

Your Simplified 11- Day Plan

Elimination and Transition Phases

“You are What You Eat”

Tips for a successful program:

- Follow your Meal Plan. If you want to substitute any of the meals, please look at your recipe guide for additional recipes.
- Make sure you add healthy proteins to your lunch and dinner. You will see a list of healthy proteins on pages 4–5.
- Journal your food. By noting what you eat and its effects on you, you will determine which foods are right for your unique body.
- Enjoy learning new things about yourself and discovering new foods and recipes! Remember that you should never feel starved or deprived.

As we have discussed, this program is based on an elimination diet. We are eliminating foods that may be wreaking havoc on your system so that you can lose weight, feel more vibrant, and even look younger.

By using the food diary, you will learn more about your body than any book, test, or diet will ever be able offer. If you find it useful, you can continue to use it after the program to stay on track and keep exploring which foods make you thrive.

- *The Food Diary* -

Keeping a food diary is a powerful tool for bringing awareness to your eating patterns. You can either print out this form or feel free to re-create it in whichever format is most convenient for you, e.g., notepad, agenda, or computer file.

It is important to look at both the physical and emotional effects food can have on the body. Note in your food diary how you feel daily, ideally after every meal and particularly if you experience any slumps. If you do not feel any particular way, that's okay. You can just note "fine" or "good."

Tips to Get You Started

Physical symptoms are bodily sensations.

1. Clues for imbalance: headaches, stomach pain, muscle cramps, coughing, fatigue, insomnia, restlessness, shakiness, muscle weakness, poor concentration, pallor (pale skin).
2. Clues for balance: bright eyes, hunger, stamina, natural deep breathing, high energy, restful sleep, focus, alertness, strength, good attention span, good skin color.

Emotional symptoms may be a little harder to notice.

3. Clues for imbalance: anxious, bored, scared, angry, sad, depressed, scattered, restless, irritable, agitated, hyper.
4. Clues for balance: confident, excited, energized, humorous, happy, interested, focused, calm, relaxed, easygoing, patient.

This food diary process is designed to be fun and informative. Steer clear of negative judgments. If negative feelings arise, or if you feel guilty for eating something "bad," remember that recording this information will help you to see the connection between what you eat and how you feel emotionally and physically.

If you forget to write down a meal, don't worry about it; Just pick it up again with the next one. Even if you get bored with keeping track of your meals, keep writing! The more data you gather, the more informative it will be.

Adapted from *Potatoes Not Prozac*, by Kathleen DesMaisons, PhD.

THE FOOD DIARY

WHEN

-DATE, TIME-

FOOD

-PREP, QUANTITY-

HUNGER LEVEL

0-5

SITUATION

-PLACE,ACTIVITY-

COMMENTS

-MOOD-
EMOTIONAL / PHYSICAL

PRE BREAKFAST

BREAKFAST

AM SNACK(S)

LUNCH

P.M. SNACK(S)

DINNER

EVENING SNACK(S)

OTHER (GUM, ALCOHOL, CANDY)

Protein... During Your Program

Protein is essential during your program. Your cells need protein in order to detoxify properly, so you should be adding an animal or non-animal protein to your lunch and dinner (see below).

Protein powders such as hemp protein or pea protein are allergy friendly and grain-free.

ANIMAL-BASED *Clean Protein Sources* DURING *Preparation and Elimination Phases*

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

Fish, Seafood

- **Canned fish** (sardines, tuna, or wild salmon.
- Look for BPA-free cans if possible)
- **Shellfish such as shrimp or scallops**
- **Fish such as salmon; or non-fatty white meat fish such as carp, cod, haddock, trout, or tilapia**

Plant-Based Protein

- **3 tablespoons of hemp seeds, sunflower seeds, or pumpkin seeds**
- **½ of an avocado**
- **1 scoop of plant-based protein powder** can be added to your smoothies and soups or even mixed into a dip. I like hemp protein or pea protein, but feel free to use your favorite non-grain, soy- and dairy-free-based protein.
- **4 oz. tempeh** – This program is soy-free with the exception of fermented soy (such as tempeh), which is allowed if you can digest it.
- **½ cup beans:** You can also add ½ cup mung beans, lentils, or adzuki beans to your meals. These beans have been selected because they are easy to digest and appropriate for the season.

NOTE: Soak canned or dried beans for 6–24 hours in water with the juice of 1 lemon or 1 tablespoon of raw apple cider vinegar. Then drain and rinse with water.

To Grain... OR Not to Grain

This program is designed to be grain-free. Grains are not good or bad. Our goal is to discover if your body gets fueled or drained by grains, and to do so, it is more effective if they are eliminated completely during the detox.

However, if you feel that you need to have carbohydrates, then please refer to your "To Grain or Not to Grain Handout." If you do decide to include grains, please opt for brown rice and other non-gluten grains.

Juicing During Your Program

Your Recipe Guide includes 7 Juice Recipes – Liquid Assets. If you have a juicer, I suggest drinking a juice daily for a vitamin boost and to alkalize your body. Since it is the winter season, you can warm up your juice with a dash of cayenne, cumin, ginger, or hot sauce. Remember to "chew" your juice by swishing it around to in salivate it, as digestion begins in the mouth.

Snacking During Your Program

In your Recipe Guide, you have a plethora of delicious recipes for dips and other snacks to choose from, which have been designed to satisfy and nourish 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 two hours after your evening meal before consuming a dessert. Ideally, have a cup of herbal tea instead and take the time you would have dedicated to honor yourself and your detox journey.

