



Be Balanced Healing
Jen Marshall, Certified Nutrition Therapist

Spring into Summer Cleanse

Welcome to the “Spring into Summer” Cleanse. Congratulations on taking charge of your health and loving your body. This cleanse will help you:

- Feel more energetic
- Sleep better
- Improve mood
- Stabilize appetite
- Ease digestive issues
- Clear up skin
- Reduce sugar cravings
- Relieve joint and muscle pain
- Slow down and strengthen your relationship with food

The “Spring into Summer” Cleanse is not about starvation or deprivation. In fact, it is the opposite. For the next 2 weeks you will eat plenty real, whole, fresh food including fruit and vegetables, clean protein, nuts and seeds, legumes, whole grains, and healthy fats. Why is this better than popular juice and liquid-only fasts? You need abundant nutrients – protein, fat and vitamins – to breakdown and eliminate toxins. Very low-calorie liquid diets can stress out other organs, such as the adrenal glands, making you feel lethargic or irritable. A whole foods based cleanse gives you the ingredients to step up your natural detox functions while keeping you steady, balanced and nourished.

Give yourself a few days to prepare for your cleanse – both mentally and logistically. It takes a little prep work to set you up for success. During the 2 week cleanse you’ll be cooking and preparing most of your meals so I recommend doing this during a time when you won’t be busy with other major life events. It may be harder to give your full attention during vacation, work travel, or a family member’s wedding. Of course, anything is possible, but consider if that’s the right time for you.

Your Prep Checklist:

- ✓ **Clean Out Your Pantry and Fridge.** For some people it works to clear their house completely of temptations such as junk food, sweets, coffee, cheese, bread, etc. Toss it or give it away. If you live in a family household it may not be as easy to do that. Instead move items to a designated cabinet or draw so it’s at least out of your view. Organize

and clean out your pantry and fridge to make room for new foods. Start with decluttering your kitchen in preparation for metaphorically decluttering your body.

- ✓ **Plan Your Meals.** Mentally prepare for planning your meals in advance. Instead of being caught without a meal and having to grab something on the fly, you'll always have two or three days of meals planned out in advance. You'll find that batch cooking is most efficient: make a large batch of smoothies for a couple of days' worth, sauté a wok-full of vegetables at a time for multiple meals, cook enough brown rice so you have left overs. You'll also be packing snacks with you so you don't get caught hungry.
- ✓ **Designate a Lunch Bag.** Since you'll be packing food to bring to work, choose or purchase a small cloth grocery bag, insulated lunch bag, or mini cooler to transport your food. Pick something cheery, convenient and comfortable to carry.
- ✓ **Pack Your Bag the Night Before.** We recommend packing up your bag, or getting everything ready for the bag or cooler, the night before. That way you'll have more time in the morning. During this prep stage think about your nightly routine. What can you shift in order to free up 20 minutes to prep for your day ahead?
- ✓ **Plan Time to Cook.** You'll be cooking and preparing most of your meals, so plan time for it. For example, Sunday afternoons and Wednesday evenings are good times to devote to meal prep. That way your week is organized with plenty of meals. If you're not used to cooking, relax into the process of developing a deeper relationship with your food. This cleanse provides easy to follow recipes and simple meal plans. Put on some music or a favorite podcast and enjoy it. Sing along and out loud. Invite friends and family to join. Make cooking fun!
- ✓ **Outfit Your Kitchen.** This is great time to invest in a sharp 8" chef's knife and solid-wood cutting board if you do not already own them. Maybe you need a new steamer basket or your blender just went kaput? Look around and see what you need to be comfortable spending time in your kitchen. Do you need an iPod docking station with speakers to listen to tunes?
- ✓ **Plan Some Free Time.** Are you able to take some time off during your journey to wellness? Even just a day or two devoted to self-care, such as sleeping in, a long walk in nature, a warm bath, spending time with friends and family laughing, a trip to the spa, or date night. This can make a big difference in allowing your body to emotionally relax and heal.
- ✓ **Ask for Support and Help from Family.** Inform your family and friends that you're embarking on a wellness journey. Let them know that you're taking charge of your health, making some changes and that you'd appreciate their support and understanding. Better yet, recruit someone to join you! Having an accountability partner can work wonders for sticking to and achieving a goal.

Diet Guidelines

Food Overview

To help your body cleanse you'll be eating:

- Foods that boost liver detox pathways, reduce inflammation, balance blood sugar, improve gut function, and balance the beneficial probiotic gut bacteria.
- Cruciferous vegetables containing special phytonutrients that help your body produce more glutathione, a powerful antioxidant made inside your cells to fight toxins, and sulforaphane, a compound that aids your liver's detox process. These powerful foods also support hormone balance.
- Antioxidants to neutralize free radicals' abilities to damage your cells. Healthy cells produce energy more efficiently and are able to expel unwanted toxins.
- Lean and clean protein to provide amino acids important for your liver to create the necessary detoxification enzymes, plus protein helps maintain steady blood sugar levels.
- Healthy fats to create energy, keep you feeling full, reduce inflammation and nourish all cell membranes allowing toxins to leave cells, where they are stored. Fats are also an essential nutrition for your brain.
- Fiber to provide satiety, and to facilitate digestion and elimination of toxin-containing bile.
- Slightly decreased caloric load to mobilize fat since toxins are stored in fat cells and tissue.

You will eliminate foods that cause inflammation, contain toxins, are factory-produced, disrupt digestion, cause blood sugar spikes and crashes, drain your immune system and lead to free radical formation. The "Spring into Summer" Cleanse also highlights easy to digest foods, such as smoothies, soups, broths, and cooked vegetables. Digestion requires a great deal of energy and to stimulate your other detox organs it's wise to give digestion a little rest.

The "Spring into Summer" Cleanse Meal Plan

Let's get the "no's" out of the way first.

During the 2-week "Spring into Summer" Cleanse do NOT consume:

- Sugar including cane sugar, high fructose corn syrup, or artificial sweeteners such as Splenda, Equal or Sweet & Low; (honey is allowed)
- Fruit juice including unsweetened; (fresh pressed vegetable juices are allowed)
- Soda
- Alcohol including beer, wine or liquor (see below for Alcohol Titration plan)
- Dairy including milk, cheese, yogurt, ice cream, creamer, whey, butter
- Gluten including wheat, barley, rye, spelt, triticale, semolina, faro, non-gluten-free certified oats

- Refined vegetable oils including corn oil, soybean oil, canola oil, cottonseed oil, peanut oil
- Trans fats – anything that says “partially hydrogenated oil” in the ingredients list; check your peanut butter and margarine
- Refined grains and flours – anything made from flour including “gluten-free” baked goods and products; (whole grains such as brown rice and quinoa are allowed, but breads and flours made from rice, quinoa, or other grain *flour* are to be avoided during this detox. Any kind of flour spikes blood sugar and inhibits fat burning.)
- Heavy metal containing fish such as tuna, swordfish, shark, orange roughy, and farmed-raised salmon; (wild salmon and other wild fish are allowed)
- Red meat including beef and bison
- Caffeine from coffee, black tea, soda, or energy drinks (see page 9 for Caffeine Titration plan)
 - 1-3 cups of green tea a day is allowed
- GMOs in non-organic corn and soy
- Fast food and processed foods

I know this seems like a long list. But after a few days you won't miss these foods because you'll start feeling more clear and energetic. So, what will you eat during this time? Lots of delicious, nutrient-dense foods!

Eat and Enjoy!

The meal plan is mostly plant-based with an emphasis on cleansing vegetables and fruit, nourishing fats and clean proteins from legumes, grains, protein powder, plus small amounts of organic, lean animal protein if you so choose. This combo provides energy, satiety, a balanced mood and essential nutrients for the detox process. For example, you need amino acids in order to detox and we get those from protein.

