

YOUR SIMPLIFIED 11-DAY PLAN

PROTEIN DURING ELIMINATION

This 11-Day Plan begins with your Elimination Phase. Protein is essential during this program. Your cells need protein in order to detoxify properly so look at adding an animal or non-animal based protein to your lunch and dinner. You can also add a scoop of protein powder to your morning smoothie, salads or soups for a boost of vegan/vegetarian protein.

Welcome to a new way to detoxify. No more fasting. No more starvation.

You may decide to embark on a 1 day juice cleanse or possibly enjoy 3 days of liquid meals to improve digestion but I urge you to add protein to your liquid meals: these are the building blocks for cell renewal.

YOUR ANIMAL BASED CLEAN PROTEIN SOURCES DURING PREPARATION + ELIMINATION:

- **Chicken** (pasture raised is best)
- **Turkey** (pasture raised is best)
- **Bison** (pasture raised is best)
- **Pork** (must be organic)

FISH, SEAFOOD

- **Canned fish** (sardines, tuna or wild salmon, look for BPA free cans if possible)
- **Whole Fish, shrimp, scallops**

PLANT BASED PROTEIN

- **3 Tablespoons of hemp seeds, sunflower seeds or pumpkin seeds**
- **1 scoop of plant based protein powder can be added to your smoothies, soups or even mixed into a dip**
- **Vegetarian Protein** – If you can tolerate soy (this program is soy free except for fermented soy, which is why tempeh is allowed on this program).
- **Beans:** You can also add ½ cup mung, lentils, kidney, white and adzuki beans to your meals. These beans have been selected because they are easy to digest and they are beans that are appropriate for the fall season.
- **NOTE:** Soak beans for 6-24 hours in water with the juice of 1 lemon or 1 tablespoon raw apple cider vinegar, then drain and rinse with water.

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TO GRAIN OR NOT TO GRAIN

This program is grain free, however, if you feel that you need to have carbohydrates, please refer to your Carb Tolerance Handout if you decide to have grains.

Please opt for brown rice and non-gluten grains. Grains are not good or bad. The goal of this program is to discover if grains work for your unique body. If you decide to add grains into this program (per level 1), notice how you feel when you do not eat grains for one day and if you feel more energy or more fatigue.

JUICING DURING ELIMINATION

Your Recipe Guide includes 7 Juice Recipes – Liquid Assets. If you have a Juicer, I suggest drinking a Juice daily to alkalize your body. The benefits of juicing are outstanding. Since it is the fall season, you can warm up your juice with a dash of cayenne, cumin or even hot pepper. Remember to chew your juice as digestion begins in the mouth.

SNACKING DURING ELIMINATION

In your Recipe Guide, you have so many dips, snacks and delicious recipes to choose from to satisfy, nourish and revitalize your body. Please refer to those recipes if you feel tired, fatigued or weak in between meals.

You will also notice that you have some simple and refreshing dessert recipes. To optimize digestion, wait at least 2 hours before consuming a dessert after your evening meal. Ideally you will have a cup of tea and take dessert time to honor you and your journey.

DAILY DRINK GUIDE

MORNING LEMON ELIXIR

1 cup warm or room temperature water

Juice from 1 lemon

1 teaspoon Bragg's raw apple cider vinegar

1 teaspoon raw honey OR a couple drops of stevia

(Use stevia if you are on yeast cleansing diet or low sugar diet)

~ Stimulates digestion, releases toxins from the liver and jump-starts your digestive enzymes

MIDDAY CRANBERRY FLUSH CLEANSER

2 tablespoons cranberry concentrate (I prefer Knudsen's if available to you)

6 ounces of room temperature water

(Feel free to add stevia or 1 tablespoon raw honey to the water for a sweet treat)

GREAT FOR FLUSHING THE LYMPHATIC SYSTEM, CLEANSING UNWANTED BACTERIA, DETOXING & WEIGHT LOSS

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Evening Ritual: Every night make yourself a delicious cup of tea and honor yourself for being you. Add Stevia, Raw Honey or drink plain. The best teas for the fall season are fenugreek, dandelion tea, nettle, chamomile or peppermint.

