7 DAY DETOX, CLEANSING MEAL PLAN & RECIPES

THE PURPOSE OF THIS MEAL PLAN IS TO CLEANSE AND PREP THE LIVER FOR KETONE PRODUCTION AND FAT ADAPTED.

- ***The following 7 days you will be consuming primarily plant based foods to provide a mild cleanse.***
- ***It is important to follow the program in its entirety without substituting foods.***
- ***Only eat from the food list or recipes provided.***
- ***Most people are NOT hungry and find they cannot eat all the food provided in the meal plan.***
- ***Eat when you are hungry.***
- ***If you are hungry add extra fat (in the form of oils) to your meals (1-2 Tbsp of olive, avocado, coconut or MCT oil)***
- ***Drink 1/2 your weight in ounces.***
- ***Avoid eating out as much as possible during the 7 days, most restaurant food is often loaded with preservatives and MSG (even the salads)***
- ***Avoid processed foods and alcohol.***
- ***Herbal teas are allowed (caffeine free).***
- ***Use herbs to liven your food (basil, cilantro, garlic, dill, Bragg's Kelp Sprinkles, coconut aminos).***

7 DAY DETOX, CLEANSING MEAL PLAN & RECIPES

THIS IS ONLY A SAMPLE MENU. YOU CAN CHOOSE 4 SOUPS AND SALADS AND ROTATE THEM DURING THE 7 DAYS TO MINIMIZE FOOD PREP.

Before Breakfast	Breakfast	Before Lunch	Lunch	Before Dinner	Dinner	Snacks
Cranberry Tonic	Premier Green Fatty Smoothie	Cranberry Tonic	Green Salad	Ginger Green Tea	Lentil Soup	Pickles or sea snack idea
Ginger Green Tea	Green Cleansing Drink	Cranberry Tonic	Kale Salad	Cinnamon Cider	Spinach Soup	Apple w/nut butter or sea snack idea
Cinnamon Cider	Overnight Oats	Cranberry Tonic	Vegetable Cleansing Group	Ginger Green Tea	Power Salad	Goldern Turmeric Tea or snack ideas
Cranberry Tonic	Green Cleansing Drink	Cranberry Tonic	Butternut Squash Soup	Cranberry Tonic	Sweet Potato Power Salad	Cucumber w/ lemon & salt or snack ideas
Ginger Green Tea	Premier Green Fatty Smoothie	Cranberry Tonic	Lentil Soup	Cinnamon Cider	Carrot Soup Green Salad	1 cup of berries or snack ideas
Cinnamon Cider	Overnight Oats	Cranberry Tonic	Kale Salad	Ginger Green Tea	Broccoli Soup	Cut veggies w/ guac or hummus or snack ideas
Cranberry Tonic	Green Cleansing Drink	Cinnamon Cider	Zucchini Soup	Cinnamon Cider	Marinate Green SaladStir Fry veggies with coconut oil	Olive & pumpkin seeds or snack ideas

CLEANSING DRINKS

CRANBERRY TONIC (1 SERVING)

- 8 OUNCES SPRING OR FILTERED WATER
- UNSWEETENED ORGANIC CRANBERRY JUICE (2 OZ.) (LAKEWOOD ORGANIC CRANBERRY BRAND)
- APPLE CIDER VINEGAR (½ TSP- 2 TSP) (BRAGG'S APPLE CIDER VINEGAR BRAND)
- LEMON JUICE FROM ORGANIC LEMON ½ - 1/3

MIX ALL THE INGREDIENTS TOGETHER. USE SPRING WATER SUCH AS ARROWHEAD, CRYSTAL GEYSER, OR FILTERED WATER. IF IT IS TOO BITTER,
ADD A DASH OF STEVIA. TRIPLE THE RECIPE TO MAKE A BATCH FOR THE DAY.

THE PREFERRED CRANBERRY DRINK IS LAKEWOOD BRAND, ORGANIC, FRESH PRESSED, NOT-FROM-CONCENTRATE, UNSWEETENED CRANBERRY
JUICE. IT IS BEST TO PURCHASE THE BRAGG'S APPLE CIDER VINEGAR. THE BEST STEVIA IS THE KAL BRAND. THESE MAY BE FOUND AT WAL-MART,
GROCERY STORE OR LOCAL HEALTH FOOD STORE.

CINNAMON CIDER CLEANSING TONIC (1 SERVING)

- 8 OUNCES SPRING OR FILTERED WATER
- 1 TABLESPOON APPLE CIDER VINEGAR
- ¼ TEASPOON CINNAMON
- PINCH OF SEA SALT OR HIMALAYAN SALT

MIX ALL INGREDIENTS TOGETHER. DOUBLE THIS RECIPE FOR LATER USE

CLEANSING GINGER GREEN TEA (2 SERVINGS)

- 16 OUNCES WATER
- 2 GREEN TEA BAGS
- 1 LARGE LEMON, JUICED
- 1 TEASPOON FRESH GINGER, PEELED AND GRATED
- 1/8 TEASPOON GROUND TURMERIC
- 1/8 TEASPOON CINNAMON
- 1/8 TEASPOON CAYENNE PEPPER
- ¼ TEASPOON OF RAW HONEY

COMBINE ALL INGREDIENTS IN A SAUCEPAN AND BRING TO A BOIL. TURN DOWN HEAT TO A SIMMER, COVER AND STEEP FOR 5 MINUTES.