Vegetables: All kinds, particularly the ones that help your liver and detox functions:

- Cruciferous vegetables, including broccoli, cauliflower, kale, cabbage, Brussels sprouts and especially broccoli sprouts. These contain sulforaphane, a compound that aids the liver in detoxification. Broccoli is an amazing detoxer but broccoli sprouts contain up to 50x more sulforaphane, making it a super star. Add them to your salads or blend into smoothies.
- Bitter green, leafy vegetables such kale, chard, dandelion, turnip, mustard and beet greens, and watercress support liver and bile flow.
- Beets, artichokes, and radishes are also good for your liver.
- Sulfur foods such as onions and garlic are important because they support liver detoxification.
- Fibrous vegetables, including sweet potatoes, turnips, parsnips, carrots, winter squashes (butternut, acorn, spaghetti, if in season), and celery root encourage bile excretion and regular bowel elimination, as well as feeding the good bugs in your digestive tract.

- Sea vegetables such as kelp, nori, dulse, and arame are high in minerals especially iodine which supports metabolism and overall detox.
- Fermented vegetables such as kimchi or sauerkraut to support healthy bacteria in the gut. These bacteria play a critical role in breaking down and eliminating toxins from your body.

Fruit: fresh and frozen contain many antioxidants and essential vitamins:

- Blueberries, raspberries, blackberries, Bing cherries and purple grapes are exceptionally high in free-radical scavenging antioxidants.
- Citrus fruits – lemons, limes, and oranges – are wonderful sources of vitamin C, which is crucial to liver detox.
- Apples, pears, melon, peaches, nectarines.
- Be sure to choose organic apples, peaches, strawberries, grapes and nectarines since those are the fruit most contaminated by pesticides.
- Eat fruit for dessert as a sweet treat. You'll be surprised how sweet natural fruit is once you have a few days without sugar under your belt.

Beans and legumes provide fiber for satiety and to help bowel elimination, plus they are a good plant-based protein source. See the bean preparation section to maximize nutrient absorption and help aid digestion:

- Mung beans, lentils, garbanzo beans and hummus, black beans, kidney beans, and adzuki beans.
- You'll see a recipe for Kitchari, which is a traditional Ayurvedic cleansing meal composed of basmati rice and mung beans.

Whole grains are a source of fiber, protein, vitamins and minerals:

- Brown rice, wild rice, quinoa, millet, buckwheat, gluten-free oats (avoid "whole grain flour").

Fats are so essential to your health, despite the low-fat craze of the 80s which turned out to be not so healthy. The right fats are nutrient-dense and anti-inflammatory. They are digested slowly helping to reduce blood sugar swings and keeping you full longer. Fats comprise 60% of your brain and are the building blocks to many hormones and the important membrane surrounding your trillions of cells. This cell membrane controls what goes into the cell (nutrients) and what gets out (toxins).

- Omega-3 rich fatty fish such as wild Alaskan salmon, sardines, mackerel.
- Olives, coconut (flesh, milk and oil), avocados.
- Raw nuts: walnuts, cashews, pecans, macadamia nuts, almonds.
- Seeds: chia seeds, pumpkin seeds, sesame seeds and flax seeds.
 - Flax seeds in particular are a rock star detoxer because they contain lignans which help your gut bacteria excrete toxins through bowel movements.

- My favorite cooking oils contain antioxidants and are anti-inflammatory: extra virgin olive oil, unrefined coconut oil, clarified ghee (organic butter with the milk solids removed).

Protein is an essential ingredient to make tissue, muscle, bones, hormones, neurotransmitters and enzymes. Many of those enzymes are needed for your liver's detoxification job. Protein also helps you feel satiated and stabilizes blood sugar.

- Whole grains, legumes and beans.
- Organic turkey and lamb, and wild salmon or other wild fish.
- Pasture-raised eggs.
- Rice, hemp, or pea-based protein powder, such as Nutiva Hemp, Vega One, Plant Fusion, Garden of Life Raw Protein.

Herbs and spices contain important phytonutrients that decrease inflammation and neutralize free radicals. Plus they add amazing flavor, aroma and color to your meals.

- Spices: turmeric, cayenne pepper, chili powder, cumin, cinnamon, coriander, paprika, ginger, garlic.
- Herbs: cilantro, parsley, thyme, rosemary, sage, oregano, basil.

Beverages: hydration is critical. Among its many functions in the body water transports nutrients in and wastes out of cells. The kidneys and bowels are major detox organs that depend on water. Room temperature or warm water is absorbed more efficiently than cold water.

- Filtered or bottled spring water with fresh squeezed lemon juice
- Herbal teas: dandelion, nettles, rooibos
- Cumin, Fennel, Coriander Tea (see recipe)
- Homemade bone and vegetable broths
- Green vegetable juices and wheat grass
- Green tea

You should drink the majority of your water between meals. Too much water at meal will dilute your important digestive enzymes and impede digestion. Strive to drink half of your body weight in ounces per day. For example, if you weigh 150 lbs., you should drink 75 ounces of water or broths per day. During these 2 weeks add fresh squeezed lemon juice to your water throughout the day. Start your day with 16 ounces of water with lemon.

Meal Plan Guidelines:

- 50-75% of your plate should be vegetables at EVERY meal (veggies in your smoothie count also).
- Consume protein at breakfast to keep blood sugar levels steady.
- Create simple meals by pairing vegetables with a grain/ legume or animal protein and a fat.
- Drink warm water with lemon or herbal teas throughout the day.

- If you're hungry or experiencing low blood sugar symptoms you are encouraged to eat more healthy fats and some organic animal protein or wild fish as needed (see **Problem Solving** section).
- Stop eating 3 hours before bedtime to allow for an overnight fast of 10-12 hours.
- Incorporate Mindful Eating at each meal to switch into "rest and digest" mode which maximizes digestion, tells your brain that you're full and creates a sense of calm. See instructions in Appendix A.

Meal Suggestions: Choose 2-4 recipes to make per week and enjoy leftovers for multiple meals. For the easiest meals choose the "SIMPLE" options. Asterisks (*) mark recipes which are included in Appendix C.

Breakfast Suggestions:

- Smoothie with protein powder (SIMPLE)
- Eggs with steamed broccoli and ½ avocado (SIMPLE)
- Warm Quinoa Cereal*
- Egg, Vegetable, Quinoa Casserole*
- Kitchari*
- Turkey breakfast sausage* with Roasted Cruciferous Vegetables*
- Sweet Potato Adzuki Bean Hash*
- Bieler's broth* with a fried egg

Lunch Suggestions:

- Create your own salad* (SIMPLE)
- Curried lentils* over rice (SIMPLE)
- Beet & Broccoli Salad* (option to add organic chicken breast)
- Collard green wraps*
- Kitchari*
- Curried lentils over rice*
- Nori wraps* with side salad
- Organic chicken breast with Roasted Cruciferous Vegetables*
- Asian Salad Wraps*

Dinner Suggestions:

- Roasted Cruciferous Vegetables* over rice or quinoa with mixed greens (SIMPLE)
- Grilled wild salmon with steamed broccoli and sautéed kale (SIMPLE)
- Liver Loving Cauliflower soup* with rice or quinoa
- Veggie Kabobs* over quinoa
- Wild Salmon Pesto Salad*
- Wild Shrimp Taco Salad*
- Zucchini "pasta"* with sautéed vegetables
- Gazapacho* with salad

Snack Suggestions:

- Apple with almond butter (SIMPLE)
- Half of an avocado with salt (SIMPLE)
- Hard-boiled egg (SIMPLE)
- Handful of macadamia Nuts (SIMPLE)
- Coco Seedy Bread* or Energy Balls*
- Hummus or Carrot Cashew Miso Spread* with carrots and snap peas
- Half of a sweet potato with coconut oil
- Smoothie
- Mix nuts with cacao nibs and unsweetened coconut flakes

Dessert Suggestions:

- Blueberries and strawberries w/ coconut flakes (SIMPLE)
- Pear with almond butter (SIMPLE)
- Grapes or cherries (SIMPLE)
- Fruit and Nut Cookies*
- Energy Balls*

Sample Meal Plan (using leftovers) Asterisks (*) mark recipes which are included in Appendix C.