How to Use the Meal Plan: You will see all of your recipes and To do list for taking care of yourself each day of the program.

Your Daily Protocol

The Goal of the program is to have you discover the foods that fuel your body and have you feeling recharged, rebooted, revitalized and clean every second of the day. Make sure to listen to your body and add protein to your smoothies if needed and protein at lunch and dinner. All the meals are vegan, vegetarian and grain free; you are encouraged to eat snacks if you need them. I also want you to check in with your body throughout the day so you never feel deprived.

Wake Up	Drink your Morning Elixir and take your Probiotic (Optional)
Breakfast	Smoothie or Warm Breakfast Option
Mid-Morning	Drink 8 ounces of Water with Lemon Snack if you need one
Lunch	Lunch Choice Make sure you drink 8 ounces of Lemon Water
Afternoon Snack	Snack if you need one 30 minutes later have your Cranberry Flush- add extra lemon if desired
Dinner	Dinner Choice Consume 8 Ounces of Water after dinner
Bedtime	Refer to your meal plan for suggested dessert Have a cup of tea for enhanced digestion

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DAY 1

GREEN MACHINE MADNESS SMOOTHIE

- 1 cup coconut milk, rice milk, almond or hemp milk
- 1 banana
- 1 handful of kale
- 3 Tablespoons hemp seeds or 1 scoop hemp protein

Combine all ingredients in blender; blend until smooth

COLORFUL GODDESS SALAD

- 2 cups red cabbage
- 2 cups green cabbage
- 1 raw striped beet
- 1 yellow beet
- 1 radish
- 1 stalk of celery
- 1 cucumber
- 1 zucchini

Dressing:

- ½ cup Tahini
- ½ cup water
- 2 Tablespoons fresh parsley, chopped
- 2 Tablespoons chives, chopped
- ½ teaspoon sea salt
- 2 cloves garlic
- 1 tsp coconut aminos
- 2 Tablespoon fresh lemon juice
- 2 Tablespoons raw apple cider vinegar

Thinly slice the cabbages, cucumber and celery. Use a cheese grater to shred the beets and zucchini. Toss the mixture into a large bowl. Separately, mix the ingredients for the dressing in a food processor until smooth

THAI BUTTERNUT SQUASH SOUP

- 1 acorn squash
- 1 butternut squash
- 1 onion
- 1 carrot
- 2 cloves garlic
- 2 Tablespoons coconut oil
- 7 cups vegetable broth
- 1 ½ cup coconut milk

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½ -1 teaspoon red curry paste
1/3 cup cilantro
3 lime leaves
2 stalks lemon grass

Wash squash; bake halved squash at 350 for 45-50 minutes. In a large pot, sauté onions, carrot, and garlic in coconut oil. Add vegetable broth and coconut milk. Mix in red curry paste. Then add cooked and cubed squash, cilantro and blend well. Simmer with lime leaves and lemon grass for 20 minutes or more.

DAY 2

RAWKIN' LOVE

1 cup coconut milk, rice, almond or hemp milk
1 banana
1 Tablespoon ground flax seed
1 cup spinach or kale
1 cup frozen berries
¼ teaspoon cinnamon
1 splash pure vanilla extracts
Ice (optional)

Combine all ingredients in blender; blend until smooth

MEDITERRANEAN KALE SALAD

2 small bunches dinosaur (Lacinato or any organic kale), stems removed
2 Tablespoons extra virgin olive oil
2 Tablespoons lemon juice
¾ teaspoon sea salt
¼ cup sunflower seeds
¼ cup raisins, soaked 10 minutes, drained, and rinsed
¼ teaspoon fresh ground black pepper
1 Tablespoon hemp seeds

Stack two of the kale leaves with the stem end facing you. Fold in half lengthwise and roll it tightly like a burrito. Slice crosswise into thin strips. Repeat with the remaining kale leaves. Chop the kale strips crosswise a few times, so they aren't too long.

Place the kale in a mixing bowl along with the olive oil, lemon juice, and salt. Toss well with your hands, working the dressing into the greens. Add the sunflower seeds, hemp seeds and raisins and toss gently. Season to taste with black pepper.