POUR INTO MUG AND DRINK HOT OR STORE IN GLASS JAR AND DRINK COLD.

CUCUMBER ELIXIR (NOT PART OF CLEANSING DRINK BUT CAN BE ENJOYED THROUGHOUT THE DAY (4 SERVINGS)

- SPRING, MINERAL OR FILTERED WATER (32 OZ)
- ALOE VERA JUICE, UNSWEETENED (6 OZ)
- ORGANIC CUCUMBER, SLICED (1/2)
- ORGANIC LEMON, SLICED (1)
- ORGANIC LEMON, JUICED (2)
- SEA SALT, DASH OR TO YOUR PREFERENCE
- STEVIA, DASH FOR A TOUCH OF SWEETNESS

MIX ALL THE INGREDIENTS IN A LARGE GLASS PITCHER AND LET IT SIT FOR A FEW HOURS OR OVERNIGHT FOR THE BEST TASTING CUCUMBER ELIXIR

EVER!!! ENJOY THROUGHOUT THE DAY.

GOLDEN TURMERIC TEA (NOT PART OF CLEANSING DRINK BUT CAN BE ENJOYED AS AN EVENING DRINK)

- 2 CUPS OF COCONUT OR ALMOND MILK
- 1 TEASPOON TURMERIC
- ½ TEASPOON CINNAMON
- 1 TEASPOON RAW HONEY
- DASH OF BLACK PEPPER
- 1/8 TO ¼ TSP OF GINGER OR SMALL PIECE OF GINGER GRATED

BLEND ALL INGREDIENTS AND POUR INTO A SMALL SAUCEPAN AND HEAT FOR ABOUT 3-5 MINUTES BUT DO NOT BOIL. SIP ON IT AND ENJOY!! 2 SERVINGS

BREAKFAST OPTIONS (CLEANSING DRINK, SMOOTHIE, KETO OATS)

PREMIER GREEN FATTY BREAKFAST SMOOTHIE (1 SERVING)

- 1-2 SCOOPS OF PLANT-BASED PROTEIN (WE RECOMMEND PURE PALEO PROTEIN & NOURISH GREENS OR PARADISE PROTEIN AND GREENS)
- 1 CUP SPINACH OR KALE
- ½ CUP BLUEBERRIES, STRAWBERRIES OR FRUIT PERMITTED IN EATING PLAN
- 2 DASHES OF CINNAMON
- 1 TABLESPOON OF COCONUT OIL, MCT OIL, OLIVE OR AVOCADO OIL
- 1 CUP UNSWEETENED COCONUT MILK
- 1 CUP FILTERED WATER
- ¼ TEASPOON STEVIA FOR DESIRED SWEETNESS
- 1-2 CUPS OF ICE DEPENDS ON YOUR PREFERENCE

MIX INGREDIENTS IN BLENDER AND ENJOY!

GREEN CLEANSING DRINK FOR BEAUTIFUL GLOWING SKIN & WEIGHT LOSS (2 SERVINGS)

- 2 HANDFUL OF ORGANIC SPINACH
- 2-3 ORGANIC KALE LEAVES WITHOUT STEMS
- 1 HANDFUL OF ORGANIC PARSLEY
- 1 HANDFUL OF ORGANIC CILANTRO
- 1 WHOLE CUCUMBER
- ½ CUP FROZEN UNSWEETENED PINEAPPLE CHUNKS
- 1ORGANIC LEMON WITH PEEL/SKIN
- 1 TABLESPOON MCT OIL (AVAILABLE MOST HEALTH FOODS STORES OR AMAZON) OR 1 TABLESPOON OF OLIVE OIL
- 18 OUNCES BAI ANTIOXIDANT COCOFUSION (AVAILABLE AT WALMART, TARGET, SAFEWAY, SMITHS AND MOST GROCERY STORES)
- WATER, ADD 8-12 OUNCES IF DRINK IS TOO THICK

PLACE ALL INGREDIENTS IN A BLENDER. STORE IN GLASS JARS OR MASON JARS FOR LATER CONSUMPTION.

OVERNIGHT OATS

- ½ CUP UNSWEETENED VANILLA ALMOND OR COCONUT MILK (YOU MAY ADD MORE FOR THINNER CONSISTENCY)
- ½ CUP HEMP HEART SEEDS
- 3 TSP CHIA SEEDS
- 1 -3 TBSP. ALMOND BUTTER AND/OR COCOA POWDER
- 3 DROPS OF LIQUID STEVIA

PLACE ALL INGREDIENTS IN A MASON JAR AND SHAKE VIGOROUSLY UNTIL MIXED THOROUGHLY AND LET IT THICKEN OVERNIGHT IN THE
REFRIGERATOR. MAKES 2 SERVINGS.