Breakfast	Lunch	Dinner	Snacks
Smoothie*	Kitchari* with pumpkin seeds	Roasted cruciferous vegetables* over rice	Apple with almond butter
Eggs with Roasted cruciferous vegetables* and avocado slices	Create your own salad*	Kitchari* with avocado slices	Smoothie*
Kitchari*	Create your own salad*	Curried lentils* over quinoa w/ olive oil	Bieler’s broth*
Eggs with Curried lentils*	Collard Green Wraps*	Kitchari*	Coco Seedy Bread*
Smoothie*	Collard Green Wraps* with Bieler’s broth	Curried lentils* over salad greens	Mixed nuts
Warm Quinoa Cereal*	Curried lentils* over salad greens	Shrimp taco salad*	Coco Seedy Bread*
Warm Quinoa Cereal*	Shrimp taco salad *	Collard Green Wraps*	Coco Seedy Bread*

The Importance of Breakfast

There is a trend of skipping meals, especially breakfast, when dieting or cleansing. However, the “Spring into Summer” Cleanse encourages three meals a day and stresses the importance of breakfast. Breakfast does just that – it “breaks” the “fast” from the night before. Eating in the morning gives your body the fuel it needs to wake up. It signals your metabolism to start burning food for energy. Breakfast also sets the tone for the day. A nutrient-dense breakfast

with balanced protein and fat helps you avoid the blood sugar rollercoaster of experiencing sugar highs and subsequent crashes that leave you feeling fatigued, irritable, and shaky. I advise you to never skip breakfast especially not during a cleanse when your body needs nutrients. Eat breakfast within 1 hour of waking up.

Overnight Fast

Conversely fasting overnight helps your body focus on detox activities, rather than digesting your food. Digestion takes a lot of energy and resources, so you don't want to detract from your liver's detox functions which are very active at night. Plus without food in your stomach your digestive tract sweeps out the debris from the day. During the cleanse stop eating 3 hours before bed time.

Why Organic Matters

During the "Spring into Summer" Cleanse opt for organic vegetables, fruit, legumes and grains whenever possible. I do stress the importance of eating *only* organic or pasture-raised meat, poultry and eggs and wild-caught seafood. Pesticide residues do remain in our food. They are toxins that strain your body's detox pathways. Since toxins are stored in fat tissues they are more concentrated in animal products than plants. Cleansing is not only about eating clean food it is also about avoiding toxins by minimizing repeated small exposures that add up over time.

Eating at Restaurants

During a cleanse eating out can be challenging. Stick to simple meals such as:

- Salad with plain grilled shrimp, fish or chicken. Opt for olive oil and vinegar or lemon wedges instead of salad dressing.
- Steamed vegetables and rice.
- Rice and beans with salsa and side salad.

Caffeine/ Coffee Titration Plan

- Day 1: limit to 1 cup of coffee or 1 soda/ energy drink
- Day 2: ½ caffeine, ½ decaf; or ½ soda/ energy drink
- Day 3: 1 cup decaf; or ¼ soda/ energy drink
- Day 4: 1 - 3 cups black tea or green tea
- Days 5 -7: 1 - 3 cups green tea if needed

If you get a **headache from caffeine withdrawal symptoms** use the following remedies:

- Drink more water, up to 120-ounces per day
- Take vitamin C – 1,000 mg twice a day
- Do some gentle exercise such as walking or yoga
- Take a warm bath

Alcohol Titration Plan (if you drink alcohol every day)

- Day 1: Reduce your intake by half of your normal amount; for example, if you drink 2 glasses of wine a night, only drink one
- Day 2: Reduce the total amount to ½ glass of wine/ beer/ cocktail
- Day 3: Reduce the total amount to ¼ glass of wine/ beer/ cocktail
- Day 4: No alcohol

Meal Prep, Planning & Shopping

The secret to your success is meal planning and batch cooking. With a few tips you'll always have food in the fridge and won't be left with the question, "what's for dinner?"

Meal Planning & Batch-Cooking

Use the meal plan to guide your decisions for grocery shopping and planning ahead. Most of the recipes make 3-4 servings so you'll have leftovers.

Batch-cooking means making large batches of food to eat with multiple meals as leftovers, rather than just enough for a single meal. For example: making a large pot of lentils, sautéing an entire wok-full of vegetables, grilling 3 pieces of salmon at a time, and cooking 2 cups of brown rice, etc. This way you'll always have something prepared and stored in the fridge.

Tips:

- Always think 2-3 meals ahead. At dinner time think about what's prepared to eat for breakfast, lunch and dinner the next day. Think "what from dinner tonight can I pack for lunch tomorrow?" and "what can I prepare tonight to have ready for tomorrow's dinner?"
- Plan time to cook more labor intensive meals on Saturday or Sunday (such as Kitchari), for quick reheat during the week.
- Plan for about 60 minutes two nights per week to cook up batches of vegetables, rice and organic meat, and prepare your morning protein smoothie.
 - If your mornings are hectic you can make 2-3 batches of the smoothie at a time and store in the fridge. All it needs is a quick re-blend in the morning.
- Cook 2 cups of rice or quinoa at a time. Something like this simple to have on the stove while you're preparing dinner or packing lunch for the next day.
- When cooking fish, cook 3 filets for future dinners.
- Wash 1-2 heads of salad greens at once. Store in the salad spinner. It will keep for 2-3 days.
- Sauté a large wok-full of vegetables at one time. Simply season with salt and pepper so they are ready to go with any meal. You can add different seasonings when reheating.
- Use a 13x9 baking dish to roast a large amount of vegetables at once, such as Brussel sprouts, cauliflower and broccoli.
- Anytime you're cooking anything, make extra.
- Cook double batches of meals and freeze half for a quick thaw and reheat next week.

Final tip and it's an important one, making cooking fun!

- Put on your favorite music and sing or dance along.
- Invite friends and family to help.
- Listen to an engaging podcast.
- Don't cook when you're hungry, plan times between meals. When hungry reach for what's already in the fridge.

Cooking Oils:

- For high heat (roasting, grilling, and sautéing/stir frying): organic, unrefined coconut oil
- For medium heat (stove top): organic, unrefined coconut, extra virgin olive, avocado, and macadamia oils
- For cold use (salad dressings): extra virgin olive and unrefined flax oil

Avoid using soybean, peanut, safflower, canola, corn or "vegetable oils" which are highly processed with extreme heat and chemicals which make the oils rancid and inflammatory. Remember these oils are used in all restaurants so cooking at home is always healthier.

Preparing Beans

Canned beans: always rinse well in cold water to remove all residue of the canning liquid.

Beans from scratch cooked in a slow cooker/ crockpot:

- Pick out and discard any broken or shriveled looking dry beans
- Put 2 cups* of dry beans into a slow cooker and add enough water to cover beans by 2 inches. Cover and soak for 8-10 hours (overnight)**
- Drain the beans and discard the cooking water
- Place soaked beans back into the slow cooker and cover with 2-3 inches of water. Set the cooker to high and cook beans until they're tender and cooked through, about 3-4 hours. Option to cook on low which will take about 6-8 hours.
- Drain beans.

*2 cups of dried beans will make about 6 cups of cooked beans. Beans can be frozen with a tight-fitting lid for up to several months.

**Soaking is optional but recommended for better digestion. Cooking times will increase by about 2 hours for non-soaked beans.

Soaking Grains

Soaking grains helps to remove phytates, the plants protective coating, which may interfere with absorbing the minerals from those grains (zinc, iron, manganese, calcium, magnesium).

- Place the amount of dry grains you intend to cook (1-2 cups) in a large bowl.
- Add enough cold water to completely cover the grains. Add fresh-squeezed lemon or a 1 tsp of apple cider vinegar.
- Soak for 1-8 hours depending on your available time. You can cover and leave on your counter top or place in your refrigerator, especially if it's warm inside your house.

- Rinse very well in cold water.
- Then cook as directed.

If time doesn't allow to soak, at least rinse in cold water before cooking. This is especially important with quinoa to remove the "soapy" residue.

Shopping List

To simplify your cleanse, we recommend that you begin with just a clean diet of organic vegetables, fruits, legumes, nuts and seeds, lean organic meats or wild-caught fish, and healthy organic oils.