Your Daily Drink Guide

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
½ teaspoon of cinnamon (optional)
(Use stevia if you are on yeast cleansing diet or low sugar diet)

This elixir stimulates digestion, releases toxins from the liver, and jump-starts your digestive enzymes.

NOTE: IF YOU FEEL NAUSEOUS OR EXPERIENCE TIGHTNESS IN THE CHEST AFTER DRINKING THE MORNING LEMON ELIXIR, PLEASE OMIT THE BRAGG'S RAW APPLE CIDER VINEGAR. THIS REACTION CAN OCCUR FROM THE BODY'S RELEASING OF BACTERIA AND UNWANTED TOXINS DURING DETOX . CONTINUE TO DRINK THE LEMON ELIXIR BUT OMIT THE BRAGG'S FOR AT LEAST THREE DAYS AND THEN TRY TO RE-INTRODUCE OR USE ONLY ½ TEASPOON OF THE APPLE CIDER VINEGAR. IF THE REACTIONS CONTINUE UPON REINTRODUCTION, CONTINUE TO ONLY DRINK THE LEMON WATER.

MIDDAY CRANBERRY FLUSH CLEANSER

2 tablespoons cranberry concentrate
(I prefer Knudsen's brand if available to you).
6 ounces of room temperature water
(Feel free to add stevia or 1 tablespoon of raw honey to the water.)

NOTE: if you cannot find cranberry concentrate, you can use pomegranate concentrate in place of cranberry.

Great for flushing the lymphatic system, cleansing unwanted bacteria, detoxing, and weight loss.

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

Your Daily Protocol

The Meal Planner provides the building blocks to build the foundation of a healthier and happier you.

Note: For optimal digestion, you want to drink liquids at least 30–60 minutes after a meal. You can sip a small amount of water or peppermint tea during a meal, but we want your natural digestive enzymes to work properly, and drinking too much with meals dilutes the stomach acids and interferes with proper digestion. Make sure you hydrate between meals, though!

IF YOU FEEL HUNGRY, DIZZY, OR NEED A BOOST OF PROTEIN, PLEASE REFER TO YOUR RECIPE GUIDE FOR EXTRA SNACKS AND FIVE PROTEIN BALL RECIPES. THIS PROGRAM IS NOT ABOUT DEPRIVATION. USE THE LISTED SNACKS AND THE DIPS TO SATISFY EVERY CRAVING AND FEEL NOURISHED EVERY STEP OF THE WAY!

WAKE UP	Drink your Morning Elixir and take your probiotic (optional)
BREAKFAST	Smoothie or warm breakfast option
MID-MORNING	Drink 8 ounces of room-temperature water with lemon, or hot water with lemon if you feel cold Snack if you need one
LUNCH	Lunch choice
AFTERNOON SNACK	Snack if you need one 30 minutes later have your Cranberry Flush—add extra lemon if desired
DINNER	Dinner choice
BEDTIME	Refer to your meal plan for suggested dessert (optional) Have a cup of herbal tea for enhanced digestion. I suggest dandelion, peppermint, or chamomile.

SMOOTHIE DIRECTIONS

FOR EACH SMOOTHIE RECIPE, SIMPLY ADD ALL INGREDIENTS INTO A VITAMIX OR HIGH-SPEED BLENDER. IF DESIRED, ADD WATER TO REACH YOUR DESIRED THICKNESS. USE ORGANIC PRODUCE WHENEVER POSSIBLE. EACH SERVING IS FOR 2 PEOPLE OR 1 LARGE MEAL SUBSTITUTE.

DAY #1

CHOCOLATE AND KALE SMOOTHIE

1 cup coconut, hemp, or almond milk
1 frozen banana
1 cup of kale

3 tablespoons of cacao nibs
1 tablespoon of raw cacao
5 to 6 ice cubes

SAVORY SUNFLOWER SEED PATE IN A COLLARD WRAP

SAVORY SUNFLOWER SEED PATE

$\frac{2}{3}$ cup raw sunflower seeds, soaked for 8 hours
1 large celery rib
1 large clove of garlic
2 teaspoons dried thyme

$\frac{1}{4}$ teaspoon sea salt
 $\frac{1}{2}$ teaspoon black pepper
1 large lemon, zested and juiced
 $\frac{1}{4}$ cup extra virgin olive oil
1 large collard leaf to use as a wrap

Variation: add 1 teaspoon of curry powder and a pinch of cayenne pepper to the pate for a touch of Indian flavor.

Suggested pate toppers: shredded carrot, sliced avocado, sliced red pepper, chopped red onion, sliced cucumber, sprouts.

Prepare the sunflower seed pate. Drain the sunflower seeds of excess water. Add the sunflower seeds, celery, garlic, thyme, sea salt, black pepper, lemon juice with the zest, and extra virgin olive oil to your blender or food processor. Blend until well incorporated. The pate should be smooth but still have some texture to it.

Assemble the wrap. Wash your collard leaf and pat dry with a clean paper towel. Lay the leaf flat on a cutting board. Take a small knife and remove the thick rib of the stem so that it lies flat. Place $\frac{1}{4}$ cup of the pate on your collard leaf. Add any of the suggested toppings. Roll the collard leaf like a burrito.

CARROT ORANGE SPICE SOUP

1 tablespoon extra virgin olive oil
1 teaspoon cumin seeds
1 small onion, chopped
1 red pepper, chopped
1-pound bag of carrots, peeled
and chopped

3 cups broth (chicken or vegetable)
or water
2 to 3 large oranges, juiced

Create your soup base. To a large pot, add extra virgin olive oil over a medium heat. Add cumin seeds and sauté until fragrant (about 1 minute). Add chopped onion and red pepper. Sauté until soft (about 2 to 3 minutes).