OPTIONAL ADD FROZEN BERRIES

SALADS

ADD 2 TABLESPOONS OF OIL TO ALL SALADS (ORGANIC COLD PRESSED AVOCADO OR OLIVE OIL ARE YOUR BEST CHOICE)

GREEN SALAD (2 SERVINGS)

- 5 OUNCES OF ORGANIC BABY SPRING MIX OR SPINACH
- 1-2 STALKS CELERY
- 1 WHOLE CARROT
- 1 CUCUMBER
- ¼ BROCCOLI HEAD
- ½ BELL PEPPER
- 1-2 TABLESPOONS OF CHIA SEEDS
- 1-2 TABLESPOONS OF UNSWEETENED COCONUT FLAKES
- 4-5 GRAPE TOMATOES
- ½ AVOCADO SLICED

MIX ALL INGREDIENTS TOGETHER. DRIZZLE 2 TABLESPOONS OF OLIVE OIL OR AVOCADO OIL, JUICE OF 1 LEMON AND 1-2 TABLESPOONS OF BALSAMIC VINEGAR. OPTIONAL ADD ½ CUP OF SLICED STRAWBERRIES OR BLUEBERRIES AND/OR 1 TABLESPOON OF NUTS OR SEEDS.

KALE SALAD

- 5 CUPS CHOPPED KALE
- 1-2 TSP OLIVE OIL
- 1/8 TSP SALT
- 2 CUPS CHOPPED BROCCOLI
- 1/2 CUP SLICED ALMONDS
- 1/4-1/2 CUP SHREDDED CARROTS
- 1/4 CUP DICED RED ONION
- 1/4 CUP SUNFLOWER SEED

LEMON DRESSING

- 1 TBSP DIJON MUSTARD
- 1 CLOVE GARLIC MINCED
- 1/2 TSP DRIED OREGANO
- 1/4 TSP SALT
- 1/8 TSP GROUND BLACK PEPPER
- 1 TSP HONEY ADJUST TO TASTE
- 1/4 CUP OLIVE OIL
- 2 TBSP FRESH LEMON JUICE
- 2 TBSP RED WINE VINEGAR

FIRST MAKE YOUR DRESSING BY COMBINING INGREDIENTS ABOVE IN A LIDDED MASON JAR THEN SHAKE WELL TO EMULSIFY. DIP A KALE LEAF IN THE DRESSING AND ADJUST SWEETENER, SALT, AND PEPPER TO TASTE. YOU CAN MAKE THIS DRESSING AS SWEET OR TART AS YOU DESIRE.

NEXT MASSAGE YOUR CHOPPED KALE WITH A LITTLE OLIVE OIL AND A PINCH OF SALT. RUB WITH YOUR FINGERS UNTIL LEAVES BEGIN TO DARKEN AND TENDERIZE. THIS MAKES IT TASTE GREAT AND GIVES THE KALE A SILKY TEXTURE!

IN A LARGE BOWL, COMBINE MASSAGED KALE, BROCCOLI, ALMONDS, CARROTS, ONION, SUNFLOWER SEEDS. SHAKE YOUR DRESSING ONCE MORE AND POUR ABOUT 1/3 OF THE DRESSING OVER THE SALAD. TOSS TO COAT AND ADD EXTRA DRESSING, TO TASTE.

POWER SALAD! (SERVES 1-2)

•1/2 HEAD ROMAINE LETTUCE
•1/4 BUNCH CILANTRO, BASIL, OR PARSLEY
•2 LARGE STALKS OF CELERY
•1/2 AVOCADO, CUBED
•JUICE FROM 1/2 LEMON OR LIME
•1T OLIVE OIL OR COCONUT OIL

1. SLICE 1/2 HEAD OF LETTUCE ALONG SHORT AXIS IN 1/2-INCH SECTIONS.
2. PLACE IN FOOD PROCESSOR AND PULSE CHOP TO ACHIEVE PEA SIZE UNIFORM PIECES.
3. PLACE IN BOWL.
4. CHOP CILANTRO USING SAME TECHNIQUE.
5. SLICE CELERY IN 1/2-INCH PIECES AND PULSE CHOP IN THE SAME MANOR.
6. PLACE ALL INGREDIENTS IN BOWL, ADD AVOCADO, OLIVE OIL, TOSS, AND SERVE!

MARINATED GREENS

- 1 BUNCH KALE
- 1 BUNCH SPINACH
- 1 RED AND YELLOW BELL PEPPER
- OLIVE OIL
- SEA SALT
- CAYENNE PEPPER
- 1 LEMON
- 1 INCH PIECE OF GINGER
- ½ RED ONION

1. STRIP THE KALE LEAVE OFF THE STEMS AND CHOP INTO BITE SIZE PIECES
2. CHOP SPINACH INTO PIECES.
3. THROW GREENS IN A LARGE BOWL.
4. POUR 3/4 CUP OLIVE OIL AND SQUEEZE ONE LEMON ON GREENS AND MIX WITH HANDS.
5. PROCESS IN FOOD PROCESSOR BELL PEPPERS, RED ONION, GINGER, 1/2 CUP OLIVE OIL, SEA SALT AND CAYENNE PEPPER TO TASTE.
6. PROCESS TILL IT'S A LIQUID.
7. POUR MARINADE OVER GREENS AND MIX WITH HANDS. EAT RIGHT AWAY OR EVEN BETTER LET SIT FOR FEW HOURS.

