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Earthie Mama's

21 Day Super Cleanse



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Introduction

Congratulations!! You are about to embark on a life changing journey!

During these next 3 weeks you will learn how to eat in a compassionate and conscious way while cleaning your body from the inside out. Detoxing is one of the oldest medical modalities to heal the body. Detoxing is a period of time in which you allow your body to get rid of extra toxins that have accumulated in the body over time. We are being bombarded with 30,000,000 chemicals in our environment and the over 80,000 chemicals in the household and personal products we may use. There are millions of toxins in our water, food and the air we breathe. These toxins overburden our bodies. The body needs a break to recharge. By taking time to detox, we can help our bodies deal with the toxicity that keeps us tired and sick. It allows the body to reset by the natural cleaning of your digestive system as well as your intestines to create the perfect internal environment to support your body to do what it is meant to do, thrive.

The goal of this whole body super detox cleanse is to:

- Flush out toxins
- Have More Energy
- Clearer Skin
- Clearer Eyes
- Weight Loss
- Release addictive habits
- Feel empowered and positive
- Increase self-healing

Helpful tips while Detoxing:

- Drink plenty of water
- Ingest nutritional vegetables, fruits, juice and fermented foods
- Get lots of rest
- Exercise
- Sweat out toxins
- Remove dairy, bread, sugar, processed foods, alcohol and caffeine
- Do not stress

Knowledge is power. During the next 21 Days I will guide you through a journey to clean out your body while educating you so you can take baby steps and eventually make a complete lifestyle shift. Do not get overwhelmed or discouraged, take it one day at a time and please be kind to yourself. As you embark on this cleanse, take the time to rest, relax and tune into your body. Be proud of yourself and trust that your body wants to thrive!

Before the Cleanse

During these 21 days I recommend eliminating the body from the **'Big 5' - Caffeine, Sugar, Alcohol, Gluten and Animal products**. This might seem overwhelming to you but I assure you by taking this one day at a time, one meal at a time, you will reset your bodies natural systems, repair your body and form new eating patterns that you can take with you from this point on in your life. This cleanse is about choosing the foods that don't tax the body and make it work so hard. It's about taking a break. You can feel what its like to be free from toxins, gain clarity and feel the healing of your body, mind and spirit. You will discover how some foods from which you are abstaining have been effecting your body and your mental state. You will find that you have emotional attachments to conditioned ways of thinking.



Over the course of the next 3 weeks, read day by day information about why you are eliminating these 'Big 5.' I will teach you ways to detox the body and offer health tips. There are also many recipes and meal plan ideas to help you eat well on this cleanse. Many people experience no physical problems from the cleanse but many do. If you do, remind yourself that these 'bad' physical feelings pass within a few days for almost everyone. The body is a brilliant and masterful system of healing and if given a chance can often restore itself to perfect health. If you decide that its just too difficult to give up all the Big 5 at once then choose to abstain from one or two and make that your cleanse.

But....please challenge yourself to go beyond what's comfortable. However you go about this cleanse, it is your own personal journey. Ultimately remember to trust that your soul knows exactly what it needs to thrive.

Spend some time thinking about some things like:

(writing in a journal is helpful as you can look back on what you wrote)

- How do I feel, physically, mentally, emotionally and spiritually?
- What do I think needs to change?
- Can I take new information and let it settle into my awareness?
- Do I have it within me to move beyond my old ways and move forward into new ways?
- Also in a journal: write down everything you put into your body on a daily basis?

Being mindful about food and eating is an essential part of the health puzzle.

You may notice that when you feel sad, you tend to overeat carbohydrates or when you have anxiety you might consume a lot of fats. Paying attention and getting to know yourself while listening to your inner voice is the new context that you can use during this cleanse in order to heal and change.

Shopping for food:

Whenever I do a cleanse, I like to spend a day at the market, shopping for nutrient dense foods that I will enjoy during the next couple of weeks.

(I recommend Organic and non GMO as much as possible)

Sample Grocery List:

- Irish Steel Oats
- Mixed-grain hot cereals (be sure they are gluten and sugar free)
- Gluten free Granola
- Rice Cakes
- Flax crackers
- Gluten-free bread
- Sweet potatoes, yams
- Grains: brown or wild rice, millet, quinoa, amaranth, buckwheat, corn.
- Nuts: almonds, walnuts, cashews, soy nuts, macadamia nuts, etc.
- Seeds: Chia, Sunflower, pumpkin, sesame, hemp, flax, etc.
- Nut or Seed Butter: Almond Butter, Tahini, Cashew butter, Peanut Butter (all unsweetened)
- Vegan Butter
- Vegan Mayonaise/ Veganaise
- Nondairy protein powder (soy, pea, hemp, or rice-based)
- Beans and legumes: black beans, lentils, chickpeas, lima beans, adzuki beans, black-eyed peas, edamame, fava beans, etc.
- Tofu
- Tempeh
- Fake meat (Make sure it is gluten free)
- Pasta - Artichoke, rice or quinoa, black bean, gnocchi
- Pasta sauce (Tomato, Pesto, etc.)
- Vegetables - kale, broccoli, cabbage, cucumber, carrots, celery, green beans, asparagus, eggplant, greens, squash, tomatoes, etc.
- Mushrooms - shitake, portobello, etc.
- Salad Fixings - Arugula, endive, mixed greens, peppers, avocado, tomato, radish, etc.
- Fruit - cherries, apples, peaches, blueberries, goji berries, frozen fruits for smoothies, lemons, limes, etc.
- Herbal Teas - mint, chamomile, rooibos, etc.
- Nondairy milk - coconut, rice, almond, hemp, oat, etc. (unsweetened)
- Sweeteners - xylitol, agave nectar, stevia
- Extra Virgin Olive Oil, Organic Canola, Flaxseed oil, Grape seed oil, Coconut oil, Sunflower oil, Hemp Oil, Sesame Oil

- Vinegar - Apple Cider Vinegar, Rice Wine Vinegar
- Miso Paste
- Seasonings - garlic, ginger, tamari, Himalayan salt, sea salt, Cinnamon, etc.
- Flours to cook with or bake with - rice, bean, pea, potato, buckwheat, tapioca, nut, seed and arrowroot
- Popcorn
- Corn chips
- Corn tortillas
- Guacamole
- Hummus
- Dairy Free Cheese
- Vegetable stock for cooking
- Nutritional Yeast
- Braggs Amino Acids/ Coconut Aminos

I know it seems that when you take out **alcohol, sugar, gluten, caffeine and animal products** there isn't a lot left to eat, but there is and I will help you come up with ideas of meals to make in this book. You can also try prepared foods from health food stores and salad bars. *Rather than thinking about foods that you can't eat, think about foods that you can eat.* I get excited about the yummy salad that I will have for lunch or the veggie burger that I will eat with lettuce as a bun. If I am hungry between meals, I eat nuts, seeds, a piece of fruit, hummus and veggies or corn chips. For dinner I look forward to foods such as veggie fajitas with black beans, guacamole and salsa with or without a corn tortilla. There are a lot of things you can make that are desserts that are so yummy and fit into the cleanse. My recipe book has some good ones!

Last note:

You are giving up a lot at once and because of this you might feel some withdrawal symptoms the first few days. As withdrawal symptoms come in, such as a headache, talk to yourself or formulate a mantra such as "this too shall pass." Something that reminds you that this is a temporary feeling and it shows you how much you are addicted to that substance in your body. I encourage you during this time to take baths to relax. Exercise is very important in circulating blocked energy in your body while giving you an overall sense of wellness by increasing blood flow and by creating endorphins. Please drink lots of clean fresh water all day every day.

Here is a checklist that I have added to each day of the cleanse. It is a reminder of the combination of work you can do for your mind, body and spirit in order to create balance in your life. These are daily reminders that health and wellness come from a holistic approach to nurturing the mind, body and spirit. Maybe write notes next to the chart with details that might help you make this cleanse even more beneficial.

Daily Checklist

	Did you wake up to remind yourself of 5 things your are grateful for?
	Did you drink water with lemon when you woke up?
	Did you get enough sleep last night?
	Did you eliminate gluten, alcohol, caffeine, sugar and animal products from your diet today?
	Did you check in with your stress level?
	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
	Did you move your body today?
	Did you drink water and/or herbal teas all day long?
	Were you kind to one person today?
	Did you ingest nutritional foods and drinks today?
	Are you ending your day feeling proud of you?

I have formulated 4 different cleanse capsules that help detox the body. If you would like to buy the cleanse package to go along with this 21 Day Cleanse it will push the toxins out of the body



Day 1

Morning of the cleanse:

I recommend that upon waking and as your feet touch the ground for the first time, that you set an intention for your day and this journey you are beginning. Send gratitude to yourself that you are taking charge of your health and your life. Encourage yourself. You got this! You can do anything for 21 days! Now go get that glass of lemon water, reach your hands into the sky and stretch to wake that body up the natural way!

Life without Caffeine

The first challenge that you might have is giving up your morning cup of coffee. We love the taste, the smell, the ritual of waking up and brewing a cup of coffee. Going off caffeine can be challenging for many people. Caffeine is in so many teas, chocolates, sodas, energy drinks, etc. It is also found in many medications like Excedrin and Aspirin. This doesn't mean you have to give up caffeine forever - just these next 3 weeks. When we are used to caffeine in our bodies on a daily basis, we might have withdrawal symptoms in the first few days of the cleanse.

Some withdrawal symptoms from caffeine include:

- Headaches
- Irritability
- Anxiety
- Drowsiness

If you do have any of these symptoms just remind yourself that this will go away soon. These symptoms usually only last a couple of days.

What is caffeine?

Caffeine is a stimulant to the central nervous system and is also labelled a psychoactive drug. It raises the level of the neurotransmitter dopamine in the brain, temporarily increasing pleasure. However, caffeine affects our mood, behavior and perception. When you begin your day by ingesting caffeine, a dependency builds up very quickly and it takes more and more caffeine to get that energy boost that you have been chasing. You might end up needing 3 cups of coffee in the morning to get started. Then during the day you feel drained and exhausted and go for another cup of coffee or soda. Caffeine exhausts the adrenal glands that produce adrenaline and high levels of cortisol which is the stress hormone. Cortisol can contribute to poor thyroid function, decreased bone density and muscle tissue, cognitive problems, high blood pressure, and lower immunity.

With everyday that passes, your dependency on caffeine will lessen and you will find that you will have more energy, and that it lasts throughout the entire day.

***Note** - If you find it a little overwhelming to give up caffeine all together right away, then I encourage you to slowly remove it from your diet. It might help to wean yourself off of caffeinated coffee by drinking a cup of decaf instead.

For me, I love my caffeinated green tea in the mornings with raw honey and raw cream but all of those are not permitted during this cleanse so I have had to find a new morning fix. I drink a tea called Rooibos tea, it is a red bush from South Africa with incredible benefits. Rooibos is very high in antioxidants, has a high mineral content, improves circulation, relieves stomach related issues, aids absorption of iron, relieves skin conditions, among many other health benefits. You can add a drop of stevia and some coconut or rice milk to change the flavor.

Please make sure you are drinking lots of fresh water during your day. Try and find a way to exercise during your day, it will make you feel better overall and you will sleep more soundly. Take a short walk, do some yoga postures, or just clean the house. The goal is get your body moving and blood flowing!



Meal Ideas:

Breakfast: Gluten Free Bread toasted with nut butter and sliced bananas

Lunch: Quinoa Salad

Dinner: Vegan Chili

Dessert/Snack: Chia Pudding

Recipes:

Quinoa salad Recipe

- 1 cup quinoa to 2 cups of water
- chopped Cucumber
- chopped Tomato
- Himalyan salt
- Lemon
- Olive Oil
- Vinegar

1. Cook the Quinoa and let cool down.
2. Add chopped cucumbers and tomatoes (whatever veggies you want to add)
3. Make a dressing with olive oil, any type of vinegar, himalayan salt, lemon, pepper, etc.
4. Mix dressing with the Quinoa/veggie mixture

Vegan Chili Recipe

This is a great recipe to start in the morning and let it sit in a crock pot all day until dinner, then lots of leftovers

Ingredients:

- 2 cup Crushed tomatoes
- 3 cups of beans (black, white, red kidney, etc)
- 2 cups water
- 2 tablespoons of coconut oil or grape seed oil
- 1 carrot, chopped
- 1 celery, chopped,
- 1 garlic clove, chopped
- 1/2 onion, chopped
- salt and pepper to taste

Directions:

1. Put oil in crockpot
2. Place garlic and onions stir for a couple of minutes as crock pot warms up
3. Throw in all other ingredients
4. Set Crock Pot for 6-8 hours

If you want to make it fast than do the same but put it in a pot on the stove on medium heat.

Chia Pudding Recipe

- 1 cup of coconut milk, rice milk or almond milk
 - 2 T of Chia Seeds
 - a couple drops of vanilla
 - a drop or 2 of stevia
1. Mix all together and let sit in the refrigerator. The seeds will absorb the milk and form into a delicious pudding.

This pudding is very high in omega 3's which help with mood, behavior and maintains a healthy heart.

Meditation:

Find a quiet spot and lie or sit down with your eyes closed for a few minutes. Maybe set a timer for 15 minutes. Breathe in and out slowly and deeply. Follow your breathe in and out and find yourself getting more relaxed. Connect with that inner part of you. Use this time to set an intention for yourself and what you would like to come out of these next 21 days. Notice what comes up in this relaxed state. Thank yourself.

Daily Checklist	
<input type="checkbox"/>	Did you wake up to remind yourself of 5 things your are grateful for?
<input type="checkbox"/>	Did you drink water with lemon when you woke up?
<input type="checkbox"/>	Did you get enough sleep last night?
<input type="checkbox"/>	Did you eliminate gluten, alcohol, caffeine, sugar and animal products from your diet today?
<input type="checkbox"/>	Did you check in with your stress level?
<input type="checkbox"/>	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
<input type="checkbox"/>	Did you move your body today?
<input type="checkbox"/>	Did you drink water and/or herbal teas all day long?
<input type="checkbox"/>	Were you kind to one person today?
<input type="checkbox"/>	Did you ingest nutritional foods and drinks today?
<input type="checkbox"/>	Are you ending your day feeling proud of you?

As you close out your day, think about what you would like to eat tomorrow. Do you follow a recipe that I have included? Search online for a recipe? Look in a cookbook? Ask a friend? are you craving anything in particular? Begin to plan your meals the day before to relieve the anxiousness that might come up.

Congratulations

Day 2

Low Down on Sugar

Welcome to Day 2!

Please remember to take a moment of gratitude for yourself. Gratitude is the key to abundance and self love. Take a mental note of how you are feeling.

There are many things that we should regulate or cut down on, but the most important one in my opinion is SUGAR. Our bodies are not set up to handle the high amounts of sugar and refined carbohydrates. There are many diseases that can develop from too much sugar.

Eating sugar can contribute to:

- Candida - an overgrowth of fungus in the body
- Bladder and yeast infections
- Gas or bloating
- Irritable bowel syndrome
- Fluid retention.
- Anxiety and fatigue
- Type 2 diabetes.
- It is also believed that Sugar feeds cancer.

The more sugar you eat the more your body craves it. Carbohydrates, such as sugar and starch, for example, are readily broken down into glucose, the body's principal energy source. In proper amounts and from natural and unrefined sources, sugar is necessary. However, in our modern diets, we go far beyond what is recommended or required. We are bombarded with unnatural and refined sugars everywhere we look. Sugar is not easy for some people to quit.

Sugar withdrawal symptoms:

- dizziness
- headaches
- irritability
- fatigue

If you are experiencing any withdrawal symptoms, a few days into the cleanse your body will begin to rebalance itself, so wait it out. If you find yourself craving sugar, grab a piece of fruit, or drink a glass of water with lemon in it. If you juice your own produce, make a carrot, apple and ginger juice.

Some things to avoid:

- Soda
- Cookies, cakes, and pastries
- fruit juice
- candy
- Ketchup, mustard, etc.
- Maple syrup
- Honey
- All processed sugars
- Chemical sugar substitutes (splenda, equal, sweet n'low)
- Ice cream

Sugar foods to enjoy:

- water with lemon
- fruit such as apples, blueberries, cherries
- homemade or health food store treats that contain stevia and xylitol.
- Check out the recipes in the back of the book under desserts

* Remember to do your best to rid your body of sugar. It is okay to not be perfect all the time. This process is more about awareness around foods that might not serve you and how they affect your mind and body.



Meal Ideas:

Breakfast: Oatmeal with sliced up bananas and almonds
(or any nuts and seeds)

Lunch: A Salad full of veggies, tofu, quinoa, etc.

Dinner: Gluten free pasta with a Pesto sauce
(you can even add gluten free bread with this and serve with a salad)

Desserts: Banana Pie

Snacks:

- Apples dipped in peanut butter
- Veggies with Hummus
- A handful of nuts
- Popcorn

I make popcorn with Coconut Oil then sprinkle with Himalayan Pink Salt and Nutritional Yeast. SO yummy and good for you!

Recipes:

Homemade Pesto Sauce:

Ingredients:

- 2 Cups of Basil
- 1/2 cup Olive Oil
- 4 cloves garlic
- salt and pepper to taste
- (optional 2 Tbsp. Nutritional Yeast)

Directions:

1. Combine the garlic and basil in a food processor
2. Add olive oil, salt and pepper (and nutritional yeast)
3. Serve on pasta or toast

Banana Pie

Ingredients:

crust:

- 1 cup walnuts/ 1 cup cashews/pecans (or any combo of nuts)
- 1 1/2 cups of dates or raisins
- a pinch of salt
- 1/2 teaspoon vanilla

filling:

- 1 cup peanut butter
- 3 medium bananas
- 2 tsp. vanilla extract
- 1/8 tsp salt
- 1/4 cup coconut oil, melted
- stevia or Agave to taste

Directions:

1. To make the crust, pulse all ingredients in a food processor or blender until you can press it all together and it forms a ball
2. Now press into bottom of your pie dish and stick it in the fridge.
3. To make the filling, blend all of the ingredients until smooth and delicious. Pour filling into crust and put in freezer for about 2 hours.
4. Garnish with banana slices if you desire

At the end of the day, don't forget to check in with yourself. This is an important part of the cleansing process. You are tuning into you.

Daily Checklist

	Did you wake up to remind yourself of 5 things your are grateful for?
	Did you drink water with lemon when you woke up?
	Did you get enough sleep last night?
	Did you eliminate gluten, alcohol, caffeine, sugar and animal products from your diet today?
	Did you check in with your stress level?
	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
	Did you move your body today?
	Did you drink water and/or herbal teas all day long?
	Were you kind to one person today?
	Did you ingest nutritional foods and drinks today?
	Are you ending your day feeling proud of you?



Day 3

Giving Alcohol a Break

How did Day 2 go? How do you feel right now?

I find that Day 2 and 3 are the most challenging physically and mentally. The lack of caffeine hits people hard and leaves them feeling tired. Try and wake up and have warm lemon water or herbal tea. Making it through the first 3 days of the cleanse is the most difficult because it is when all of the withdrawal symptoms come to the surface. Have you felt any withdrawal symptoms? Take note of them. You might also be struggling with giving up your nightly beer, cocktail or glass of wine. It is important to give your body, especially your liver and brain a break from alcohol.

If you don't drink alcohol then giving up for 21 days will not be an issue. Most people enjoy drinking socially and there has been research that suggests that there are actually health benefits to moderate drinking. At the end of a long day there sometimes isn't anything better than a cold beer or a glass of wine. However, too much alcohol can be unhealthy for the body and the brain. It impairs judgment and cognitive ability. It is a form of self medicating. When you give yourself a break from alcohol, you give your brain a chance to find its natural chemical balance and your brain will be able to produce serotonin at healthy levels. Alcohol is also harsh on other organs, especially the liver. By giving yourself a break you are giving your liver chance to regenerate itself. Your body thinks that alcohol is basically a poison and the liver works overtime to metabolize this

Sustaining from alcohol for the duration of the cleanse breaks any habits you have formed around it and allows you to become aware of any dependency you might have with the substance. Your body will have a chance to balance out and reset. If you are used to having alcohol in your life take note of how you feel without alcohol in your life, especially in the morning when you wake up. You will find that you are more awake and clear-headed.

Some alternatives to alcohol:

- Sparkling water with lemon
- Kombucha
- Kefir
- Chilled Herbal Tea
- Fresh pressed juices

Of course, I believe life is about balance so if a birthday, holiday, wedding, etc. happens during your cleanse, have a drink and enjoy it consciously! Take note of how you feel and move forward!

Meal Ideas:

Breakfast: Nut Butter and Banana Smoothie
with Dairy free milk, almonds, dates, and whatever else
healthy you can throw in there

Lunch: Veggie Sandwich

- Gluten free bread
- avocado
- tomato
- Veganaise
- sprouts
- (any veggie that you want)

Dinner: Veggie Tacos

- Black Beans
- Brown Rice
- assortment of veggies
- Corn
- Lettuce
- Corn or Rice Tortillas (gluten free)
- Guacamole
- Salsa

Recipes:

Best Homemade Guacamole

Ingredients:

- 2 avocados
- 1 tomato chopped
- 1/2 cup chopped onion
- 1 lemon
- Himalayan salt or sea salt to taste

Directions:

1. Smash avocado and mix ingredients together

Homemade Salsa

Ingredients:

- 2 tomatoes chopped
- 1/2 cup chopped onion
- 2 garlic cloves
- 2 T of chopped cilantro
- 1 lemon
- salt to taste
- cayenne pepper to taste

Directions:

1. Mix all ingredients together by hand or with a food processor

Daily Checklist

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	Were you kind to one person today?
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	Are you ending your day feeling proud of you?



Day 4

Gluten and Your Gut

You did it! You made it past the hardest days and you have learned about caffeine, sugar, alcohol and now gluten. A topic that many people have heard of but don't really understand.

Many people are not familiar with gluten and the havoc it can have on your body. Many people do not tolerate gluten well and yet they have no idea. It is often the cause of many problems involving the digestive system. It manifests into bloating, gasiness, irritable bowel syndrome, etc.

What is gluten?

Gluten is an ingredient found in breads and a number of grains including rye, wheat and barley. Gluten is part carbohydrate, part starch and protein. It is what helps flour to rise. Gluten is also found in many processed foods. It is important to check your labels because it is often disguised by other names. Other names for gluten include, hydrolyzed vegetable protein, modified food starch, hydrolyzed wheat protein, textured vegetable protein and wheat.

Gluten can be found in:

- Bagels
- Beer
- Bread
- Pizza
- Cake
- Crackers
- Muffins
- Noodles
- Pasta
- Muffins
- Cookies
- Pancakes
- Sauces

However, there are many of these foods that are now made gluten-free.

Gluten was originally discovered by Buddhist monks who were looking for an alternative to meat in their vegetarian diets. Gluten is made of wheat flour and water and turns into a glue like substance. It is added to many processed foods because it is so adaptable and can be substituted for ingredients that might be expensive. For those that are effected by gluten, it causes major inflammation of the small intestine.

