



SUMMER 5-DAY

# *Reset*

with Edie Hoppin



all in one

This document contains the Handbook,  
Suggested Recipes, and Complete Shopping List  
all in one convenient PDF.



## Welcome to the Summer 5-Day Reset!

If you've never detoxed or cleansed before, rest assured – you are in good hands.

I'm committed to your Reset success, and I want you to have a great experience this week. See below for some **quick tips**:

- Read this guide from beginning to end – there's a lot of great information that will help you have a successful (and possibly even fun) cleanse.
- Set aside 3-4 hours before the program starts so you can have time to go shopping and do prep work for your recipes. You'll find the cleanse goes much more smoothly if you have healthy meals and snacks prepped and ready to go in the fridge. You can also do the chopping in advance for many of the recipes so that dinner comes together quickly when you get home from work.
- Commit to the process and do the best you can – this isn't about being perfect, but rather about learning your own habits and giving your body a break.
- Find a Reset buddy with whom you can share the cooking duties. You can each do half of the cooking and then share the food to make things a little easier.

If you have questions, post in our online Facebook group.

Or contact me via email [edie@ediehoppin.com](mailto:edie@ediehoppin.com)

It's going to be a great week!

Love and Health!

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## PREPARATION CHECKLIST

- Read through this *Summer 5-Day Reset Handbook*
- Read through the *Summer 5-Day Reset Recipes* – this includes suggested recipes and snack ideas
- Review the *Summer 5-Day Reset Shopping List/Form*
- Schedule a specific time to go grocery shopping. Date/Time\_\_\_\_\_
- Schedule time to do meal prep work in the kitchen. Date/Time(s)\_\_\_\_\_

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- What are your intentions or goals for this cleanse week (more energy, better sleep, clean out the gluten, lose weight, reset taste buds, learn to cook healthy meals, give up an unhealthy habit, weight loss, self-care)?

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- Read the Bonus Eating Out Guide (it has tips for how to eat out without blowing the cleanse guidelines)
- Review the Bonus Tips for Deepening Your Reset and choose which, if any, you'll do during your detox week (available in the bonus handouts)
- Print the Dirty Dozen & Clean Fifteen at <http://www.ewg.org/foodnews/>. This guide shows you which produce items are important to buy organic and which are okay to buy not organic.
- Review the *Bonus Make It Last Handbook*, and all of the bonus material now, or after the cleanse.



## WHAT IS A WHOLE FOOD RESET?



By definition, a *detox* is a process by which the body gets rid of poisonous substances. To *cleanse* is defined as removing dirt or making something clean. Throughout this program, you'll see the two terms used interchangeably. Basically, a food-based detox is an opportunity to remove known toxins and “bad foods” from our diet for a pre-determined amount of time. The *Summer 5-Day Reset* works through the process of taking out unhealthy foods and adding in nutritious foods.



## WHAT CAN I EAT DURING THE RESET?

To make the process easier for you, I've provided *Summer 5-Day Reset Suggested Recipes* to ensure that you have plenty to eat during the 5 days. Our goal is to focus on whole grains, proteins and vegetables, while staying away from caffeine, sugar, dairy, red meat, pork and gluten.

We'll eat foods that nourish us and increase our bodies' natural cleansing processes. We'll also slow down our hectic lives as much as we can and pay attention to our eating habits, so we can begin to learn about our relationship with food and what we can do to make some positive changes.

**I encourage you to put a strong focus on all the delicious foods you *can* eat during the next few days, as opposed to what you *can't*.** Keep focused on all the wonderful options that are available to you!



## WHAT TO EXPECT DURING YOUR RESET

Please keep in mind that each person detoxes a little bit differently and each time you detox you may have a different experience.

### The goals of this week are threefold:

1. To take all processed food out of your diet.
2. To add in whole grains and vegetables in order to increase fiber intake.
3. To help you recognize the habits you have that aren't supporting your health.

During your Whole Food Reset/Cleanse/Detox, you may experience the following:



- Better digestion
- Clearer skin
- Fatigue and low levels of energy, especially the first few days
- Emotional release at unexpected times
- Feeling heavier some days, and feeling lighter other days
- Some mood swings, which will be related to toxins being in your bloodstream
- Food cravings, especially for "bad" foods you know you aren't supposed to have this week
- Constipation and/or diarrhea
- Hunger or lack of hunger
- Personal insights into your eating habits
- Improved sleep
- Weight loss
- Lots and lots of energy, especially at the end and in the days after the Reset
- And maybe some things not on this list...