MEALS (CONSIST OF SOUPS, SALADS, STIR FRY VEGETABLES, LENTILS OR SWEET POTATO)

PREPARE A HEALTHY SALAD, RAW OR COOKED SOUP OR LENTIL SOUP. A SWEET POTATO DRIZZLED WITH COCONUT OIL AND CINNAMON. (SWEET POTATOES-NO MORE THAN 3 A WEEK)

RAW SPINACH SOUP (SERVES 4)

• 4OZ/120G BABY SPINACH, WASHED WELL, DRAINED AND DRIED
• 1 CUP WATER
• 1 RIPE OF AVOCADO, CUT IN HALF AND PITTED
• 2-3 CLOVES ROASTED GARLIC OR 1 CLOVE RAW GARLIC
• 1-2 TSP LEMON JUICE OR JUICE FROM 1 LEMON
• 1/3 CUP OF RAW OR GERMINATED CASHEWS
• PINCH OF SALT

1. PUREE SPINACH, WATER, GARLIC, LEMON JUICE AND SALT. I WOULD START WITH LESS WATER AND ONLY ADD MORE AT THE END IF IT'S TOO THICK.
2. SPOON THE AVOCADO OUT OF ITS SHELL AND INTO THE BLENDER/FOOD PROCESSOR AND PROCESS UNTIL SMOOTH. TASTE FOR SEASONING. DIVIDE INTO 4 EQUAL PORTIONS.

(**OPTIONAL: I LIKE TO ADD 2 DATES WITHOUT THE PIT, A BUNCH OF BASIL, PARSLEY AND SPIKE SEASONING)

GAZPACHO SOUP, RAW (4 SERVINGS)

THIS IS A QUICK SOUP THAT IS TASTY AND ONLY TAKES A FEW MINUTES TO MAKE. YOU WILL NEED A BLENDER, A FOOD PROCESSOR WOULD BE GREAT FOR CHOPPING THE VEGETABLES BUT NOT NECESSARY. IT TAKES ABOUT 20 MINUTES.

• ¼ CUP EXTRA VIRGIN OLIVE OIL

• 1 LARGE AVOCADO, CUT INTO ¼ INCH CUBES
• ¼ CUP LEMON JUICE

- ¼ CUP LEMON JUICE
- 1 MEDIUM BELL PEPPER, CUT INTO ¼ INCH CUBES
- 5 LARGE RIPE TOMATOES
- 4 STALKS CELERY, CUT INTO ¼ INCH CUBES
- 2 CLOVES GARLIC OR SPICY PEPPER TO TASTE
- 1 SMALL ONION, CUT INTO ¼ INCH CUBES
- TBSP RAW HONEY
- ½ TEASPOON SEA SALT
- CHOPPED PARSLEY
- 1 BUNCH FRESH BASIL

1. BLEND THE OLIVE OIL, LEMON JUICE, TOMATOES, GARLIC, HONEY, SEA SALT AND BASIL WITH ½ CUP OF WATER UNTIL SMOOTH.
2. POUR THE SOUP INTO A LARGE BOWL, AND ADD THE CHOPPED AVOCADO, BELL PEPPER, CELERY AND ONION.
3. MIX ALL THE INGREDIENTS TOGETHER AND SPRINKLE WITH CHOPPED PARSLEY.

VEGETABLE CLEANSING DETOX SOUP

- 1/4 CUP WATER (OR VEGETABLE BROTH)
- 2 TABLESPOON OF COCONUT OIL OR OLIVE OIL
- 1/2 OF A RED ONION, DICED
- 2 CLOVES GARLIC, MINCED
- 3 CELERY STALKS, DICED
- 3 MEDIUM CARROTS, DICED
- 1 SMALL HEAD OF BROCCOLI, FLORETS
- 1 CUP CHOPPED TOMATOES
- 1 TABLESPOON FRESH GINGER, PEELED AND MINCED
- 1 TEASPOON TURMERIC (I USED POWDERED)
- 1/4 TEASPOON CINNAMON
- 1/8 TEASPOON CAYENNE PEPPER, OR TO TASTE (OPTIONAL)
- FINE-GRAIN SEA SALT AND BLACK PEPPER, TO TASTE

• 6 CUPS WATER (OR 4 CUPS VEGETABLE BROTH + 2 CUPS WATER)
• 2 CUPS KALE, DE-STEMMED AND TORN IN PIECES
• 1 CUP PURPLE CABBAGE, CHOPPED
• JUICE FROM 1/2 OF A SMALL LEMON (OR A WHOLE LEMON, DEPENDING HOW MUCH LEMON FLAVOR YOU PREFER)

1. IN A LARGE POT, ADD THE WATER, OIL AND TURN ON THE HEAT TO MEDIUM-HIGH.
2. AFTER IT'S HOT, ADD THE ONION AND GARLIC. SAUTÉ FOR 2 MINUTES, STIRRING OCCASIONALLY. ADD THE CELERY, CARROTS, BROCCOLI, TOMATOES AND FRESH GINGER. STIR AND COOK FOR 3 MINUTES, ADDING IN EXTRA WATER OR BROTH AS NEEDED (ANOTHER 1/4 CUP).
3. STIR IN THE TURMERIC, CINNAMON, AND CAYENNE PEPPER PLUS SALT AND PEPPER TO TASTE.
4. ADD IN THE WATER OR VEGETABLE BROTH AND BRING TO A BOIL. REDUCE HEAT AND SIMMER FOR 10-15 MINUTES OR UNTIL VEGETABLES ARE SOFT.
5. ADD IN THE KALE, CABBAGE AND LEMON JUICE NEAR THE LAST 2-3 MINUTES OF SIMMERING.LEFTOVERS STAY WELL IN THE REFRIGERATOR FOR UP TO 3 DAYS.