Assemble the soup. Add your carrots and broth (or water). Allow the soup to come to a boil. Then lower the flame to a simmer for about 10 to 15 minutes. When the carrots are tender, turn off the flame and add your orange juice. Stir until well incorporated.

Make it creamy. You can use an immersion blender to thicken the soup or place the soup in a blender in batches and blend to your desired consistency. Add organic coconut milk if you would like your soup to be a bit more creamy.

DAY #2

GREEN CHIA PET SMOOTHIE (a favorite!)

1 ½ cup almond, hemp, or coconut milk
1 cup frozen berries
½ avocado
2 tablespoons chia seeds

1 handful of greens (spinach or kale)
¼ teaspoon cinnamon
4 to 5 ice cubes

MASSAGED KALE WITH APPLE

4 cups of kale, thinly sliced
1 cup parsley, chopped
1 large lemon, juiced
1 avocado, chopped
4 tablespoons extra virgin olive oil

¼ teaspoon sea salt
¼ teaspoon black pepper
1 large apple, chopped
¼ cup carrots, shredded

Suggested toppings: pumpkin seeds, dried cranberries

Prepare the kale. Add kale, parsley, lemon juice, avocado, extra virgin olive oil, sea salt, and black pepper to a large bowl. Massage the kale and other ingredients with clean hands. The kale should turn a bright green and become softer. Massage until well incorporated. Taste and adjust seasoning as needed.

Add remaining ingredients. Add your chopped apple and shredded carrots to the kale mixture. Toss. Top with pumpkin seeds and dried cranberries if desired.

PARSNIP CREAM SOUP

1 tablespoon extra virgin olive oil
2 large celery ribs, chopped
1 small onion, chopped
4 large parsnips, peeled and chopped
2 teaspoons poultry or vegetable seasoning

2 cups broth (chicken or vegetable) or water
½ teaspoon sea salt
½ teaspoon black pepper
½ cup dairy-free milk of your choice (coconut, almond, or hemp)

Assemble the soup base. In a large pot, add extra virgin olive oil on medium flame. When the pan is hot, add the celery and onion. Sauté for about 2 to 3 minutes. Add parsnips, poultry or vegetable seasoning, and broth (or water) along with sea salt and black pepper. Allow the mixture to come to a boil. Then lower the flame and simmer for 30 to 45 minutes. When the parsnips are tender, remove from heat.

Make it creamy. You can use an immersion blender to make the soup smooth. You can also blend the soup in batches using a standup blender. When the soup is blended, pour it back to the pot and add the dairy-free milk. Reheat the soup. Taste and adjust seasonings. Enjoy!

DAY #3

WARM CHIA BREAKFAST PUDDING

1 cup dairy-free milk of your choice (coconut, almond, or hemp)
⅔ cup chia seeds
1 teaspoon vanilla extract (optional)

Assemble the night before. The night before you want the pudding for breakfast, mix the milk, chia seeds, and vanilla if using in a container with a lid. Shake well and let it sit overnight in the refrigerator.

The next morning. Transfer the chia pudding from the container to a pot on the stove. Warm it for 2 to 3 minutes and serve it in a bowl.

Serving suggestion. Add a sweetener of your choice. Top with dried apricots, pomegranate seeds, sliced apple, pear, etc.

HERB SALAD

1 head broccoli, chopped into bite-sized pieces	1 pear, chopped
½ head cauliflower, chopped into bite-sized pieces	¼ cup minced red onion
1 large carrot, shredded	½ bunch cilantro, minced
	½ bunch dill, minced
	½ bunch mint leaves, minced

Suggested salad toppings: diced avocado, dried cranberry, and sprouts of your choice.

DRESSING

2 lemons, juiced	¼ cup extra virgin olive oil
¼ cup Bragg's raw apple cider vinegar (omit if you have acid reflux)	¼ teaspoon sea salt
	¼ teaspoon black pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the lemon juice, Bragg's raw apple cider vinegar, olive oil, sea salt, and black pepper to a container with a lid. Shake vigorously until well blended. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

Toss the salad. It is important to chop your broccoli and cauliflower into small pieces for easier digestion. Try pulsing it in a food processor, or use a sharp knife to chop it down to bite-sized pieces. Add the broccoli and cauliflower to a large salad bowl along with shredded carrot, chopped pear, red onion, cilantro, dill, and mint. Add enough dressing to coat the salad but not drown it. Mix thoroughly. Add any of the suggested toppings if desired. Enjoy!

CHICKEN BONE BROTH OR MISO SOUP

CHICKEN BONE BROTH

3–5 pounds of soup bones*

Water (enough to cover the bones)

1 tablespoon Bragg's raw apple cider vinegar

* **Note:** Ask at your local butcher shop. Soup bones are usually very cheap, if not free!

Make your stock. In the stock pot, cover your soup bones with enough water to cover. Add apple cider vinegar. Bring to a boil, and then reduce to a simmer for 24+ hours.

Store your stock. After about 24 hours, strain the stock into mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top, and close tightly with a lid or put in ice cube trays for quick use. Keeps in the fridge for a few days or for four to six months in the freezer.

Make a chicken soup. If you would like to make a chicken soup, add a quart of your stock to a pot with your favorite vegetables. You can use tomatoes, celery, carrots, leeks, potatoes, sweet potatoes, yams, turnips, etc. Bring to a boil, and then simmer until the vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach, Swiss chard, or kale. Add sea salt and pepper to taste. Top with fresh herbs like parsley, basil, dill, oregano, or rosemary.