## GENERAL RESET GUIDELINES

- Take the opportunity to become really mindful of your habits this week. How often do you want to reach for a piece of candy? Are you looking for a snack because you're truly hungry or because you want a distraction from your work? The key to changing habits is to become aware of them first.
- Remember to drink plenty of water. Your goal is to drink  $\frac{1}{2}$  your body weight in ounces each day. For example, if you weigh 140 lbs, your goal would be to consume 70 ounces of water each day, or about 8.5 cups of water. Consume herbal teas to stay warm. You can flavor your water with lemon, cucumber, or even a bunch of basil popped into a pitcher and covered with water.
- Try to keep your meals mindful. The idea for this cleanse is to give your digestion a break by taking out foods that are harder for your body to assimilate. Keeping an eye on portions will make it even easier for your system to digest your foods. However, be sure to eat enough so you are satisfied and not hungry. No point in starving yourself!
- Sit down and enjoy your meals. Turn off the TV, radio, phone and computer, and put down the newspaper. Inhale deeply 5-8 times before each meal. Put down your fork between bites. Chew your food at least 42 times. If you can't do this at every meal, then focus on doing this really well for one meal each day.
- Be sure to focus on your body and your own self-care for the week. This is a great chance for you to turn your energies inward rather than focusing on taking care of spouses, children, colleagues, and other people in your life.
- Recognize that the weather may not be as warm as you would like, even though it's technically spring. Pay attention to what your body needs from you and don't restrict the amount you eat if you truly feel hungry.
- Keep taking all medications as prescribed by your doctor. If you have any questions about medications, if you have a chronic medical condition, or if you have special medical needs, please clear this program with your doctor before participating.
- Try to limit the amount of work you do during the week of the Reset. This doesn't mean you have to take a week off, but skip after-work events if possible, in favor of giving your body and mind a rest.





- Modify your exercise for the week by focusing on taking walks outdoors, stretching, and trying lower impact forms of exercise like yoga and Pilates. If you absolutely need to do more, try to lessen the amount of exercise you get. For example, instead of running 5 miles at an 8-minute-mile pace, jog 3 miles at a leisurely 10-minute-mile pace. Check out yoga studios in your area – many of them offer a free class or first week. If you end up doing an intense workout, compensate by drinking extra water and snacking on high protein items like chia seeds, walnuts and almonds, and organic chicken or turkey slices.

- **Listen to your body.** If you are hungry, eat something. If you're thirsty, drink something. If you're sleepy, take a nap. It's amazing how much we can learn from our bodies and our cravings once we start to listen.
- Make an effort to eat at home for as many of the meals as possible, and to pack food with you if you know you won't be home for most of the day. If you do need to eat out, order dishes that have a lot of veggies and some lean protein and ask if the veggies can be steamed instead of sautéed in oil or butter. I ask for a double serving of vegetables to replace the white potatoes and rice that often accompany dinner entrees. Of course, you'll want to steer clear of dishes with heavy sauces and anything fried. Refer to the bonus "Eating Out Guide" for more tips and advice on what to order when eating out.
- Be sure to get enough essential fatty acids (EFAs) during the Reset. You can have olive oil, avocado, wild-caught salmon, coconut butter, coconut milk, coconut cream, ghee, butter, pretty much all nuts (except peanuts), flax seed, pumpkin seeds, sesame seeds, etc. Eating EFAs with each meal will help you feel full and will keep you satisfied longer.
- Finally, remember to ask for help if you need it! Feel free to reach out to the Facebook group, or [edie@ediehoppin.com](mailto:edie@ediehoppin.com).



## DAILY PROTOCOL

This daily protocol is a guide for how your days should be structured during the Reset. If something doesn't work for you, then just do your best. In addition, there are bonus detox steps you can take to increase the benefits of this process.

The *Summer Reset Suggested Recipes* includes all the recipes you'll need to make this week's meals. Refer to this handbook to get ideas on what to eat each day for breakfast, lunch and dinner.