BUTTERNUT SQUASH SOUP (6 SERVINGS)

• 1 TABLESPOON OLIVE OIL
• 2 LBS BUTTERNUT SQUASH CUT IN 1 INCH PIECES, ABOUT 5 CUPS
• 1 CUP CARROTS DICED
• 1 CUP CANNED COCONUT MILK
• ½ CUP ONION DICED
• 1 TABLESPOON GARLIC MINCED
• 3 CUPS OF VEGETABLE STOCK
• 1 TEASPOON PEPPER
• 1 TEASPOON PAPRIKA
• ½ TEASPOON SALT
• ½ TEASPOON CINNAMON
• ½ TEASPOON TURMERIC

STOVE TOP INSTRUCTIONS

1. HEAT OLIVE OIL IN A PAN OVER MEDIUM HEAT. SAUTE SQUASH, CARROTS, ONIONS + GARLIC UNTIL SQUASH HAS BROWNED ON EDGES AND ONIONS/GARLIC ARE TRANSLUCENT
2. ADD STOCK AND SPICES TO THE PAN. BRING TO A BOIL. ONCE BOILING, REDUCE HEAT + SIMMER FOR 30-40 MINUTES.
3. ALLOW SOUP TO COOL + ADD TO A BLENDER. BLEND UNTIL SMOOTH.

CROCKPOT INSTRUCTIONS

1. IN A LARGE PAN, HEAT OLIVE OIL. SAUTÉ SQUASH, CARROTS, ONIONS + GARLIC UNTIL SQUASH HAS BROWNED ON EDGES AND ONIONS/GARLIC ARE TRANSLUCENT.
2. PLACE COOKED VEGETABLES IN CROCKPOT. COVER WITH STOCK AND ADD SPICES. COOK ON LOW FOR 6-8 HOURS
3. ALLOW SOUP TO COOL + ADD TO A BLENDER. BLEND UNTIL SMOOTH.

ZUCCHINI SOUP (SERVES 4)

- 3 MEDIUM ZUCCHINIS, WITH SKIN CUT IN LARGE CHUNKS
- 1 ONION QUARTERED
- 2 CLOVES GARLIC SLICED
- 4 CUPS VEGETABLE STOCK
- 2 TABLESPOONS COCONUT MILK
- COCONUT OR OLIVE OIL FOR COOKING
- SEA SALT AND FRESH GROUND BLACK PEPPER

1. MELT OIL IN A SAUCEPAN OVER MEDIUM HEAT
2. ADD THE ONION, GARLIC AND ZUCCHINIS AND COOK FOR 4 TO 5 MINUTES
3. ADD THE VEGETABLE STOCK, SEASON TO TASTE WITH SALT AND PEPPER AND BRING TO A BOIL

CARROT SOUP (SERVES 4)

EASY CURRIED CARROT SOUP. ALTHOUGH THIS SOUP IS SERVED ROOM TEMPERATURE, IT FEELS QUITE WARM.

- 6 CARROTS, CHOPPED
- 1 SMALL LEMON
- 1 ½ AVOCADO
- 2 TSP CURRY POWDER
- 2 CUPS WATER
- ½ TEASPOON CUMIN
- 3 CLOVE GARLIC
- PINCH OF CAYENNE PEPPER
- 1 TSP POWDERED GINGER
- SEA SALT AND PEPPER TO TASTE

PLACE ALL INGREDIENTS IN BLENDE AND BLEND UNTIL SMOOTH. FOR A PRETTY FINISH, SPRINKLE WITH CURRY POWDER.

BROCCOLI SOUP (4 SERVINGS)

- 3 CUPS WATER
- 1 CUP UNSALTED RAW CASHEWS
- 1 TEASPOON HONEY
- 2 CUPS BROCCOLI
- 1 AVOCADO
- 1/2-1 GARLIC CLOVES
- 1 TABLESPOON OLIVE OIL
- 1 TEASPOON ONION
- 1 TEASPOON SEA SALT
- 1/8 TEASPOON CUMIN
- 1/8 TEASPOON BLACK PEPPER

1. BLEND WATER, CASHEWS, AND HONEY UNTIL SMOOTH.
2. ADD THE REST OF THE INGREDIENTS AND BLEND UNTIL CREAMY.

VEGAN PUMPKIN SOUP (4 SERVINGS)

- 1 TABLESPOON AVOCADO OIL
- 1 SMALL YELLOW ONION, DICED
- 2 LARGE GARLIC CLOVES, SLICED
- 1 TEASPOON FRESH GINGER, GRATED
- 2 CUPS PUMPKIN PUREE, CANNED
- 1 TEASPOON CURRY POWDER
- ½ CHICKEN STOCK
- ¼ CUP APPLE JUICE (OPTIONAL)
- 1/3 CUP OF COCONUT MILK, CANNED
- SEA SALT AND BLACK PEPPER TO TASTE
- SPROUTED PUMPKIN SEEDS