VEGETABLE SKEWERS

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1 red onion
2 Japanese eggplants
2 zucchini
1 fennel bulb
12 cherry tomatoes

If using bamboo skewers, soak them in water for 2 hours prior to using to reduce charring in the oven.

Chop the vegetables into quarters and then add them to the skewers. Brush generously with olive oil, season with sea salt and pepper. Broil 6 inches from heat for approximately 10 minutes, turning kabobs after 5 minutes.

DAY 3

PUMPKIN PIE SMOOTHIE

2 cups coconut milk, rice, almond or hemp milk
1 cup pumpkin puree (home-made or canned)
1 teaspoon vanilla
1 teaspoon pumpkin spice
2 Tablespoons raw honey or 5 drops stevia

Combine all ingredients in blender; blend until smooth

DETOX LETTUCE WRAPS

6 sheets nori or lettuce leaves
1 avocado
¼ cup sauerkraut or kimchee
1 tomato, diced
1 tablespoon hemp seeds (optional)
1 cup sprouts (of choice)
1-2 tablespoons Tahini Dressing (optional)

Lay out the nori or lettuce leaves. Place all the ingredients on each leaf and roll up. Add 1-2 tablespoons of Tahini Dressing for extra flavoring or a dash of cayenne pepper for some heat. Serves 2

SPAGHETTI SQUASH WITH TOMATOES

1 spaghetti squash
3 tomatoes or cherry tomatoes
2 cloves garlic
¼ cup basil, Chiffonade

Pre-heat oven to 350 degrees. Cut spaghetti squash in half and scrape out seeds and discard. Fill a roasting pan with 1 inch of water, and place squash flesh-side down. Roast 45 minutes to an hour, or until very soft. Sauté the tomatoes and

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garlic. Remove from heat. Stir in salt and pepper. Using a fork, scrape out the spaghetti squash and put in bowl, combine all ingredients, stir and serve.

DAY 4

CHAI SPICED NO-OAT-MEAL

1 medium acorn squash
1/2 can coconut milk
1 Tbsp. hemp hearts
1/4 cup unsweetened coconut flakes
2 tsp. cinnamon
2 cloves garlic
1/2 tsp. nutmeg
1/2 tsp. cardamom
1 diced apple
Raw honey

Preheat oven to 350 degrees. Cut acorn squash in half. Fill a roasting pan with 1 inch of water, and place squash flesh-side down. Roast 45 minutes to an hour, or until very soft. Scrape out seeds and discard. Spoon out the squash into blender. Add coconut milk, coconut flakes, chia, and spices. Blend until hot or return or pour into saucepan to warm. Top with diced apple. Sweeten with raw honey.

ROASTED ROOT VEGGIE SALAD

1 pound root vegetables (beets, carrots, turnips, parsnips), diced
1 Tbsp. coconut oil
3 Tablespoons olive oil
2 medium shallots
1/2 tsp. chopped fresh rosemary
3 cups arugula
1 Tbsp. apple cider vinegar
1 Tablespoon Dijon mustard
Dash of sea salt and pepper to taste

Preheat oven to 450 degrees. Line baking sheet with parchment paper. In medium bowl, toss diced vegetables and shallots with Tablespoon of coconut oil 1/2 tsp. sea salt to coat. Spread the veggies out in one layer on a baking sheet.

Roast in oven until all veggies are tender (about 20 minutes). Drizzle with one tablespoon of olive oil and add fresh rosemary to the vegetables and toss to coat.

Combine remaining 2 tbs. of olive oil, vinegar, and mustard in a small bowl and whisk with a fork until combined. Place arugula in a mixing bowl, pour dressing over greens and toss to coat. Top with roasted vegetables.

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SWEET POTATO CAULIFLOWER SOUP

1 large head cauliflower
Few dashes garam masala (optional)
3 medium to large sized peeled sweet potatoes, cut into 1" pieces
1 sweet onion, diced

6 cups vegetable broth
1 tsp. salt

Preheat oven to 400 °F. Wash and cut cauliflower, then sprinkle lightly with garam masala. Place cauliflower onto parchment covered baking sheet and lightly drizzle with olive oil. Roast about 20-30 minutes. In large stockpot, bring sweet potato, onion, garlic, salt and broth to a boil. Reduce heat and simmer until sweet potatoes are tender. Add in cooked cauliflower and blend half then combine.