It can irritate, inflame and rupture the lining of the digestive tract to the point where nutrients do not get absorbed. Foods can't be digested so malnutrition sets in. Dozens of studies confirm that gluten is responsible for depression. People that cannot tolerate gluten, have lower levels of the chemical serotonin which is the antidepressant and anti-anxiety chemical in the brain. More and more studies are coming out that are finding that gluten may be causing in many children learning issues, behavior issues and even autism. The good news is that if you stop eating gluten, the small intestine is able to heal itself and the benefits of a gluten free diet are seen within a few short days. There are more foods in the markets now that say "gluten free" which makes it easier to adapt this sort of diet.

For many, gluten will be a very hard one to give up. Do your best as always! This is a great opportunity to check in with yourself to see if your body is effected by gluten. By taking it out for a few weeks and then adding it slowly back in, you will notice how you feel. I would focus on eliminating the breads, pastas and pastries that have large amounts of gluten first. Don't get upset with yourself if you have small traces of gluten. Do your best, thats all you can give yourself.



Meal Ideas:

Breakfast: Gluten-free bagel with vegan cream cheese and sliced cucumbers

Lunch: Vegan soup with vegetables and/or beans
(lentil, minestrone, black bean, etc.)

Dinner: Stir-fried veggies with tofu or tempeh over a bed of rice or quinoa.

Snacks: Roasted Garbonzo Beans

Recipes:

Minestrone Soup Recipe

Ingredients:

- 1 T Olive oil
- 1 Onion diced
- 2-4 cloves of Garlic chopped
- 2 Carrots diced
- 1 Celery stalk diced
- 4 Cups Vegetable Broth
- 1-28 oz of crushed tomatoes
- 4 oz. Green Beans cut into one inch pieces
- 1 cup fresh Spinach
- 1 Can White Beans
- 1 Cup of Gluten-Free elbow pasta
- 1/2 dried Oregano
- Salt and Pepper to taste

Directions:

1. In a large pot add the olive oil, onion, garlic, carrots and celery
2. Cook until the veggies have softened, about 5 minutes
3. Add all remaining ingredients except the pasta
4. Bring to a boil
5. Add the pasta and cook until the pasta is cooked

Roasted Garbanzo Beans

- 1 can of garbanzo beans
- 2 Tablespoons of Oil
- salt
- spices if you want (paprika, chili powder, rosemary, thyme, etc.)

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Day 5

Animal Products and the Body

As you placed your feet on the ground for the first time this morning, did you remind yourself of how grateful you are for the journey that you are on towards wellness? It takes a lot of courage to change and you have begun the process, you are in it and there is no turning back.

For people that would call themselves carnivores, giving up eating meat might be a challenge. But here is a little more info on Animal products and the body.

Most people eat animal products because of the high protein. Proteins are the building blocks of life created by the linking of amino acids in sequences in every cell of your body. Protein is very important for many functions in the body and the body cannot live without protein. There is animal based protein and plant based protein. Animal protein weighs your body down. Your liver and kidneys have to work very hard to digest and assimilate animal protein into a form the body can use. Animal protein contains hormones and these hormones can exacerbate skin blemishes. For many people with arthritis, dairy products cause more pain in the body. 80% of milk protein comes from casein which is believed to aggravate arthritis. People with swollen joints and pain have reported immediate relief when they eliminated all dairy products.

There are even some issues with eating fish. The news about environmental pollutants found in fish is getting worse and worse, especially with the radiation from Fukushima spilling into the ocean for many years now. There has also been a lot of research about the high levels of Mercury found in fish. Mercury is known to cause problems in brain development in unborn children. It is a neurotoxin attacking the central nervous system. The effects of ingesting mercury are severe. Headaches, muscle and joint pain, fatigue, depression and memory loss, to name a few. Fish also can contain high levels of PCB's, a chemical by-product. There are many harmful effects from PCB's in the body including impaired neurological development in children and they are very hard for the liver to digest. Fish, unfortunately is not a safe alternative to meat anymore.

There are many reasons to begin cutting animal products out of your diet. Animal products are not an ideal source of protein for the body and the negative effects it has on the body can be debilitating. Also, you just don't know what the animals are eating, their living conditions, the way they were killed, the chemicals that are put into the meat once it is processed, how long it's been processed for etc.

I highly recommend if you continue to eat animal products to make absolutely sure that what you are eating is organic, free-range and antibiotic-free. When you switch to a plant based diet, you may immediately notice that you have higher energy levels. You will have clearer skin and many chronic conditions will soon be alleviated.

Some questions you might ask:

Will I get enough protein or Iron if I don't eat meat?

Protein is a 'macronutrient' which is required by the body in large quantities to, amongst a large number of other things, repair damage.

Iron is a 'micronutrient' which is required by the body in small amounts to, amongst a large number of other things, carry oxygen in red blood cells around the body.

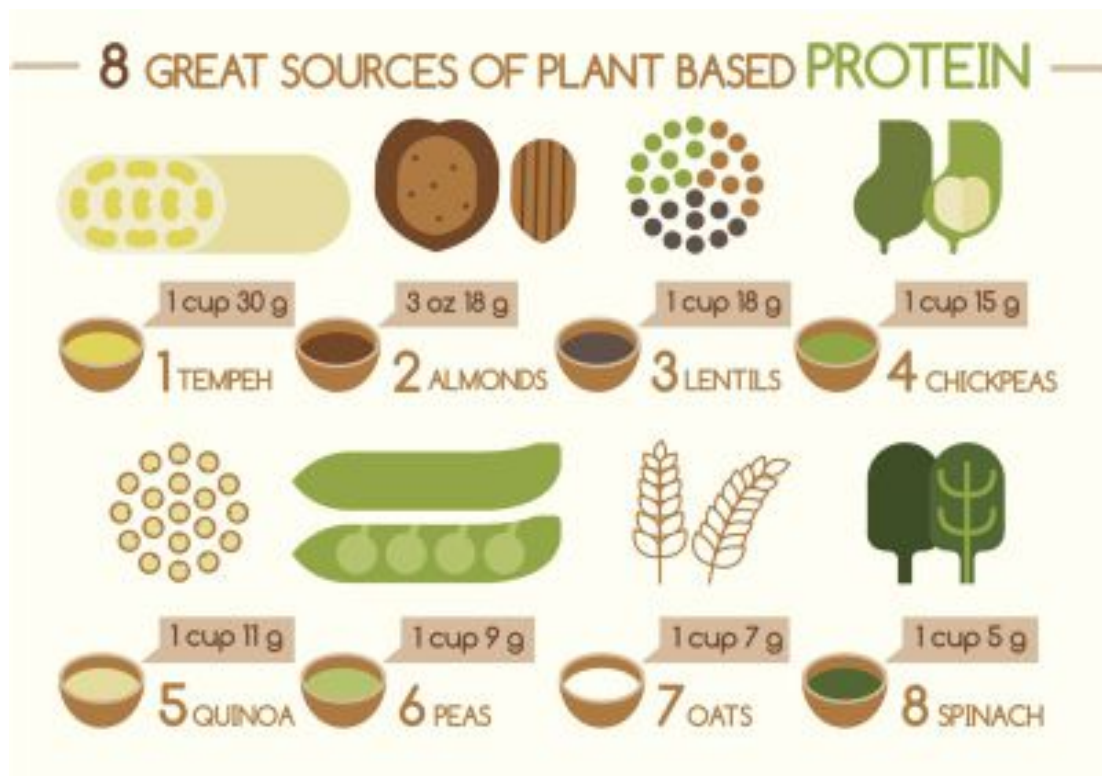
Actually, the most healthy sources of protein which are most easily digested are in leafy greens and beans.

What are alternatives to eating meat?

You can eat tofu, tempeh, quinoa, spinach and many other veggies (only Organic and Non-GMO) . If you are allergic to soy then lentils and legumes are a good option.

Are you sure I will be getting enough protein?

Yes, it is much easier for the body to digest and absorb plant- based protein. There are also many more health, environmental and psychological benefits to eating plants with protein.



Meal Ideas:

Breakfast: Yummy Detox Smoothie

Lunch: Veggie Burger with or without a gluten-free bun, wrap in lettuce

Dinner: Mediterranean Platter - falafel, hummus, cucumbers, baba ghanoush (mashed eggplant), flax or gluten-free crackers.

Recipes:

Detox Smoothie

Ingredients: (all ingredients optional)

- Vegan protein powder
- Coconut water. regular water, rice milk, coconut milk, or almond milk
- 2 Tablespoons of flax seeds, chia seeds and/or hemp seeds
- 2 Tablespoons of Coconut oil
- A handful of almonds or walnuts
- 1 Banana
- 1 cup of Spinach
- handful of Blueberries and Strawberries
- 2 dates

Directions:

1. Throw all ingredients in a blender and blend until smooth

Quinoa and Bean Burgers (makes 8 patties)

Ingredients:

- 1 cup dry red kidney beans
- 1 cup quinoa
- 1/4 cup chickpea flour, also known as besan or garbanzo bean flour
- 1 medium onion, minced
- 1 large carrot, grated
- 1 cup packed kale leaves, minced
- 4 leaves of sage, minced. (Sage adds a great smokiness, but you can also use coriander leaves here.)
- 4 cloves of garlic, minced or grated
- 1 tbsp tamari, or you can use regular soy sauce or aminos
- 2 tbsp tomato paste
- 1/2 tsp ground black pepper
- Himalayan Salt to taste
- 1 tsp vegetable oil, and an oil spray to cook the burgers

Directions:

1. To cook the quinoa, rinse under cold water and then place in a saucepan with 2 cups of water. Add salt to taste.
2. Bring the mixture to a boil, reduce heat to medium-low, and let the quinoa cook until it has absorbed most of the water.
3. Place a tight-fitting lid on the saucepan and continue to cook on low heat for 15 minutes. Turn off heat and set aside.
4. To cook the beans, it is always better to soak them overnight but you can get away with no soaking if you have a pressure cooker or used canned beans.
5. If you do, just follow your manufacturer's instructions to get beans that are squishable but not falling apart.
6. Otherwise, place the soaked beans in a large saucepan, cover with at least an inch of water, bring to a boil, lower the heat to medium-low and cook for about an hour until tender.
7. Heat 1 tsp of oil in a large saucepan.
Add the carrot, onion, kale, sage, and garlic. Add the tamari (amino, soy sauce). Saute on medium-high heat about 5-8 minutes or until the mixture is dry and doesn't taste raw anymore.
8. Stir in the tomato paste and saute for 2-3 minutes.
9. Add the ground black pepper and cooked beans and mix well.
10. Using a potato masher, squish some of the beans. You don't want this mixture to be too smooth-- your burger will benefit from some texture.
11. Add the chickpea flour and stir for another couple of minutes. You want the bean mixture to be quite dry and without any visible moisture, or your patties won't hold together.
12. Add the quinoa and mix well. Check for seasoning and add more salt and pepper if needed.
13. Heat a griddle and spray with some oil. Moisten your hands in a water bath and form the patties. You can get about eight really big patties and 10 good-sized ones from this recipe.
14. Place the patties on the skillet and cook on each side until browned.
15. You can freeze these patties once they have cooled. Separate each patty with wax paper before freezing. When you are ready to grill, just throw the frozen patty on the grate and heat through.

I served these burgers on a bed of lettuce or gluten-free bun along with some greens, onions, avocado, and a dollop of Veganaise.



Daily Checklist

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Day 6

Symptoms of Detoxing

Welcome to Day 6! We have gone through the 5 substances that I recommend removing from your diet for 21 days in order to detox the most sufficient way possible. Now, I want to bring into your awareness the different signs that you know your body is detoxing.

As you increase your intake of a plant-based diet and cut out certain foods, there are different ways you will feel as the toxins begin to leave the body. When you eliminate certain foods, or even just cut back, your body eliminates toxins. Your body will try and expel them in any way it can. Maybe from your liver and small intestine via bowel movements or through your skin's pores. While you are detoxing, your body may feel icky, like you are under the weather as you have garbage traveling throughout your body working hard to escape. It is similar to cleaning out a dirty house for the first time. As you are cleaning out the dust, it is hard to breathe but as you continue to clean, you will will feel better and better.

Why it is important to Detox?

If you have been eating a processed diet for years, toxins have accumulating in your organs and now are most likely causing an imbalance in the body.

Symptoms may include:

- weight gain
- bloating
- depression
- anxiety
- cloudy brain
- arthritis
- skin blemishes
- allergies
- difficulty sleeping
- low energy
- stiff muscles
- sore joints
- digestive problems
- diabetes

We are exposed to chemicals and toxins just by breathing air. You might have accumulated toxins from pharmaceuticals, plastics, the water you drink, and certain foods you eat. Every time you detox you reach a new level of internal cleanliness like a car running on the cleanest fuels possible.

Detox Symptoms

One of the of the first ways that you might feel is edgy as your body releases toxins into the bloodstream. You might only be thinking about the food that you cannot have. This is similar to a drug addict that cannot get their stash. This is withdrawal.

Other symptoms include:

- Skin breakouts
- Headaches
- Bloating
- Trouble sleeping
- Diarrhea or Constipation
- Low energy levels
- Stomach pains
- Mucus
- Flu-like symptoms
- Irritability

Benefits of Detox:

- Clearer skin
- Weight loss
- Regular Bowel Movements
- Mental Clarity
- More Energy
- Emotional Stability

Detoxing Methods

- Cleansing Herbs
- Sweating it out in a Sauna
- Colonics
- Juicing
- Bentonite Clay
- Cilantro Chlorella and seaweeds
- High Fiber (like Psyllium husk)
- Drinking lots of water
- Detox Baths (removing toxins through the skin)
- Neti Pot
- Sea Salt Flush
- Coffee Enema
- Acupuncture
- Oil Pulling
- Exercise

Meal Ideas:

Breakfast: Grapefruit and Protein Packed Energy Bites

Lunch: Cauliflower Fried Rice

Dinner: Detox Green Soup

Cauliflower Fried Rice

Ingredients:

- 3 cups cauliflower (grated or food processed)
- 1/2 cup carrots (grated)
- 1/2 cup frozen peas and/or corn
- 3-4 garlic cloves (chopped)
- 1/2 cup onion
- 1/2 sliced green onion
- 3 T cashews
- 1/2 T coconut oil
- 3 T of Amino or Coconut Acids
- garnish with sesame seeds
- 2 Eggs scrambled (optional)
- protein of choice (optional)

Directions:

1. In a large pan, saute garlic and onions in olive oil on a medium/high heat, until onions become soft and transparent. (about 2-3 minutes)
2. Next add in peas, carrots and any other veggies and cook until carrots begin to soften and peas are heated through, about 3-4 minutes
3. Next stir in cauliflower, protein, cashews and amino or coconut acids. Cook stirring frequently for about 5-7 more minutes.
4. Garnish with sesame seeds and green onions

Detox Green Soup Recipe

Ingredients:

- 1 Tablespoon of Coconut oil
- 2 cloves of garlic chopped
- 2 Tablespoons diced onion
- 1 inch fresh ginger, peeled and chopped
- 4 cups fresh broccoli, cut up
- 1/2 pound fresh spinach leaves
- 2 ribs of celery, trimmed, chopped
- a handful of parsley, chopped
- fresh eater, as needed
- salt and pepper to taste.
- lemon juice

Instructions:

1. Using a large soup pot, heat the oil over medium heat and stir in the garlic, onion, and ginger to season the oil.
2. Add broccoli, spinach, celery, and parsley.
3. Add just enough water to cover vegetables.
4. Bring to a simmer, cover the pot and reduce the heat to medium.
5. Cook for 15 minutes or until veggies are softened.
6. Use a blender to puree the soup

Serve with a spoonful of hot cooked rice in the center of the bowl.

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Day 7

Purifying the Body

Yay! You made it through your first week! Congratulations! Please take time today to be proud of yourself. The most important thing that we can do for ourselves is to treat ourselves in a loving healthy way and you are doing it!

During this cleanse one of the main goals is to help rid the body of environmental pollutants, heavy metals, pesticides, radiation, plastics, GMO foods etc. When these accumulate in the body this can leave us feeling tired, irritable, depressed, bloated, with excess weight. The onslaught of toxins being poured into our air, water and soil has undoubtedly effected our health. Now it is time to live a life of purifying the body.

Here are some ways to purify the body:

- **Drink more purified water.** Water is one of the most vital ways of self-purification. It helps every single cell get rid of waste and allows us to excrete toxins through our urine and bowels, as well as through our skin by sweating. Drinking water with lemon adds to the purification process and adds vitamin C to the body.
- **Support your liver and gallbladder** with Beetroot. Beets are a valuable source of iron, magnesium, zinc and calcium which all support detoxification and better toxin elimination.
- **Bathe in Bentonite Clay** because it is considered an excellent way to remove pesticides and heavy metals from the body. This is my Detox Bath Salts.
- **Use Activated Charcoal** as it binds to pesticides and other environmental toxins and then ushers them through the intestines to be purged from the body. You can also supplement with molasses after using activated charcoal to replace important minerals that the charcoal might take from the body in the process of ridding toxins.
- **Eat more fiber.** Fiber helps us to flush toxins through the digestive system. Fiber is found in fruits, vegetables, whole grains, potatoes, psyllium husk, etc.
- **Eating Garlic** helps to boost detoxification. In main ingredient in my Master Tonic.
- **Milk Thistle** is a great support for the liver. It helps the body to detox and has been known to reduce cancers, diabetes and digestive disorders.

- **Chlorella.** It helps to absorb toxins from the digestive tract and has vital trace minerals that can help the blood.
- **Dandelion** helps the body to detox due to the high levels of antioxidants and helps support liver digestion.
- **Turmeric** is a root full of curcumin which is used to treat liver disorders, digestive disorders and is great as a detoxing agent. Turmeric is known also for helping with depression.
- **Cilantro** is found to remove heavy metals from the body. It is inexpensive, abundant and does the job!
- **Apple Cider Vinegar** is the ultimate detox for almost every ailment in the body. It also helps the body with fatigue and losing weight.
- **Flax Seed** provides an excellent source of fiber that helps to bind and flush toxins from the intestinal tract. They also have a high level of Omega 3's
- **Pumpkin Seeds** are not only good for you but they also kill parasites.
- **Exercise** is vital for keeping impurities flowing out of the body.
- **Steam Rooms or Saunas** help us sweat out toxins through our skin.
- **Breathe** deeply to allow oxygen to circulate more completely through your system.
- **Skin Brushing** The skin is the largest organ in the body. The skin is responsible for 10-15% of the body's elimination. Skin brush to eliminate dead cells and let body regenerate new cells. It helps stimulate blood circulation and the lymphatic system.
- **Get plenty of sleep** sleeping causes the body to go into a state of cleansing and regeneration.

Have you heard of the detox method: **Coffee Enema?**

A coffee enema is a good way to cleanse toxins out of the gall bladder and empty your colon of feces. Caffeine in the coffee is absorbed into the body through the anus. These chemicals relax muscles, stimulate the bowels, and cause bile ducts and blood vessels to open.

This might sound gross to you but this is an excellent way to detox the colon. The colon is part of the large intestine, the final part of the digestive system. Its function is to reabsorb fluids and process waste products from the body and prepare for its elimination.

You will need:

- Syringe
- A large stainless steel cooking pot
- Organic coffee fully caffeinated, drip grind coffee
- Uncontaminated water

Procedure:

1. Put a little over 1 quart of clean water in a pan and bring to boil. Add 2 flat Tablespoons of coffee.
2. Let Boil for 5 minutes then turn stove off, leaving the pan on the hot burner.
3. Allow to cool down to a comfortable temperature.
4. Carry your pot and an old towel on the floor. You might want a pillow too
5. Fill the syringe with the coffee.
6. Lie on back or right side.
7. Lubricate the anus. Insert syringe and slowly squeeze the bulb into the rectum.
8. Try to retain the enema for a minimum of 12 minutes.
9. Repeat the enema after you void.



Meal Ideas:

Breakfast: Gluten-free waffles topped with vegan butter and drizzled with agave and berries

Lunch: Kale Salad

Dinner: Shredded spaghetti squash and mashed potatoes

Recipes:

Kale Salad

- 1 bunch of Kale, chopped
- A handful of chopped almonds
- Golden Raisins
- Cucumbers, sliced
- A light dressing - olive oil, lemon, salt, pepper

Spaghetti Squash Recipe

- Cut squash lengthwise
- Bake
- Use a fork to the shred the inside
- Toss with Olive oil and salt or pasta sauce
- Add sauteed tofu on the side (optional)

Daily Checklist

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Woohoo!!

Day 8

Detox with Oil Pulling

You made it through the first week, the most challenging of the 3 weeks.
ONE WEEK DOWN, 2 MORE TO GO!!

Check in with yourself today. How are you feeling? How is your body feeling? At this point I normally notice that I am feeling lighter and waking up with more energy. Some bloating has gone away and the withdrawal symptoms I was having have subsided.

Now I want to teach you about these simple ways to assist in the detox of your body. A few times a week during the cleanse, I swish coconut oil around in my mouth for 15 minutes as a method of detoxing. I know that sounds strange but it is amazing how effective this simple act is for your overall body health. I want to teach you how to use this simple traditional method of detoxing that you can use everyday.

Oil Pulling

Oil pulling is a traditional Indian detox technique that involves swishing oil in the mouth. I love this because it is so beneficial, extremely effective, cheap, and easy. Oil pulling helps the body's natural detoxification process. Usually it is best done in the morning upon waking but can be done at any time. It can act like a cup of coffee, waking you up, but it also helps remove all the bacteria sitting in your mouth that regular brushing doesn't eliminate.

Benefits of Oil Pulling:

- healthy dental hygiene
- whiter teeth
- pink, healthy gums
- speeds up metabolism
- removes fuzzy morning fog
- prevents and fights tooth decay
- protect teeth against bacterial rot
- improves digestion

Directions:

1. Put a Tablespoon of oil in your mouth (I prefer coconut oil but you can use olive oil or avocado oil)
2. Start swishing it around your mouth. Do this for 15-20 minutes.
3. Spit out the oil. It should be milky and watery. If your mouth still feels oily you didn't pull long enough.
4. Rinse out your mouth. **DO NOT SWALLOW THE OIL** as it is filled with bacteria. It is best to use salt water to rinse, then give your teeth a good brushing.

Things to Remember:

- Always use cold-pressed unrefined oil
- Use on an empty stomach
- Don't swallow the oil as it has bacteria in it now
- Spit out in toilet since bacteria might not be good for sink

Meal Ideas:

Breakfast: Gluten-free bread with almond or peanut butter

Lunch: Vegetarian Sushi Rolls - seaweed wrapped in sprouts, cucumber, carrot, avocado, rice, etc.