1. ADD AVOCADO OIL IN HEATED SKILLET AND SAUTÉ ONION AND GARLIC FOR ABOUT 2-3 MINUTES AND A DASH OF SALT AND SET ASIDE.
2. ADD ALL OTHER INGREDIENTS, EXCEPT SALT AND PEPPER, IN A HIGH SPEED BLENDER AND ADD IN SAUTÉED GARLIC AND ONIONS, BLEND FOR ABOUT 1 -2 MINUTES UNTIL SMOOTH.
3. POUR INTO MEDIUM SOUP POT AND WARM UP OVER MEDIUM HEAT.
4. SEASON WITH SALT AND PEPPER. OPTIONAL: ADD 2 TABLESPOONS OF SPROUTED PUMPKIN SEEDS

LENTIL SOUP (8 SERVINGS)

·2 TBSP. AVOCADO OR COCONUT OIL
·1 CUP CARROTS, DICED
·2 CUPS CELERY, DICED (ABOUT 3 - 4 LARGE STALKS)
·1 CUP ONION, DICED
·1/2 TSP GARLIC POWDER

- 1/2 TSP DRIED BASIL, CRUSHED
- 1/2 TSP DRIED OREGANO, CRUSHED
- 1/4 TSP DRIED THYME, CRUSHED
- 1 BAY LEAF
- 32 OZ CHICKEN BROTH (WATCH OUT FOR CORN STARCH AND FILLERS)
- 1 ½ CUPS WATER
- 14 ½ OZ CAN DICED TOMATOES WITH BASIL, GARLIC & OREGANO
- 1/2 TSP SALT
- 1/2 TSP GROUND BLACK PEPPER
- 1 CUP DRIED LENTILS - RINSED AND DRAINED

1. HEAT OIL IN LARGE STOCKPOT AND ADD VEGETABLES AND ALL SPICES. COOK APPROX. 10 MIN OVER MED-HIGH HEAT OR UNTIL TENDER.
2. ADD CHICKEN BROTH, WATER, DICED TOMATOES, SALT, PEPPER, AND HEAT TO A BOIL.
3. ADD LENTILS AND LOWER HEAT TO SIMMER. CONTINUE TO SIMMER FOR 20 MINUTES.
4. REMOVE BAY LEAF AND SERVE, SALT TO DESIRED TASTE.

SNACKS

- FRIED EGGPLANT IN AVOCADO OIL
- STEAMED BROCCOLI WITH COCONUT OIL/OLIVE OIL AND DASH OF SEA SALT
- CELERY WITH RAW NUT BUTTER
- SLIGHTLY COOKED CAULIFLOWER WITH TURMERIC, COCONUT OIL AND SEA SALT
- MUSHROOMS SAUTÉED IN AVOCADO OIL
- APPLES DIPPED IN NUT BUTTER
- PICKLES & OLIVES
- CUT VEGETABLES DIPPED IN GUACAMOLE, SALSA OR HUMMUS
- CABBAGE COOKED WITH GARLIC, ONION AND SEA SALT
- CUCUMBER WITH LEMON OR LIME AND SEA SALT
- SPAGHETTI SQUASH WITH TOMATO SAUCE
- FRESH GREEN JUICE
- GREEN DETOX FOR BEAUTIFUL GLOWING SKIN & WEIGHT LOSS
- 8 OUNCES KOMBUCHA DRINK
- SAUERKRAUT OR KIMCHI

VEGETABLES

YOU CAN EAT THE VEGETABLES (ORGANIC) IN UNLIMITED QUANTITIES LISTED BELOW.

*CRUCIFEROUS VEGETABLES - IF CONSUMED IN THE SPROUTED FORM, THEY ARE ALSO LOADED WITH ANTI-CANCER AND ANTI-ESTROGENIC PROPERTIES (ESTROGEN IS A FAT MAKING HORMONE).

SOME PEOPLE HAVE AN ALLERGY/SENSITIVITY TO SULFUR-BASED VEGETABLES LIKE BROCCOLI. IF YOU ARE ALLERGIC TO ANY FOOD, AVOID IT, AS IT WILL DRIVE YOU FURTHER INTO A DEPENDENCY ON BLOOD SUGAR – AWAY FROM FAT BURNING. ONE WAY TO KNOW IF YOU ARE ALLERGIC/SENSITIVE TO THESE IS TO LOOK FOR BLOATING OR GAS. DIGESTIVE ENZYMES ARE HELPFUL AND CAN BE PURCHASED ON OUR WEBSITE (WWW.DRLINDAMARQUEZ.COM)

- ALFALFA SPROUTS
- ARTICHOKES
- ASPARAGUS
- AVOCADO
- BAMBOO SHOOTS
- BEETS
- BOK CHOY
- BROCCOLI
- BRUSSELS SPROUTS
- CABBAGE
- CARROTS
- CAULIFLOWER
- CELERY
- CILANTRO
- COLLARD GREENS
- CUCUMBERS
- DILL
- ESCAROLE
- EGGPLANT
- GARLIC
- GINGER ROOT
- KALE
- LEEKS
- LETTUCE
- MUSHROOMS
- OKRA
- OLIVES
- ONIONS
- PARSLEY
- PEAS
- PEPPERS
- PICKLES
- RADISHES
- SALSA
- SAUERKRAUT
- SPINACH
- SQUASH
- STRING BEANS
- SWEET POTATO
- SWISS CHARD
- TOMATOES
- TURNIPS
- WATER CHESTNUTS
- ZUCCHINI

NIGHTSHADES MAY BE A ISSUE FOR SOME PEOPLE WITH AUTOIMMUNE CONDITIONS OR PAIN AND MAY WANT TO AVOID IT. SEE MY BLOG ON MY WEBSITE “ARE NIGHTSHADES YOUR KRYPTONITE?”