DAY 5

HEALTHY CHOCOLATE SMOOTHIE

1 cup coconut milk, rice, almond or hemp milk
1 1/2 cups baby spinach
1 banana
1 avocado
3 Tablespoons, rounded, organic cacao powder
2 Tablespoons chia seeds
1/2 cup frozen berries

Combine all ingredients in blender; blend until smooth

SPINACH SALAD WITH PUMPKIN SEEDS & CRANBERRIES

2 cups baby spinach
1/2 cup pumpkin seeds
3 Tablespoons cranberries
1/2 cup cherry tomatoes
1/2 cucumber chopped
Raw onion slivers—about 1/4 cup

Chop all your vegetables & mix into a large bowl. Top with pumpkin seeds and cranberries.

CHICKEN BONE BROTH

1 whole chicken (free range, organic if possible)
16 cups cold filtered water
2 Tablespoons apple cider vinegar
1 large onion, roughly chopped
2 carrots, peeled and roughly chopped

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3 celery sticks with leaves, roughly chopped
2 zucchini
5 cloves garlic, roughly chopped
1 bunch parsley

Cut the chicken into several pieces. It is best to have chicken that has bones and skin.

Place chicken pieces into a large stainless steel stockpot, cover with the cold water, add vinegar and vegetables (except parsley), and let stand for 30 minutes.

Bring to a boil, remove scum that rises to the top, reduce heat and simmer for 6 to 24 hours. (If you are short on time, at least simmer for 3 hours.) The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before you're ready to turn it off, add the parsley. (This adds more minerals to the broth.)

Remove chicken pieces with a slotted spoon and refrigerate (When they're cool, take the meat off the bones and store in zip-lock bags in the freezer for other recipes, such as soups, salads, enchiladas, sandwiches and curries). Strain the broth into a large bowl and place in the refrigerator until the fat rises to the top and can be skimmed off.

DAY 6

COCONUT FLOUR PANCAKES

1 banana
3/4 cup of coconut flour
2 tbsp chia seeds
1 1/2 cups coconut milk
1 teaspoon baking powder
1 teaspoon cinnamon
Fresh berries

Blend bananas and chia egg together in a food processor or blender. Add milk and blend again until smooth and set aside.

In a large bowl add the coconut flour, baking powder, cinnamon and mix. Then add banana mixture to dry ingredients and stir really well, make sure there are no lumps. Let the mix stand for a few minutes, if it thickens up to much you add some more almond milk.

Heat pan with a teaspoon of coconut oil (sometimes it works better with no oil, but you run the risk of the pancakes sticking to the pan). Place batter into pan to create small silver dollar sized pancakes (about a tablespoon for each pancake). Cook on both sides until golden brown.

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Add fresh berries or shredded coconut for extra sweetness.

FALL DETOX SALAD

2 cups chopped broccoli
2 cups chopped cauliflower
3 grated carrots
¼ cup raw pumpkin seeds
½ cup chopped apple
¾ cups chopped parsley
½ cup sunflower seeds
1 cup dried cranberries
Pinch of turmeric
Pinch of cumin
1 lime juiced
2 Tablespoons olive oil
¼ teaspoon salt

Place the broccoli, cauliflower and parsley in the food processor. Chop until you get nice even bite-sized florets. Grate the carrot. Combine pumpkin seeds, apples, sunflower seeds, and cranberries into a large bowl and toss into the salad. Juice the lime and mix with cumin, turmeric and olive oil. Add salt and pepper to taste.

CARROT GINGER SOUP

2 pounds carrots
4 cups vegetable broth
1 Tbsp. coconut oil
1 cup chopped onion
½ cup fennel, chopped
2 garlic cloves, minced
2 Tbsp. grated ginger
1 tsp. salt
¼ tsp. cumin
¼ tsp. cinnamon
¼ tsp. dried mint
3 Tbsp. fresh lemon juice

Cook carrots in vegetable broth 10-15 minutes. Sauté onions, fennel and garlic over medium heat for about 5 minutes. Add ginger, salt, and spices. Turn heat to low, and continue to sauté for another 8 to 10 minutes. Stir in lemon juice. Combine in blender and puree.