Dinner: Baked Sweet Potato with steamed or sauteed veggies. Use coconut oil or grape seed oil and salt to taste

Snacks: Hummus and cucumbers, carrots or corn chips

Recipes:

Homemade Hummus

Ingredients:

- 3 cups cooked garbanzo beans
- 3/4 cup water
- 2-4 garlic cloves
- 2 T Tahini (or 4 T sesame seeds)
- 4 T lemon juice
- salt to taste
- add cayenne pepper if you want a little spice

Directions:

- Add all ingredients to a blender or food processor and mix until smooth
- Taste and add more spices if needed

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Day 9

Meditation and Visualization

Today I want to talk about powerful tools that you can use to create change in your life. Meditation and Visualization are tools that help to ground and calm oneself when there is inner turmoil. They are also tools you can use when you want to create positive change in your life. Meditation and Visualization can be a great tool while cleansing the body.

Facts about Mediation:

- Meditation is good for you physically, mentally, emotionally and spiritually.
- Improves concentration
- Improves ability to learn, communicate and retain information
- Greater Insight and Inspiration
- Promotes Relaxation
- Connecting to your higher self
- Lowers biochemical by-products of stress and changes metabolism
- Helps you have a grounded approach to life's challenges

Meditation Exercise:

- Count out 10 breaths, focusing on the inhalations and exhalations.
- Try repeating an affirmation. Like I am peace. Say "I" on the inhale and "am peace" on the exhale.
- By saying it you remind yourself where you want your energy to flow.
- This will take less than one minute so there is no excuse, but you can continue as long as you would like.
- You can do this anywhere but the best time to do it is with your eyes closed in the morning before you get your day going.

Affirmations you might choose while meditating:

- I trust the intelligence in my body
- I am happy, I am free
- I am aligned with spirit
- I bring light into me
- I am awake
- I am grateful and abundant

Visualization is more of an active process of mapping out changes you would like to make in your life. We give our brain images and feelings to hold on to, providing a new framework to fit into. Visualization is a tool that I use to manifest the life that I want to create. What we project out into the world, starts with how we experience things on the inside. This is a valuable tool in creating change in your life.

Think about if you visualized yourself as healthy, energetic and slim you will probably find that you begin to hold yourself in a poised posture with strength and confidence. Then you will act as the healthy, energetic and slim person which will lead to eating better and exercising more.

Visualization exercise:

Find a comfortable place that you can be quiet and relax. You might want to use music that makes your soul feel bright yet calm.

Close your eyes and start to breath slowly, becoming aware of each inhale and exhale. Focus on how the breathe travels through the body, engaging the mind with the body. Notice that you are becoming lighter and more grounded with each breath.

Keep inhale and exhaling as your thoughts become single focused.

Now in your minds eye, paint a picture of how your life looks when you are feeling healthy, happy and feeling free of worry. How do you want to look and feel during and after this detoxification. People are supportive and full of joy around you. Feel the quiet and peace that surrounds you. Feel the kindness in your heart.

Stay with this as long as you can. Let you thoughts be of gratitude. Say “Thank you”, “I am grateful”, “I honor me”.

Meal Ideas:

Breakfast: Tofu scramble - Non-Firm organic, non-gmo tofu scrambled with any veggies you have.

Lunch: Veggie Wrap - gluten free tortilla wrapped with lettuce, carrots, avocado, etc. with a side of Vegan Coleslaw

Dinner: Gnocchi Tossed with Mushroom Cream Sauce

Recipes:

Vegan Coleslaw

Ingredients:

- 1/2 head green cabbage, finely sliced1/2 head red cabbage, finely sliced4 stalks of celery, finely sliced1 carrot, grated1/2 red onion, sliced in half moons1 cucumber, peeled and sliced in half moons1/2 cup cilantro, finely chopped

Dressing:

- 1 1/2 cup Vegenaise Dressing1 1/2 Tbsp.Apple Cider Vinegar1 tsp. sea salt1/2 tsp. black pepper
- Combine the dressing in a separate bowl then add to the cabbage mixture. Using tongs, gently combine the cabbage mixture with the dressing. Refrigerate at least 30 minutes prior to serving.

Gnocchi Tossed with Mushroom Cream Sauce Recipe

For the Gnocchi

- 1 lb white potatoes
- 2 oz. silken tofu, mashed or pureed
- 2 Tbsp. chickpea flour
- 2 Tbsp. potato starch
- Salt to taste

Directions:

- Place the potatoes in a large pot filled with water. Bring to boil and let cook for 20 minutes or until tender.
- Drain potatoes, put in bowl and mash until smooth
- Sprinkle with tofu, flour and starch into the bowl with one hand while kneading into the potatoes with the other hand.
- Divide dough into 3 pieces and form into 1-2 inch roll. Cut the roll into inch-long sections and press each with a fork.
- Repeat with remaining dough.
- Drop the gnocchi, one at a time into heavily salted boiling water.
- Cook for 2-3 minutes or until they rise to the surface.

For the sauce

- 2 Tbsp. vegan butter (try Earth balance brand)
- 8-12oz of Shitake mushrooms
- 1-2 clove garlic, minced
- 1 1/4 cup unsweetened rice milk
- 1 Tbsp. cornstarch
- 1 Tbsp. chopped fresh parsley
- juice of lemon
- salt and pepper to taste

Directions:

- Melt 1 Tbsp. of the vegan butter in a saute pan.
- Add the mushrooms and garlic and saute until soft.
- Remove from the pan and set aside
- Add the remaining tablespoon of vegan butter to the pan and when melted, pour in milk
- Gradually whisk cornstarch
- Add parsley, lemon juice, salt and pepper and cook for 1-2 minutes or until thick.
- Toss with cooked gnocchi and serve immediately.

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Day 10

Deep Cleansing

How did yesterday go with meditating and visualization? Can you incorporate mediation and visualization into your daily life?

From my experience, meditation and visualization are the most profound tools that you can adapt to shift your life into the way YOU want to live!

If it is possible for you, even if you have to use a mirror, take a picture of yourself. At the end of the cleanse you can take another picture of yourself and see the improvement!

Today I want to teach you another powerful cleansing technique:

The Intestinal Wash or Shankaprakshalana

The Intestinal Wash has several important benefits to the body and mind. In this cleansing technique, salt water is used to remove blockages and impurities from the gastro-intestinal tract. As a result it is effective for those suffering from constipation and digestive disorders such as stomach gas, stomach pains and hyperacidity. It is also very beneficial for urinary and kidney health as it prevents the formation of kidney stones and infection. Many diseases are related to intestinal health. These include disorders resulting out of "impure" blood such as bad complexion, acne, boils and rashes. Your general health will improve with this cleanse. The intestinal wash is very effective for menstrual related problems in women including PMS and irregular cycles. It is also recommended for woman who struggle with fertility. The technique makes one have a higher sense of awareness while feeling sharper and lighter.

- It is recommended that this be done first thing in the morning on a day when you do not have much going on. Before drinking or eating anything, prepare 3 liters of warm water with salt. The water does not have to be boiled unless you suspect it to be impure, then it should be boiled and cooled.
- Drink 2 cups of the water and then practice each set of 5 yoga asanas (postures), 8 times each.
- Drink 2 more cups of the water and again repeat the asanas.
- Repeat this once more, drinking water and doing the postures.
- Around this time you may feel like going to the toilet. You may get an urge earlier than the third round, in which case don't ignore it, but go sit on the toilet until relieved. Then go back to where you left off.

- All the water will be evacuated in the course of the next few hours. It should pass through the rectum, leaving the intestines and bowels clear of all matter. So it is advised to stay close by a toilet for the morning.
- Wait at least half an hour after completing the drinking and exercising before eating anything.

5 Yoga Asanas for Intestinal Wash

(Do the best you can do, even if you've never done yoga before).

1. Tadasana

- Stand with feet together. Interlock fingers and turn palms downwards.
- Inhale as you raise the arms up over your head. Slowly rise up on your toes, strengthening and lengthening the abdominal area.
- Hold the breath in while up in the tip toe stretch for just a few seconds, the exhale as you slowly come down again.
- Resting your hands on top of your head between rounds
- Repeat
- 7 more consecutive breaths and no rest in between
- All 8 rounds should take no more than 60 seconds.

2. Tirayaka Tadasana (Side Bending Stretch Pose)

- Stand with your feet a bit more than shoulder width apart.
- Interlock your fingers, turning your palms downward.
- Inhale as you raise your arms up over your head.
- Exhale as you bend to the right side.
- Inhale as you straighten back up to the center.
- Exhale as you bend over to the left side.
- Inhale as you straighten back up to the center.
- Repeat bending to right and left 7 more times without a break in breathing.
- All 8 rounds should take no more than 60 seconds.

3. Kati Chakrasana (Waist Rotating Pose)

- Stand with feet shoulder width apart
- Inhale as you raise your arms level to shoulders.
- Keep feet flat on the floor as you twist the upper body to the right side, wrapping the right arm behind the waist and the left hand on to the right shoulder.
- Turn the head fully to the right to look behind
- Inhale back to the center
- Exhale as you twist to the opposite side.
- Return to the center position.
- Do 7 more twists to each side, flinging the arm loosely and fast from side to side.
- All 8 Rounds should take no more than 30 seconds.

4. Tiryaka Bhujangasana (Twisting Cobra)

- Lie on the floor on your stomach, forehead on the mat, hands placed under the shoulders, feet shoulder width apart.
- Have the toes curled under and the heels raised up.
- As you inhale, push up into the cobra pose
- As you exhale, twist the upper body to the right, turning the head to look over the shoulder at the left foot.
- Inhale as you come back to the center.
- Exhale as you twist the body around the left, looking over your left shoulder at the right foot.
- Repeat the right and left twists 7 more times without a break.
- On the last exhalation, coming down to the starting position
- All 8 rounds take no more than 60 seconds.

5. Udarakarshanasana (The Abdominal Massage Pose)

- Squat on both feet, place hands on knees.
- Inhale at the center position.
- Exhale as you twist the upper body and head around to the right, dropping the left knee onto the floor.
- While twisting and holding for a few moments, push the right knee over the left thigh so as to exert a pressure into the lower abdomen.
- Inhale when coming back into the center position.
- Exhale as you twist to the left side, pushing the left knee and massaging in the groin area.
- Inhale back to the center position.
- Do 7 more twists to each side without a rest.
- All rounds should take no more than 60 seconds.

****On days when you do the intestinal Wash I recommend eating very lightly. Drinking smoothies and fresh juices. Maybe choose soups and salads to eat.**

Meal Ideas:

Breakfast: Buckwheat or Gluten-Free Pancakes

Lunch: Black Bean Burger and Sweet Potato Fries

Dinner: Indian-Style Red Lentils with Ginger

Recipes:

Sweet Potato Fries Recipe

Ingredients:

- 2 Sweet Potatoes (or more depending on how many people you are feeding)
- Grape Seed Oil or Coconut Oil
- Salt

Directions:

- Peel Sweet Potatoes and Slice into stick slices
- In a frying pan, heat oil
- When very hot, throw in sweet potatoes
- Let cook into crispy
- Add salt

Indian-Style Red Lentils with Ginger Recipe

Ingredients:

- 2 cups of Red Lentils, dried rinsed and drained
- 1 Tbsp. ground Turmeric
- 5 cups water
- 2 Tbsp. Grape Seed oil (or other natural oil)
- 2 Tbsp. cumin seed
- 2 small Onions, chopped
- 2 Tbsp. Ginger Root, diced
- 4 ozs. abaheim chile (or cayenne pepper, seeds removed)
- 1 Tbsp. salt
- Chopped Cilantro

Directions:

1. Cook Lentils
2. Heat oil in separate pan and add onions and stir for a few minutes
3. Then add cumin seeds, ginger, and chiles (if using)
4. When Lentils are soft, add them to the pan with onion mixture, Cook for a few more minutes, Add salt, Garnish with Cilantro

Daily Checklist

	Did you wake up to remind yourself of 5 things your are grateful for?
	Did you drink water with lemon when you woke up?
	Did you get enough sleep last night?
	Did you eliminate gluten, alchol, caffeine, sugar and animal products from your diet today?
	Did you check in with your stress level?
	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
	Did you move your body today?
	Did you drink water and/or herbal teas all day long?
	Were you kind to one person today?
	Did you ingest nutritional foods and drinks today?
	Are you ending your day feeling proud of you?

Day 11

Moving your Body

You are more than half way done after today!! How are you feeling?

Yesterday, I informed you of a cleansing technique that really helps the body eliminate 'build up' in the intestines. This involved doing some yoga poses (asanas). How did it feel to move and stretch your body in this way? Moving your body is so very important as it creates strength, flexibility and stamina.

It is a good idea to try to exercise your body at least 4 days a week. If you are not used to moving your body, then start off slow doing a little every other day. Be kind to yourself. Try just taking a brisk walk around the block, hike in nature, dancing, jogging, riding a bike. Playing sports like tennis is great too. Taking yourself to a yoga class or even finding one online. Even cleaning your house can be moving your body!

Exercise is good and very important in order for your body to thrive. When you exercise it makes you feel good and it is so beneficial for your emotional well-being. Things like anxiety and depression are also alleviated when you exercise. The body produces 'happy' neurochemicals that make you feel good and at peace.

Upon waking up, try just doing some simple stretches to get the body waking up with your mind. This will help bring more flexibility to the spine. It is often said that a healthy spine is the key to vitality and youth. You will notice that you will feel better than you did before!

Yoga Sequence ~ Sun Salutation (Surya Namaskara) – See the graphic on the next page

This is a great way to wake up in the morning and start your day!

- To perform the sequence, start standing straight up, with your hands together at your heart.
- Inhale and lift your arms overhead to the sky
- Exhale while lowering the arms down and slowly down as far as you can.
- Then inhale, arch your torso into a slight backbend with the fingertips or palms pressed to the floor or blocks
- Exhale while bringing your left foot back into a lunge.
- Inhale forward into a Plank position.
- Exhale and hold for a few seconds
- Inhale as you push up with your arms and arch your torso
- Exhale as you raise your hips, keeping your hands on the ground
- Step the left foot forward on an inhalation into Lunge.
- Swing the right leg forward, holding your ankles as long as you can

- Then lift your torso and reach your arms overhead on an inhalation
- Finally, lower your arms on an exhalation and return to your starting point,
- Hands together at your heart.
- Do this at least 3 times but more if you feel like you can keep going. 10-12 rounds is the goal to work towards.



Meal Ideas:

Breakfast: Gluten-free. Sugar-free, Vegan Granola with Rice Milk or Almond, Hemp, Oat, etc and Apples or Berries

Lunch: Broccoli and Quinoa Salad

Dinner: Portabello Mushroom Grilled or Fried on a bed of lettuce

Recipes:

Broccoli and Quinoa Salad Recipe

Ingredients:

- 3 cups of Broccoli florets, Steamed for 3 minutes
- 1/4 cup sunflower seeds
- 1/4 cup red onions
- 1 cup quinoa, cooked

Dressing:

- 1/4 cup oil or egg-free mayonaisse such as Veganaise
- 1 Tbsp. Apple Cider vinegar
- 1 Tbsp. Gluten-free mustard
- a pinch of salt
- squeeze of lemon

Directions:

1. Combine all ingredients in a bowl
2. Make dressing in a separate bowl.
3. Pour dressing over broccoli mixture.
4. Garnish with Cilantro or Parsley
5. Add salt and pepper to taste.

Daily Checklist

	Did you wake up to remind yourself of 5 things your are grateful for?
	Did you drink water with lemon when you woke up?
	Did you get enough sleep last night?
	Did you eliminate gluten, alchohol, caffeine, sugar and animal products from your diet today?
	Did you check in with your stress level?
	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
	Did you move your body today?
	Did you drink water and/or herbal teas all day long?
	Were you kind to one person today?
	Did you ingest nutritional foods and drinks today?
	Are you ending your day feeling proud of you?



Day 12

Benefits of Juice Cleansing

Did you get a chance to move your body yesterday? Did you make some sort of a plan to incorporate exercise in your life?

Today I want to discuss adding Juices to your Cleanse. Drinking juices is a great way to add nutrients to your body that you might not otherwise consume. They can help protect against pollutants and inflammatory diseases. Drinking Juices is so beneficial to your health and this is why!

1. More Energy

By drinking only juice, your digestive system gets a break. So all of that energy used to break down food will now be freed up and you will feel way more energy.

2. Clearer Complexion

When we ingest foods that are processed or some animal products, it reeks havoc on our colon. It all builds up in the colon. This can come out through the skin causing inflammation in the skin. Clearing out the colon by drinking juices can keep your skin clear and glowing.

3. Losing Weight

When you do not ingest foods and you only drink juice, the pounds naturally flow off. All the junk will be released from your gut.

4. Improve Immunity

Our digestive system is connected to our immunity. When we clean up our digestive system, we can help make our immune system stronger.

5. Form a New Relationship with Food

While taking a break from solid food, you are able to see what comes up for you when you don't consume foods that might give you comfort. This is a way to see if we are satisfied without food or if we are using it for emotional reasons.

6. Reset your Taste Buds

When you drink only juice it changes what your taste buds crave. It helps us reestablish our taste for flavor.

There are many different juice combinations that are beneficial to the detoxing process as well as to bring nutrients to your body. I have created some juicing recipes in the Recipe Book.

Juicing Recipes

Ultimate Green Juice

- 1 bunch celery
- 4-5 kale leaves (preferably lacinato)
- 1 green apple
- one big handful of flat leaf parsley leaves
- 1 peeled lime
- 1 peeled lemon
- 1 inch of fresh ginger

Beet, Apple, Blackberries and Ginger

- 3 small beets
- 2-3 apples
- 8 oz. blackberries
- 1/2 inch fresh ginger

Green Coconut Juice

- 1 young Thai coconut
- 1 handful of green kale
- 1 handful of spinach
- ½ banana

* Add a Tablespoon of Coconut Oil to any juice for additional health benefits. You can get creative with your juices. Throw in whatever you can find in your kitchen.

Maybe try doing an entire day of just juices and other liquids. It's a great, easy way to shift your body super fast!! Maybe try the Master Cleanse for a day. It is water, lemon, maple syrup, cayenne pepper, apple cider vinegar. This cleans out the system quickly.

Daily Checklist	
<input type="checkbox"/>	Did you wake up to remind yourself of 5 things you are grateful for?
<input type="checkbox"/>	Did you drink water with lemon when you woke up?
<input type="checkbox"/>	Did you get enough sleep last night?
<input type="checkbox"/>	Did you eliminate gluten, alcohol, caffeine, sugar and animal products from your diet today?
<input type="checkbox"/>	Did you check in with your stress level?
<input type="checkbox"/>	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
<input type="checkbox"/>	Did you move your body today?
<input type="checkbox"/>	Did you drink water and/or herbal teas all day long?
<input type="checkbox"/>	Were you kind to one person today?
<input type="checkbox"/>	Did you ingest nutritional foods and drinks today?
<input type="checkbox"/>	Are you ending your day feeling proud of you?

Day 13

Superfoods

A "superfood" is a food with a high concentration of various nutrients and phytochemical content that delivers exceptional health benefits. The best superfoods are usually scientifically proven foods (also called "functional foods") that can be used in a targeted way to support natural healing of specific health problems and to enhance health and well-being. Here are some of the best superfoods that you might want to try and include in your diet as much as possible:

1. Turmeric

Turmeric is an antioxidant, anti-inflammatory and an antiseptic. Studies have shown that it might protect against Alzheimers and cancer. Recent studies have even found that Turmeric is a natural alternative to helping with Depression. To learn more: <http://www.earthiemama.com/blog/-turmeric-for-depression>

2. Coconut Oil

Coconut Oil is absolutely amazing and is one of those things that should always be in your cupboard. It helps your body run smoother in many different ways. It is excellent for your heart and is a powerful antioxidant. It helps protect your body against viruses and bacteria. It can boost thyroid function and aids with digestion. It can be used on almost anything. Cooked with greens or in oatmeal or added to smoothies or just take a spoonful.

3. Chia Seeds

Chia seeds are super high in antioxidants, minerals, vitamins, fibers and has a higher amount of calcium than milk. It is high in Omega 3's equal to that of Alaskan Salmon. Omega's 3's are incredible for heart health and help with depression.

4. Sweet Potatoes

They are rich in beta-carotene and high in antioxidants. They are excellent for the heart with their high amounts of vitamin A. They keep your immune system strong with high amounts of Vitamin C. Try sweet potatoes instead of white potatoes. You don't need to add much to them as they are so yummy and sweet as they are.

5. Berries

Berries pack an incredible amount of nutritional goodness into a small package. They're loaded with antioxidants, phytonutrients, low in calories, and high in water and fiber to help control blood sugar. Their flavors satisfy sweet cravings for a fraction of the calories of processed foods. Blueberries lead the pack because they are among the best source of antioxidants and are widely available. Cranberries are also widely available fresh, frozen, or dried. add flavor and nutrition to many dishes, from salads and cereals to baked goods.

6. Beans

Beans are loaded with fiber and protein and high in iron. So they fill the body up while helping ridding the body of waste. They are a good substitute for animal protein. There are many different beans to choose from and many different ways to eat them!

7. Quinoa

Quinoa is high in fiber, protein and and a natural source of iron. It is gluten free and easily digestible. It is a perfect protein, having the essential amino acids.

8. Nuts

Nuts are a rich source of heart-healthy unsaturated fats. They are high in protein and fiber. Some nuts such as walnuts are very high in Omega 3's which makes them great for brain health. They are an excellent snack!

9. Leafy Greens

Leafy greens such as spinach, mustard greens, chard, collard greens, kale, etc. are packed full of nutrients. High in antioxidants, Vitamins A, C and K and fiber as well as iron. They are excellent in keep the body super healthy especially your skin. hair and nails.

10. Broccoli

Broccoli is one of the most nutrient dense foods. It is high in Vitamin K and Vitamin C. Broccoli is an anti-inflammatory and antioxidant making it high in cancer-fighting properties.

Try and add superfoods into your diet as much as possible. They will help your body eliminate waste while filling it up with essential vitamins and minerals.

Meal Ideas:

Breakfast: Breakfast Superfood Smoothie

Blend Bananas, Peanut Butter, Almonds, Chia Seeds, Rice Milk (sneak in some leafy greens) and ice

Lunch: Edamame Salad

Dinner: Spinach, Avocado with Pumpkin Seeds

Recipes:

Spinach, Avocado with Pumpkin Seeds Recipe

Ingredients:

- 5 cups baby spinach
- 1 avocado
- 1/2 cup pumpkin seeds
- 2 Tbsp. olive oil
- 1 lime zest and juice
- salt

(Add pomegranates, hemp seeds, chia seeds, grapes, etc)

Directions:

- Put spinach in a bowl with avocado cut into chunks.
- Add pumpkin seeds
- Wisk together rest of ingredients
- Pour them over spinach mixture.
- Add salt to taste

Pumpkin seeds are great for eliminating parasites

Edamame Salad Recipe

Ingredients:

- 2 cups of Edamame (Organic and Non GMO)
- 2 Tbsp. Olive Oil
- Lemon Zest
- Lemon Juice
- Salt
- Pepper

Directions:

- Boil Edamame.
- Drain
- Wisk together the rest of the ingredients.
- Add Edamame to the bowl and mix

Daily Checklist

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	Did you eliminate gluten, alchol, caffeine, sugar and animal products from your diet today?
	Did you check in with your stress level?
	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
	Did you move your body today?
	Did you drink water and/or herbal teas all day long?
	Were you kind to one person today?
	Did you ingest nutritional foods and drinks today?
	Are you ending your day feeling proud of you?