### WAKE UP:

- 12 oz. hot water with juice of half a lemon

### BREAKFAST:

- Green or herbal tea
- Morning meal or Smoothie
- 12 oz. filtered water
- Supplements: 1 probiotic, 2000-4000 IU Vitamin D, 2000 mg Vitamin C, 1000 mg Vitamin B (supplements are a bonus step – skip if you are pregnant or nursing)



### MID-MORNING:

- Snack (if needed): a handful of soaked almonds, an apple with almond butter, miso soup, black bean dip with carrots, etc.
- A cup of Nettle or Dandelion tea (this is a bonus step – both Dandelion and Nettle help your liver clear out toxins. Skip this step if you are pregnant or nursing)

### LUNCH:

- Lunch
- 12 oz. filtered water

### LATE AFTERNOON SNACK:

- Dandelion or Nettle tea (bonus step)
- Snack as needed: a handful of almonds, an apple with almond butter, fresh olives, miso soup, etc.
- Go outdoors for a walk if you can – this is a great cure for the mid-afternoon energy slump. If the weather is bad, turn on some music and dance around for a bit – anything to get you up and moving (this helps your lymphatic system move toxins).



### DINNER:

- Turn off all media (TV, computer, radio, and even your phone!) and focus on your meal. Take a few deep breaths before you begin eating.
- Dinner
- 12 oz. filtered water

### EVENING SNACK:

- Keep it small and eat an evening snack only if you really need one. Have a small handful of nuts, a slice or two of organic turkey or a pear.
- You can also have a cup of herbal tea to help you wind down for the evening but be aware that this might make you wake up during the night.

### BEDTIME:

- Get to bed 15-30 minutes earlier than usual.
- Write a gratitude journal for 15 minutes – simply list all the things you were grateful for or that went well during your day. (optional)
- 2 capsules milk thistle herb (bonus step – but this is an extra powerful one because milk thistle boosts the liver's detoxing capacity. Skip if pregnant or nursing)
- Epsom salt bath – run a hot bath with 1-2 cups Epsom salts and soak for 30 minutes. Epsom salts are great for drawing out toxins. You can also add lavender oil to increase relaxation. Try to do this at least twice during the detox week. If you are pregnant, follow your doctor's advice about soaking or baths.



## COOKING AND PREP-WORK TIPS

Set aside 3-4 hours on Saturday or Sunday before you begin the Reset so you have enough time to go grocery shopping, familiarize yourself with ingredients and prepare foods to eat later in the week. Wash and pre-chop veggies and snacks. When you have a refrigerator full of yummy, healthy foods that are ready to go when you get home from work, you'll be much less tempted to stray from the food guidelines.



1. Pre-cut snacking veggies like celery, carrots, turnips, bell peppers, cucumbers, etc. so you always have something you can easily grab out of the fridge. Store them in covered dish with a little water to keep them from drying out. It's a lot easier to make a good choice if you have good choices readily available. Dip them in a little tahini, hummus, or black bean dip for a quick and nutritious snack.
2. Make one snack recipe and one sweet treat recipe so you have these ready to go when you're feeling tired or have a craving.
3. If you're super rushed for time in the mornings, make double batches of smoothies or breakfasts that are easy to grab and go.
4. Make a big pot of greens that are ready to go anytime by setting a pot of water to boil. Clean and de-stem the greens, then tear them into bite-sized pieces. Once the water is boiling, drop in greens. Turn off the heat and cover – let sit for 2 minutes. Drain, rinse with cool water and store in the fridge. Blanched greens will keep for about a week in your fridge.
5. Set up a salad bar in your fridge. Make a few salad dressings to last you through the 5-day detox. Wash a bunch of lettuce and greens and pre-cut cucumber, celery, radish, carrots, green onion and whatever else you have on hand. You'll be able to build a salad in no time. These foods stay fresh for about 3 days in the fridge when pre-cut.



## WHAT TO SKIP (AND SOME SUGGESTIONS FOR SUBSTITUTIONS) DURING THE RESET

### GLUTEN

Hands down, the best way to avoid gluten, dairy, and sugar is to read labels. Here are some keys to ingredients that you'll want to avoid during the Reset.

Gluten products to avoid:

- Bread/ Bagels/Rolls
- Pasta
- Any products with wheat, barley, rye, semolina, durum, triticale, and farro

Detox Approved Starch/Whole Grain Alternatives:

- Brown or wild rice
- Quinoa
- Amaranth
- Millet
- Buckwheat
- Mary's Gone Crackers – these whole grain crackers are delicious and easy to find at most health food stores.
- Starchy veggies like sweet potatoes, yams, and squash
- If you can't give up bread, you can order healthy, Detox approved bread online from <https://happycampersgf.com> , or reach out to Nuflours in Seattle for their Vegan Flax Bread. YUM!