MISO SOUP

5 cups water

1 strip kombu, hijiki, or other sea vegetable (available at natural food stores and Japanese groceries)

1 cup Swiss chard, kale, or other greens, chopped

½ cup sliced carrots

5 teaspoons miso of your choice

Rinse the sea vegetables. Rinse the sea vegetables in cold water for 10 minutes (if using arame, do not soak). Wipe with a towel to remove excess sodium. Fill a pot with water. Cut the sea vegetable into small strips and add to the pot. Bring the water to a boil. Add the carrots, cover, and turn the heat to medium-low. Simmer for about 10 minutes.

Mix in the miso. Remove a few tablespoons of broth from the pot to mix with the miso in a separate container to form a puree. Place the miso puree in the soup pot and simmer for 2 to 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Add the greens and simmer for 2 more minutes.

DAY #4

SPINACH AND PUMPKIN SEED POWER SMOOTHIE

1 cup water or almond, hemp, or coconut milk
3 tablespoons pumpkin seeds

1 small frozen banana, sliced into 2-inch chunks

1 cup frozen blueberries

1 cup spinach
1 tablespoon ground flax seeds
1 tablespoon chia seeds

1 teaspoon cinnamon

Stevia to taste
3 to 4 ice cubes (optional)

ROASTED WINTER VEGETABLES

2 large parsnips, peeled and chopped
2 small beets, peeled and chopped
½ pound calabaza, chopped (also known as pumpkin)*

2 tablespoons extra virgin olive oil
1 teaspoon garlic powder
½ teaspoon sea salt
½ teaspoon black pepper
¼ bunch parsley, minced

***Note:** Calabaza can be found in most ethnic grocery stores. If you cannot find it in a store near you, a suitable replacement is butternut squash.

Preheat the oven. Preheat the oven to 425°F.

Roast your vegetables. Place your parsnips, beets, and calabaza into a roasting pan. Add extra virgin olive oil, garlic powder, sea salt, and black pepper. Roast for 40 to 45 minutes. When the vegetables are tender, remove from the oven and let it cool for 5 minutes. Top with minced parsley to serve.

INDIAN CURRY CAULIFLOWER WITH PEAS AND CARROTS

1 large head cauliflower
¼ cup frozen peas
¼ cup frozen carrots
2 tablespoons extra virgin olive oil
1 tablespoon curry powder

1 teaspoon mustard seeds
1 teaspoon cumin seeds
¼ teaspoon sea salt
¼ teaspoon black pepper
¼ teaspoon red pepper flakes (optional)

Preheat the oven. Preheat the oven to 400°F.

Roast the cauliflower. Wash and chop the cauliflower into bite-sized florets. Place onto a roasting pan with peas, carrots, extra virgin olive oil, curry powder, mustard seeds, cumin seeds, sea salt, black pepper, and red pepper flakes (optional). Place into a hot oven for 30 to 35 minutes. When the cauliflower is browned and tender, remove from the oven and allow to sit for 5 minutes. Place into a serving bowl.

DAY #5

GRAIN-FREE PORRIDGE

¼ cup raw pumpkin seeds
2 tablespoons flax seeds
1 tablespoon chia seeds
2 tablespoons unsweetened shredded coconut

1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon vanilla extract
½ cup warm dairy-free milk of your choice

Grind the cereal. In a coffee grinder or blender, add the pumpkin seeds, flax seeds, chia seeds, and shredded coconut. Grind or blend until fine. Place in a serving bowl. Add warm dairy-free milk along with cinnamon, ginger, and vanilla.

Serving Suggestions. Add spices like cinnamon, allspice, ginger, or garam masala to your cereal. Or you may add a teaspoon of the sweetener of your choice. Top your cereal with sliced bananas, apples, shredded coconut, etc.

SAVORY SUNFLOWER SEED PATE IN A COLLARD WRAP

⅔ cup raw sunflower seeds,
soaked for 8 hours
1 large celery rib
1 large clove of garlic
2 teaspoons dried thyme

¼ teaspoon sea salt
½ teaspoon black pepper
1 large lemon, zested and juiced
¼ cup extra virgin olive oil
1 large collard leaf to use as a wrap

Variation: add 1 teaspoon of curry powder and a pinch of cayenne pepper to the pate for a touch of Indian flavor.

Suggested pate toppers: shredded carrot, sliced avocado, sliced red pepper, chopped red onion, sliced cucumber, sprouts.

Prepare the sunflower seed pate. Drain the sunflower seeds of excess water. Add the sunflower seeds, celery, garlic, thyme, sea salt, black pepper, lemon juice with the zest, and extra virgin olive oil to your blender or food processor. Blend until well incorporated. The pate should be smooth but still have some texture to it.

Assemble the wrap. Wash your collard leaf and pat dry with a clean paper towel. Lay the leaf flat on a cutting board. Take a small knife and remove the thick rib of the stem so that it lies flat. Place ¼ cup of the pate on your collard leaf. Add any of the suggested toppings. Roll the collard leaf like a burrito.

SWEET AND SOUR KALE WITH APRICOT

1 bunch kale (any variety), chopped	1 tablespoon extra virgin olive oil
1 medium onion, thinly sliced	½ teaspoon sea salt
6 dried apricots, soaked and chopped	½ teaspoon black pepper
2 tablespoons apple cider vinegar	

Soak the dried apricots. Take your dried apricots and put them into a bowl with enough warm water to cover. Allow them to soak for 30 minutes to 1 hour. When the apricots are soft, chop them into small pieces.