Day 14

Connecting with the Earth

You are almost done with 2 weeks, can you believe it?!

That means only 1 week to go!

Please honor yourself for making it this far and sticking with it, I promise you will see the results.

But..... please remember if you slip, don't beat yourself up about it.

By now you should have a grasp on the idea that health and wellness is not about perfection, it is about taking small steps to grow and to lean into changing on a holistic level. Becoming fully conscious of where your food comes from and how you feel when you eat it is the direction you want to take. Once you make the choice to be conscious and aware of your relationship with food, it is hard to go back to your old ways.

As you look around the Earth there are so many things that have reached a critical point. The polar ice caps are melting which is raising the ocean's levels. The Earth's waters are getting warmer effecting countless fish and coral species. There are many parts of the world still suffering from droughts and food shortage. There has been severe weather like we haven't seen. Most of this destruction has unfortunately been caused by humans. There is destruction of natural resources happening everywhere like fracking of the Earth's surface, the chemicals sprayed in our air, the chemicals poisoning our waters, the radiation being leaked by Fukushima. With all that is happening on our home, planet Earth, we need to become the change that we want to see in the world.

We need to become aware of every choice we make. What food to buy and where we buy it, what industries and big companies to support. I recommend sticking with 'local' as much as possible. This will all start create the change that we can bring about from our smallest actions to biggest life changing decisions.

When you eat a plant-based diet, you are being a part of the change. While I am not preaching veganism, (I raise my own pigs, sheep, rabbits and chickens for meat), eating most commercially produced animal products is contributing to the most serious environmental problems like land degradation, climate change, air pollution, water shortage, water pollution and loss of biodiversity. Buying ORGANIC produce is also very impactful, both economically and physically. Buying and planting your own organic seeds is about the best way you can help yourself and the Earth.

Some Scary Facts everyone should know...

Land Degradation:

Do you know that more than 90% of the Amazon rainforest cleared since 1970 and is now being used for animal farming. For either grazing or to grow crops to feed the animals. The rainforest is like a giant sink that holds carbon dioxide. When it is cut down or burned, the carbon dioxide that is released in massive amounts contributes to the global warming trend. In the US, more than 260 million acres of our forests have been cleared to grow crops to feed farmed animals.

Climate Change:

Raising animals as agriculture causes almost 40% more greenhouse gas emissions than all the cars, trucks and planes in the world combined.

"If every American skipped one meal of chicken per week, and substituted for vegetables and grains, for example, the carbon dioxide savings would be the same as taking more than half a million cars off of US roads." ~ Environmental Defense Fund

SO just think how much good you are doing by not eating animal products for 3 weeks!

Air pollution:

The EPA has found that more than 80% of the toxic ammonia gas in the US comes from farmed animals.

Animal agriculture and Water shortage:

Animal agriculture is one of the main causes of water shortage in the US and a large factor in California's recent historic drought. Huge amounts of water is used to grow the crops for feeding and more is used for hydrating the animals. The run-off from the cleaning of these factory farms is also very toxic and is effecting the soil and drinking water.

Loss of Biodiversity:

As more land is used for raising agriculture, native animals and birds are dying off. The oceans are being devastated by over fishing. 90 % of large fish population have been exterminated in the past 50 years by large-scale fishing. Fish farms just make the problems worse. Ocean fish and land based foods like corn are fed to the farmed fish, leading to disease and eco-contamination.

Food Shortage:

Do you know that more than 800 million people are starving and that 10s of millions die every year from starvation? All the grains grown for animals could be used to feed the starving people. Animals need food to survive and growing food for animals takes up a lot of water and space. The amount of feed that it takes to funnel through an animal to create a 1 ounce steak could fill forty to fifty humans with cooked grains. People have gotten out of hand with eating animal products.

By choosing what you eat, you are effecting so many other aspects of your life. It is a conscious choice and cutting down even a little helps the Earth and so many people that live on the Earth.

Meditation is great to use in this area. Try placing an affirmation such as "*I do make the difference*"

Continue to learn more about all of these global issues and educate those in your life as to what is actually going on in the world. Help yourself and them to make the decision to be more conscious of what you consume.

Be the change you want to see in the world!

Meal Ideas:

Breakfast: Baked Quinoa Oatmeal

Lunch: Lettuce Wraps-place large piece of lettuce or cabbage
fill with veggies mixed with veganaise

Dinner: Stir Fry with Brown Rice

Stir Fry a bunch of veggies (sliced zucchini, carrots, onions, etc) in coconut oil. Add cooked brown rice in stir fry and mix

Recipes:

Baked Quinoa Oatmeal

Ingredients:

- 1 cup quinoa flakes
- 1 cup almond flour
- 1/2-cup gluten free rolled oats
- 1/2-cup flaked coconut (optional)
- 1 teaspoon cinnamon
- 1/4 teaspoon of ground ginger
- 1/4 teaspoon salt

Mix above ingredients in a bowl

In a separate small bowl mix together:

- 3/4 cup almond milk
- 1/4 cup coconut yogurt or applesauce
- 1/4 cup maple syrup

Pour the wet ingredients into the dry ingredients and combine
In a deep pie 8" dish sprinkle:

- 1 cup blueberries
 - 1 pear diced
 - 1 peach diced
1. Spoon the quinoa mixture over the fruit
 2. Sprinkle on top a Tablespoon of each quinoa flakes, oatmeal and coconut flakes
 3. Bake at 350 degrees for 30 minutes
 4. Top should be golden brown
 5. Serve with Coconut Yogurt

Daily Checklist

	Did you wake up to remind yourself of 5 things your are grateful for?
	Did you drink water with lemon when you woke up?
	Did you get enough sleep last night?
	Did you eliminate gluten, alcohol, caffeine, sugar and animal products from your diet today?
	Did you check in with your stress level?
	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
	Did you move your body today?
	Did you drink water and/or herbal teas all day long?
	Were you kind to one person today?
	Did you ingest nutritional foods and drinks today?
	Are you ending your day feeling proud of you?



Day 15

Probiotics

Welcome to the third and final week of this cleanse! yay!

You must be feeling alive now! Pass me a note and let me know how you are doing!

Today I want to talk about Probiotics. Probiotics are basically beneficial bacteria. We have billions of beneficial bacteria living in our digestive tract. Friendly bacteria helps us digest food and absorb nutrients efficiently. These friendly or beneficial bacteria are very important to our health. In our gut, good bacteria can displace bad bacteria that inhibit our overall health.

Poor gut health can result from:

- antibiotics
- stress
- poor diet
- radiation
- chemotherapy
- over consumption of animal based foods
- pesticides
- added hormones

When good bacteria flourishes it wipes out the bad bacteria leaving your whole body feeling better. There have been many studies done about bacteria and the gut connected to mood. Studies have found that many people with an unhealthy digestive tract also have mood disturbances like depression and anxiety. When the gut is cleaned out and good bacteria replaces the bad, the mood is lifted. Many times when dealing with some allergies, chances are your gut is out of balance.

What Makes Probiotics?

Probiotics are created by fermentation. Friendly bacteria are all around us. So fermentation takes those friendly bacteria, collects them and gives them a good place to grow. Probiotics are found in Kombucha, Kefir, Yogurt, Buttermilk, Kimchi, Sauerkraut, and bacterially cultured cheese.

How to make Kombucha:

<http://www.earthiemama.com/blog/-how-to-make-kombucha>

How to make Coconut Kefir:

<http://www.earthiemama.com/coconut-kefir.html>

How to make Garlic Sauerkraut:

<http://www.earthiemama.com/blog/-homemade-sauerkraut>

How to Make Fermented Vegetables:

The origin of fermented foods began thousands of years ago when food needed to be preserved after a harvest. You can ferment cabbage, beets, cauliflower, carrots, cucumbers, green beans, garlic, onions, and many other fruits and vegetables.

It is a very simple process.

You will need:

- 1 Glass Jar
- 2 cups filtered water
- 1/2 Tbsp. Sea Salt

Any Combination of Veggies:

- chopped cauliflower
- chopped beets
- chopped carrots
- chopped green beans
- chopped bell peppers
- sliced radishes
- sliced daikon
- sliced cucumbers
- chopped turnips
- chopped broccoli
- chopped kale
- chopped onions
- chopped green onions
- chopped garlic
- cabbage leaves (for the top)

Any Combination of Herbs and Spices:

- dried chili peppers
- black peppercorns
- bay leaf
- fresh dill
- fresh basil
- fresh tarragon
- fresh mint
- sea vegetables (arame or hijiki) - use less salt if using these

Directions:

1. Dissolve your sea salt in water in a glass jar.
2. Place your favorite combo of veggies in a quart jar.
3. Add a few layers of herbs and spices too.
(Make sure you leave about an inch of space from the top of the jar.)
4. Cover the veggies with your salt brine, again leaving an inch from the top.
5. Put lid on but don't screw too tight. (you want a bit of space for gas to release)
6. Set your jars in an undisturbed place out of direct sunlight.
7. Taste the veggies after about 5 days. Have they soured? You can let sit for a few more days. Its an experiment, there is no exact amount of time.
8. After the veggies have soured to your liking, vacuum seal them and place the jars into your refrigerator and they will store for months.

You can eat the fermented veggies raw. Add on top of quinoa, rice, beans, leafy greens. Add them to a lettuce wrap. Making fermented vegetables is super easy and cheap as you can see from the directions above. If you still don't have time you can always buy them. Regardless, get those probiotics into your system. You will feel the bad bacteria leaving and the good replacing as your gut heals and your whole body feels easier to live in.

Daily Checklist

	Did you wake up to remind yourself of 5 things your are grateful for?
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	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
	Did you move your body today?
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Day 16

Water

As you are winding up this detox cleanse, I hope that you will take the knowledge that you have gained during this cleanse into your daily life.

Today I want to inform you about the most important thing that you can possibly put in your body: **WATER!**

We are made up of mostly water, roughly 70%. We drink water, we cook with water, we bathe in water, swim in water, wash our clothes and dishes in water. Water is an incredibly important component in our daily lives. Water is essential in our lives yet I find many people that are uninformed about water and I find that many take water for granted. Unfortunately most of the water offered to us is treated with harsh chemicals or bottled water that is sitting in plastic that can leach harmful chemicals. It is all sad, but it is reality. You might be lucky enough to get your water from a clean spring or underground well. If that is not the case, I highly recommend investing in a water filtration system. You can get one that attaches to your sink and shower heads. If that is too pricey, then you can get large bottles (making sure the container is healthy) and fill it up at a water station that uses reverse osmosis filtration. This is a very cheap way to drink clean water. I know it might be a pain to go and fill them up but it's worth it. When I lived in Los Angeles, I had to go fill up my 5 gallon jugs of water every couple of days. I always felt empowered when I had to carry that heavy bottle full of clean water; that I was taking control of the health of my family and me.

If you don't know already find out what chemicals are put in your tap water. Please figure out a way to give your body clean water inside and out.

If you think about it, if we are mostly made up of water, we need to be making sure that we are putting the cleanest water in our bodies as possible.

Remember to drink lots of water everyday! It makes everything work better!

Meal Ideas:

Breakfast: Flax Seed and Carrot Muffins

Lunch: Quinoa Stuffed Red Peppers

Dinner: Massaged Greens

Recipes:

Flax Seed and Carrot Muffins

Ingredients:

- 1/2 cup of ground flax seeds (into flour)
- 2/3 cup almond or rice milk
- 2 cups shredded carrots
- 1/4 cup raisins

- 1 cup raw honey or molasses or agave
- 1/2 cup walnut oil or coconut oil
- 1 1/2 cup gluten free flour
- 2 Tbsp. baking powder
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp himalayan salt

Directions:

- Preheat oven 350
- Grease muffins tins
- Mix together flax seeds, carrots, milk , raisins, agave and oil.
- Mix dry ingredients.
- Slowly add dry to wet ingredients.
- Pour batter into pans.
- Bake 35-40 minutes.

Quinoa Stuffed Red Peppers

Ingredients:

- 4 medium Red Bell Peppers, Sliced in Half and seeded
- 4 Cups of water for blanching peppers
- 1 cup Quinoa, washed and drained
- 1 1/4 cup water for boiling Quinoa
- 1 pinch of Himalayan Salt
- 1 Tbsp. Olive Oil
- 3 garlic cloves
- 1 cup red onions
- 15 ounces of garbonzo beans
- 1/2 tsp. cinnamon
- 1 tsp. ground cumin
- 2 tsp. Soy Sauce or Braggs Amino Acids or Coconut Aminos
- 2 Tbsp. chopped chives for garnish

Directions:

1. Place Quinoa and water in a pan and cook
2. Bring 4 cups of water to boil.
3. Blanch the pepper halves - 2 to 3 minutes
4. Remove, drain and set aside.
5. Heat over to 350
6. In a skillet heat oil, garlic and onion
7. Add garbonzo beans, cinnamon, cumin, and sauce.
8. Combine Quinoa and mix thoroughly
9. Stuff each half of bell pepper.
10. Place on oiled dish and put in over for 10-15 minutes.
11. Remove and garnish with chives.

Massaged Greens

- 6 cups of finely chopped greens, such as kale, spinach, collard greens, beet greens, chard, etc.
- 2 Tbsp Olive oil
- 1 Tbsp. flax seed oil, avocado oil or more olive oil
- 1 Tbsp of Earthie Mama's Organic Master Tonic
- 2 tsp. Braggs Amino Acids, Coconut Aminos or Soy Sauce
- 2 green onions
- Himalayan salt
- 1 1/2 cups of chopped herbs such as basil, cilantro, and parsley

Mix all ingredients together in a bowl for 10 minutes. Eat on quinoa or rice or with tofu, add mushrooms, etc. Be creative!

Daily Checklist

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	Did you drink water with lemon when you woke up?
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	Did you eliminate gluten, alcohol, caffeine, sugar and animal products from your diet today?
	Did you check in with your stress level?
	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
	Did you move your body today?
	Did you drink water and/or herbal teas all day long?
	Were you kind to one person today?
	Did you ingest nutritional foods and drinks today?
	Are you ending your day feeling proud of you?



Day 17

The Skin

Do you know that the skin is the largest organ in the body? Did you know that everything you put on your skin seeps into the bloodstream and then flows throughout your body? The skin is the body's detoxification pathway where toxins push up through its 3 million sweat glands. Toxins manifest as skin conditions that can be blotchy, rough, painful, discolored, inflamed, dry and wrinkly and make us self-conscious about our appearance. Most skin issues begin at the cellular level, from psoriasis, acne, eczema, dry skin, to the natural signs of aging, No matter how these issues outwardly express themselves, in most natural healing systems they are all looked at as internal toxicity problems.

Here is a great article about the skin:

<http://www.earthiemama.com/your-skin-is-amazing.html>

Many of the commercial body care products out there have loads of toxic chemicals in them. These chemicals inevitably go through your skin and into your body. I stopped using commercial body care products many years ago for this reason. However, organic body care products can be very expensive. When I lived in Costa Rica, I couldn't find all natural body care products anywhere so I began to make my own. Instead of buying commercially produced toothpaste, I would mix baking soda, coconut oil and Himalayan pink salt or sea salt. When I use this combination my teeth feel cleaner and they are definitely whiter. These simple ingredients are easy to find and inexpensive and NON-TOXIC!

If you are planning on continuing to live a holistic life of wellness after this cleanse, I highly recommend you becoming aware of the products that you are letting soak into your body through your skin.

Also, here is my best morning body care routine straight from the kitchen : <http://www.earthiemama.com/1/post/2013/11/body-care-from-your-kitchen.html>

Meal Ideas:

Breakfast: Oatmeal with berries

Lunch: Veggie Burger wrapped in lettuce

Dinner: Meatless Lettuce Wraps side of potato salad

Dessert: Banana Ice Cream

Recipes:

Meatless Lettuce Wrap

Ground Walnut Meat:

- 1 cup raw walnuts
- 1 1/2 tsp. ground cumin
- 1 tsp. ground coriander
- 1/2 tsp. Braggs Amino Acids
- pinch of salt
- Romaine lettuce
- Salsa
- Avocado, pitted and sliced

Cilantro-Cashew Cheese

- 2 garlic cloves, crushed
- 1/2 tsp. Himalayan salt
- 1 cup raw cashews
- 2 1/2 tsp. lemon juice
- 1/4 cup Cilantro
- 1/4 cup water

Directions:

To make walnut meat:

1. Place all ingredients (walnuts, cumin, coriander, aminos and salt) into a food processor
2. Process mixture into small pieces until it looks like ground meat.

To make cheese:

1. Place garlic and salt in food processor, process into small pieces
2. Add cashews and process until consistency is like a paste
3. Add lemon juice, cilantro and water
4. Continue to process until smooth texture
5. Layer cheese mixture and meat down the inside one romaine leaf.
6. Add salsa and avocado slices. Wrap and serve.

Potato Salad:

Ingredients:

- Potatoes
- Veganaise
- Mustard
- Celery
- Green Onions
- Pickles
- Salt and Pepper

Directions:

1. Boil Potatoes until soft, drain and cool in refrigerator
2. Chop celery, pickles, green onions
3. Cube potatoes
4. Mix veganaise and mustard
5. Add remaining ingredients
6. Add salt an pepper

Banana Ice Cream

Bananas are so high in potassium and rich in fiber that they are great for elimination.

- 3 Bananas
- 2 Tbsp agave
- 1 cup Almond milk, Rice Milk, Coconut Milk, etc
- 3 cups of ice

Place all ingredients in a blender and process for 60 seconds on high or until smooth.

Daily Checklist

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Day 18

Amino Acids

Today I want to educate you about **Amino Acids**. Many people do not know how important Amino Acids are and how making sure you are sufficient in them helps to maintain balance in the body.

Amino Acids are the building blocks to protein. They are responsible for strength, repair, and rebuilding inside the body. Your cells, tissues and your brain get nourishment and protection from amino acids.

Amino acids make up for nearly 75% of your body. Next to water, they make up the largest portion of our body weight. 80% of amino acids are manufactured in the liver. The others are obtained from diet.

These 9 are considered Essential Amino Acids.

- leucine
- isoleucine
- valine
- lysine
- threonine
- tryptophan
- methionine
- phenylalanine
- histidine.

Low Amino acid counts can result in:

- Allergies
- Ulcers
- Anemia
- Osteoarthritis
- Autoimmune
- Arthritis
- lupus
- cerebral palsy
- certain cancers
- depression
- cognitive issues
- insomnia
- anxiety
- panic attacks
- musculoskeletal pain
- ADD (*attention deficit disorder*) & ADHD (*attention deficit hyperactivity disorder*),

21 of the Essential Amino Acids are found in foods like red meat, poultry, eggs, seafood and dairy products. Plant foods will only supply some of the amino acids you need. For this reason, a vegetarian diet should be balanced to ensure that amino acids are derived from all parts of the diet. Vegetable sources of protein such as nuts, beans, and grains are incredibly healthy, because they not only provide amino acids, but additional nutrients such as fiber, vitamins A and C.

- **Arginine** – alfalfa, carrots, green leafy vegetables, beetroots, cucumber, celery, lettuce, radishes and potatoes.
- **Alanine** – Main source being alfalfa, but also found in: celery, carrot, lettuce, cucumber, turnips, green pepper, spinach, plums, apples, guavas, grapes, oranges, almonds and strawberries.
- **Aspartic acid** – carrots, celery, radishes, cucumber, mint, tomatoes, turnips, lemons, grapefruit, apples, plums, pineapples, melons and almonds.
- **Cystine** – alfalfa, beet roots, carrots, cabbages, cauliflower, onions, garlic, apples, pineapples, raspberries, raisins.
- **Glutamic acid** – found in carrots, turnips, cabbages, celery, beetroots, mint, lettuce, spinach and papaya.
- **Glycine** – carrots, turnips, celery, mint, alfalfa, spinach, garlic, potatoes, figs, oranges, raspberries, pomegranates, melons and almonds.
- **Histidine** – radishes, carrots, cucumber, beetroots, celery, garlic, onions, turnips, alfalfa, spinach, pineapples, apples, pomegranates and papaya.
- **Hydroxy glutamic acid** – carrots, mint, lettuce, spinach, tomatoes, grapes, raspberries, plums
- **Hydroxy praline** – carrots, lettuce, beetroots, turnips, cucumber, plums, cherries, figs, radishes, grapes, olives, pineapples, almonds and coconut.
- **Lodogorgoic acid** – carrots, celery, spinach, tomatoes, lettuce and pineapple.
- **Isoleucine** – papaya, olives, coconuts, almonds, apricots, pistachios and walnuts.
- **Leucine** – coconuts, almonds, apricots, papaya, olives, pistachios and walnuts.
- **Lysine** – carrots, cucumber, beetroots, mint, celery, spinach, turnips, alfalfa, germinates soyabeans, plums, pears, papaya, apple and grapes.
- **Methionine** – cabbages, garlic, cauliflower, pineapples and apples.
- **Phenylalanine** – carrots, beetroots, spinach, mint, tomatoes, pineapples and apples.
- **Proline** – carrots, beetroots, lettuce, turnips, cucumber, plums, cherries, figs, grapes, olive, oranges, pineapples, coconuts and almonds.
- **Serine** – radishes, garlic, onion, carrots, beetroots, celery, cucumber, mint, spinach, cabbage, alfalfa, papaya, apples and pineapples.
- **Threonine** – carrots, green leafy vegetables, alfalfa and papaya.
- **Thyroxine** – carrots, celery, lettuce, turnips, spinach, tomatoes and pineapples.
- **Tryptophane** – beetroots, carrots, celery, spinach, alfalfa and turnips.
- **Tyrosine** – alfalfa, carrots, beetroots, cucumber, lettuce, mint, spinach,

Food based Amino Acid Supplements:

Braggs Liquid Aminos NON-GMO soy (contains 16 amino acids/8 essential.) This product is great to use in place of regular and potentially toxic soy sauce. **Coconut Aminos** contains 17 naturally occurring amino acids. Nutrient-dense, certified organic, dairy free, gluten-free, soy-free and raw-vegan friendly.

By ensuring that you are eating foods that are high in amino acids, or that you are supplementing via a well balanced protein powder or free form amino acids, you are improving your chances for optimal health, greater energy, strength, recovery, improved muscle definition, beautiful skin, better mood, better memory and enhanced brain function.