Basic Shopping List

- Lots of green, leafy vegetables
- Lots of cruciferous vegetables (broccoli, cauliflower, Brussel sprouts, kale, cabbage)
- Vegetables and fruits with a variety of colors and textures
- Lemons
- Legumes, particularly yellow split pea mung and green mung, adzuki, garbanzo, and lentils
- Nuts: raw almonds, Brazil nuts, cashews, pecans, pine nuts, walnuts, macadamia
- Seeds: chia, sesame, hemp, flax and pumpkin seeds
- Unsweetened almond, rice, hemp or coconut milk as alternative dairy sources
- Spices and herbs: cumin, fennel, garlic, ginger, oregano, peppermint, rosemary, thyme, turmeric
- Tea: chamomile, mint, alfalfa, dandelion, chicory....any herbal teas, plus organic green tea
- Organic oils: extra virgin olive oil (cold pressed) and unrefined coconut, avocado, flax, and macadamia oils
- Lean organic meats and wild-caught fish (fresh or canned wild Alaskan salmon)
- Pasture-raised, organic eggs
- Himalayan pink salt or Celtic sea salt
- Protein powder for smoothies
- Apple cider vinegar

Product Suggestions:

- Nutiva organic, unrefined coconut oil
- Vital Choice Wild Alaskan Salmon, canned; either boneless, skinless or with the bones and skin for added nutrients
- Henry & Lisa's Wild Alaskan Salmon, canned
- Let's Go Organic unsweetened, unsulfured coconut flakes
- 365 Whole Foods brand unsweetened almond milk (does not contain carrageenan which can be harmful to the digestive tract)
- Navitas Naturals Cacao Nibs
- Braggs' organic apple cider vinegar

- Recommended protein powders: Nutiva Hemp, Vega One, Plant Fusion, Garden of Life Raw Protein (not Raw Meal since it contains too much sugar)

Reminders

Enjoy this special time of taking care of you. Remember to go slow and gentle during this time so you can relax, focus on food and have time for inward reflection.

Reach out to me for any questions: Jen@bebalancedhealing.com or 720-352-8769

Appendix A

Mindful Eating

To prepare your body for digestion you must be in a relaxed state – in the “rest and digest” mode of your nervous system. This allows blood and digestive enzymes and juices to flow into the digestive tract. It also stimulates nerves to create movement within the GI tract to allow food to move from the stomach and through the intestines. When you are stressed, in “fight or flight”, your nervous system is in another mode and all digestive functions stop.

Mindful eating facilitates:

- Communication between your brain/nervous system and digestive tract
- Better digestion and absorption of your nutrients
- Satiety to feel full longer leading to less snacking and sugar cravings later
- More even-balanced blood sugar
- Relaxation and calmness
- Better energy, focus and productivity within your day

Practice “settling” at each meal.

1. SIT: Sit in a quiet, relaxing place to eat your meal.
2. STOP: Do not multi-tasking while eating, such as answering emails, watching TV, working, walking around or driving.
3. BREATHE: Take 3-5 deep breaths before eating – count to 5 during the inhale and exhale with a pause in between.
4. PAUSE: Smell your food and notice its colors.
5. THANK: Give gratitude for:
 - a. your amazing body and its ability to use this food for fuel,
 - b. the food and the farmers who grew it,
 - c. 1-2 positive things that happened today or that you’re looking forward to.
6. CHEW: Eat slowly and chew your food – at least 10 chews with each bite.
 - a. Put your fork down while chewing, and truly taste your food. Not only does this give you awareness of the flavors, chewing assists digestion since it stimulates digestive enzymes and eating slowly stimulates the hormones that create satiety.
7. PAUSE AGAIN: When you’re finished, before jumping up to your next task, pause for another 3-5 deep breaths. Then continue on with your day.

Appendix B

Problem Solving

What if I'm hungry? Should I be hungry?

If you are feeling hungry or fatigued, eat larger portions or more often, according to your individual needs. Take time to listen to your body physically and emotionally and know that you can make choices to support your well-being. Remember, this is not a starvation plan, so if you're hungry, see the Low Blood Sugar section below.

While your body is releasing, processing and excreting stored toxins some symptoms may arise. These can result from slow processing in the liver, nutrient deficiencies or improper elimination from the bowels, kidneys, skin or lungs.

Symptoms are different for everyone and can include:

- Flare up of existing conditions
- Headaches
- Skin irritations
- Fatigue
- Brain fog
- Diarrhea or constipation
- Increased energy
- Better sleep
- Increased hot flashes
- Joint pain
- Emotional feelings including anxiety or depression
- Low blood sugar symptoms of hunger, irritability, headaches, shakiness between meals

Symptoms usually pass within a day or two as the body rebalances, but follow these tips for common issues such as constipation and low blood sugar which should be resolved to maximize the cleanse and your health.

Low Blood Sugar/ Hungry

Symptoms from blood sugar swings can feel like constant or extreme hunger, anxiety, headaches, nausea, irritability, anger, depression, and dizziness. This low sets off a cascade of hormones including insulin and cortisol causing further imbalances, inflammation and more cravings. If you are prone to these feelings follow these tips to stabilize:

- Eat on a schedule every 2-3 hours and eat before you get hungry
- Carry protein-based snacks such as nuts, individual serving sized packets of almond butter or organic turkey jerky.
- Add more protein and healthy fats to your meals:

- Fats: add sliced avocados, sprinkle chia, flax, pumpkin or sesame seeds over meals; snack on vegetables dipped in almond or coconut butter
- Protein: you may need to add a little animal protein to meals. Try 2-3 ounces per meal. Stick to organic, pasture-raised and wild.
- Eat animal protein at breakfast. Swap out the recommended breakfast meal for a dinner meal with more protein.

Constipation

If you're not pooping, you're not cleansing because the bowels are a major detoxification route. Less than one bowel movement a day is considered constipation. Ideally, you should be going 2-3 times per day. To get your bowel's moving:

- Increase fiber with vegetables and fruit
- Try avoiding beans and legumes for a few days; for some people these are hard to digest and cause more constipation
- Increase water intake, be sure that you're drinking 100 ounces daily
- Get moving – gentle cardio exercise such as walking, hiking, biking or yoga is great for digestion
- Practice relaxation techniques (Mindful Eating) since stress shuts down digestion
- Supplement with magnesium citrate which has a natural laxative effect by attracting water into the colon; take in the morning and at night before bed
 - Start with 150 mg and slowly increase the dose by 100 or 150 mg per day up to 600 mg to find the right amount to create an easy bowel movement without causing diarrhea
 - Natural Vitality Magnesium Calm is a powdered version of magnesium citrate; start with 1 tsp in the morning and at night and increase the dose by 1 tsp each day until you get the desired outcome
- I don't recommend regular laxatives as they create dependence and can be detrimental long term
- Colon hydrotherapy is another option

Sugar Cravings

You can beat sugar cravings by following an anti-inflammatory, blood sugar balancing diet which is what this cleanse supports. Still, sugar is a powerful drug (9 times more addictive than cocaine!) and cravings can get the best of us sometimes. Try these tips to ward them off:

- Eat sour foods such as kimchi, sauerkraut and pickles
- Go for a walk
- Drink water; often we are thirsty when we think we're hungry. Add a squeeze of lemon for a little sourness plus lemon is great for your liver
- Change activities or take a break since sugar cravings can creep in when we're bored
- Eat a piece of fruit or a sweet potato for some natural sweetness
- Drink sweet herbal tea such as vanilla rooibos, licorice or cinnamon apple; add some unsweetened almond milk for a creamier taste

- Be sure that you're eating enough protein and healthy fat with your meals to keep blood sugar balanced
- Scan your body and mental state to think about what you really need in that moment. Maybe it's attention, entertainment or movement. Journal about the feelings to see what comes up

Headaches, Anxious or Heart Racing

If toxins are released into the blood stream and are slow to be processed by the liver, headaches can occur or feelings of anxiety, racing heart and palpitations.

- Take 6 capsules of Activated Charcoal which binds up the toxins and facilitates excretion in stool
- Drink more water; aim for at least 100-ounces per day

Caffeine Withdrawal Headaches

(See the titration schedule above)

- Drink more water, up to 120-ounces per day
- Take vitamin C – 1,000 mg twice a day
- Do some gentle exercise such as walking or yoga
- Take a warm bath, option to add 1 cup Epsom salts

Trouble Sleeping

Can't fall asleep or keep waking up at night with insomnia?