**Please note: Skip the gluten-free aisle of your grocery store** – most of the foods there are highly processed and packed with sugar, salt and preservatives. Many of my clients found that they gained a ton of weight when they went gluten-free. It was because they started eating too many gluten-free packaged foods. For this challenge, simply skip that aisle and focus on fresh, whole foods.

### DAIRY

Dairy products to avoid:

- Milk and milk products, including ice cream and whey
- Cheeses, including hard cheese like parmesan, and soft cheeses like cream cheese and cottage cheese
- Sour cream

Alternatives:

- Coconut milk (no guar gum)
- Quinoa milk
- Hemp milk
- Almond milk
- Cashew milk

- **Please Note:** Soy milk and soy products are not recommended as an alternative during the reset. Conventional soy products can have high pesticide loads, unless they are organic and non-GMO. Be aware that even organic soy contains phytoestrogens, which mimic estrogen in the body which can be harmful in cases of estrogen sensitivity. Also discussed below in CORN & SOY.

## SUGAR

Sugar products to avoid:



- Sugar, candy, sweets, baked goods
- Cane sugar (organic, natural, dehydrated, etc. included)
- Corn syrup, brown rice syrup, barley syrup
- Alcohol – yes, this includes beer, wine, and hard liquor

Alternatives:

- Natural sweeteners used sparingly like local wild honey, dates, and 100% pure maple syrup

**Pro Tip:** It is helpful to start to reduce your sugar intake before the start of the cleanse. Substitute dessert for some dried fruit, fresh-fruit sorbet or 70 percent or higher dark chocolate as a way to ease into the reset. Continue weaning until dessert is the exception rather than the rule. As you reduce the amount of sugar in your diet, you will reset your taste buds, so you lose your cravings for sweets. Challenge yourself to reduce your processed food consumption which has a lot of hidden sugar a little more each day as well to prepare for the cleanse. If you drink soda, start to wean yourself by reducing the amount of soda each day as well by ¼ of the amount you drink each day.

## WHITE POTATOES

This may seem like a strange addition to the “no” list, but white potatoes can cause a big rise in blood sugar. We are working on keeping your blood sugar at a good steady level through these five days (also the reason to cut out sugar and alcohol).

Also, white potatoes contain some “anti-nutrients” or toxins. These are greatly diminished during the cooking process but can still be hard on the body. As this is a diet designed to give the body an opportunity to de-toxify, there is no need to add a possible toxin by eating white potatoes.

Alternatives:

- Sweet potatoes and yams come from a whole different plant family!

## COFFEE

We will be avoiding caffeinated and decaffeinated coffee during the program. Remember this program can be altered for you, if giving up coffee would be too difficult, challenge yourself to limit your intake and drink before 9 am.

Alternatives:

- Herbal tea
- Green tea

If you decide to avoid coffee during the Summer 5-Day Reset, it is recommended to gradually cut back before the cleanse starts. *(Not enough time to follow the chart? Do what you need to do this week and try it for the next Reset.)*

Caffeine withdrawal Symptoms could include a headache, feeling tired, depression anxiety, nausea, muscle pain and lack of focus. Generally, people who drink a cup of coffee can wean off in four days (cutting back ¼ cup each day). For those who drink more than a cup usually will need a week or more to wean off gradually. If you drink caffeinated soda, start to wean yourself by reducing the amount of soda each day as well by ¼ of the amount you drink each day.

Option #1 Four-day coffee wean before the Reset:

Day 1: 3/4 reg. - 1/4 decaf

Day 2: 1/2 reg. - 1/2 decaf, add a cup of herbal or green tea

Day 3: 1/4 reg. - 3/4 decaf, cup of herbal or green tea

Day 4: all decaf or herbal or/and green tea

Day 5: 5 - Day Reset starts, herbal or/ and green tea

Option #2 Seven - day coffee wean before Reset:

Day 1 & 2: 3/4 reg. - 1/4 decaf

Day 3 & 4: 1/2 reg. - 1/2 decaf, add a cup of herbal or green tea

Day 5 & 6: 1/4 reg. - 3/4 decaf, cup of herbal or green tea

Day 7: all decaf or herbal or/and green tea

Day 8: 5 - Day Reset starts, herbal or/and green tea



## CORN & SOY

We will also be avoiding two ingredients that are found in much of our processed food supply: corn and soy. While fresh corn can be part of a nutritious diet, it is also a bit tough on our digestive system, plus the majority of the corn and corn-derivatives in our food supply is highly pesticide laden and genetically modified. The same goes for soy.