Amino Acids are linked to mood. Your key neurotransmitters are made up of amino acids. Hundreds of research studies at Harvard, MIT, and elsewhere have confirmed the effectiveness of using just a few targeted amino acid precursors to increase the key neurotransmitters, thereby eliminating depression, anxiety, and cravings for food, alcohol, and drugs.

The Amino Acids You Might Need:

- **5HTP** or/ **Tryptophan** to raise Serotonin levels
- **GABA, Taurine, and/or Theanine** to raise GABA levels
- **Tyrosine** or **phenylalanine** to raise levels of stimulating neurotransmitters like norepinephrine and dopamine
- **DLPA** or **D-phenylalanine** to increase the availability of Endorphin
- **Glutamine** to keep blood sugar levels stable and all neurotransmitters firing strongly and in concert

There are 4 mood groups that you might be able to relate to. And there are ways to get out of feeling these ways by replacing amino acids.

The Dark Cloud of Depression

- If you're high in serotonin – you're positive, confident, flexible, and easy-going.
- If you're sinking in serotonin – you'll tend to become negative, obsessive, worried, irritable, and sleepless.

The Blues

- If you're high in catecholamines – you're energized, upbeat, and alert
- If your catecholamines have crashed – you'll sink into a flat apathetic funk.

Anxiety and Stress

- If you're high in GABA – you're relaxed and stress-free.
- If there's a gap in your GABA – you'll be wired, stressed, and overwhelmed.

Oversensitive Feelings

- If you're high in endorphins – you're full of cozy feelings of comfort, pleasure, and euphoria.
- If you're near the end of your endorphins – you'll be crying during commercials and overly sensitive to hurt.

Daily Checklist	
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Day 19

Mood Cure

To continue with the topic from yesterday, about Amino Acids, I want to send you a Mood-Type Questionnaire.

This is taken from the book *Mood Cure* by Julia Ross.

To find out more:

http://www.moodcure.com/take_the_mood_type_questionnaire.html

Answer these questions for 2 points each. Add up your score and the end of each section. If the number you get is more than the number noted then you might be depleted of one of the amino acids.

Type 1. Under a Dark Cloud: Low in SEROTONIN

- Do you have a tendency to be negative, to see the glass as half-empty rather than half-full?
- Do you have dark, pessimistic thoughts?
- Do you really dislike the dark weather or have a clear-cut fall/winter depression (SAD)?
- Are you often worried and anxious?
- Do you have feelings of low self-esteem and lack confidence? Do you easily get to feeling self-critical and guilty?
- Does your behavior often get a bit, or a lot, obsessive? Is it hard for you to make transitions, to be flexible? Are you a perfectionist, a neatnik, or a control freak? A computer, TV, or work addict?
- Are you apt to be irritable, impatient, edgy, or angry?
- Do you tend to be shy or fearful? Do you get nervous or panicky about heights, flying, enclosed spaces, public performance, spiders, snakes, bridges, crowds, leaving the house, or anything else?
- Are you hyperactive, restless, can't slow down or turn your brain off?
- Have you had anxiety attacks or panic attacks (your heart races, it's hard to breathe)?
- Do you have facial or body tics, or Tourette's?
- Do you get PMS or menopausal moodiness (tears, anger, depression)?
- Do you hate hot weather?
- Are you a night owl, or do you often find it hard to get to sleep, even though you want to?
- Do you wake up in the night, have restless or light sleep, or wake up too early in the morning?
- Do you routinely like to have sweet or starchy snacks, wine, or marijuana in the afternoons, evenings, or in the middle of the night (but not earlier in the day)?
- Do you find relief from any of the above symptoms through exercise?

- Have you had fibromyalgia (unexplained muscle pain) or TMJ (pain, tension, and grinding associated with your jaw)?
- Have you had suicidal thoughts or plans?

Total Score:

(NOTE IF MORE THAN 12)

Type 2. Feeling the Blues: Low in NOREPINEPHRIN or Thyroid

- Do you often feel depressed - the flat, bored, apathetic kind?
- Are you low on physical or mental energy? Do you feel tired a lot, have to push yourself to exercise?
- Is your drive, enthusiasm, and motivation quota on the low side?
- Do you have difficulty focusing or concentrating?
- Are you easily chilled? Do you have cold hands or feet?
- Do you tend to put on weight too easily?
- Do you feel the need to get more alert and motivated by consuming a lot of coffee or other "uppers" like sugar, diet soda, ephedra, or cocaine?

Total Score:

(NOTE IF MORE THAN 6)

Type 3. Over Stressed: Low in GABA or Cortisol

- Do you often feel overworked, pressured, or deadlined?
- Do you have trouble relaxing or loosening up?
- Does your body tend to be stiff, uptight, tense?
- Are you easily upset, frustrated, or snappy under stress?
- Do you often feel overwhelmed or as though you just can't get it all done?
- Do you feel weak or shaky at times?
- Are you sensitive to bright light, noise, or chemical fumes? Do you need to wear dark glasses a lot?
- Do you feel significantly worse if you skip meals or go too long without eating?
- Do you use tobacco, alcohol, food, or drugs to relax and calm down?

Total Score:

(NOTE IF MORE THAN 8)

Type 4. Too Sensitive for Life's Pain: Low in ENDORPHIN

- Do you consider yourself or do others consider you to be very sensitive? Does emotional pain, or perhaps physical pain, really get to you?
- Do you tear up or cry easily - for instance, even during TV commercials?
- Do you tend to avoid dealing with painful issues?
- Do you find it hard to get over losses or get through grieving?
- Have you been through a great deal of physical or emotional pain?
- Do you crave pleasure, comfort, reward, enjoyment, or numbing from treats

like chocolate, bread, wine, romance novels, marijuana, tobacco, or lattes?

Total Score:
(NOTE MORE THAN 6)

Type 5. Mood Swinger: Unstable BLOOD SUGAR

- Do you crave a lift from sweets or alcohol, but later experience a drop in mood and energy after ingesting them?
- Do you get dizzy, weak, or headachy if meals are delayed?
- Do you have a family history of hypoglycemia, diabetes, or alcoholism?
- Are you nervous, jittery, irritable, inattentive on and off throughout the day; but calmer after meals?
- Do you have crying spells?
- Do you have intermittent mental confusion, forgetfulness, difficulty concentrating?
- Do you have heart palpitations, rapid pulse?
- Do you have frequent thirst?
- Do you get night sweats (not menopausal)?
- Do you get sores on legs that take a long time to heal?

Total Score:
(NOTE MORE THAN 12)

The Amino Acids You Might Need:

- **5HTP** or/ **Tryptophan** to raise Serotonin levels
- **GABA**, **Taurine**, and/or **Theanine** to raise GABA levels
- **Tyrosine** or **phenylalanine** to raise levels of stimulating neurotransmitters like norepinephrine and dopamine
- **DLPA** or **D-phenylalanine** to increase the availability of Endorphin
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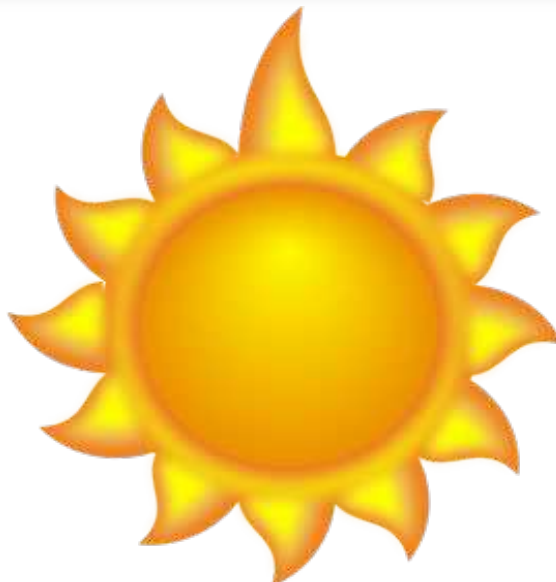
For everyone:

I recommend an **Omega 3 supplement**. Omega 3 is the best good-mood fat. There is a correlation between the rate of depression and the amount of Omega 3's one takes. People report that they come alive when they are taking Omega 3's. Omega 3 comes in 2 forms. One that comes from fish and is ready immediately for brain use. The other from flaxseeds, chia seeds and other seeds and nuts that has to be worked by certain enzymes before they are absorbed into the brain. The best source of Omega 3's are from Wild Salmon, sardines, herring, anchovies and mackerel. They have 3 times more than other fish and 5 times more than flaxseed oil. Since it is very hard to eat the amount of fish needed, get a supplement of Omega 3's and take 1200-2400 mg/day.

Vitamin D is also very important. If you don't get enough Vitamin D from the sun, then I recommend a Vitamin D supplement. Vitamin D is a hormone that regulates the adrenals, the thyroid and calcium. DO not exceed 400 mg/day. If you are out in the sun then no supplement is needed. More and more studies are coming out about just how important vitamin D is in preventing and healing many diseases.

Magnesium works in great partnership with Vitamin D and calcium. These can all help with mood and improve sleep. Magnesium protects us from insomnia, depression, stress, anxiety, anger, heart attack, Alzeihmers, constipation, low blood sugar, PMS, osteoporosis, and chronic fatigue.

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	Did you check in with your stress level?
	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
	Did you move your body today?
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	Were you kind to one person today?
	Did you ingest nutritional foods and drinks today?
	Are you ending your day feeling proud of you?



Day 20

Bringing Sugar Back In

Can you believe it is Day 20! You once think this day was SO far away but now it is here! Tomorrow is the final day of this cleanse. I will share with you info tomorrow about ways to get out of the cleanse so you are continuing to be conscious about your wellness. However, one topic I want to give a little special attention to is weaning back into having **Sugar**. You have now gone through 20 days of no sugar. It is such a gift you have given to your body since processed sugars are very harmful to your body.

Sugar is Linked to:

- Tooth decay
- Obesity.
- Sugar gives you a spike in energy with no nutritional value.
- Allergies
- Major depression
- Skin Irritations
- ADD/ADHD
- Insomnia
- Colon Issues
- Sugar can cause Type 2 Diabetes

Artificial Sweeteners:

Sugar substitutes are considered any sweetener other than sugar. Artificial sweeteners are found in "low-calorie," "sugar-free," and "diet" labeled items. Artificial sweeteners are synthetic sweeteners that are maybe some what derived from natural products. People are attracted to artificial sweeteners because they have virtually no calorie count, and they have been told by media advertising. There have been many recent studies that have come out about artificial sweeteners such as **Aspartame** that may contribute to cancer and other serious diseases. Aspartame is 100 times sweeter than sugar. Yet it has been connected to short term memory and eroded intelligence. Studies have shown that consuming Aspartame can lead to birth defects, brain tumors, emotional disorders like anxiety and depression, migraines, and many more issues which ultimately cause you to get off balance. Aspartame is considered by many to be one of the most harmful substance that is consumed today.
GET IT OUT OF YOUR DIET!

There is a great documentary on Netflix or google to watch online called **Sweet Misery**. It is about Aspartame. Information that everyone should know!

Sugar Substitutes:

Agave Nectar:

Agave is made from the same plant that Tequila is made from. It is a caramel brown colored syrup that has slightly more calories than Table Sugar but because it is much sweeter you need much less. It contains probiotics too so it nourishes intestinal bacteria.

Stevia:

This plant from South America is a zero-calorie sugar. It is 200-300 times sweeter than sugar so you need very little. Stevia does not cause spikes in blood glucose levels. You can even grow it yourself!

Honey:

This is a high antioxidant food. Honey has even been said to help you lose weight. Eat raw honey and you get all of the beneficial gut bacteria. It is low glycemic so it keeps blood sugar levels in check. Its anti-bacterial and anti-viral.

Blackstrap Molasses:

This is a by-product of sugarcane. This is high in iron, Vitamin B6, Magnesium, Calcium and other antioxidants.

Coconut Sugar:

Coconut Sugar is made from the sap of the palms of a Coconut plant. It has a low glycemic index and contains many beneficial nutrients and antioxidants.

My personal favorite is **Raw Honey**. I love everything about honey. How the bees make it is amazing, the taste is delicious, the benefits are incredible and endless. It is a healing, medicinal sweetener.

Please take the time to look at the ingredients of what you are eating. You really want to avoid products with cane sugar, table sugar, corn syrup, sucrose, aspartame, etc. etc. etc. I hope this cleanse has brought you to a clearer relationship with food. I hope you are eating packaged and processed foods less and going with fruits, veggies, grains and beans. When you reintroduce foods back into your diet, please do it with consciousness. Really think about what you are about to put in your mouth do just fill it up. I will talk more about reintroducing foods back into your diet tomorrow.

Daily Checklist

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	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
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	Were you kind to one person today?
	Did you ingest nutritional foods and drinks today?
	Are you ending your day feeling proud of you?

There is even a verse in the Bible...

MY SON, EAT HONEY, FOR IT IS GOOD,
YES, THE HONEY FROM THE COMB IS
SWEET TO YOUR TASTE;

Proverbs 24:13

Day 21

Ending the Cleanse

The final day!!

I am so proud of you for making it 21 days of cleaning your body from the inside out and outside in. It is such a huge gift that you have given to yourself and this is just the first step to holistic wellness. You challenged yourself into a new ways of thinking about the way you eat, drink, and thrive!

Your body is thanking you right now and you have learned to readjust to this new way of living. Please don't just fall back into old habits and patterns because you are done. Rather, remain always conscious of how food feels to you.

Perhaps you had a few slip ups or you thought you couldn't do the cleanse. But reality is, you have done it, the best that you possibly could and you have just begun the ultimate path to wellness.

Ask yourself these questions:

- What foods worked while you were on this cleanse?
- What didn't work?
- How are your energy levels?
- What have I learned from doing this cleanse?
- How can I take what I have learned and continue to grow?

Today, do a self evaluation. Ask yourself these questions!

Reintroducing yourself back in:

I encourage you to think about how you are going to reintroduce Gluten, Alcohol, Sugar, Caffeine and Animal Products.

Gluten

I recommend reintroducing Gluten first (if you want to). This is a great opportunity to see how your body responds to gluten. Give it a few days and see how your gut feels. How your energy is? How your mood is affected? If you are not having any issues in the first few days, then you most likely do not have sensitivities to Gluten. Count yourself lucky!

Alcohol

Slowly introduce alcohol back in. Your body has gone through a detox and when you drink it, your bodies reaction to alcohol will be more intense to start. You will probably get buzzed a lot faster with less intake, so be careful.

Sugar

As I explained yesterday, stay away as best as possible from processed sugars and artificial sweeteners. You have allowed your blood sugar levels to be balanced out. Try and keep it that way and only use Raw Honey, Coconut Sugar, Agave and Stevia.

Caffeine

Have you missed caffeine? If you have, go ahead and have some. But maybe you will find you don't even need it. Maybe a cup of tea instead of a cup of coffee. Or half the strength of coffee. I usually go for Green Tea. There are incredible health benefits in Green Tea and a little boost of caffeine.

Animal Products

Have you missed eating meat? How has it been on a plant-based diet? There are SO many reasons to not eat animal products. Environmental reasons, health reasons and of course the animals. You can live a life of holistic health without animal products if you choose. Personally, I love to eat eggs in the morning. The protein in the morning really gets me through half of my day. I raise my own chickens so I know that they are eating all organic food and being raised with love.

If you start eating eggs, please eat ORGANIC, free range eggs. As for meat, I have to be honest, I sometimes enjoy a steak, but I raise my own animals from babies, so I know exactly how they were treated, what they were fed, and how they were processed. I really encourage you if you want to go back to animal products, to start with a Bone Broth Soup (which is incredible for you).

I don't enjoy cow's milk so I stick with Rice, Almond, Oat, Hemp and Coconut but if you do please get Organic milk or even better Raw Milk or Cream.

I would eat Goat cheese before Cow cheese as Goat cheese doesn't have cassien and is easier to digest.

I believe that protein is one of the most important things we can put in our body for our strength and brain activity. If you have trouble getting enough protein from a plant based diet then I would put back in the chicken and meat, but be conscious of how the animal was treated before eating it.

As for fish, I would stick with Wild Caught Atlantic Salmon and any other fish that is not from the Pacific (because of Fukushima and the radiation seeping into the ocean).

How To Make the BEST Bone Broth:

Broth is a mineral rich infusion made by boiling bones of healthy animals with vegetables, herbs and spices. It is also a powerful health tonic that you can add to your family's diet.

Broth is a traditional food that your grandmother likely often made. Many societies around the world still consume broth regularly as it is a cheap and highly nutrient dense food. It also improves your digestive system. It is high in calcium, magnesium and phosphorus, making it great for bone and tooth health. Bone broth also supports joint, hair, nails, and skin. It helps to eliminate cellulite. Bone Broth is very high in Amino Acids which as you are now aware of are beyond important for your body.

How to make Bone Broth:

Bone Broth can be made from the bones of beef, bison, lamb, poultry, fish mixed with vegetables and spices. You can save leftover bones from your roasted chicken or turkey. Or you can get them from a local butcher. From your Farmer's Market.

What you Will Need:

- 1 whole chicken, boned, (or extra gelatin) or any other bones you choose.
- 1 onion, chopped
- 4 garlic cloves, diced
- 2 stalks of celery, chopped
- 2 carrots, chopped
- 2 TBL Apple Cider Vinegar
- Optional: Parsley, Pepper, Himalayan Salt,

Directions:

- Put bones in a large pot
- Pour filtered water over bones
- Cook for 30 minutes
- Add rest of ingredients, except parsley
- Bring to a boil
- Reduce to simmer: Beef 48 hours, Chicken 24 hours, fish 8 hours
- In the first few hours a film will develop at the surface, scrap that off, those are the impurities.
- Add Parsley and other herbs like Thyme or Cilantro during last 30 minutes.
- Remove from heat, let cool
- Strain all bones and veggies out. Store in fridge for 5 days or freezer for longer.

How to Use the Broth?

- You can drink a glass of broth per day.
- When you are ill, bone broth is the best thing for you! It supports the body's energy, strengthens the immune system while helping the digestive system. Bone Broth often calms an upset stomach .
- The Homemade broth can be used in Soups, Stews, Gravies, Sauces, or to Roast or Saute Veggies.

This is a very inexpensive way to get a super boost to your health!

YOU ARE AMAZING!!!!!!

Please thank yourself for the incredible gift of health you have given yourself during this Super detox cleanse!!!

Take note of what your challenges were? How do you feel now ? Did you learn from the daily emails? What will you hold onto in your new lifestyle?

With GRATITUDE IN ABUNDANCE and IN SERVICE,
and
CHEERS TO YOUR HEALTH!!!

~Alex

Daily Checklist	
<input type="checkbox"/>	Did you wake up to remind yourself of 5 things your are grateful for?
<input type="checkbox"/>	Did you drink water with lemon when you woke up?
<input type="checkbox"/>	Did you get enough sleep last night?
<input type="checkbox"/>	Did you eliminate gluten, alcohol, caffeine, sugar and animal products from your diet today?
<input type="checkbox"/>	Did you check in with your stress level?
<input type="checkbox"/>	Did you sit with yourself for at least 15 minutes with eyes closed in silence? (meditation)
<input type="checkbox"/>	Did you move your body today?
<input type="checkbox"/>	Did you drink water and/or herbal teas all day long?
<input type="checkbox"/>	Were you kind to one person today?
<input type="checkbox"/>	Did you ingest nutritional foods and drinks today?
<input type="checkbox"/>	Are you ending your day feeling proud of you?

Over 50
Super Cleanse
Approved Recipes



Earthie Mama's

21 Day
Super
Cleanse

**Recipe
Book**

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Introduction

Hi Friends,

The hardest part about being healthy is knowing what foods to buy and recipes to create. I have put together a recipe book that goes along with the 21 Day Super Detox Cleanse. The recipes in this book are all cleanse worthy. There is no gluten, sugar, alcohol, caffeine or animal products in any of the recipes. However, if you want to include animal products that are organic, preferably pasture raised, then feel free to add your protein as you wish. The recipes in this book are all recipes I have created, made and consumed and they are yummmmy! Please enjoy the first version of the Super Detox Recipe Book and your path to a healthier, more balanced life where you are thriving!

I strongly encourage you to use all organic, non-GMO ingredients. If you can grow your own or have a farmers market close by that is the best. There are some ingredients that are used in the majority of recipes, so please check out the shopping section next. I have linked the products to where you can buy them online. This book is easy to find your way through. So enjoy, be creative and know if you follow these recipes you are eating your best while detoxing and nurturing your body.

Cheers to your health!

~ Alex

About the Author



Alex is a passion driven woman, whose pursuit for knowledge is matched only by her desire to live a conscious existence and share that knowledge with the world. Fed up with all the toxic pharmaceutical body care products and food preservatives (that were often doing the exact thing that they said they were preventing), Alex set about to find powerful all natural alternatives. Soon she had a wealth of research and information and began formulating her own products and recipes to use at home with her 3 young children. She began sharing her recipes and directions for free through her blog and various other social media. Then unexpectedly, came the constant requests from people around the world to purchase her products, And so, 2 years ago, she created the Earthie Mama product line. Alex is a full-time mother of 3 girls, a qualified yoga instructor, avid organic nutritionist and author.

The recipes contained in this book have been tried and tested,
ENJOY!

Beverages and Smoothies

1. **Breakfast Superfood Smoothie**
2. **Detox Smoothie**
3. **Heavy Metal Detox Juice**
4. **Ultimate Green Juice**
5. **Beet, Apple, Blackberry, Ginger juice**
6. **Tropical Paradise**
7. **GreenCoco Juice**
8. **Turmeric Golden Milk**
9. **Kombucha**
10. **Coconut Kefir**
11. **Ginger Ale**
12. **Almond Milk**

Breakfast Superfood Smoothie

Ingredients:

- 1 Banana
- 1/2 cup Almond Butter (or other nut butter)
- 1/4 cup Almonds
- 2 T Chia Seeds
- Handful of Spinach
- 2 Dates
- Water
- Ice



Directions:

- Combine all ingredients in a blender and cover with water. Add a few ice cubes. Feel free to add any ingredients or supplements.

Detox Smoothie

Ingredients: (all ingredients optional)

- 1 cup coconut oil
- 2 T lemon juice
- 1 t fresh ginger
- 1 cup chopped pineapple
- A handful of spinach or kale
- Pinch of cayenne pepper
- 1-2 Ice cubes



Heavy Metal Detox Juice

Ingredients:

- 1 Apple
- 6 Carrots
- A bunch of Cilantro
- 2 Garlic cloves
- 1 scoop of blue green algae (chlorella and spirulina)
- 1 scoop bentonite clay
- squeeze of lemon
- Stevia, or another sweetener to taste

Directions:

- 1 Juice the apple, carrots, cilantro and garlic
- 2 Mix in blue green algae and bentonite clay, squeeze in the lemon
- 3 Sweeten to taste



Ultimate Green Juice

- 1 bunch celery
- 4-5 kale leaves
- 1 green apple one big handful of flat leaf parsley leaves
- 1 lime
- 1 lemon
- 1 inch of fresh ginger

Beet, Apple, Blackberries and Ginger

- small beets
- 2-3 apples 8 oz.
- blackberries
- 1/2 inch fresh ginger

Tropical Paradise

- 1 bunch celery
- 4-5 kale leaves
- 1 green apple
- one big handful of flat leaf parsley leaves
- 1 lime
- 1 lemon
- 1 inch of fresh ginger

Green Coconut Juice

- 1 young Thai coconut
- 1 handful of green kale
- 1 handful of spinach
- 1/2 banana

* Add a Tablespoon of Coconut Oil to any juice for additional health benefits.