- Eat a small protein snack before bed. It's possible that your blood sugar is dropping at the end of the day or during the night. When blood sugar is too low your body secretes cortisol to free up extra stores of glucose from around your body. The cortisol can keep you awake or wake you up. A snack will help stabilize blood sugar to avoid the drop. This is contrary to the overnight fast rule but sleeping is more important and after a few nights you may not need it.
 - Snack suggestions: a scoop of almond butter, handful of nuts, hard-boiled egg, protein smoothie
- Magnesium can help calm your mind and body after a busy day. Drink 1 tsp of Natural Vitality's Natural Calm magnesium citrate in water before bed.

Appendix C

“Spring into Summer” Cleanse Recipes

BREAKFASTS

Smoothies make a great breakfast when they’re loaded with nutrient dense foods including vegetables, healthy fats and protein. If in a pinch for something to eat know that you can always blend up a smoothie.

Tips:

1. Make your smoothie at night and store in the fridge until morning. If the ingredients have separated overnight just give it one quick blend in the morning to fresh up and its ready to go.
2. Make a double batch of your morning smoothie and drink the second serving for lunch, for an afternoon snack, or for tomorrow’s breakfast.

Smoothie ingredients:

Mix and match ingredients to create your own blends using nutrient dense ingredients to provide satiety and energy:

- Greens such as raw spinach, kale, chard, beet greens, dandelion greens, or cilantro and parsley
- Broccoli sprouts
- Stick with low sugar fruit such as berries and apples
- Fresh lemon juice
- Bee pollen, raw cacao powder, green powders, berry powders, hemp seeds, raw gluten-free oats
- Spices such as turmeric, cinnamon cardamom, ginger, nutmeg, vanilla
- Liquid bases such as coconut water, coconut milk (canned or carton), rice, almond or hemp milk (skip fruit juice as it can create a blood sugar spike and subsequent drop)
- If you tend to get hungry before lunch time add more fat to your smoothie such as 1 TBSP chia seeds, flax seeds, coconut butter or almond butter, or a half of an avocado
- Recommended protein powders: Nutiva Hemp, Vega One, Plant Fusion, Garden of Life Raw Protein

Healthy Fat Green Smoothie

2-3 cubes of ice

1 cup unsweetened almond, hemp or coconut milk

2 TBSP ground flax seeds

1 TBSP pumpkin seeds

½ avocado

½ cup blueberries, fresh or frozen
½ cup frozen cranberries
1 TBSP almond butter or 1 TBSP coconut butter
¼ cup raw walnuts
Couple of handfuls of fresh spinach, kale or chard
1 scoop protein powder (see recommend brands above)

1. Blend in blender until desired consistency
2. Makes 16-20 ounce serving

Chocolate Almond Milk

1 cup almonds or 2 TBSP raw almond butter
2 dates
1 TBSP raw cacao powder
6-8 ounce water
½ tsp vanilla extract, pinch cinnamon
Optional: 2-3 ice cubes
1 scoop protein powder (see recommend brands above)

1. Blend in blender until desired consistency

Vegetable Medley

½ cucumber
1 tomato
1 stalk celery
1 clove garlic
1 handful spinach
Water
Carrot juice, fresh is preferable
Pinch lemon juice
½ tsp turmeric
1 scoop protein powder (see recommend brands above)

1. Blend in blender until desired consistency

Warm Quinoa Cereal

1 cup dry quinoa, rinsed thoroughly in cold water to remove the “soapy” residue
2 cups filtered water
½ tsp cinnamon
½ tsp turmeric (optional)
¼ cup blueberries
Handful or walnuts or pecans
1 TSBP of chia seeds or flax seed oil

1. Bring water to a boil
2. Add quinoa, cinnamon and optional turmeric, and stir
3. Reduce heat to low and cover
4. Cook for 10-15 minutes or until all water is absorbed.

5. Serve warm with blueberries and walnuts, pecans, chia seeds, or flax seed oil
Makes 3 – 4 servings; stores well in refrigerator and could be served cold with milk
Optional: mix quinoa other whole grains such as ½ cup quinoa, ¼ cup millet and ¼ cup buckwheat; note when mixing grains start with 3 cups of boiled water

Egg, Quinoa and Vegetable Casserole

½ cup uncooked quinoa (cook as directed in advance)

2 tsp olive oil

12 oz crimini or bell mushrooms (sliced)

4 cups broccoli (chopped into small pieces)

2 green onions, thinly sliced

1 cup asparagus (cut into 1-inch pieces)

3 cloves garlic (chopped)

½ tsp salt

½ tsp black pepper

10 eggs

1/3 cup water

1. Preheat oven to 375°. Coat a 9 x 11 inch glass baking dish with butter or coconut oil.
2. Heat 1 tsp olive oil in large skillet over medium heat. Add mushrooms, onions, broccoli, asparagus and garlic. Cook, stirring occasionally, until vegetables are tender and bright green. Season with salt and pepper.
3. Spread cooked quinoa evenly on bottom of prepared baking dish, then top with vegetable mixture.
4. In a large bowl whisk together eggs and water.
5. Pour the eggs over the vegetable mixture. Sprinkle green onions on top.
6. Bake until eggs are set and starting to turn light golden brown, about 25 minutes.
7. Let sit for 5 minutes before cutting, or let cool then refrigerate.
8. Serve with avocado slices and/ or salsa.

Congee

2 tsp ground cumin (or ground ginger)

1 tsp cinnamon

2 scallions (green onions), thinly sliced

1 cup long-grain white rice

4 cups of vegetable broth (or bone broth)

4 cups of water

1. Combine all ingredients in a soup pot.
2. Cover and bring to a boil.
3. Reduce heat to simmer and cook until rice has broken down and the water is thick with starch – about 3 ½ to 4 hours (you can keep it simmering all day on low heat or overnight)
4. Serve warm with salt and pepper or drizzle of avocado or flax oil, or scoop of coconut oil

Variation:

- Add any vegetables

Breakfast Sausage Adapted from TheHealthyGFLife.com

- Make a large batch to freeze
- Can heat and eat straight from the freezer for quick breakfast protein

3 lbs ground turkey

2 ½ tsp sea salt

½ tsp freshly ground black pepper

1 tsp parsley

½ tsp coriander

1 tsp rosemary

1 tsp marjoram

1 tsp sage

½ tsp thyme

¼ tsp red pepper flakes

¼ cup olive oil

1. Add all ingredients to a large bowl and stir gently with your hands to combine.
2. Shape meat into 2 ½ -inch patties and place each on a wax paper lined baking sheet.
3. Cover tray with foil and freeze until patties are fully frozen.
4. Place frozen patties in a freezer safe zip-top bag. Store in the freezer until needed.
5. To use, heat a large skillet over medium heat. Add 1 TBSP coconut oil and melt.
6. Add frozen patties to hot skillet, cover and cook 5 minutes. Turn heat to medium-low, uncover and cook another 4 minutes, or until sausages are cooked through.

Lunch and Dinner Foods are Ideal for Breakfast - Think out of the box!

- Chili or coconut curry (recipes below)
- Nori wraps (recipe below)
- Beans and brown rice with salsa and guacamole
- Spinach salad with hard-boiled eggs and ½ avocado
- Kitchari sprinkled with walnuts (recipe below)
- Chicken breast and steamed broccoli
- Sweet potato, turkey sausage over mixed greens
- Remember to incorporate vegetables at all meals, including breakfast!