Prepare the vegetables. Wash and chop your kale into bite-sized pieces. Peel and slice your onions into thin slices. Set aside and warm your pan.

Cook. Set a large sauté pan on medium high heat and add 1 tablespoon of extra virgin olive oil. When the pan is hot, add the sliced onions. Sauté the onions until they are soft. Add the kale and chopped apricots. Sauté until the kale is wilted and tender. Add the apple cider vinegar, sea salt, and pepper. Coat the vegetables thoroughly. Turn off the flame and allow the dish to marinate for 5 minutes before serving.

DAY #6

GREEN SMOOTHIE MADNESS

1 cup water or almond, hemp, or coconut milk
1 banana, frozen
½ avocado
Handful of parsley
1 cup kale or baby spinach

1 tablespoon ground flax seeds
1 tablespoon chia seeds
1 teaspoon cinnamon
½ teaspoon vanilla (optional)
Stevia to taste
3 to 4 ice cubes

SWEET AND SPICY COLLARD SLAW

1 bunch collard greens, thinly sliced
½ small red cabbage, thinly sliced

1 large carrot, shredded
½ teaspoon red pepper flakes (optional)

DRESSING

2 navel oranges, juiced
¼ cup Bragg's raw apple cider vinegar (omit if you have acid reflux)
½ cup extra virgin olive oil
2 teaspoons powdered cumin

1 date, pitted
1 small garlic clove
¼ teaspoon sea salt
¼ teaspoon black pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the orange juice, Bragg's raw apple cider vinegar, olive oil, cumin, the pitted date, garlic clove, sea salt, and black pepper to a blender. Blend until smooth. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

Toss the salad. Add your thinly sliced collards, red cabbage, and carrot to a large salad bowl. Add enough dressing to coat the salad, but not drown it. Add red pepper flakes if desired. Mix thoroughly. Enjoy!

CARROT ORANGE SPICE SOUP

1 tablespoon extra virgin olive oil
1 teaspoon cumin seeds
1 small onion, chopped
1 red pepper, chopped

1-pound bag of carrots, peeled
and chopped
3 cups broth (chicken or vegetable) or
water
2 to 3 large oranges, juiced

Create your soup base. To a large pot, add extra virgin olive oil over a medium heat. Add cumin seeds and sauté until fragrant (about 1 minute). Add chopped onion and red pepper. Sauté until soft (about 2 to 3 minutes).

Assemble the soup. Add your carrots and broth (or water). Allow the soup to come to a boil. Then lower the flame to a simmer for about 10 to 15 minutes. When the carrots are tender, turn off the flame and add your orange juice. Stir until well incorporated.

Make it creamy. You can use an immersion blender to thicken the soup or place the soup in a blender in batches and blend to your desired consistency. Add organic coconut milk if you would like your soup to be a bit more creamy.

DAY #7

FIG POWER SMOOTHIE

1 ½ cups almond milk, hemp,
or coconut milk
3–4 fresh figs, washed, stems removed,
and halved
1 frozen banana

1 cup spinach
1 teaspoon cinnamon
1 tablespoon chia seeds or flax seeds
3 to 4 ice cubes

MEDITERRANEAN SALAD

SALAD

2 cups mesclun lettuce
1 cup flat leaf parsley, chopped
1 carrot, shredded
1 large apple, chopped
¼ cup shredded beets

10 fresh mint leaves, roughly torn
to small pieces
1 avocado, chopped
kalamata olives, chopped (optional)

DRESSING

2 large garlic cloves, minced
1 large lemon, juiced
¼ cup red wine vinegar
¼ cup extra virgin olive oil

½ teaspoon dijon mustard
1 teaspoon dried oregano
¼ teaspoon sea salt
¼ teaspoon black pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add all the ingredients to a jar with a lid. Shake vigorously. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

Toss the salad. Add your mesclun lettuce, parsley, apple, beets, and mint leaves to a large salad bowl. Add enough dressing to coat the salad but not drown it. Mix thoroughly. Top with chopped avocado and kalamata olives (optional).

PARSNIP CREAM SOUP

1 tablespoon extra virgin olive oil
2 large celery ribs, chopped
1 small onion, chopped
4 large parsnips, peeled and chopped
2 teaspoons poultry or vegetable
seasoning

2 cups broth (chicken or vegetable)
or water
½ teaspoon sea salt
½ teaspoon black pepper
½ cup dairy-free milk of your choice

Assemble the soup base. In a large pot, add extra virgin olive oil on medium flame. When the pan is hot, add the celery and onion. Sauté for about 2 to 3 minutes. Add parsnips, poultry or vegetable seasoning, and broth (or water) along with sea salt and black pepper. Allow the mixture to come to a boil. Then lower the flame and simmer for 30 to 45 minutes. When the parsnips are tender, remove from heat.

Make it creamy. You can use an immersion blender to make the soup smooth. You can also blend the soup in batches using a standup blender. When the soup is blended, add it back to the pot and add dairy-free milk. Reheat the soup. Taste and adjust seasonings.

DAY #8

WARM CHIA BREAKFAST PUDDING

1 cup milk of your choice (coconut, almond, or hemp)
⅓ cup chia seeds
1 teaspoon vanilla extract (optional)

Assemble the night before. The night before you are ready to eat your breakfast, mix the milk, chia seeds, and vanilla if using in a container with a lid. Shake well and let it sit overnight in the refrigerator.