Turmeric Golden Milk

Ingredients:

- 2 Cups of Organic Almond Milk, Coconut Milk, Hemp Milk or Rice Milk
- 1 tsp. ground Turmeric
- 1 tsp. grated Ginger
- 1 tsp. Cinnamon
- 1 Date (or 1 T raw honey)
- 3 peppercorns or a sprinkle of black pepper
- Optional: Add Chia seeds, Cloves, banana

Kombucha

Ingredients

- 13-14 cups of water
- 1 cup Organic Sugar
- 6-8 Teabags (Organic Green, Black or White)
- Kombucha Starter Culture ~ SCOBY (Symbiotic Culture of Bacteria and Yeast)
- 2 Cups starter liquid (from another Kombucha tea)
- Brewing glass jar
- cloth cover
- rubber band

Directions:

1. Sanitize Bring water to a boil.
 2. Turn water of, add tea bags ~ let steep for 10-20 minutes
 3. Stir in 1 cup organic Sugar
 4. Let tea cool completely
 5. After it cools, pour in brewing jar
 6. Pour in starter liquid and SCOBY
 7. Cover with cloth and secure with rubber band
 8. Set in a dark place out of sunlight
 9. Keep undisturbed for 7 days
- After 7 days try your kombucha with a straw or spoon. If it tastes too bitter than it has brewed too long. If it is too sweet put cloth and rubberband back on and let sit for a few more days trying it every so often until it tastes to your liking.
 - Drink as desired. Put it in fridge right away or fill up smaller bottles almost to the top and store for second fermentation for more carbonation.
 - To make a larger amount of Kombucha:
 - 1 quart = 4 cups of water : 2 tea bags : 1/4 cup sugar : 1/2 cup starter liquid
 - 1/2 gallon = 6-7 cups water : 4 tea bags : 1/2 cup sugar : 1 cup starter liquid



Coconut Kefir

Ingredients:

- 4 young green coconuts
- 1 packet kefir culture starter (you can buy at health food stores or order online which last a few times) or you can use high-quality real water grains (which can last indefinitely). Such as the ones from Cultures for Health (1 coconut = 1 T of grains)

Directions:

- 1 Rehydrating Water Kefir Grains: If you purchase water grains, they will most likely come dehydrated and will need to be rehydrated and woken up from their slumber, so here is how: Dissolve 4 to 6 Tablespoons of sugar in 4 cups water (you will likely need to heat the water so the sugar will dissolve). Be sure to allow the water to cool to room temperature before proceeding to the next step.
- 2 Drain out coconuts and pour into a jar.
- 3 Add rehydrated grains.
- 4 Cover jar with towel and rubber to keep bugs out.
- 5 Allow the kefir to culture for 24 to 48 hours by simply leaving to sit still at room temperature (and out of direct sunlight). Do not let the kefir grains culture longer than 72 hours. As the kefir grains culture, you may notice tiny bubble forming and traveling to the surface, but also do not be concerned if no bubbles appear. Once the kefir has cultured for the desired period of time, strain off the finished liquid into a separate container (using a fine mesh plastic strainer if possible; stainless steel is acceptable if necessary, but NO METAL and cover with a tight lid. Finished coconut kefir does not require refrigeration, but can be refrigerated if you desire a cold beverage.
- 6 Add the grains to a new batch of coconut water and proceed with your next batch!
- 7 The time it takes to ferment coconut water will reduce with each time. Keep an eye on it and taste it, it should be tart, but not too vinegary.
- 8 Place the dehydrated kefir grains in the water and cover with a towel or coffee filter secured with a rubber band. Allow the mixture to sit for 3-4 days until the grains are plump. Do not allow the mixture to sit for longer than 5 days. Once the grains are rehydrated, you are now ready to make you kefir



Ginger Ale

Ingredients:

- 4 cups water
- 2 cups sliced fresh ginger root (not necessary to peel)
- 2 Tbsp. fresh squeezed lemon juice
- 2 Tbsp. agave, coconut sugar, honey, maple syrup
- Sparkling mineral water or club soda



Directions:

- 1 In a medium saucepan, combine water and ginger over high heat.
- 2 Once boiling, lower heat to medium-low, cover and simmer for one hour.
Remove lid and continue to simmer 30 more minutes.
- 3 Take off heat and strain mixture to remove ginger.
- 4 Stir in lemon and sweetener.
- 5 Cool completely. This is your ginger syrup.
- 6 To make ginger ale, put a handful of ice into a glass. Add $\frac{1}{4}$ cup ginger syrup, and fill the rest of the glass with sparkling water.

Almond Milk

Ingredients:

- 1 cup of almonds
- 2 $\frac{1}{2}$ cups of water, plus more for soaking
- a pinch of salt
- optional: add vanilla for flavor or a date to sweeten

Directions:

- 1 Put almonds in a jar of water and a towel on top and let sit overnight
- 2 Add almonds to a blender with water (add vanilla and dates if desired)
- 3 Pinch of salt
- 4 Blend until smooth
- 5 Strain



BREAKFAST

- 1. Chia Pudding**
- 2. Baked Quinoa Oatmeal**
- 3. Flax seed and Carrot Muffins**
- 4. Protein Packed Energy Bites**
- 5. Tofu Scramble**
- 6. Papaya Fruit Bowl**
- 7. Pancakes**

Chia Pudding

Ingredients:

- 3 cups unsweetened almond milk
- 1/2 cup chia seeds
- a few drops of stevia to taste

Suggested toppings:

- Granola
- Fresh fruit
- Coconut flakes
- Cinnamon
- Nuts and seeds
- Banana Soft Serve



Directions:

- 1 Whisk the almond milk, chia seeds, and sweetener together in a large bowl. Let sit for 5-10 minutes and then whisk again (this just helps prevent clumping).
- 2 Cover and chill in the fridge for 2.5-3 hours, or overnight. It helps to stir the mixture every so often during this time, but don't worry if you can't.
- 3 Stir well before serving. Portion into bowl(s) and add your desired toppings. Leftovers will keep in an air-tight container in the fridge for 3-5 days.

Baked Quinoa Oatmeal

Dry Ingredients:

- 1 cup quinoa flakes
- 1 cup almond flour
- 1/2-cup gluten free rolled oats
- 1/2-cup flaked coconut (optional)
- 1 teaspoon cinnamon
- 1/4 teaspoon of ground ginger
- 1/4 teaspoon salt

Wet Ingredients:

- 3/4 cup almond milk
- 1/4 cup applesauce
- 1/4 cup maple syrup
- 1 cup blueberries
- 1 diced pear
- 1 diced peach

Baked Quinoa Oatmeal – con't

Directions:

- 1 Mix above ingredients in a bowl
- 2 In a separate small bowl mix together:
- 3 3/4 cup almond milk
- 4 1/4 cup coconut yogurt or applesauce
- 5 1/4 cup maple syrup
- 6 Add 1 cup blueberries, 1 pear diced, 1 peach diced to 8" dish
- 7 Pour the wet ingredients into the dry ingredients and combine in dish
- 8 Spoon the quinoa mixture over the fruit
- 9 Sprinkle on top a Tablespoon of each quinoa flakes, oatmeal and coconut flakes
- 10 Bake at 350 degrees for 30 minutes
- 11 Top should be golden brown
- 12 Serve with Coconut Yogurt

Flax Seed and Carrot Muffins

Ingredients:

- 1/2 cup of ground flax seeds (into flour)
- 2/3 cup almond or rice milk
- 2 cups shredded carrots
- 1/4 cup raisins
- 1 cup raw honey or molasses or agave
- 1/2 cup walnut oil or coconut oil
- 1 1/2 cup gluten free flour
- 2 Tbsp. baking powder
- 2 tsp. baking soda
- 2 tsp. cinnamon
- 1 tsp himalayan salt

Directions:

- Preheat oven 350
- Grease muffins tins
- Mix together flax seeds, carrots, milk , raisins, agave and oil.
- Mix dry ingredients.
- Slowly add dry to wet ingredients.
- Pour batter into pans.
- Bake 35-40 minutes.



Protein Packed Energy Bites

Makes about 36 balls

Ingredients:

- 1 cup gluten free oats
- 1 cup natural nut butter
- 3 tablespoons honey (or agave nectar)
- 1/3 cup of coconut flakes
- 1/2 cup ground flax seeds
- 2 tablespoons chia seeds
- 1 teaspoon pure vanilla extract

Directions

1 Mix all ingredients together with your hands until well combined and mixed. Roll into quarter size balls and place on a parchment. You can do a finishing roll through ground flax seeds or chia seeds or eat as is. Keep refrigerated.

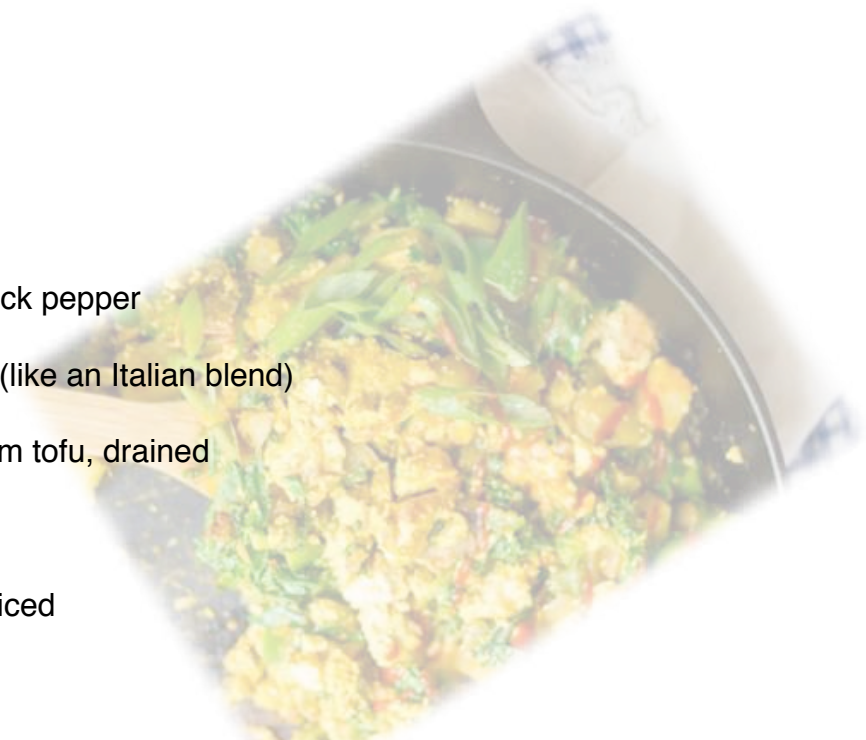
Tofu Scramble

Ingredients

- 2 tablespoons olive oil, divided
- 1 tablespoon red wine vinegar
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons garlic powder
- 2 teaspoons dried mixed herbs (like an Italian blend)
- 2 teaspoons ground turmeric
- 2 (14-ounce) packages extra-firm tofu, drained
- 1 yellow onion, diced
- 2 zucchini, diced
- 1 red bell pepper, diced
- 8 ounces button mushrooms, sliced
- 1/2 cup nutritional yeast

Directions:

- In a medium mixing bowl, combine garlic powder, dried herbs and turmeric. Crumble the tofu in the bowl and mix to combine. Set aside.
- Heat a large skillet over medium heat. Add remaining 1 tablespoon oil and saute the onion until it's soft and translucent, about 4 minutes. Add zucchini, bell pepper and mushrooms; cook until tender, about 5 minutes. Add tofu and nutritional yeast and cook, stirring often, until heated through, about 4 minutes.
- Squeeze in a bit of Coconut Aminos



Papaya Fruit Bowls

Ingredients:

- 1 papaya
- Various Fruits ~ Berries, bananas
- Coconut flakes
- Seeds



Directions:

- 1 Cut out seeds of papaya and fill with fruits. Top with coconut flakes

Pancakes

Ingredients:

- 1 cup rice flour
- 1 cup oat flour
- 2 teaspoons gluten-free baking powder
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup non dairy milk
- 2 tablespoons agave syrup
- 2 teaspoons vanilla extract
- 1 tablespoon oil (coconut, olive oil, avocado, etc)
- 2 bananas

Directions

- 1 Mix dry ingredients in a bowl (rice flour, oat flour, baking powder, salt and cinnamon).
- 2 Mix wet ingredients in another bowl (milk, agave syrup, vanilla extract and oil). Add sliced bananas and blend until smooth. You also can add smashed bananas, so you won't need to blend.
- 3 Combine dry and wet ingredients with a blender or with a wood spoon.
- 4 Place ¼ cup of batter in a hot pan lightly greased and cook for about two minutes for each side.
- 5 Serve with sliced banana and agave syrup.



SOUPS

- 1. Homemade Vegetable Broth**
- 2. Detox Green Soup**
- 3. Thai Coconut and Lemongrass Soup**
- 4. Minestrone Soup**
- 5. Vietnamese Vegetable Pho**
- 6. Vegan Chilli**

Make your own Vegetable Broth

Ingredients:

- 2 medium onions, sliced
- 3 medium carrots, sliced
- 2 celery sticks, sliced
- 6 cloves garlic
- 1 medium potato
- 3 bay leaves
- 3 spring parsley and any other herbs of your choice
- Salt and Pepper
- You can also add any other veggies you have in your refrigerator like squash, asparagus, zucchini, leeks, parsnips, etc.



Directions:

- 1 In a large pot, sauté onions and garlic in oil. Add carrots and celery and other veggies. Once onions are clear add a gallon of water.
- 2 Bring to boil
- 3 Reduce to a simmer for a couple of hours

Detox Green Soup

Ingredients:

- 1 Tablespoon of Coconut oil
- 2 cloves of garlic chopped
- 2 Tablespoons diced onion
- 1 inch fresh ginger, peeled and chopped
- 4 cups fresh broccoli, cut up
- 1/2 pound fresh spinach leaves
- 2 ribs of celery, trimmed, chopped
- a handful of parsley, chopped
- fresh water, as needed
- salt and pepper to taste.
- lemon juice



Directions:

- 1 Using a large soup pot, heat the oil over medium heat and stir in the garlic, onion, and ginger to season the oil.
- 2 Add broccoli, spinach, celery, and parsley.
- 3 Add just enough water to cover vegetables.
- 4 Bring to a simmer, cover the pot and reduce the heat to medium.
- 5 Cook for 15 minutes or until veggies are softened.
- 6 Use a blender to puree the soup

Thai Coconut Lemongrass Soup

Ingredients:

- 1 1/2 cups vegetable broth
- 2 cans of full fat coconut milk
- 1 fresh lemongrass stalk
- 1T of coconut oil
- 1 T sesame oil
- 2 cloves garlic minced
- 1/2 red onion finely chopped
- 1 T fresh ginger chopped
- 1 celery stalk
- 1 cup shitake mushrooms, thinly sliced
- small handful of thai basil
- juice from one lime
- 1/2 cup red peppers chopped
- 2 small red chile peppers, minced



Directions:

- 1 Heat the coconut and sesame oils up in a pot.
- 2 Saute garlic onion, ginger, celery, mushrooms about 4-6 minutes
- 3 Add the vegetable broth, coconut milk, chili peppers and lemongrass stalk.
- 4 Add salt and pepper to taste and simmer
- 5 Add Basil, lime and red peppers and serve

Minestrone Soup

Ingredients:

- 1 T Olive oil
- 1 Onion diced
- 2-4 cloves of Garlic chopped
- 2 Carrots diced
- 1 Celery stalk diced
- 4 Cups Vegetable Broth
- 1-28 oz of crushed tomatoes
- 4 oz. Green Beans cut into one inch pieces
- 1 cup fresh Spinach
- 1 Can White Beans
- 1 Cup of Gluten-Free elbow pasta
- 1/2 cup dried Oregano



Directions:

- 1 In a large pot add the olive oil, onion, garlic, carrots and celery
- 2 Cook until the veggies have softened, about 5 minutes
- 3 Add all remaining ingredients except the pasta and bring to boil.
- 4 Add pasta and salt/pepper to taste. Serve once pasta is soft.

Vietnamese Vegetable Pho

Ingredients:

- 4 cups vegetable broth
- 1 onion, peeled and sliced
- 4 cups water
- 2 cinnamon sticks
- 2 whole cloves
- 2 star anise
- 4 inch piece of fresh ginger
- 2 T Aminos, Tamari or Soy Sauce
- 6 ounces rice noodles
- 1 T avocado oil, grape seed oil or coconut oil
- 5 ounces thinly sliced shitake mushrooms
- 1 stick celery sliced
- A handful of Bok choy
- Salt

You can add broccoli, carrots, baby corn, water chestnuts, etc. You can also add a protein (tofu, chicken, steak, shrimp, etc.)

Garnishes:

- Mung Bean Sprouts
- Sprigs of mint
- Thinly sliced green onions
- sprigs of fresh mint
- thinly sliced jalapeno
- slice of lime

Directions:

- 1 Warm a medium soup pot over medium heat. Add the cinnamon sticks, cloves, and star anise and toast until fragrant, stirring occasionally, about 3 to 4 minutes.
- 2 Add the onion, ginger, vegetable stock, water and aminos or alternative.
- 3 Raise the heat to high and bring the mixture to a boil, then reduce the heat as necessary to maintain a gentle simmer. Simmer for 30 minutes to give the flavors time to meld.
- 4 While that is simmering, prepare your rice noodles by cooking them according to package directions. Set them aside.
- 5 In a medium skillet, warm the oil and add the mushrooms and other veggies. A few dashes of salt. Cook until the veggies are tender and lightly browned, about 4 to 6 minutes, then set them aside.
- 6 Once the broth is done cooking, strain out the the onions, ginger and spices. Season it to taste.
- 7 Pour broth in to bowls, add cooked noodles and veggies, and fresh garnishes. As much as you would like. Squeeze the lime and serve immediately

Vegan Chili

(this is a great recipe to start in the morning and let it sit in a crock pot all day until dinner, then lots of leftovers)

Ingredients:

- 2 cup Crushed tomatoes
- 3 cups of beans (black, white, red kidney, etc)
- 2 cups water
- 2 tablespoons of coconut oil or grape seed oil
- 1 carrot, chopped
- 1 celery, chopped,
- 1 garlic clove, chopped
- 1/2 onion, chopped
- salt and pepper to taste

Directions:

- 1 Put oil in crockpot
- 2 Place garlic and onions stir for a couple of minutes as crock pot warms up
- 3 Throw in all other ingredients
- 4 Set Crock Pot for 6-8 hours

If you want to make it fast than do the same but put it in a pot on the stove on medium heat.



SALADS

- 1. Green Bean and Tomato Salad**
- 2. Sprouted Mung Bean and Cucumber Salad**
- 3. Carrot and Pineapple Salad**
- 4. Vegan Potato Salad**
- 5. Cabbage Salad**
- 6. Vegan Cole Slaw**
- 7. Quinoa salad**
- 8. Kale Salad**
- 9. Edamame Salad**
- 10. Spinach, Avocado with Pumpkin Seeds**

Green Bean and Tomato Salad

Ingredients:

- 2 pounds of green beans, trimmed and cut into 1 1/2 inch pieces.
- 4 cups of cherry tomatoes, halved
- 1 red onion, chopped
- 1/4 cup sesame oil
- 4 T Rice Wine Vinegar
- 3 T Lemon Juice
- 4 T of Amino/Coconut Acids
- salt and pepper to taste
- Sliced Almonds (optional)



Directions:

- 1 Put beans in pot with water and cover, bring to boil
- 2 Cook until crisp but tender
- 3 Drain and place in a bowl of ice
- 4 Set aside when cool
5. In a separate bowl whisk the oil, vinegar, lemon juice, amino/coconut acids. Add salt and pepper.
6. Drizzle on the green beans. Add the tomatoes and almonds and mix. Add more salt and pepper if needed.
7. Put in refrigerator until served

Sprouted Mung Bean and Cucumber Salad

Ingredients:

- 2 cups of Sprouted Mung Beans
- 1 cucumber, sliced thin
- 4 Tablespoons of sesame oil
- 4 Tablespoons of Rice Wine Vinegar
- 1 tablespoon of lemon juice
- 3 tablespoon of Amino Acids/Coconut Acids
- Sesame seeds
- Salt and Pepper to taste



Directions:

- 1 Boil Sprouted mung beans for about 4 minutes
- 2 Rinse in cold water
- 3 In a separate bowl put everything else except the sesame seeds
- 4 Pour on to mung bean/cucumber mixture and garnish with sesame seeds

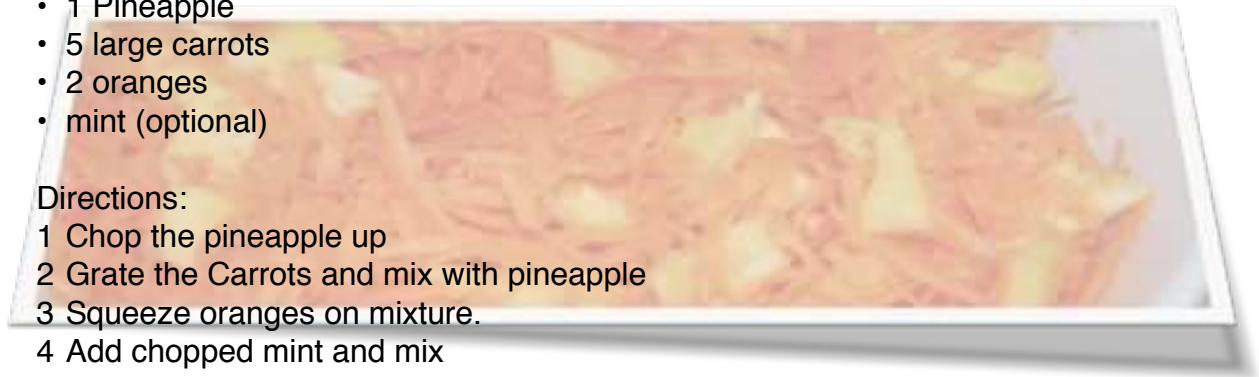
Carrot and Pineapple Salad

Ingredients:

- 1 Pineapple
- 5 large carrots
- 2 oranges
- mint (optional)

Directions:

- 1 Chop the pineapple up
- 2 Grate the Carrots and mix with pineapple
- 3 Squeeze oranges on mixture.
- 4 Add chopped mint and mix