LUNCHES & DINNERS

Create Your Own Salad

Have fun when creating salads and include a plenty of colorful vegetables, lean proteins and healthy fats. Here are some suggestions:

1. Mix greens with spinach, watercress, cilantro, parsley and/or dandelion greens for a variety of flavors
2. Add a combination of raw and cooked veggies or include leftover vegetables from dinner last night

3. Sprinkle in pumpkin seeds, cashews, ground flax seeds, walnuts or pecans
4. For protein try hard-boiled eggs with wild Alaskan salmon either from a pan-seared fresh filet or canned wild salmon (choose the boneless, skinless variety and mix with stone ground mustard or a little real-egg mayo as you would tuna salad) or roasted organic chicken or turkey
5. Add avocado slices or olives for more healthy fats
6. Top with dried sea vegetables such as nori or kelp
7. Make your own dressing with these suggestions
 - 2 parts extra virgin olive oil with 1 part lemon juice or apple cider vinegar
 - 2 parts extra virgin olive oil with 1 part balsamic vinegar
 - 2 parts flax seed oil with ½ part coconut aminos or gluten-free tamari

Beet & Broccoli Salad

Salad greens

1-2 tomatoes, cut into chunks

1 Beet, grated

1 cucumber, sliced

½ red onion, diced

1-2 heads broccoli, chopped

Handful of dill or oregano

½ cup quinoa, cooked

1 TBSP sunflower seeds

1. Steam the broccoli until soft.
2. Mix all ingredients together.

Enjoy with balsamic vinaigrette

Asian Salad Wraps

¼- ½ head green cabbage, shredded

¼-1/2 cup carrots, shredded

1-2 zucchini, chopped

¼-1/4 yellow onion, minced

1 avocado, sliced

Cilantro, minced

Sesame oil

Rice vinegar

Coconut aminos

Ginger powder

Garlic powder

Sea salt

Rice paper wraps

1. Lightly drizzle chopped veggies with sesame oil, rice vinegar, and coconut aminos, then sprinkle with salt, ginger, and garlic.
2. Soften rice paper wraps according to the package.
3. Add vegetable mixture and sliced avocado to rice paper wraps, then fold like a burrito.

4. Dip in Carrot Cashew Miso spread.

Kitchari/ Mung Beans and Rice

1 cup mung beans (soak overnight to decrease gas and bloating)
1 cup long-grain white basmati rice (easier to digest than brown rice for the purpose of calming digestion)
9 cups water
4-6 cups chopped assorted vegetables (carrots, celery, zucchini, broccoli, etc.)
2 onions, chopped (optional)
1/3 cup minced gingerroot
8-10 cloves garlic, minced (optional)
1 tbsp turmeric (or more, if desired – anti-inflammatory spice)
½ tsp black pepper
1 tsp garam masala
1 tbsp basil (organic fresh or dried)
2 bay leaves
Seeds of 5 cardamom pods
Sea salt to taste
2 tbsp coconut oil

Wash beans and rice.

1. Bring water to boil, add rice and beans, and let boil over medium-high heat.
2. Add chopped vegetables to cooking rice and beans.
3. Heat coconut oil in large skillet. Add onions, ginger and garlic and sauté over medium-high heat until soft. Add turmeric, black pepper, garam masala, and cardamom seeds. Cook until all are mixed.
4. Combine cooked onion and spice mixture to beans and rice. Stir frequently to prevent scorching.
5. Add basil and bay leaves.
6. Continue to cook over medium-low heat, stirring often until all vegetables, rice and beans are soft – about 1 ½ hours. When finished the consistency should be rich, thick and soup-like and the ingredients will be barely discernable.
7. Add salt and possibly more black pepper to taste.

Roasted Cruciferous Vegetables

½ head cauliflower, chopped
1 cup Brussels sprouts, trimmed and cut in half
1 head broccoli florets, chopped
2 TBSP coconut oil or butter
2-4 cloves of garlic, minced
salt and pepper

1. Preheat oven to 400 degrees
2. Place vegetables, garlic, butter or coconut oil into glass baking pan
3. Sprinkle with salt and pepper
4. Cook for 5 minutes, remove and stir so melted coconut oil or butter coats all vegetables
5. Cook for 30-45 minutes until tender

6. Can use any combination of vegetables or make this with just one

Sweet Potato & Adzuki Bean

(Adapted from Nourishing Meals)

2 tablespoons extra virgin olive oil

1 medium onion, diced

2 medium sweet potatoes yams, peeled and diced small

2 teaspoons dried thyme

1/2 to 1 teaspoon ground cumin

2 cups cooked adzuki beans (if canned, rinsed well in cold water)

4 to 5 collard greens, finely chopped*

Salt and black pepper to taste

1. Heat a large skillet over medium heat. Add olive oil, onions and a few dashes of salt. Sauté for a few minutes.
2. Add sweet potatoes, thyme, and cumin. Sauté for a few minutes uncovered.
3. Cover the pan and cook for about 15 to 20 minutes, stirring occasionally, until sweet potatoes are tender. Watch carefully so they don't burn.
4. Add adzuki beans and collard greens. Sauté a few minutes more, or until collards are tender.
5. Add salt and pepper to taste.
6. Serve over quinoa.

* To finely chop collard greens, first stack the leaves on top of each other. Then tightly roll. Use a sharp knife to thinly slice the collards. Then cut those slices crosswise into small pieces.

Nori Seaweed wraps

1. Use one sheet of nori (found in Asian aisle of grocery store, sold in flat sheets)
2. Add any combo of quinoa, beans, veggies, avocado, Carrot Cashew Miso Spread*, etc. onto the first 1/3 portion of the sheet
3. With your finger and water moisten a strip 1 inch wide across the opposite end of the sheet
4. Roll sheet up around the fillings gently and “stick” closed with the moistened side
5. 2 - 3 wraps makes a good lunch with a big green salad

Collard Greens Wraps

A bunch of collard greens: 2 leaves create 1 wrap

Filling can be anything – shredded carrots or beets, guacamole or avocado slices, salmon salad, Curried lentils*, hummus. Use some type of spread as the glue to hold it together.

1. Wash leaves well.
 - a. Option to soak in warm water and apple cider vinegar for 10 minutes to make more flexible for rolling.
 - b. Option to blanch first (add leaves to a pot of boiling water one a time for about 1-2 minutes each, just until they turn bright green and are more flexible)
2. Cut off stem so you have one big leaf.
3. With a sharp paring knife shave the big stalk that runs down the leaf until it is more or less the same thickness as the leaf. This will allow for better rolling.

4. To roll: place two collard leaves head to foot (stalks at opposite ends) and partially overlap the leaves.
5. Apply a spread (hummus, guacamole, Parsley Walnut Pesto*, Carrot Cashew Miso Spread*) to the center of the leaves, and then pile on the other ingredients (turkey, shredded carrots or cabbage, etc.)
6. Roll the same as you would a regular wrap or tortilla: flip the sides up and then tuck and roll, folding in any stray corners that pop out.
7. Cut in half and enjoy.
8. Note: these store well in an airtight container for up to a week in the refrigerator and they're great for travel since they don't get soggy like bread does.

*See recipe

Zucchini "Pasta"

2-3 zucchini

2-3 tomatoes

5 sun-dried tomatoes

water

fresh or dried basil

1 clove fresh garlic

1 teaspoon coconut aminos

1. Using the Spiralizer, Zoodler or Veghetti, make "pasta" noodles from the zucchini. (note you can also make carrot and sweet potato noodles with this device.)
2. Add the rest of the ingredients into the blender and blend until it creates a sauce, using water to thin as needed.
3. Quickly sauté zucchini noodles in coconut oil until soft.
4. Heat sauce on stove top and pour over noodles.

Veggie Kabobs

1. Cut the following vegetable into large chunks: peppers, onion, Portobello mushrooms, and zucchini
2. Put on the skewers with whole cherry tomatoes.
3. Marinate for at least 30 minutes:
 - a. marinade: garlic, cayenne, coconut aminos, lime juice and small amount of water
4. Cook on the grill or in the oven for about 20 minutes.
5. Make a large batch and enjoy with a salad or other meals.