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DAY 7

RAWKIN' LOVE

1 cup coconut milk, rice, almond or hemp milk
1 banana
1 Tablespoon ground flax seed
1 cup spinach or kale
1 cup frozen berries
¼ teaspoon cinnamon
1 splash pure vanilla extracts
Ice (optional)

Combine all ingredients in blender; blend until smooth

CHILI DIPPED WRAPS

1 bunch of Swiss chard
1 zucchini
1 grated beet
1 red bell pepper
1 avocado cubed
½ julienned jicama

Wrap:

Please choose your favorite healthy green such as collard, romaine lettuce, or kale. If you would like to boost your thyroid, then wrap this mixture into a Nori Sheet (which can be bought at your local health food store or on amazon).

Dip:

3 Tablespoons sun butter
¾ teaspoon grated ginger
¾ teaspoon garlic
¾ teaspoon dried chipotle chili powder
2 Tablespoons extra virgin olive oil
2 Tablespoons water
1 tsp honey
1 Tbsp. lemon juice

Thinly slice the vegetables. Add the dip ingredients to a food processor and blend until smooth. Then add this delicious mixture and wrap with collard greens, romaine lettuce or kale.

DETOX SOUP 101

(adapted from The Gluten Free Goddess; serves 4)

½ c coconut milk
1 tablespoon coconut oil

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2 cloves of garlic, chopped
2 tablespoons diced onion
1 inch of fresh ginger, peeled and chopped
4 cups fresh broccoli/cauliflower, chopped
1/2 pound of fresh spinach leaves
3 parsnips, peeled, cored, chopped
2 ribs of celery, trimmed, chopped
A handful of fresh parsley, roughly chopped
Fresh water, as needed
Sea salt and ground pepper, to taste
Lemon or lime juice

In a large pot, heat the oil over medium heat and stir in the garlic, onion, and ginger to season the oil. Add the broccoli, spinach, parsnips, celery and parsley, and stir until the spinach wilts. Add ½ cup coconut milk and add just enough water to cover the vegetables.

Go easy with the water; you can always thin the soup later, if you need to. Bring to a high simmer, cover the pot, and reduce the heat to a medium simmer. Cook for fifteen minutes or so until the veggies are softened. Use an immersion blender or stand-up blender to puree the soup.

DAY 8

EGG & SPINACH FRITTATA

1 lb. spinach leaves (about 2 bunches), cleaned, chopped
1 Tbsp. olive oil
1 medium onion, chopped (about 1 cup)
1 large clove garlic, minced
3 large eggs
2 Tbsp. almond, coconut, rice or hemp milk
2 Tbsp. Sun-dried tomatoes, chopped
Sea Salt and freshly ground pepper to taste

Preheat oven to 400°F.

Cook spinach in 1/4 cup of water in a covered saucepan until just wilted, a couple minutes. Drain water and set aside.

In a mixing bowl, whisk together eggs and milk. Add in chopped sun-dried tomatoes, and sprinkle with salt and pepper. Set aside.

Sauté onions in olive oil in an ovenproof skillet, until translucent, about 4-5 minutes on medium heat. Add garlic and cook a minute. Add cooked spinach and mix in with onions and garlic.

Spread out spinach mixture evenly on bottom of skillet. Pour egg mixture over spinach mixture. Use a spatula to lift up the spinach mixture along the sides of

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the pan to let egg mixture flow underneath. When the mixture is about half set, put the whole pan in the oven. Bake for 13-15 minutes, until frittata is puffy and golden.

Note if you are on the go and morning is hectic then you can make scrambled eggs with spinach, a hard-boiled egg or prepare the frittata the night before.