ALL VEGETABLES SHOULD BE ORGANIC, PESTICIDE-FREE, AND HERBICIDE-FREE. THE PURPOSE IS TO DECREASE THE ANTIGEN LOAD, WHICH INCLUDES PESTICIDES, HERBICIDES, HORMONES, AND ANTI-BIOTICS.

PROTEIN

SOME PEOPLE WILL FEEL THE NEED TO ADD ANIMAL PROTEIN. YOU WILL BE GETTING PROTEIN FROM LEGUMES, SEEDS, AND NUTS. WE ALSO RECOMMEND PARADISE PROTEIN & GREEN OR PLANT BASED PEA PROTEIN. ALTHOUGH NOT PLANT BASED DESIGNS FOR HEALTH PURE PALEO PROTEIN CAN BE A GOOD OPTION FOR SOME.

LENTILS

ADD LENTILS TO YOUR EATING PLAN. THERE IS NO NEED TO SPROUT LENTILS AND LIMIT TO 1 ½ CUP PER DAY.

BONE BROTH

BONE BROTH HAS MANY HEALING PROPERTIES FOR THE GUT, LIVER, KIDNEY AND ADRENALS. IT IS RICH IN MINERALS LIKE CALCIUM, MAGNESIUM AND EASILY ABSORBED. BONE BROTH IS ALSO RICH IN GELATIN, WHICH IS A SUPPLEMENTARY PROTEIN HELPFUL IN DEGENERATIVE JOINT DISEASE.
IT IS AVAILABLE FOR PURCHASE AT MOST GROCERY STORES AND HEALTH FOOD STORES. BONE BROTH IS DIFFERENT THAN VEGETABLE BROTH AND CAN EASILY BE DISTINGUISHED BY LOOKING AT THE PROTEIN CONTENT.

FERMENTED FOODS

FERMENTED FOODS ARE POTENT CHELATORS OR DETOXIFIERS AND LOADED WITH PROBIOTICS WHICH HELP OPTIMIZE YOUR GUT FLORA. THEY HELP BREAK DOWN HEAVY METALS AND OTHER TOXINS IN THE BODY AND HELP WITH MINERAL ABSORPTION TOO.
INCLUDE FERMENTED FOODS IN YOUR DIET DAILY LIKE KOMBUCHA, KIMCHI, SAUERKRAUT AND KEVITA DRINKS. WATCH THE SUGAR IN THE FERMENTED DRINKS. THE LABEL SHOULD NOT EXCEED 5 GRAMS PER SERVING. IN THE PICTURE BELOW YOU CAN SEE THAT THERE IS 7 GRAMS OF SUGAR PER SERVING. SO IF YOU DRINK THE ENTIRE DRINK THAT IS 14 GRAMS OF SUGAR. THE GOAL IS TO KEEP THE TOTAL SUGAR GRAMS FROM ALL FRUIT AND BEVERAGES TO UNDER 25 GRAMS DURING THIS CLEANSING PLAN.

FIBER

FIBER INTAKE IS VERY IMPORTANT FOR A HEALTHY LIVE, DIGESTIVE TRACT AND ELIMINATION. YOU WILL BE CONSUMING PLENTY OF FIBER FROM YOUR
DIET (FRUIT, VEGETABLE, NUTS, AND BEANS). YOU CAN ALSO ADD FLAXSEED AND CHIA SEEDS.

DAIRY

NO DAIRY. COCONUT MILK IS PERMITTED (LIMIT TO 1.5 CUP PER DAY) IS A GOOD SWAP.

STARCHES/GRAINS

ONLY ALLOWED STARCHES ARE SWEET POTATOES AND VEGETABLES FROM LIST.
DO NOT EAT STARCHES OR GRAINS. STARCHES INCLUDE CORN, BREADS, PASTAS, RICE, CEREAL, MUFFINS, POTATOES, RICE CAKES, BISCUITS AND COOKIES. NO SUGAR, HONEY, MOLASSES, AGAVE OR BROWN SUGAR. SOME RECIPES MAY CALL FOR A SMALL AMOUNT OF RAW HONEY, THIS IS OKAY.

SALAD DRESSING

BEGIN BY AVOIDING ALL SALAD DRESSINGS THAT ARE NOT HOME MADE. YOU CAN USE UNLIMITED AMOUNTS OF OLIVE OIL, HEMP OIL, APPLE CIDER VINEGAR, LEMON AND HOME-MADE BALSAMIC VINEGAR WITH YOUR FAVORITE SPICES. YOU CAN ADD IN PRIMAL KITCHEN DRESSINGS TOO.

OILS/FAT

THE BEST CHOICE OF OIL TO USE IS COLD PRESSED AVOCADO OIL, IF YOU SAUTÉ YOUR VEGETABLES. DO NOT HEAT UP OLIVE OIL, IT IS BEST TO DRIZZLE IT OVER YOUR VEGETABLES. PLEASE MAKE SURE YOU ARE EATING ENOUGH HEALTHY FATS TO KEEP YOU SATIATED.