Curried Lentils

1 cup of French lentils

1 small yellow onion, diced

2 celery stocks, diced

2 carrots, diced

1 inch piece of fresh ginger, minced

4 garlic cloves, minced

1 TBSP coconut oil

- 1-2 tsp cumin
- 1-2 tsp turmeric
- 1-2 tsp curry powder
- Pinch of cayenne
- 4 cups of water or stock (you can buy chicken/ veggie stock in the same aisle as broth, but the stock does not contain the high amounts of sodium)
- 2 cups of spinach leaves or chopped kale
 1. In a pot sauté minced fresh ginger, garlic, onions, celery and carrots in coconut oil
 2. Add cumin, turmeric, curry powder, and cayenne
 3. Cook until veggies are soft
 4. Meanwhile rinse 1 cup lentils
 5. Add lentils and 4 cups of water or chicken stock
 6. Bring to boil
 7. Reduce and simmer covered until lentils are cooked and water/ stock is absorbed
 8. When finished add spinach or chopped kale and cook just until greens are wilted
 9. Serve over quinoa or brown rice; also good in nori or collard green wraps

Makes 4-6 servings

Sweet Potato Bean Chili

- 1 large sweet potato
- 1 green pepper
- 1 jalapeno pepper
- 1 medium red onion
- 2 cloves garlic
- 1 TBSP chili powder
- 1 TBSP ground cumin
- 2 tsp cocoa powder
- 1/4 tsp cinnamon
- 1/8 tsp cayenne pepper
- 1 tsp sea or Kosher salt
- 1 tsp black pepper
- 28 oz. can of organic diced tomatoes
- 15.5 oz. can of Eden organic black beans
- 15.5 oz. can of Eden organic kidney beans
- 1 cup cilantro, chopped
- 6-8 radishes, thinly sliced
- 4 limes (juice of 1/2 lime per cup of chili)
- Ground organic turkey (optional)
 1. Steam or roast sweet potato, then chop into cubes.
 2. Chop green pepper, jalapeno, onion, and garlic. Sauté in large pot until tender with 1 TBSP coconut oil or ghee.
 3. If using turkey, sauté with step 2 until cooked through.
 4. Add tomatoes, beans, spices, and ½ cup of water, simmer for 45 minutes.
 5. Add sweet potato and simmer for 10 minutes longer to combine flavors.

6. Garnish with cilantro, radish, lime juice and fresh avocado slices.

Wild Shrimp Taco Salad with Fresh Pico de Gallo

8-10 wild shrimp, peeled and deveined

1 small onion, sliced

1 organic red pepper, sliced

1 tsp gluten-free tamari

1 can Eden pinto or black beans, rinsed thoroughly in cold water

1 avocado, sliced

4 cups mixed greens including watercress

1 tsp each of chili powder, cumin and paprika

1 TBSP coconut oil or ghee

Salt and pepper to taste

1. Sauté onions and bell pepper slices with chili powder, cumin, paprika, salt and pepper in large skillet with coconut oil or ghee, cook until vegetables start to soften
2. Add shrimp plus tamari, cook until shrimp turns pink, about 5 – 7 minutes
3. While shrimp is cooking, heat beans in separate pan
4. Served over bed of greens with sliced avocado and pico de gallo

Makes two servings

Pico de gallo

3 roma tomatoes, diced

1 jalapeno, diced

½ red onion, diced

½ bunch cilantro, chopped

Juice from one lime, fresh squeezed

Salt and pepper, to taste

1. Dice all ingredients and combine

Salmon Pesto Salad

2 garlic cloves, peeled

1 cup toasted walnuts

1 ½ cups packed flat-leaf parsley leaves

½-¾ cups extra virgin olive oil

Fresh squeezed juice from 2 large lemons

5-6 ounce piece of Wild Alaskan Salmon

2 cups of mixed salad greens, washed and dried

1 cup of watercress, washed and dried

Salt & black pepper

1 tsp coconut oil

(A food processor is needed to make the pesto)

1. With food processor running, drop in garlic and process until minced
2. Turn off processor, scrape down sides and add walnuts, parsley, ¼ cup olive oil and juice from 1 lemon

3. Process to mince all ingredients and combine
4. Season to taste with salt, thin with extra olive oil to desired consistency, and set aside
5. Season wild salmon with salt and pepper and pan-sauté over medium heat with coconut oil
6. While the salmon is cooking, toss the mixed greens and watercress with ¼ cup olive oil, the juice from the other lemon, salt and pepper
7. When the salmon is cooked through, top with pesto
8. Serve over the mixed greens salad

Gazpacho

Tomatoes

Olive oil soaked sun-dried tomatoes

Bell peppers, chopped

Avocado, chopped

Cucumber, chopped

Onion, chopped finely

Cayenne, salt, pepper, garlic powder

Lemon juice

1. Blend fresh tomatoes in the blender with a few sun-dried tomatoes (the ones that are soaked in olive oil are best) and 1 cup (approx) of water.
2. Add sea salt, fresh garlic, and a squeeze of lemon juice. Use that as the base.
3. Then add in diced up bell peppers, avocado, onion, and cucumber.
4. Add a pinch of cayenne.
5. Warm the soup over stove-top (on low heat) to room temperature.

Liver Loving Cauliflower Soup

1 head cauliflower

½ yellow or red onion

1-2 cloves garlic

2 stalks celery

2 handfuls of cashews and/or 1 handful pine nuts

3 TBSP turmeric powder

2-3 TBSPs coconut aminos

Salt

1-2 pinches cayenne pepper

1 pinch coriander

1. Chop up garlic, onion, celery, and cauliflower and bring to a boil in a medium-large pot filled with water.
2. When the cauliflower is soft (don't cook it too long) transfer everything from the pot into a blender or food processor.
3. Add cashews and/ or pine nuts, coconut aminos, turmeric, cayenne, coriander, and salt to taste.
4. Blend and enjoy.
5. Serve over rice or quinoa.

Variation to make this into stir fry sauce:

- Add another ½ handful of nuts to make the soup thicker and 1 TBSP apple cider vinegar.

SIDES & SPREADS

Roasted Cauliflower with Sage

1 head cauliflower, chopped

1 TBSP of fresh sage, minced

2 TBSP coconut oil

2-4 cloves of garlic, minced

salt and pepper

1. Preheat oven to 400 degrees
2. Place cauliflower, garlic, sage, and coconut oil into glass baking pan
3. Sprinkle with salt and pepper
4. Cook for 5 minutes, remove and stir so melted coconut oil coats the cauliflower evenly
5. Cook for 30-45 minutes until tender

Fermented Vegetables Recipe (note – this takes 7-10 days to make)

1 small head of cabbage (purple or green) – shredded in food processor (keep a few of the top leaves as whole and set aside)

5-6 stalks of kale – chopped

Handful of fresh dill – chopped

1 fresh lemon

1 Mason jar (20-30 oz)

1. Combine cabbage, kale and dill in large bowl.
2. Remove about 2/3 of the mixture and put into a blender.
3. Squeeze the juice from the lemon into the blender.
4. Add enough water to the blender to make a “brine” with the consistency of thick juice. Blend well and add back to the remaining veggies in the bowl. Stir well.
5. Pack all veggies into a glass air-tight mason jar. Use your fist, a wooden spoon or dowel, or a potato masher to pack very tightly.
6. Fill container to almost the top, leaving about 2 inches of room at the top.
7. Roll up the saved cabbage leaves into a tight log and place them into the jar in the remaining 2 inches of space. Close jar tightly.
8. Let veggies sit at room temperature for at least 3 days and up to 10 days, depending on the desired flavor. When you open them up it will bubble – a sign that the good probiotics are there! Taste to see if you’d like to ferment for longer. Once at a desired taste, refrigerate to slow the fermentation process.
9. Always use a clean fork or spoon when getting veggies out of the jar.
10. Use a small amount at a time – a tablespoon or two and work your way up to ½ cup per serving.
11. Eat on salads or other cooked veggies or as a side dish to any meal. Use the juice as a salad dressing.
12. Consume ¼ cup daily

13. It's important not to contaminate anything while preparing or serving – wash and spin dry all veggies, rinse all utensils in very hot water, and use only clean utensils when serving – don't double dip!