VEGETABLE CURRY

1 pound cauliflower, cabbage, zucchini
1 red onion, diced
2 Tablespoon coconut oil
6 oz. can tomato paste (look for a BPA FREE can)
½ can coconut milk
1 clove garlic
½ tsp. cardamom powder
½ tsp. coriander powder
½ tsp. ginger
1 tsp. fenugreek powder
½ teaspoon chili powder (optional)
1 tsp. sea salt

Wash and chop vegetables. Sauté onions and garlic in coconut oil. Add seasonings, tomato paste and coconut milk and stir until smooth. Add vegetables and simmer for 15 minutes.

KALE SOUP AND WHITE BEAN SOUP

**Omit beans if you cannot tolerate them*

2 leeks (white and light green parts only)
2 teaspoons olive oil
6 cups fresh kale, chopped, stems removed
4 cups vegetable broth
1 bay leaf
1 tsp fresh thyme
1 cup cooked white beans (optional)
Salt and pepper, to taste

Sauté leeks in olive oil until soft. Add kale and cook until wilted. Add broth, bay leaf and thyme and cook for 30 minutes on low heat. Add beans and salt and pepper.

DAY 9

GREEN MACHINE MADNESS

- 1 cup coconut milk, rice milk, almond or hemp milk
- 1 banana
- 1 handful of kale
- 3 Tablespoons hemp seeds or 1 scoop hemp protein

Combine all ingredients in blender; blend until smooth

VEGETABLE QUINOA

- 1 cup organic quinoa, rinsed
- 2 cups organic vegetable broth
- 1/3 cup diced yellow onion
- 1/3 cup diced organic carrots
- 1/3 cup organic corn
- 1/3 cup organic sweet peas
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon granulated garlic powder
- 1 teaspoon onion powder

Add all ingredients, except green peas, to a sauté pan and bring to a boil. Decrease heat, cover pan with a lid, and simmer until quinoa is tender, but chewy, and white spiral like threads appear around each grain, about 15 minutes. Add the green peas. Stir, fluff, and serve.

VEGETABLE SKEWERS

- 1 red onion
- 2 Japanese eggplants
- 2 zucchini
- 1 fennel bulb
- 12 cherry tomatoes

If using bamboo skewers, soak them in water for 2 hours prior to using to reduce charring in the oven. Chop the vegetables into quarters and then add them to the skewers. Brush generously with olive oil, season with sea salt and pepper. Broil 6 inches from heat for approximately 10 minutes, turning kabobs after 5 minutes.

DAY 10

QUINOA BREAKFAST BOWL

½ cup cooked quinoa (follow package directions ahead of time)
1/8 cup pumpkin seeds
4 tablespoons flax meal
½ cup almond milk
stevia, to taste

Combine all ingredients in a bowl. Serve warm. Serves 1-2

COLORFUL GODDESS SALAD

2 cups red cabbage
2 cups green cabbage
1 raw striped beet
1 yellow beet
1 radish
1 stalk of celery
1 cucumber
1 zucchini

Chop all the ingredients into bite size chunks. Cut the cabbage into thin slices and add all ingredients to a large bowl. In a separate bowl make the dressing (as seen below) and then add ¼ cup almonds or walnuts, pecans or pine nuts to this salad.

Dressing:

½ cup Tahini
½ cup water
2 Tablespoons fresh parsley, chopped
2 Tablespoons chives, chopped
½ teaspoon sea salt
2 cloves garlic
1 tsp. coconut aminos
2 Tablespoon fresh lemon juice
2 Tablespoons raw apple cider vinegar

Combine all ingredients in blender; blend until smooth

VEGETABLE CURRY

1 pound cauliflower, cabbage, zucchini
1 red onion, diced
2 Tbsp. coconut oil
6 oz. can tomato paste (look for BPA FREE can)
½ can coconut milk

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1 clove garlic
½ tsp. cardamom powder
½ tsp. coriander powder
½ tsp. ginger
1 tsp. fenugreek powder
½ tsp. chili powder (optional)
1 tsp. sea salt

Wash and chop vegetables. Sauté onions and garlic in coconut oil. Add seasonings, tomato paste and coconut milk and stir until smooth. Add vegetables and simmer for 15 minutes.