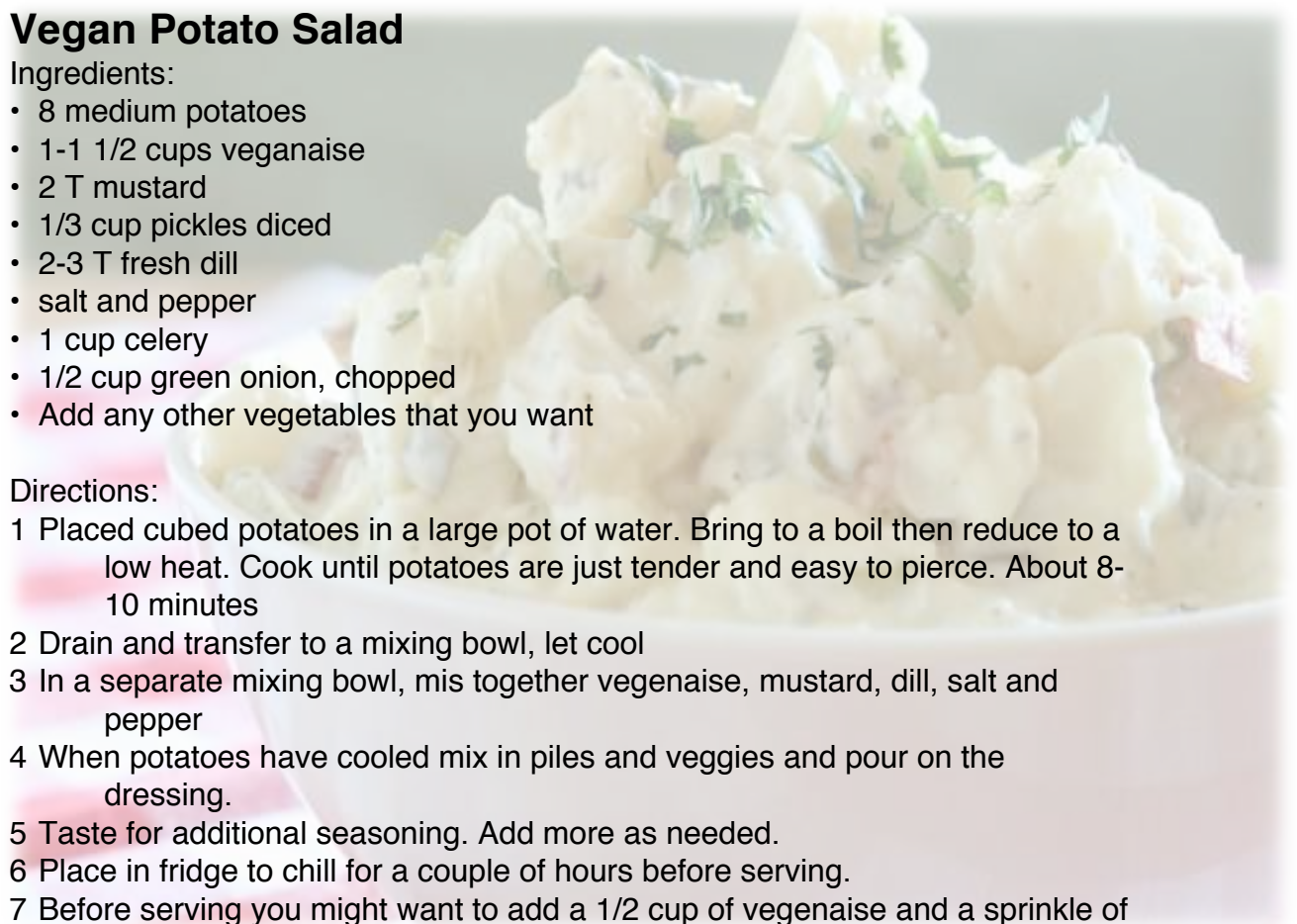
Vegan Potato Salad

Ingredients:

- 8 medium potatoes
- 1-1 1/2 cups veganaise
- 2 T mustard
- 1/3 cup pickles diced
- 2-3 T fresh dill
- salt and pepper
- 1 cup celery
- 1/2 cup green onion, chopped
- Add any other vegetables that you want

Directions:

- 1 Placed cubed potatoes in a large pot of water. Bring to a boil then reduce to a low heat. Cook until potatoes are just tender and easy to pierce. About 8-10 minutes
- 2 Drain and transfer to a mixing bowl, let cool
- 3 In a separate mixing bowl, mix together veganaise, mustard, dill, salt and pepper
- 4 When potatoes have cooled mix in piles and veggies and pour on the dressing.
- 5 Taste for additional seasoning. Add more as needed.
- 6 Place in fridge to chill for a couple of hours before serving.
- 7 Before serving you might want to add a 1/2 cup of veganaise and a sprinkle of cayenne.



Cabbage Salad

Ingredients:

1/2 Purple Cabbage, chopped
1/2 Green Cabbage, chopped
1 Carrot, grated
2 T Agave
2 T Balsamic Vinegar
Salt



Directions:

1. Mix the purple and green cabbage with the grated carrot. Mix in agave and balsamic vinegar. Add a pinch of salt

Vegan Cole Slaw

Ingredients:

- 2 green onions, chopped
- 2/3 cup veganaise
- 1 T black pepper
- 2 T Apple Cider Vinegar
- 1 lb. of purple and green cabbages, shredded
- 2 large carrot, shredded
- 1/4 cup chopped parsley
- squeeze of lemon
- salt
- optional ~ pepitas, sunflower seeds, sesame seeds

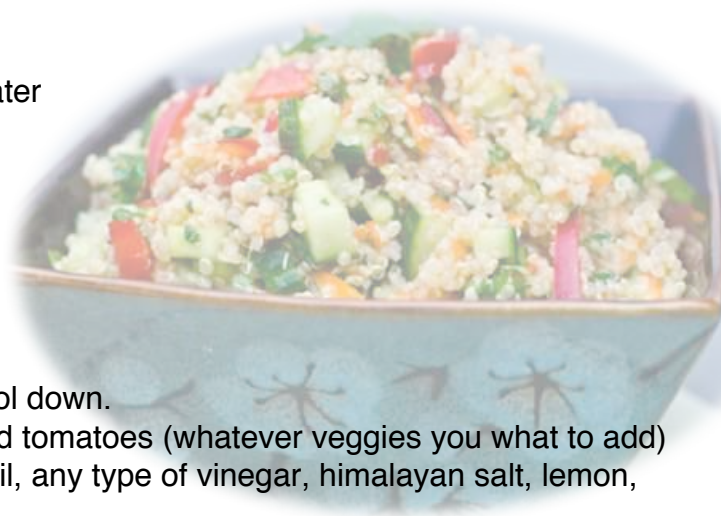


Directions:

- 1 Mix together the cabbages, carrots and parsley
- 2 In a separate bowl mix together the Apple cider vinegar veganaise, pepper and salt.
- 3 Drizzle on cabbage mixture. Mix. Squeeze a lemon and salt to taste
- 4 Add seeds if desired

Quinoa salad

- 1 cup quinoa to 2 cups of water
- chopped Cucumber
- chopped Tomato
- salt
- Lemon
- Olive Oil
- Vinegar



- 1 Cook the Quinoa and let cool down.
- 2 Add chopped cucumbers and tomatoes (whatever veggies you want to add)
- 3 Make a dressing with olive oil, any type of vinegar, himalayan salt, lemon, pepper, etc.
- 4 Mix dressing with the Quinoa/veggie mixture

Kale Salad

- 1 bunch of Kale, chopped
- A handful of chopped almonds
- Golden Raisins
- Cucumbers, sliced
- A light dressing - olive oil, lemon, salt, pepper

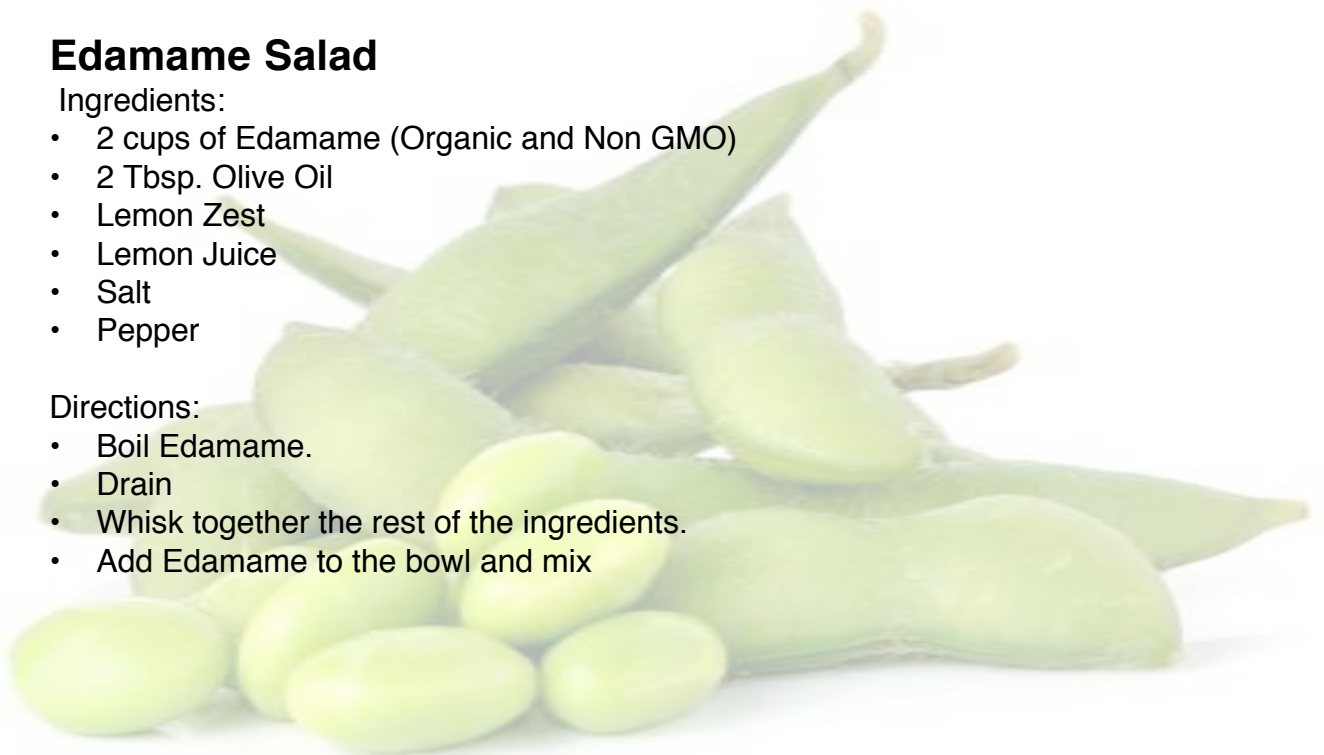
Edamame Salad

Ingredients:

- 2 cups of Edamame (Organic and Non GMO)
- 2 Tbsp. Olive Oil
- Lemon Zest
- Lemon Juice
- Salt
- Pepper

Directions:

- Boil Edamame.
- Drain
- Whisk together the rest of the ingredients.
- Add Edamame to the bowl and mix



Spinach, Avocado with Pumpkin Seeds

Ingredients:

- 5 cups baby spinach
- 1 avocado
- 1/2 cup pumpkin seeds
- 2 Tbsp. olive oil
- 1 lime zest and juice
- salt

Directions:

- Put spinach in a bowl with avocado cut into chunks.
- Add pumpkin seeds
- Whisk together rest of ingredients
- Pour over spinach mixture.
- Add salt to taste

- ***Pumpkin seeds are great for eliminating parasite***



SIDES and SNACKS

1. **Roasted Garbanzo Beans**
2. **Sweet Potatoe Fries**
3. **Sautèed Brussel Sprouts**
4. **Broiled Cabbage**
5. **Broccoli and Quinoa**

Roasted Garbanzo Beans

Ingredients:

- 1 can of garbanzo beans or 1 cup dried, soaked and cooked
- 2 Tablespoons of coconut Oil
- spices if you want (salt, paprika, chili powder, rosemary, thyme, etc.)

Directions:

- open can of garbanzo beans, rinse then pat dry.
- Toss in oil and salt for 2 minutes
- Spread beans in even layer on a baking sheet
- Drizzle remaining oil mix over beans
- Roast at 400 for 20-30 minutes
- Done when golden brown
- sprinkle spices if desired



Sweet Potato Fries Recipe

Ingredients:

- 2 Sweet Potatoes (or more depending on how many people you are feeding)
- Grape Seed Oil or Coconut Oil
- Salt

Directions:

- 1 Peel Sweet Potatoes and Slice into stick slices
- 2 In a frying pan, heat oil on high
- 3 When oil very hot, throw in sweet potatoes
- 4 Let cook to crispy
- 5 Add salt

Sautéed Brussel Sprouts

Ingredients:

- Brussel Sprouts, cut in half
- 1 medium onion, chopped
- 4 cloves of garlic, chopped
- Coconut oil
- salt and pepper

Directions:

- 1 Heat coconut oil in a pan. Add onion and garlic. Saute for a few minutes
- 2 Add brussel sprouts and saute for a bit
- 3 Add 1/2 cup of water so the brussel sprouts are half under
- 4 Put a lid on and steam until cooked to your liking
- 5 Salt and pepper to taste



Broiled Cabbage

Ingredients:

- Cabbage
- Oil (Coconut, grape seed, avocado)
- Salt
- Pepper
- Optional ~ herbs like dill, caraway, basil

Directions:

- 1 Preheat oven 400
- 2 Slice cabbage in circles about 1/2 inch thick
- 3 oil a baking sheet, place cabbage on oil and oil the top of the cabbage slices. sprinkle with spices and salt and pepper
- 4 Place in the oven for 35-40 minutes or until the middle and the sides are tender and golden brown



Broccoli and Quinoa

Ingredients:

- 3 cups of Broccoli florets, Steamed for 3 minutes
- 1/4 cup sunflower seeds
- 1/4 cup red onions
- 1 cup quinoa, cooked

Dressing:

- 1/4 cup Veganaise
- 1 Tbsp. Apple Cider vinegar
- 1 Tbsp. Gluten-free mustard
- a pinch of salt
- squeeze of lemon

Directions:

- Combine all ingredients in a bowl
- Make dressing in a separate bowl.
- Pour dressing over broccoli mixture.
- Garnish with Cilantro or Parsley
- Add salt and pepper to taste.



LUNCH / DINNER

Entrées

- 1. Collard Green Wraps**
- 2. Cauliflower Fried Rice**
- 3. Cauliflower Pizza**
- 4. Quinoa and Black Bean Burger**
- 5. Quinoa stuffed Red Peppers**
- 6. Massaged Greens**
- 7. Falafels**
- 8. Zucchini Noodles**
- 9. Meatless Lettuce Wraps**
- 10. Gnocchi tossed with Mushroom
cream sauce**
- 11. Indian Style Red Lentils with Ginger**
- 12. Pasta with Vegetables**

Collard Green Wraps

Ingredients:

- 1 bundle of collard greens (pick the largest leaves you can find)
- 1 cup of shredded carrots
- 1/2 english cucumber, julienned
- 1 package of hummus (about 10 ounces), or homemade hummus.
- 1 package of extra firm tofu
- handful of alfalfa sprouts
- 1 large avocado
- 1/4 head of red cabbage, shredded
- 1/2 cup of tahini
- 1 clove of garlic
- 1/2 lemon
- Braggs amino acid or tamari



Directions:

- Make the tahini dipping sauce by combining the tahini, garlic, lemon and a pinch of salt in a food processor. Blend until smooth. Add a tablespoon of water and blend, keep adding a tablespoon of water at a time until the sauce is runny but still thick. Season to taste.
- Make the tofu by draining the tofu on paper towels and gently pressing the tofu to dry it out as much as possible. Let the tofu rest on layers of paper towels for 1/2 hour. Preheat the oven to 425 degrees. Cut in into thick 1/2 inch sticks and continue to pat the sticks to get rid of excess moisture and pour some grapeseed oil (or other neutral oil) on a baking sheet. Place the tofu sticks on the baking sheet and pour a little more oil and turn the tofu so that they're coat lightly in oil. Drizzle a good amount of Braggs amino acids or tamari over the tofu and turn so that the tofu is coated. Sprinkle the sticks with just a little more salt. Bake for about 15-20 minutes until the tofu begins to brown and get crispy around the edges.
- Run the collard greens under boiling water. Pat leaves dry.
- Run a pairing knife along the sides of the stem, removing the white stem. Be careful not to cut the collard green all the way in half.
- Flip the collard green leaf so that the dull side is facing up.
- Spread hummus down the collard green on both sides of the cut and then place a small handful of the carrots, cucumbers, avocado, alfalfa sprouts and cabbage in a short row across the middle of the leaf (lay them across where the stem was). Add a stick of tofu. Roll the collard green up like a burrito folding the edges in and then rolling the green up. If the leaf is too small you can just roll them up without folding in the sides. Cut the roll down the middle along where the leaf is already split.

**Serve with the garlic tahini sauce or the nut sauce that is in the sauce section

Cauliflower Fried Rice

Ingredients:

- 3 cups cauliflower (grated or food processed)
- 1/2 cup carrots (grated)
- 1/2 cup frozen peas and/or corn
- 3-4 garlic cloves (chopped)
- 1/2 cup onion
- 1/2 sliced green onion
- 3 T cashews
- 1/2 T coconut oil
- 3 T of Amino or Coconut Acids
- garnish with sesame seeds
- 2 Eggs scrambled (optional)
- protein of choice (optional)

Directions:

1. In a large pan, saute garlic and onions in olive oil on a medium/high heat, until onions become soft and transparent. (about 2-3 minutes)
2. Next add in peas, carrots and any other veggies and cook until carrots begin to soften and peas are heated through, about 3-4 minutes
3. Next stir in cauliflower, protein, cashews and amino or coconut acids. Cook stirring frequently for about 5-7 more minutes.
4. Garnish with sesame seeds and green onions

You can replace cauliflower with rice or include both

Cauliflower Pizza

Ingredients:

- 1 cauliflower
- 1/2 cup dairy free cheese
- tomato sauce or favorite pizza sauce
- 1/2 teaspoon garlic powder
- 1/2 teaspoon basil
- 1/2 teaspoon of salt
- 1 egg or egg replacement
- Anything you would like to add as toppings

Cauliflower Pizza – con't

Directions:

- 1 Preheat oven 500
- 2 Break apart the cauliflower and put in food processor
- 3 Process until fine like rice. Boil a pot of water and add cauliflower.
- 4 Boil for 4 minutes. Drain. Put in towels to squeeze excess water out
- 5 When fully drained, put in a bowl and combine with cheese, basil, salt, garlic powder, and an egg. Mix well
- 6 Line a baking sheet with parchment paper or grease a pan. and place cauliflower mixture in the middle, pushing it down to make a pizza crust.
- 7 Bake 15 minutes or until crust becomes golden brown in the center and on the edges
- 8 Top with your favorite pizza sauce and toppings and bake for another 5-7 minutes



Quinoa and Black Bean Burger(Makes 8)

Ingredients:

- 1 cup dry red kidney beans
- 1 cup quinoa
- 1/4 cup chickpea flour, also known as garbanzo bean flour
- 1 medium onion, minced
- 1 large carrot, grated
- 1 cup packed kale leaves, minced
- 4 leaves of sage, minced. (Sage adds a great smokiness, but you can also use coriander leaves here.)
- 4 cloves of garlic, minced or grated
- 1 tbsp tamari, or you can use regular soy sauce
- 2 tbsp tomato paste
- 1/2 tsp ground black pepper
- Himalayan Salt to taste
- 1 tsp vegetable oil like olive or canola, and an oil spray to cook to burgers

Quinoa and Black Bean Burger – con't

Directions:

- 1 To cook the quinoa, rinse under cold water and then place in a saucepan with 2 cups of water. Add salt to taste.
- 2 Bring the mixture to a boil, reduce heat to medium-low, and let the quinoa cook until it has absorbed most of the water.
- 3 Place a tight-fitting lid on the saucepan and continue to cook on low heat for 15 minutes. Turn off heat and set aside.
- 4 To cook the beans, it is always better to soak them overnight but you can get away with no soaking if you have a pressure cooker.
- 5 If you do, just follow your manufacturer's instructions to get beans that are squishable but not falling apart.
- 6 Otherwise, place the soaked beans in a large saucepan, cover with at least an inch of water, bring to a boil,
- 7 Lower the heat to medium-low and cook for about an hour until tender.
- 8 Heat 1 tsp of oil in a large saucepan.
- 9 Add the carrot, onion, kale, sage, and garlic. Add the tamari. Saute on medium-high heat about 5-8 minutes or until the mixture is dry and doesn't taste raw anymore.
- 10 Stir in the tomato paste and sauté for 2-3 minutes.
- 11 Add the ground black pepper and cooked beans and mix well.
- 12 Using a potato masher, squish some of the beans. You don't want this mixture to be too smooth-- your burger will benefit from some texture.
- 13 Add the chickpea flour and stir for another couple of minutes. You want the bean mixture to be quite dry and without any visible moisture, or your patties won't hold together.
- 14 Add the quinoa and mix well. Check for seasoning and add more salt and pepper if needed.
- 15 Heat a griddle and spray with some oil. Moisten your hands in a water bath and form the patties. You can get about eight really big patties and 10 good-sized ones from this recipe.
- 16 Place the patties on the skillet and cook on each side until browned.
- 17 You can freeze these patties once they have cooled. Separate each patty with wax paper before freezing. When you are ready to grill, just throw the frozen patty on the grate and heat through.
- 18 I served these burgers on a bed of lettuce or gluten-free bun along with some greens, onions, and avocado



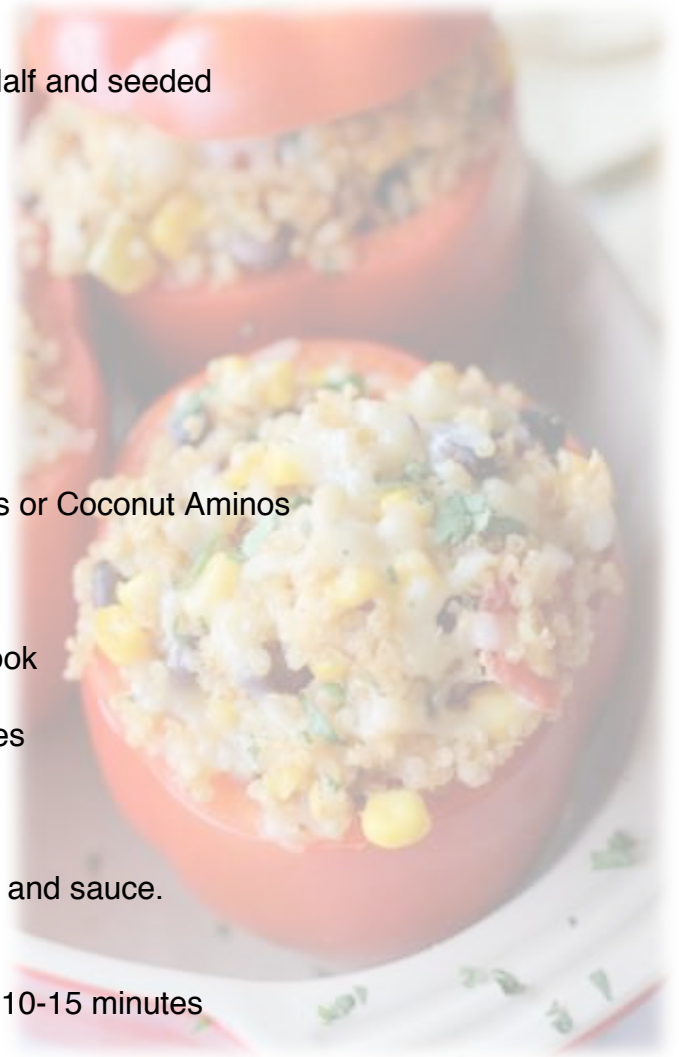
Quinoa Stuffed Red Peppers

Ingredients:

- 4 medium Red Bell Peppers, Sliced in Half and seeded
- 4 Cups of water for blanching peppers
- 1 cup Quinoa, washed and drained
- 1 1/4 cup water for boiling Quinoa
- 1 pinch of Himalayan Salt
- 1 Tbsp. Olive Oil
- 3 garlic cloves
- 1 cup red onions
- 15 ounces of garbanzo beans
- 1/2 tsp. cinnamon
- 1 tsp. ground cumin
- 2 tsp. Soy Sauce or Braggs Amino Acids or Coconut Aminos
- 2 Tbsp. chopped chives for garnish

Directions:

- 1 Place Quinoa and water in a pan and cook
- 2 Bring 4 cups of water to boil.
- 3 Blanch the pepper halves - 2 to 3 minutes
- 4 Remove, drain and set aside.
- 5 Heat over to 350
- 6 In a skillet heat oil, garlic and onion
- 7 Add garbanzo beans, cinnamon, cumin, and sauce.
- 8 Combine Quinoa and mix thoroughly
- 9 Stuff each half of bell pepper.
- 10 Place on oiled dish and put in over for 10-15 minutes
- 11 Remove and garnish with chives.