SUGAR

NO SUGAR OF ANY KIND ALLOWED. THIS INCLUDES HONEY, MOLASSES, BROWN SUGAR, REFINED SUGAR, SWEET N LOW, SPLENDA. SOME RECIPES MAY
CALL FOR A SMALL AMOUNT OF HONEY THIS IS OKAY. STEVIA IS OKAY TO USE

FRUIT

IT IS BEST TO CONSUME FRUIT DURING THE LATER HALF OF THE DAY, AFTER SOME PROTEIN HAS BEEN CONSUMED. LIMIT TO 2 CUPS/DAY AND INCLUDE THOSE IN YOUR SMOOTHIES OR DRINKS. MAKE SURE THAT THEY ARE ORGANIC AND RAW.

AVOID BANANAS, DRIED FRUITS, FIGS, RAISINS, CANNED FRUIT, MANGOES AND CHERRIES AS THEY HAVE EXTRA SUGAR CONTENT AND CAN AFFECT YOUR BLOOD SUGAR.

AVOID FRUIT JUICES.
BERRIES ARE ALWAYS A GOOD CHOICE

apples	**apricots**	**berries (all)**	**grapefruit**
grapes	**kiwi**	**lemon/limes**	**melons**
nectarines	**oranges**	**peaches**	**pears**
pineapple (small amount)	**plums**	**tomato (also in veg category)**	

RAW NUTS AND SEEDS (ORGANIC)

YOU MAY CONSUME NUTS AND SEED THROUGHOUT THE 7-DAY PROGRAM, LIMIT AMOUNT TO A SMALL SHOT GLASS SIZE.

CONSUME OMEGA-3 VEGETARIAN SOURCES (SPROUTED WALNUTS ARE THE #1 CHOICE). SPROUTED/GERMINATED NUTS AND SEEDS ARE VERY IMPORTANT IN THIS DIET FOR THEIR ENZYMES AND BECAUSE THEY ALSO GIVE YOU A SENSE OF BEING FULL. START WITH SEEDS.

*** SMALL AMOUNTS**

***Almonds**	***Cashews**	**Brazil nuts**
Hazel Nuts	**Pecans**	**Pine nuts**
Pistachios	**Seeds (chia, pumpkin, sunflower)**	**Walnuts**

CONDIMENTS

CELTIC SALT, HERBAMARE, SPIKE, RAW HOMEMADE SALSA, GUACAMOLE, HOMEMADE SALAD DRESSING, APPLE CIDER VINEGAR (LOOK FOR THE WORDS "THE MOTHER" ON THE LABEL) AND ORGANIC HERBS AND SPICES WITH NO ADDED STARCHES, SUGARS OR STABILIZERS.

HELPFUL TIPS

- AVOID EATING OUT AS MUCH AS POSSIBLE. RESTAURANT FOOD IS OFTEN LOADED WITH PRESERVATIVES AND MSG (MONOSODIUM GLUTAMATE.) YES, EVEN SALAD.
- ALSO AVOID PROCESSED FOODS AND ALCOHOL.
- HERBAL TEAS ARE ALLOWED (CAFFEINE FREE).
- DRINK ONLY AS MUCH WATER AS YOUR BODY CRAVES.
- USE HERBS TO LIVEN YOUR FOOD (BASIL, CILANTRO, GARLIC, DILL, BRAGG'S KELP SPRINKLES)

NOTE: YOUR PRACTITIONER MAY RECOMMEND TO FOLLOW THIS TEMPLATE AND ADD IN NON-MEAT PROTEIN, AFTER 3 OR 7 DAYS, TO IMPROVE BLOOD SUGAR AND CHOLESTEROL MARKERS. YOU WILL ADD IN GRASS FED EGGS (IF TOLERABLE), WILD CAUGHT FISH AND GRASS-FED CHICKEN AND REMOVE LENTILS, FROM THIS TEMPLATE

CLEANSING FOODS

APPLE CIDER VINEGAR

AVOCADO OIL

LAKEWOOD CRANBERRY JUICE

COCONUT BUTTER

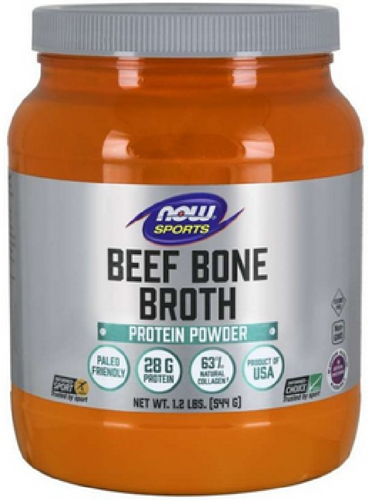
kOMBUCHA

MCT OIL

PRIMAL KITCHEN DRESSINGS

OLIVE OIL

PACIFIC BONE BROTH



BEEF BONE
BROTH POWDER

KETTLE & FIRE
BONE BROTH

COCONUT FLAKES

FLAX SEEDS

HEMP HEARTS

PROTEIN AND GREENS

NOURISH GREENS

CHOCOLATE BONE BROTH POWDER

COLLAGEN

GARLIC PASTE

HUMMUS

PRIMAL DRESSING MAYONNAISE

SALAD SPRING MIX