large leek, cleaned and thinly sliced, 2 cloves garlic, minced, 1 cup brown rice, 2 cups low-sodium chicken broth, divided, 1 cup dry white wine, 1/2 pound medium shrimp, peeled and deveined, 1 cup fresh snow peas, trimmed and halved crosswise, 1 medium red bell pepper, diced, 3 tbsp grated Parmesan cheese, 2 tsp basil, 2 tbsp lemon juice, ground black pepper to taste

Heat olive oil in a large, heavy-bottomed saucepan over medium-low heat. Cook the leek and garlic until soft, about 5 minutes. Stir in the rice, and cook for 5 minutes more, stirring frequently. Pour in 1 1/2 cups of the chicken broth, and bring to a boil over high heat, stirring occasionally.

Reduce heat to medium-low, and simmer, uncovered for 5 minutes, continuing to stir. Pour in the remaining chicken broth and wine, increase heat to medium, and cook for about 5 more minutes, stirring constantly. Add the scallops, shrimp, peas, and red pepper. Cook, stirring constantly, until the remaining liquid is almost absorbed, and the seafood has cooked, about 5 minutes. When the rice is just tender and slightly creamy, season with Parmesan cheese, basil, lemon juice, and pepper.

Health Benefits: Lemon – very cleansing, creates an alkaline environment. Basil – high in Vitamin A and Magnesium

Pasta with Braised Lettuce, Pine Nut & Saltanas



1/2 lb. whole grain pasta (Soba Noodles, Rice or Quinoa Pasta) 1/4 c. olive oil, 1/2 tbsp. butter, 1 large red onion, halved lengthwise and slice into 1/4 inch half moons; cleaned and very roughly chopped, 1 large head or 2 small heads of romaine, red- or green-leaf lettuce, 1/4 cup low-sodium organic chicken or vegetable broth, 1/4 cup toasted pine nuts, 1/4 cup saltanas (golden raisins) -- currants would be good too, salt and freshly ground black pepper to taste, freshly grated parmesan for serving

Boil 6 Qt. water; salt when it comes to boil; cook pasta as directed on packaging.

Meanwhile, in a large skillet or saute pan, melt butter and oil together over medium-high heat, until butter stops bubbling. Add onions, seasoning with salt and freshly ground black pepper, and saute until soft and translucent. Add lettuce and saute until wilted, season with a little more salt and pepper to taste

Add broth, pine nuts and raisins and cook over low heat while pasta is cooking, about 10 minutes. Drain pasta when al dente and add to lettuce mixture, tossing to incorporate all of the flavors. Taste and season with more salt and pepper as need. Serve with grated parmesan.

Health Benefits: Whole wheat pasta – whole grain, longer lasting energy than white pasta. Pine nuts – good source of omega 3 fats

Chili Lime Chicken Kabobs



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

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

Health Benefits: Cayenne pepper – fights inflammation and a natural pain reliever. Paprika – nine times the vitamin C of a tomato!

Tips for Eating Out:

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

Daily Checklist:

- Wake up and Check in. Take a few deep breaths and do a quick assessment noticing how energized you are as you set an inspiring goal or intention for the day.
- Be sure to eat within 60-90 minutes of waking. Get at least 12 grams of protein for mental sharpness and energy until lunch.
- Supplements. Take appropriate morning supplements with breakfast
- Mid Morning snack with hot water and lemon or lime- remember blood sugar regulation matters. Eat something every 4 hours. (If you are hypoglycemic, we may advise you to eat every 2 ½- 3 hours until your blood sugar stabilizes. To help with this, ensure you are intaking healthy fats, proteins, fiber and starch at each meal.)
- Stay Hydrated- remember the goal is to take in ½ of your body weight a day in H₂O.
- Eat a nutrient dense well balanced lunch.
- Mid-afternoon snack with warm ginger root tea or hot water with lemon.
- Right before dinner. Do deep belly breathing to enhance digestion & increase energy.
- Eat a nutrient dense well balanced dinner.
- Supplements. Take appropriate evening supplements with dinner.
- Sustain Moderate levels of exercise 30-45 minutes 3-5x's a week.
- Journaling. Take a few minutes at the end of your day to write down 1-3 things that went well and why. This simple act has been proven to improve health and boost overall wellbeing.
- Relaxation before bed. Do belly breathing, turn off all electrical devices, take an Epsom salt bath 2 times a week and do your best to be in bed by 10pm- all lights off...sleep tight ☺



Track Your Results:

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

- Weigh in first thing upon waking after going to the bathroom. If your weight goes up by more than a pound from one day to the next- this is a sign of inflammation- check your foods.
- Symptoms- notice each day how and in what ways your symptoms are improving, as you get into day 5, your numbers will start to go down and you will notice the many ways you are feeling better.
- .Keep a log of your food and water- 1 shake, 2 meals, ½ your body weight in h2o- snack only if and as you need to.

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

Tips to THRIVE by:

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

Transitioning Off the Detox:

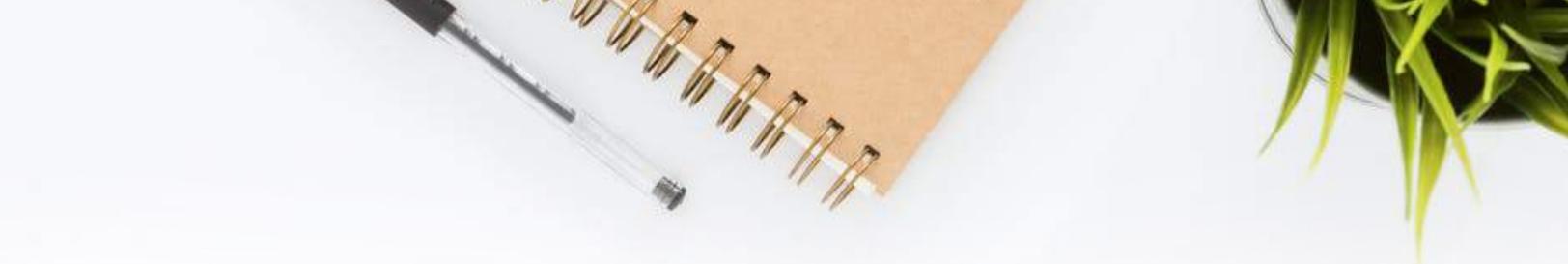
This is a key time as you move back into a healthy living daily routine. This phase will allow you to discover what foods make you feel great and what foods distress your body. Think of it this way, you just cleaned your system, things are calm and clear now so your body will notice very quickly any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

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

What is a common reaction?

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





Frequently Asked Questions:

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

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

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

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

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

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

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

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