Massaged Greens

- 6 cups of finely chopped greens, such as kale, spinach, collard greens, beet greens, chard, etc.
- 2 Tbsp Olive oil
- 1 Tbsp. flax seed oil, avocado oil or more olive oil
- 1 Tbsp of Earthie Mama's Master Tonic
- 2 tsp. Braggs Amino Acids, Coconut Aminos or Soy Sauce
- 2 green onions
- Himalayan salt
- 1 1/2 cups of chopped herbs such as basil, cilantro, and parsley

Directions:

- 1 Mix all ingredients together in a bowl for 10 minutes. Eat on quinoa or rice or with tofu, add mushrooms, etc. Be creative!

Falafels

Ingredients:

- 1 1/2 cups dried chickpeas
- 3 garlic cloves
- 1 small onion, roughly chopped
- 1/4 cup parsley, roughly chopped
- 1 tablespoon tapioca starch
- 1 1/2 teaspoons sea salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- fresh cracked black pepper to taste
- grape seed oil for frying



Directions:

- 1 Pre-soak the dried chickpeas at least 6 hours. Overnight is best or start soaking in the morning for a dinner later that evening. Once the chickpeas are soaked the recipe comes together in less than 10 minutes.
- 2 Drain the pre-soaked chickpeas and place in a food processor. Add in all the remaining ingredients except for the grape seed oil. Process on high until everything is well blended. Turn off food processor and scrape down the sides a few times to incorporate all the ingredients. Turn off mixer and scoop the mixture onto a bowl so it's easier to work from.
- 3 In a ceramic pot (that's completely dry) drizzle in about 1/2 cup of grape seed oil and turn on temperature to medium.
- 4 Scoop a little of the mixture with a spoon onto your hand and shape into a round ball or egg shape. Prep all the mixture before deep frying.
- 5 To test the oil, simply drop a tiny little piece of the chickpea mixture into the pot, if the oil starts to gently bubble around it – you're good to go. If it just sits there in the oil, the temperature is too low. If it starts to make cracking noise and the bubbles are too strong – it is too hot. On my stove, a setting a little to the low medium is best. Adjust your heat accordingly.
- 6 Slowly and carefully lower the raw falafels into the hot oil
- 7 Gently drop down as many as can fit to cover the bottom so that there's room to move them around and flip, they should never overlap.
- 8 Cook for about 3 minutes on the first side and 2 minutes on the other. Look for a golden yellow falafel colour! Do not walk away from the stove as these are being done. They could burn too quickly depending on your stove settings. Gently flip over with a long fork, continue cooking on the other side. Remove slowly with a holed spatula.
- 9 Place on a plate lined with a few sheets of paper towel to allow the excess oil to drip off.

* Place on a bed of lettuce, cucumber, tomatoes and olive and vinegar with a side of hummus.

Zucchini Noodles

Ingredients:

Basil-pumpkin seed pesto

- ½ small yellow onion, roughly chopped*
- 1 garlic clove, roughly chopped
- 2 cups packed fresh basil leaves (arugula works, too)
- ½ cup pepitas (green pumpkin seeds), toasted**
- ⅓ cup olive oil
- 2 teaspoons or lemon juice
- Pinch of red pepper flakes
- Salt, to taste

Zucchini noodles

- 3 large zucchini
- Salt
- 1 pint cherry tomatoes, halved

Directions:

1. To prepare the pesto: In a food processor, combine the onion, garlic, basil, toasted pepitas, olive oil, vinegar and red pepper flakes. Blend until smooth and season with salt, to taste
2. To prepare the noodles: Spiralize the zucchini with spiralizer or turn the zucchini into noodles with a julienne peeler or grate the zucchini the long way on a large box grater. Toss the zucchini with pesto until well coated, and season with salt
3. Transfer the pesto noodles to a large platter and sprinkle with the cherry tomatoes.



Meatless Lettuce Wrap

Ground Walnut Meat:

- 1 cup raw walnuts
- 1 1/2 tsp. ground cumin
- 1 tsp. ground coriander
- 1/2 tsp. Braggs Amino Acids
- pinch of salt
- Romaine lettuce
- Salsa
- Avocado, pitted and sliced

Cilantro-Cashew Cheese

- 2 garlic cloves, crushed
- 1/2 tsp. Himalayan salt
- 1 cup raw cashews
- 2 1/2 tsp. lemon juice
- 1/4 cup Cilantro
- 1/4 cup water



Directions:

- To make walnut meat:
 - 1 Place all ingredients (walnuts, cumin, coriander, aminos and salt) into a food processor
 - 2 Process mixture into small pieces until it looks like ground meat.
- To make cheese:
 - 1 Place garlic and salt in food processor, process into small pieces
 - 2 Add cashews and process until consistency is like a paste
 - 3 Add lemon juice , cilantro and water
 - 4 Continue to process until smooth texture
- Layer cheese mixture and meat down the inside of one romaine leaf.
- Add salsa and avocado slices. Wrap and serve.



Gnocchi Tossed with Mushroom Cream Sauce

For the Gnocchi

- 1 lb white potatoes
- 2 oz. organic silken tofu, mashed or pureed
- 2 Tbsp. chickpea flour
- 2 Tbsp. potato starch
- Salt to taste

Directions:

- 1 Place the potatoes in a large pot filled with water. Bring to boil and let cook for 20 minutes or until tender.
- 2 Drain potatoes, put in bowl and mash until smooth
- 3 Sprinkle with tofu, flour and starch into the bowl with one hand while kneading into the potatoes with the other hand.
- 4 Divide dough into 3 pieces and form into 1-2 inch roll. Cut the roll into inch-long sections and press each with a fork.
- 5 Repeat with remaining dough.
- 6 Drop the gnocchi, one at a time into heavily salted boiling water.
- 7 Cook for 2-3 minutes or until they rise to the surface.

For the sauce

- 2 Tbsp. vegan butter (try Earth balance brand)
- 8-12oz of Shiitake mushrooms
- 1-2 clove garlic, minced
- 1 1/4 cup unsweetened soy milk or rice milk
- 1 Tbsp. cornstarch
- 1 Tbsp. chopped fresh parsley
- juice of lemon
- salt and pepper to taste



Directions:

- 1 Melt 1 Tbsp. of the vegan butter in a sauté pan.
- 2 Add the mushrooms and garlic and sauté until soft.
- 3 Remove from the pan and set aside
- 4 Add the remaining tablespoon of vegan butter to the pan and when melted, pour in milk
- 5 Gradually whisk cornstarch
- 6 Add mushrooms, parsley, lemon juice, salt and pepper and cook for 1-2 minutes or until thick.
- 7 Toss with cooked gnocchi and serve immediately.

Indian-Style Red Lentils with Ginger

Ingredients:

- 2 cups of Red Lentils, dried rinsed and drained
- 1 Tbsp. ground Turmeric
- 5 cups water
- 2 Tbsp. Grape Seed oil (or other natural oil)
- 2 Tbsp. cumin seed
- 2 small Onions, chopped
- 2 Tbsp. Ginger Root, diced
- 4 oz. cayenne pepper, seeds removed
- 1 Tbsp. salt
- Chopped Cilantro

Directions:

- 1 Cook Lentils
- 2 Heat oil in separate pan and add onions and stir for a few minutes
- 3 Then add cumin seeds, ginger, and chiles (if using)
- 4 When Lentils are soft, add them to the pan with onion mixture
- 5 Cook for a few more minutes
- 6 Add salt
- 7 Garnish with Cilantro

Pasta with Vegetables

Ingredients:

Gluten free pasta
Broccoli chopped
Firm Tofu, cubed
Mushrooms (I love shitake with this dish)
Coconut Oil
Olive Oil
Aminos
Nutritional Yeast
Salt and Pepper

Directions:

Boil water and put pasta in
When pasta has a few minutes left, place broccoli and mushrooms in the water with the pasta. Strain pasta, add a bit of olive oil, set aside
In a separate pan, heat a few Tablespoons of Coconut oil
Once oil is hot, add tofu and cook until crispy
Add tofu to pasta mixture
Mix and add Aminos, nutritional yeast, salt and pepper to taste



SAUCES and DIPS

1. **Nut dipping sauce**
2. **Tapenade dip**
3. **Homemade Pesto**
4. **Guacamole**
5. **Salsa**
6. **Hummus**
7. **Ketchup**
8. **Mustard**
9. **Hot Sauce**
10. **Vegenaise**

Nut dipping sauce

- ¾ cup creamy peanut butter or any nut butter
 - ¼ cup rice vinegar
 - ¼ cup water
 - ⅓ cup reduced sodium tamari or amino
 - 3 tablespoons agave nectar (or honey or maple syrup)
 - 1½ teaspoons grated fresh ginger or ½ teaspoon ground ginger
 - 1 to 2 medium cloves garlic, pressed or minced, to taste
 - ¼ teaspoon red pepper flakes, plus more for sprinkling
- Optional garnishes: sprinkling of chopped roasted peanuts and additional red pepper flakes

Directions:

- 1 In a mixing bowl, whisk together the ingredients until well blended.
- 2 If your peanut butter is particularly thick, you may need to add a bit more water to thin out the mixture
- 3 Feel free to adjust to taste here, more water mellows taste, if you want more savory add more garlic, or agave to make a little sweeter

Tapenade Dip

Ingredients

- 1 cup pitted Kalamata olives
- 1 cup fresh basil leaves
- 2 tablespoons drained capers
- 2 garlic cloves, coarsely chopped
- 1 tablespoon fresh lemon juice

Directions:

- 1 Blend all ingredients in processor until finely chopped. Transfer to small bowl.
- 2 Season to taste with salt and pepper.

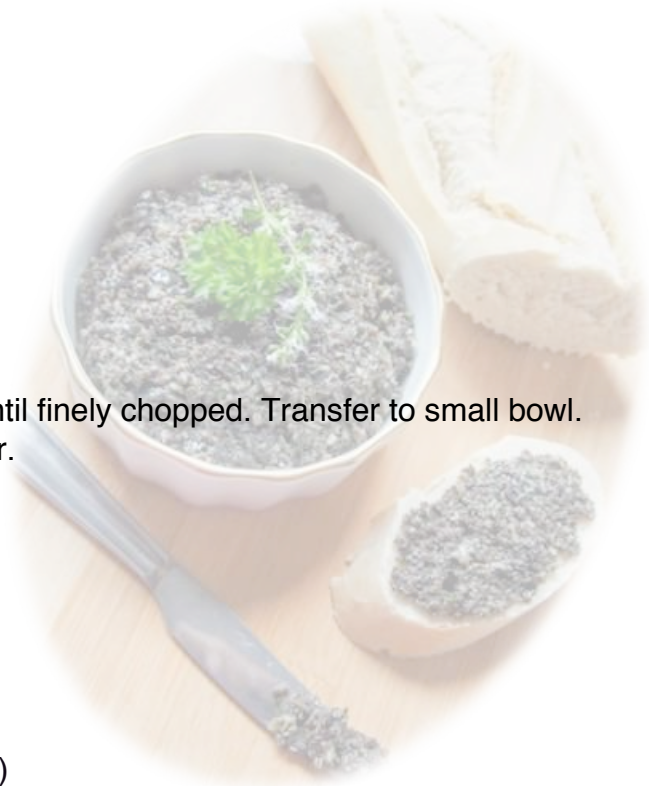
Homemade Pesto Sauce:

Ingredients:

- 2 Cups of Basil
- 1/2 cup Olive Oil
- 4 cloves garlic
- salt and pepper to taste
- (optional 2 Tbsp. Nutritional Yeast)

Directions:

- 1 Combine the garlic and basil in a food processor
- 2 Add in olive oil, salt and pepper (and nutritional yeast)
- 3 Serve on pasta or toast



Best Homemade Guacamole

Ingredients:

- 2 avocados
- 1 tomato chopped
- 1/2 cup chopped onion
- 1 lemon
- Himalayan salt or sea salt to taste

Directions:

Smash avocado and mix ingredients together



Homemade Salsa

Ingredients:

- 2 tomatoes chopped
- 1/2 cup chopped onion
- 2 garlic cloves
- 2 T of chopped cilantro
- 1 lemon
- salt to taste
- cayenne pepper to taste



Directions:

Mix all ingredients together by hand or with a food processor

Homemade Hummus

Ingredients:

- 3 cups cooked garbonzo beans
- 3/4 cup water
- 2-4 garlic cloves
- 2 T Tahini (or 4 T sesame seeds)
- 4 T lemon juice
- salt to taste
- add cayenne pepper if you want a little spice



Directions:

- 1 Add all ingredients to a blender or food processor and mix until smooth
- 2 Taste and add more spices if needed

Ketchup

Ingredients:

- 3 cans/jars or organic tomato paste or a pound of fresh tomatoes, peeled and cooked
- ½ cup white vinegar or apple cider vinegar (this will leave a faint apple taste)
- 1 teaspoon garlic powder
- 1 tablespoon onion powder
- 2 tablespoons honey or agave or coconut sugar or about ½ tsp stevia powder/tincture
- 2 tablespoons molasses
- 1 teaspoon Himalayan or sea salt
- 1 teaspoon dried mustard powder
- Cinnamon, cloves, all-spice, cayenne (a pinch of each to taste)
- 1 cup of water

Directions:

- 1 Put the ingredients in a blender or food processor and blend well.
- 2 Put in fridge to let flavors meld overnight or at least two hours.

Mustard

Ingredients

- 6 tablespoons mustard seeds, about 50 grams
- 1/2 cup mustard powder, about 50 grams
- 1/2 cup water
- 3 tablespoons vinegar
- 2 teaspoons salt
- 1 teaspoon ground turmeric
- 2 tablespoons agave, honey, coconut sugar (optional)
- 1/4 cup minced fresh herbs (optional)

Directions

- 1 Grind the whole mustard seeds for a few seconds in a spice or coffee grinder, or by hand with a mortar and pestle. You want them mostly whole because you are using mustard powder, too.
- 2 Pour the semi-ground seeds into a bowl and add the salt, turmeric and mustard powder. Put in optional ingredients.
- 3 Pour in the water, then stir well. When everything is mix, let this sit for up to 10 minutes. (The longer you let it sit, the mellower the mustard will be). When you're ready, pour in the vinegar.
- 4 Pour into a glass jar and store in the fridge.
- 5 It will be runny at first. Don't worry, it will thicken up overnight. Wait at least 12 hours before using.
- 6 This Mustard will last a year in the fridge.

Hot Sauce

Ingredients:

- 1 pound of tomatoes (diced) about 3 cups
- half a red onion, chopped
- 1 cup apple cider vinegar
- 2 teaspoons of salt
- 1-3 teaspoons of coconut sugar, agave, honey to taste
- 2 hot peppers
- 4 cloves garlic

Directions:

- 1 Heat oil in a large saucepan over medium-high heat. Add onion, habaneros to taste and garlic and cook, stirring, until the onion is soft and beginning to brown, 3 to 4 minutes.
- 2 Reduce heat to medium. Add tomatoes, vinegar, salt and sugar to taste.
- 3 Cook, stirring occasionally, until the tomatoes begin to break down, about 5 minutes.
- 4 Carefully transfer the tomato mixture to a food processor or blender. Puree until smooth. (Use caution when pureeing hot ingredients.)
- 5 Set a fine-mesh sieve over a medium bowl; pour the pureed mixture through the sieve, pushing on the solids with a wooden spoon to extract all the liquid. (Discard solids.)
6. Let the sauce cool to room temperature, about 1½ hours.

Vegenaise

Ingredients

- 1/2 cup plain, unsweetened dairy free milk (not vanilla!)
- 1 1/2 cups extra virgin olive oil 2 tablespoons apple cider vinegar
- 1/2 teaspoon dry mustard
- 1 teaspoon sea salt, or more to taste
- Pinch of onion powder

Directions:

- 1 Pour the non dairy milk in to a blender, cover and turn on low.
- 2 Slowly pour the oil in.
- 3 Continue to run the blender, until smooth, the longer you
- 4 Spoon the mixture into a bowl and whisk in the remaining ingredients.
- 5 Store in a tightly sealed jar for up to a week.

DESSERTS

- 1. Chia Pudding**
- 2. Chocolate Mousse**
- 3. Banana Pie**
- 4. Banana Ice cream**

Chia Pudding

Ingredients:

For the chia pudding:

- 3 cups unsweetened almond milk
- 1/2 cup chia seeds
- a few drops of stevia to taste

Suggested toppings:

- Granola
- Fresh fruit
- Coconut flakes
- Cinnamon
- Nuts and seeds
- Banana Soft Serve

Directions:

- 1 Whisk the almond milk, chia seeds, and sweetener together in a large bowl. Let sit for 5-10 minutes and then whisk again (this just helps prevent clumping).
- 2 Cover and chill in the fridge for 2.5-3 hours, or overnight. It helps to stir the mixture every so often during this time, but don't worry if you can't.
- 3 Stir well before serving. Portion into bowl(s) and add your desired toppings. Leftovers will keep in an airtight container in the fridge for 3-5 days.



Chocolate Mousse

Ingredients:

- 2 bananas
- 8 pitted dates
- 1/2 can coconut milk
- 1 Tbsp agave
- 1/2 tsp vanilla
- 2 Tbsp cacao powder
- salt

Directions:

- 1 Open a can of coconut milk
- 2 Pour half the can of milk into a food processor, add bananas, pitted and chopped dates, agave, and vanilla. Pulse until smooth.
3. Add cacao powder, and a pinch of salt. Pulse, then scrape down the sides of your food processor. Repeat as needed until you have a very smooth consistency.
4. Transfer chocolate mixture to a different bowl and briskly whisk for 7-10 minutes



Banana Pie

Ingredients

crust:

- 1 cup walnuts/ 1 cup cashews/pecans (or any combo of nuts)
- 1 1/2 cups of dates or raisins
- a pinch of salt
- 1/2 teaspoon vanilla

filling:

- 1 cup peanut butter
- 3 medium bananas
- 2 tsp. vanilla extract
- 1/8 tsp salt
- 1/4 cup coconut oil, melted
- stevia or Agave to taste

Directions:

- 1 To make the crust, pulse all ingredients in a food processor or blender until you can press it all together and it forms a ball
- 2 Now press into bottom of your pie dish and put it in the fridge.
- 3 To make the filling, blend all of the ingredients until smooth and delicious.
- 4 Pour filling into crust and put in freezer for about 2 hours.
- 5 Garnish with banana slices if you desire

Banana Ice Cream

Bananas are so high in potassium and rich in fiber that they are great for elimination.

Ingredients

- 3 Bananas
- 2 dates
- 1 cup Almond milk, Rice Milk, Coconut Milk, etc
- 3 cups of ice

Directions:

- 1 Place all ingredients in a blender and process for 60 seconds on high or until smooth.

How to Make Fermented Vegetables:

The origin of fermented foods began when food needed to be preserved after a harvest. You can ferment cabbage, beets, cauliflower, carrots, cucumbers, green beans, garlic, onions, etc. It is a very simple process.

You will need:

1 Glass Jar
2 cups filtered water
1-1 1/2 Tbsp. Sea Salt

Any Combination of Veggies:

chopped cauliflower
chopped beets
chopped carrots
chopped green beans
chopped bell peppers
sliced radishes
sliced daikon
sliced cucumbers
chopped turnips
chopped broccoli
chopped kale
chopped onions
chopped green onions
chopped garlic
cabbage leaves (for the top)

Any Combination of Herbs and Spices:

dried chili peppers
black peppercorns
bay leaf
fresh dill
fresh basil
fresh tarragon
fresh mint
sea vegetables (arame **or** hijiki) - use less salt if using these



How to Make Fermented Vegetables – con't

Directions:

1. Dissolve your sea salt in water in a glass jar.
2. Place your favorite combo of veggies in a quart jar.
3. Add a few layers of herbs and spices too.
(Make sure you leave about an inch from the top of the jar.)
4. Cover the veggies with your salt brine again leaving an inch from the top.
5. Put lid on but don't screw too tight. (you want a bit of space for gas to release)
6. Set your jars in an undisturbed place out of direct sunlight.
7. Taste the veggies after about 5 days. Have they soured? You can let sit for a few more days. Its an experiment, there is no exact amount of time.
8. After the veggies have soured to you liking, place teh jars into your refrigerator and they will store for months.

You can eat the fermented veggies raw. Add on top of quinoa, rice, beans, leafy greens. Add them to a lettuce wrap.

Making fermented vegetables is super easy and cheap as you can see from the directions above. If you still don't have time you can always buy them.

Regardless, get those probiotics into your system.

You will feel the bad bacteria leaving and the good replacing as your gut heals and your whole body feels easier to live in.