The next morning. Transfer the chia pudding from the container to a pot on the stove. Warm it for 2 to 3 minutes and serve it in a bowl.

Serving suggestion. Add a sweetener of your choice. Top with dried apricots, pomegranate seeds, sliced apple, pear, etc.

LEMON GINGER QUINOA

1 tablespoon extra virgin olive oil	3 ⅓ cups water
1 small carrot, grated	½ teaspoon sea salt
1-inch piece of ginger, grated	½ teaspoon black pepper
1 small onion, minced	½ lemon, juiced
2 large garlic cloves, minced	
2 cups quinoa	

Sauté the vegetables. Add extra virgin olive oil to a large saucepan over medium heat. When the pan is hot, add carrot, ginger, onion, and garlic. Sauté for about 2 to 3 minutes.

Add the quinoa. After sautéing the vegetables, add quinoa, water, sea salt, and black pepper. Stir and allow the quinoa to steam—with the cover on—for about 20 minutes on low heat. The quinoa is done when the water is absorbed. Turn off the flame and fluff the quinoa with a fork. Add lemon juice. Cover and allow the quinoa to absorb the lemon juice.

Serving suggestions. This quinoa can be served with a variety of stir-fried vegetables including cabbage, kale, and broccoli.

JAMAICAN JERK ROASTED WINTER VEGETABLES

JERK MARINADE

6 tablespoons olive oil	2 tablespoons dried thyme
1/4 cup fresh lime juice	1-inch piece of fresh ginger
4 scallions, coarsely chopped	1 to 2 pitted dates
1 habanero chiles (more if you want it extra spicy)	2 teaspoons allspice
3 garlic cloves, peeled	1 teaspoon sea salt
	1/4 cup apple cider vinegar

ROASTED VEGETABLES

2 large parsnips, peeled and chopped
2 small beets, peeled and chopped
1/2 pound calabaza, chopped (also known as pumpkin)*

***Note:** Calabaza can be found in most ethnic grocery stores. If you cannot find it in a store near you, a suitable replacement is butternut squash.

Make the jerk marinade. Place all the ingredients for the jerk marinade in a blender. Blend until the marinade is smooth. Taste and adjust seasonings to your preference.

Marinate the vegetables. Add the raw vegetables to a bowl or large freezer bag. Add enough marinade to well coat the vegetables. Allow this mixture to marinate for at least 8 hours before roasting.

Roast the vegetables. Preheat your oven to 425°F. When the vegetables are well marinated, place in a roasting pan. When the oven is hot, place the vegetables in the oven and roast for 40 to 45 minutes.

Serving suggestion. Serve the warm jerk vegetables on top of mashed cauliflower or cauliflower rice with a salad.

DAY #9

CHOCOLATE-COVERED BERRIES SMOOTHIE

1 cup water or almond, hemp, or coconut milk
1/2 avocado
1 cup of frozen berries
1 tablespoon ground flax seeds

1 tablespoon chia seeds
1 tablespoon raw cacao
3–4 ice cubes (optional)
1/2 dropper of vanilla stevia
3 to 4 ice cubes

RED ALERT SALAD

2 cups chicory lettuce (or your choice)
1 bunch beet greens, thinly sliced
1/2 cup shredded beets

1/2 cup shredded carrots
1/4 small red cabbage, thinly sliced

DRESSING

2 lemons, juiced
10 basil leaves
1 small bell pepper
1/4 cup extra virgin olive oil
1 small apple, chopped

1-inch piece of fresh ginger
1 small garlic clove
1/4 teaspoon salt
1/4 teaspoon pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the lemon juice, basil, bell pepper, olive oil, apple, ginger, garlic, salt, and pepper to a blender. Blend until smooth. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

Toss the salad. Add your chicory lettuce, beet greens, shredded beets, carrots, and red cabbage to a large salad bowl. Add enough dressing to coat the salad but not drown it. Mix thoroughly.

WINTER'S BOUNTY

1 small butternut squash
(or a 20-ounce pack, peeled and cut)
1 fennel bulb
1 large red onion
2 large beets
1 large carrot
1 large parsnip
1 large bell pepper

10 whole garlic cloves
4 tablespoons extra virgin olive oil
¼ cup balsamic vinegar
2 teaspoons dried rosemary
1 teaspoon dried thyme
½ teaspoon salt
½ teaspoon black pepper

Suggestion: Serve on a bed of fresh baby spinach.

Preheat your oven to 450°F.

Prepare your vegetables. Chop your butternut squash, fennel bulb, red onion, beets, carrot, parsnip, and bell pepper into 1-inch pieces. The pieces should be fairly uniform to ensure even cooking. Place the vegetables into a roasting pan. Add your whole garlic cloves.

Spice your vegetables. Once your vegetables are in the roasting pan, coat with olive oil, balsamic vinegar, rosemary, thyme, salt, and pepper. Massage the vegetables to ensure that everything is well coated. Spread the vegetables evenly in the roasting pan so that they will cook thoroughly.

Roast your vegetables. Cover your roasting pan with aluminum foil and seal the edges. Place pan inside the oven and roast for 20 minutes. Remove from the oven and remove the foil. Turn the vegetables over with a spatula. Put the vegetables back in the oven (without the foil) to roast for an additional 15 to 20 minutes. The vegetables are fully cooked when you can put a fork through the middle without force.

Serve. Let your vegetables cool for at least 10 to 15 minutes. Serve on a bed of baby spinach.