DAY 11

EGGS & TORTILLAS

3 Tablespoons coconut oil
2 eggs, scrambled
1/4 onion, diced
1/4 red bell pepper, chopped
1/2 cup spinach
2 brown rice tortillas

Sauté onion and red bell pepper in 2 Tablespoons coconut oil. Add the remaining 1 tablespoon of coconut oil and scramble eggs and spinach. Fill tortillas with mixture and serve.

DETOX LETTUCE WRAPS

6 sheets nori or lettuce leaves
1 avocado
¼ cup sauerkraut or kimchee
1 tomato, diced
1 tablespoon hemp seeds (optional)
1 cup sprouts (of choice)
1-2 tablespoons Tahini Dressing (optional)

Lay out the nori or lettuce leaves. Place all the ingredients on each leaf and roll up. Add 1-2 tablespoons of Tahini Dressing for extra flavoring or a dash of cayenne pepper for some heat. Serves 2

CHICKEN BONE BROTH

(Substitute miso soup if you don't consume animal products)

1 whole chicken (free range, organic if possible)
16 cups cold filtered water
2 Tablespoons apple cider vinegar
1 large onion, roughly chopped

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2 carrots, peeled and roughly chopped
3 celery sticks with leaves, roughly chopped
2 zucchini

5 cloves garlic, roughly chopped
1 bunch parsley

Cut the chicken into several pieces. It is best to have chicken that has bones and skin.

Place chicken pieces into a large stainless steel stockpot, cover with the cold water, add vinegar and vegetables (except parsley), and let stand for 30 minutes.

Bring to a boil, remove scum that rises to the top, reduce heat and simmer for 6 to 24 hours. (If you are short on time, at least simmer for 3 hours.) The longer you cook the stock, the richer and more flavorful it will be. About 10 minutes before you're ready to turn it off, add the parsley. (This adds more minerals to the broth.)

Remove chicken pieces with a slotted spoon and refrigerate. (When they're cool, take the meat off the bones and store in zip-lock bags in the freezer for other recipes, such as soups, salads, enchiladas, sandwiches and curries.) Strain the broth into a large bowl and place in the refrigerator until the fat rises to the top and can be skimmed off.

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
1	Green Machine Madness	Colorful Goddess Salad	Thai Butternut Squash Soup	
2	Rawkin Love	Mediterranean Kale Salad	Vegetable Skewers	
3	Pumpkin Pie Smoothie	Detox Lettuce Wraps	Spaghetti Squash	
4	Chai Spiced No Oat-Oatmeal or Apple Pie Smoothie	Roasted Root Vegetable Salad	Sweet Potato Cauliflower	
5	Healthy Chocolate Smoothie	Spinach Salad with Pumpkin seeds & Cranberries	Bone Broth or Miso Soup w/ extra protein and vegetables	
6	Coconut Flour Pancakes or Green Machine Madness	Fall Detox Salad	Carrot Ginger Soup	
7	Rawkin' Love	Chili Dipped Wraps	Detox Soup 101	
8	Egg & Spinach Frittata	Vegetable Curry (cold or hot)	Kale Soup & White Bean Soup	
9	Green Machine Madness Smoothie	Vegetable Quinoa (cold or hot)	Vegetable Skewers	
10	Quinoa Breakfast Bowl	Colorful Goddess Salad with ¼ cup nuts of choice	Vegetable Curry	
11	Eggs & Tortilla	Detox Lattice Wraps	Bone Broth or Miso Soup w/ extra protein and vegetables	

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A quick note about your shopping list:

The shopping list contains all the items in phase 2 the elimination and phase 3 the transition plan if you don't plan to make substitutions. Please be aware that the quantities are rounded to the nearest sensible amount and are only guidelines to help you get enough in one trip to the store. If you are serving more people, quantities will need to be adjusted.

The snack options aren't included in your shopping list since you will be choosing snacks to fit your individual needs.

You will also need to get a high quality probiotic.

The left side of the list is everything you will need on days 1-7 for the elimination phase of your plan. Across on the right is the additional quantities that you will need for the last four days of the transition phase of the plan. Items that weren't needed at all during the elimination phase are listed on the last page of the list.