(Recipe adapted from Body Ecology Diet, by Donna Gates)

Essential Sea Vegetable Salad

1 ounce arame

1 ounce hijiki

1 ounce dulse, cut into strips

1 cup grated carrots

¼ pound baby spinach leaves, washed and stemmed

1/8 cup coconut aminos

1 TBSP minced fresh ginger

½ cup sunflower seeds, toasted

3 TBSP extra-virgin olive oil

1/8 cup brown rice vinegar

1. Place arame and hijiki in a large bowl.
2. Bring 2 cups of water to a boil and pour over the arame and hijiki.
3. Allow the sea vegetables to soak for 30 minutes. Drain into colander and rinse with cold water.
4. Place the plumped up sea vegetables into a mixing bowl; add dulse, carrots, spinach, coconut aminos, ginger, sunflower seeds, olive oil, and rice vinegar, and mix well.

Makes 8 servings

(Recipe courtesy of The Whole Foods Market Cookbook)

Sprouted Chickpea and Zucchini Hummus

To sprout chickpeas rinse and drain two cups of dried chickpeas. Put them in a mixing bowl and add filtered water to cover by at least 2 inches. Soak at room temperature for 24 hours. Drain and rinse then place in a clean jar or bowl. Cover with a clean cloth and place in a dark place at room temperature. Rinse and drain every 6 hours. They will begin to sprout after 24 hours. Grow for 2 days before use.

2 cups sprouted chickpeas

2 medium zucchini, chopped

½ cup grated carrot

¾ cup tahini

1/2 cup freshly squeezed lemon juice

1/4 cup hemp seed oil

2 cloves garlic

2 ½ tsp. sea salt, or to taste

2 TB. cumin

1/4 tsp. cayenne pepper, or to taste

½ cup finely chopped fresh parsley

1. Blend all ingredients except the parsley in a food processor fitted with an s blade blend zucchini, tahini, lemon juice, hemp seed oil, garlic, sea salt, cumin and cayenne pepper.
2. Place in a glass bowl and add parsley. Refrigerate for up to one week.
3. Serve as a dip or wrap filling.

Walnut Parsley Pesto

2 garlic cloves, peeled

1 cup toasted walnuts

1 ½ cups packed flat-leaf parsley leaves

¼ cup extra virgin olive oil, plus extra

Fresh squeezed juice from 1 large lemon

1. With food processor running drop in garlic and process until minced
2. Turn off processor, scrape down sides and add walnuts, parsley, ¼ cup olive oil and juice from 1 lemon
3. Process to mince all ingredients and combine
4. Season to taste with salt, thin with extra olive oil to desired consistency
5. Enjoy on top of vegetables, organic chicken or wild salmon

Carrot Cashew Miso Spread

2 large carrots

¾ cup raw cashews

1 cup vegetable stock, low sodium

2 tbsp organic light miso paste

1 tsp sesame seeds

1. Peel carrots and chop into ½-inch pieces
2. Place carrots, cashews and stock into a pot, bring to a boil
3. Reduce heat to medium and cook for 10 minutes, until carrots are soft
4. Remove from heat
5. Scoop carrots and cashews from pot with a slotted spoon
6. In a separate bowl measure out ¼ cup of the cooking liquid and use it to the dissolve the miso paste
7. Add carrots – cashew mixture and miso to food processor, process until smooth
8. Top with sesame seeds
9. Enjoy with sliced raw vegetables – celery, snap peas, cucumbers, peppers, etc.

SNACKS

Coco Seedy Bread

(Courtesy of Nourish 2 Flourish)

.5 cup raw pumpkin seeds

.5 cup raw sunflower seeds

.5 cup raw almonds

.5 cup walnuts

.5 cup hemp seeds

.5 sesame seeds
5 pasture eggs
.5 cup unrefined coconut oil, melted
1 tsp sea salt

1. Preheat oven to 320 degrees
2. Mix all ingredients in a bowl
3. Grease a bread pan with additional coconut oil
4. Bake for 1 hour

Makes 12-24 servings

Energy Balls

1 cup almond or sunflower butter
3 cups rolled oats, gluten-free
½ cup ground chia seeds
1 cup cacao nibs
½ cup sunflower seeds
½ cup dried cranberries, unsweetened
Unsweetened shredded coconut for rolling

1. Put the almond butter in a large mixing bowl
2. Gradually add the oats and chia seeds stirring to blend
3. Add the cacao nibs, sunflower seeds and cranberries and mix
4. Using your hands roll the mixture into ping-pong sized balls, then roll each one in shredded coconut
5. Place balls on wax paper or in paper mini-muffin cups
6. You can eat now, but they will be less sticky after a night in the refrigerator
7. To store, layer the balls in an airtight container using wax paper to separate layers

Refrigerate for 7-10 days or freeze for up to 10 months

TEAS, BROTHS & JUICES

Bieler's Broth

3 stalks of celery
3 small zucchinis
2 cups of string beans
1 cup of Italian parsley
Handful of chard, spinach or mustard greens

1. Put 1 cup of water into a stock pot with steamer basket.
2. Steam string beans first for 5 minutes.
3. Add celery and zucchini; continue steaming for another 5 – 7 minutes until tender but still crisp.
4. Place steamed vegetables and steamer water into a blender. Blend until liquefied.
5. Add parsley, chard, spinach and/ or mustard greens and blend again until liquefied.

Serve warm; Start your day with a cup. Drink 1 – 2 cups per day

Cumin, Fennel, Coriander Tea

1 qt of purified water

1 tsp cumin seed

1 tsp fennel seed

1 tsp coriander seed

½ tsp of raw honey added to each cup you drink (optional)

1. Place the herbs and water together in a pot and bring to a boil, then simmer uncovered for 15 minutes.
2. Remove from heat and let cool. Strain. The tea will last for up to four days stored in the refrigerator.
3. It is best to drink the tea hot or at room temperature. (Use the stove, not microwave, to reheat.) Add honey as needed.
4. Drink two to three cups of tea a day between meals.

Turmeric Tea

1 cup almond, rice or coconut milk

1/2 teaspoon turmeric

1 tsp chopped ginger root

Dash of cayenne pepper (opt)

1/2 – 1 teaspoon honey

Optional additions: butter/ghee, cinnamon, cardamom, nutmeg, coconut oil

1. Warm the milk
2. In your favorite mug, combine the remaining ingredients.
3. Drizzle a teaspoon of the warmed milk into the mug and mix until the liquid is smooth with no lumps.
4. Add the rest of the milk and mix well.
5. Strain ginger pieces
6. Enjoy

(from Nurturing Remedies.com)

Gentle Detox Juice Mix

(from The Adrenal Reset Diet, by Alan Christianson, NMD)

2 medium beets, peeled and quartered

½ cup broccoli sprouts

½ bunch fresh cilantro, stems trimmed

1 medium green apple, quartered and cored

½ cup frozen kale or 1 cup fresh kale leaves

¼ lemon, sliced and seeded

¼ tsp ground turmeric

1. Place all ingredients in a high-powered blender and add 1 cup water and 1 cup ice cubes.
2. Blend for at least 2 minutes.

Smooth Skin Juice Mix

(from The Adrenal Reset Diet, by Alan Christianson, NMD)

½ avocado, peeled and pitted

1 handful baby carrots (about 1 cup) or 2-3 large carrots, cut into smaller chances

3 celery stalks

1 TSBP coconut oil

1 large cucumber, peeled and cut into chunks

4-6 fresh mint leaves, or ½ tsp dried

1. Place all ingredients in a high-powered blender and add 1 cup water and 1 cup ice cubes.

Blend for at least 2 minutes.

DESSERTS

Fruit and Nut Cookies

2 bananas, smashed

1/3 cup coconut flour

¾ cup almond butter

½ tsp baking soda

1/3 cup raw walnuts, chopped

1 apple, finely diced

1/3 cup canned, full-fat coconut milk

1 TBSP cinnamon

1. Preheat oven to 350°F
2. In a mixing bowl, use fork to smash bananas
3. Add coconut flour, almond butter and baking soda and mix together.
4. Using a handheld chopper or food processor, chop walnuts and apples to fine dice
5. Add walnuts, apples, cinnamon and coconut milk to the bowl and mix well
6. Cover two cookie sheets with parchment paper and spoon heaping tablespoons of cooking mix onto sheet about 1-2 inches apart
7. Bake for 25 minutes
8. Makes about 20 cookies

Variation: replace bananas with ½ cup unsweetened canned organic pumpkin