DAY #10

SPINACH AND PUMPKIN SEED POWER SMOOTHIE

1 cup water or almond, hemp, or coconut milk
3 tablespoons pumpkin seeds
1 small frozen banana, sliced into 2-inch chunks
1 cup frozen blueberries

1 cup spinach
1 tablespoon ground flax seeds
1 tablespoon chia seeds
1 teaspoon cinnamon
Stevia to taste
3 to 4 ice cubes (optional)

BASIL LEMON QUINOA WITH LENTILS

2 cups lentils, soaked overnight
2 tablespoons extra virgin olive oil
1 cup cooked quinoa
¼ cup raisins

1 cup basil leaves, chopped
½ large lemon, juiced
Sea salt to taste

Cook your lentils. Drain your lentils and add them to a pot. Cover the lentils with water and cook over medium heat for 20 to 30 minutes.

Add remaining ingredients. When lentils are cooked, drain and let them cool and pour olive oil on top. Add cooked quinoa, raisins, chopped basil leaves, and sea salt to taste. Stir all the ingredients in a large bowl and add olive oil.

INDIAN CURRY CAULIFLOWER WITH PEAS AND CARROTS

1 large head cauliflower
¼ cup frozen peas
¼ cup frozen carrots
2 tablespoons extra virgin olive oil
1 tablespoon curry powder

1 teaspoon mustard seeds
1 teaspoon cumin seeds
¼ teaspoon sea salt
¼ teaspoon black pepper
¼ teaspoon red pepper flakes (optional)

Preheat the oven. Preheat the oven to 400°F.

Roast the cauliflower. Wash and chop the cauliflower into bite-sized florets. Place onto a roasting pan with peas, carrots, extra virgin olive oil, curry powder, mustard seeds, cumin seeds, sea salt, black pepper, and red pepper flakes (optional). Bake in a pre-heated oven for 30 to 35 minutes. When the cauliflower is browned and tender, remove from the oven and allow to sit for 5 minutes. Place into a serving bowl.

DAY # 11

GRAIN-FREE PORRIDGE

¼ cup raw pumpkin seeds
2 tablespoons flax seeds
1 tablespoon chia seeds
2 tablespoons unsweetened shredded coconut

1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon vanilla extract
½ cup warm dairy-free milk of your choice

Grind the cereal. In a coffee grinder or blender, add the pumpkin seeds, flax seeds, chia seeds, and shredded coconut. Grind or blend until fine. Place in a serving bowl. Add warm dairy-free milk along with cinnamon, ginger, and vanilla.

Serving Suggestions. Add spices like cinnamon, allspice, ginger, or garam masala to your cereal. Or you may add a teaspoon of the sweetener of your choice. Top your cereal with sliced bananas, apples, shredded coconut, etc.

MASSAGED KALE WITH APPLE

4 cups of kale, thinly sliced
1 cup parsley, chopped
1 large lemon, juiced
1 avocado, chopped
4 tablespoons extra virgin olive oil
¼ teaspoon sea salt
¼ teaspoon black pepper
1 large apple, chopped
¼ cup carrots, shredded

Suggested toppings: pumpkin seeds, dried cranberries

Prepare the kale. Add kale, parsley, lemon juice, avocado, extra virgin olive oil, sea salt, and black pepper to a large bowl. Massage the kale and other ingredients with clean hands. The kale should turn a bright green and become softer. Massage until well incorporated. Taste and adjust seasoning as needed.

Add remaining ingredients. Add your chopped apple and shredded carrots to the kale mixture. Toss. Top with pumpkin seeds and dried cranberries if desired.

CHICKEN BONE BROTH OR SOUP

3–5 pounds of soup bones*
Water (enough to cover the bones)
1 tablespoon Bragg's raw apple cider vinegar

* **Note:** Ask at your local butcher shop. Soup bones are usually very cheap, if not free!

Make your stock. In the stock pot, cover your soup bones with enough water to cover. Add apple cider vinegar. Bring to a boil, and then reduce to a simmer for 24+ hours.

Store your stock. After about 24 hours, strain the stock into mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top, and close tightly with a lid or put in ice cube trays for quick use. Keeps in the fridge for a few days, or for four to six months in the freezer.

Make a chicken soup. If you would like to make a chicken soup, add a quart of your stock to a pot with your favorite vegetables. You can add tomatoes, celery, carrots, leeks, potatoes, sweet potatoes, yams, turnips, etc. Bring to a boil, and then simmer until the vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach, Swiss chard, or kale, if desired. Add sea salt and pepper to taste. Top with fresh herbs like parsley, basil, dill, oregano, and rosemary.

MISO SOUP

5 cups water
1 strip kombu, hijiki or other sea vegetable (available at natural food stores and Japanese groceries)

1 cup Swiss chard, kale, or other greens, chopped
½ cup sliced carrots
5 teaspoons miso of your choice

Rinse the sea vegetables. Rinse the sea vegetables in cold water for 10 minutes (if using arame, do not soak). Wipe with a towel to remove excess sodium. Fill a pot with water. Cut the sea vegetable into small strips and add to the pot. Bring the water to a boil. Add the carrots, cover and turn the heat to medium-low. Simmer for about 10 minutes.

Mix in the miso. Remove a few tablespoons of broth from the pot to mix with the miso in a separate container to form a puree. Place the miso puree in the soup pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Add the greens and simmer for 2 more minutes.

The **shopping list** contains all the items in your meal plan if you don't make any substitutions. The shopping list does not include the juicing recipes or snacks.

Serving sizes are included in the recipes guide and in this guide. Enjoy your program and every delicious bite!

Shopping List 11-Day Plan

DAYS 1-7

MILK SUBSTITUTES

8.5 cups coconut, almond, hemp, or rice milk

FRUIT

2 apples
4 bananas
4-5 avocados
1 date
Dried cranberries
6 dried apricots
3-4 figs
13 lemons
7-8 oranges
1 pear
2 red peppers

DAYS 8-11

MILK SUBSTITUTES

3.5 cups coconut, almond, hemp, or rice milk

FRUIT

2 apples
1 ½ avocados
1 banana
1-2 dates
8 lemons
¼ cup lime juice
¼ cup raisins
2 red bell peppers

FRESH HERBS

½ bunch cilantro
½ bunch dill
5 garlic cloves
1 bunch mint leaves
1 ½ bunches parsley

FRESH HERBS

1 ¼ cups basil
16 garlic cloves
2 inches ginger
1 cup parsley

CONDIMENTS

7/8 cups Bragg's apple cider vinegar
½ tsp. Dijon mustard
Kalamata olives (optional)
2 3/8 cups olive oil
¼ cup red wine vinegar

CONDIMENTS

6 tbsp. Bragg's apple cider vinegar
¼ cup balsamic vinegar
1 ½ cups olive oil

SEEDS

12 tbsp. chia seeds
6 tbsp. flax seeds
½ cup pumpkin seeds
1 1/3 cup sunflower seeds

SEEDS

½ cup chia seeds
¼ cup flax seeds
½ cup pumpkin seeds

FROZEN

1 cups frozen berries
1 cups frozen blueberries
¼ cup frozen carrots
¼ cup frozen peas

FROZEN

1 cups frozen berries
1 cups frozen blueberries
¼ cup frozen carrots
¼ cup frozen peas

VEGETABLES

2 ½ small beets
1 head broccoli
1 calabaza or butternut squash
2 lbs. + 2 ½ cups carrots
1 ½ heads cauliflower
3 ribs celery
1 bunch + 2 leaves collard greens
10 cups kale
2 cups mesclun lettuce
4 onions
10 parsnips
½ small red cabbage
¼ cup red onion
3 cups spinach

VEGETABLES

4 beets
1 bunch beet greens
½ pound calabaza or butternut squash
1 small butternut squash
1 head cauliflower
5 carrots
2 cups chicory lettuce
1 fennel bulb
1+ habanero chili
5 cups kale
1 small onion
3 parsnips
¼ small red cabbage
1 large red onion
4 scallions
1 cup spinach

MISCELLANEOUS

10 cups chicken or vegetable broth
2 tbsp. unsweetened shredded coconut
14 tbsp. cranberry concentrate
1 strip kombu or other sea veggie
5 tsp. miso
4 tsp. poultry or vegetable seasoning
3–5 lbs. soup bones

MISCELLANEOUS

1 tbsp. raw cacao
2 tbsp. unsweetened shredded coconut
8 tbsp. cranberry concentrate
1 strip kombu or other sea veggie
2 cups lentils
3 cups quinoa
5 tsp. miso
3–5 lbs. soup bones

SPICES

4 ¼ tsp. black pepper
2 tsp. cayenne pepper (optional)
5 ¾ tsp. cinnamon
2 tsp. powdered cumin
5 tsp. cumin seeds
1 tbsp. curry powder
1 tsp. garlic powder
½ tsp. ginger
1 tsp. Mustard seeds
1 tsp. dried oregano
¼ tsp. red pepper flakes (optional)
Raw honey or stevia
3 ¾ tsp. sea salt
4 tsp. dried thyme
3 ½ tsp. vanilla extract

SPICES

2 tsp. allspice
1 ½ tsp. black pepper
4 tsp. cinnamon
1 tsp. cumin seeds
1 tbsp. curry powder
¼ tsp. red pepper flakes (optional)
1 tsp. mustard seeds
Raw honey or stevia
2 tsp. dried rosemary
2 tsp. sea salt
7 tsp. dried thyme
½ tsp. vanilla extract
½ dropper vanilla stevia

The Shopping List : Days 1-11

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
1	Chocolate & Kale	Savory Sunflower Seed Pate in a Collard Wrap	Carrot Orange Spice Soup	
2	Green Chia Pet	Massaged Kale with Apple	Parsnip Cream Soup	
3	Warm Chia Breakfast Pudding	Herb Salad	Chicken Bone Broth or Miso Soup	
4	Spinach & Pumpkin Seed Power	Roasted Winter Vegetables	Indian Curry Cauliflower with Peas and Carrots	
5	Grain-Free Porridge	Savory Sunflower Seed Pate in a Collard Wrap	Sweet & Sour Kale with Apricots	
6	Green Smoothie Madness	Sweet & Spicy Collard Slaw	Carrot Orange Spice Soup	
7	Fig Power Smoothie	Mediterranean Salad	Parsnip Cream Soup	
8	Warm Chia Breakfast Pudding	Lemon Ginger Quinoa	Jamaican Jerk Roasted Winter Vegetables	
9	Chocolate- Covered Berries	Red Alert Salad	Winter's Bounty	
10	Spinach & Pumpkin Seed Power	Basil Lemon Quinoa with Lentils	Indian Curry Cauliflower with Peas and Carrots	
11	Grain-Free Porridge	Massaged Kale with Apple	Chicken Bone Broth or Miso Soup	

Blank Meal Planner

MEALS	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast							
Lunch							
Dinner							
Snack(s)							
Notes							

Transition Phase

Blank Meal Planner

MEALS	DAY 1	DAY 2	DAY 3	DAY 4
Breakfast				
Lunch				
Dinner				
Snack(s)				
Notes				