If you are vegan or vegetarian, you are welcome to include organic, non-GMO tofu, edamame, and tempeh to your meal plan. But for the rest of us, please omit all corn and soy products for these five days.

Corn & soy products to avoid:

- Soy lecithin (used as a thickening agent); soy sauce (tamari is OK, which is gluten-free soy sauce)
- Anything with corn flour, cornmeal, cornstarch, corn oil, corn syrup, high fructose corn syrup, dextrin's, maltodextrins

Alternatives:

- Tamari, coconut aminos, Bragg's liquid aminos, nutritional yeast; miso (fermented soy) is also OK

Other Alternatives:

- Roasted chickpeas instead of popcorn or kale chips instead of tortilla chips.



## RED MEAT, PORK, and SHRIMP

We will be avoiding red meat and pork during the Reset to give our digestive system a much-needed rest from these heavier, higher fat proteins.

I have added shrimp to the list because they are bottom feeders, and we don't always know what their food source is. If you can't avoid shrimp, at least try to lower your consumption this week.

Focus on alternative lean proteins such as:

- Chicken
- Turkey
- Wild-caught cold-water fish such as salmon, halibut or cod
- Beans and lentils



## WHAT TO INCLUDE/FOODS TO ENJOY

### Proteins

- Lean proteins like chicken, turkey, wild-caught cold-water fish and beans. Bonus points for choosing grass-fed/pastured and organic meats.

### Fruits & Vegetables

- Fruits are a great choice during this Reset. Berries are extra helpful because they are packed full of antioxidants and have a low glycemic load.
- Vegetables are fair game in this program. Try to eat a wide variety and choose leafy greens at least once a day.
- Add fresh herbs like cilantro, parsley and dill to your meals as they increase the flavor profile and also have a lot of detoxifying properties.
- Skip potatoes and potato products. Please note that sweet potatoes and yams are acceptable during this program as they are botanically different from potatoes.

### Whole Grains

- Look for whole grains like brown rice, black rice, quinoa, millet and amaranth.
- Keep your eye out for ancient grains like spelt, barley, and farro – although these are whole grains, they contain gluten, which we are avoiding.



### Essential Fatty Acids

- Healthy fats like avocado, fatty fish, lean proteins, olive oil, coconut oil, and nuts and seeds.

### Beverages

- Water is your primary drink for the next week. Aim to get ½ your body weight in ounces per day. For example, if you weight 150 lbs, that means you'll want to drink 75 ounces, or about 9 cups, of pure filtered water every day. You can add sliced lemon, lime, oranges, cucumbers, frozen berries, or even herbs like parsley, cilantro, and basil to make your own "spa" water.
- Sparkling water is fine as long as it doesn't have added sugars (check the label)
- Herbal teas, especially dandelion or nettle help clean out your liver.



## THE IMPORTANCE OF ELIMINATION DURING THE RESET

Your body eliminates toxins in 4 ways:

- Sweating
- Breathing
- Urination
- Bowel movements

It's critical for you to maximize your ability to adequately get rid of the toxins your body is mobilizing. If you do not properly eliminate daily, you may experience increased fatigue, brain fog, headaches, and flu-like symptoms.

To avoid sabotaging your detoxing efforts, here are a few suggestions:

- Drink enough water that you are urinating frequently. If your urine is not light in color, drink more water. Your urine should have a light straw color. However, if you are taking B vitamins, your urine will likely look bright yellow for most of the day.
- Do gentle physical activities such as yoga or brisk walking to enhance sweat.
- If you have access to a sauna or steam room... great! If your schedule permits, try using it daily for 10 to 20 minutes as tolerated. It has been shown that sauna therapy increases the excretion of heavy metals and fat-soluble chemicals from the body.
  - Note: If you are chronically ill or take medication, be sure to get your doctor's permission before using this program and especially before starting sauna or steam therapy. When your physician has cleared you, start with short time increments and gradually increase time as tolerated.
  - Remember to drink at least 16 ounces of water before entering the sauna and the same amount after therapy to flush the mobilized toxins.
- You should be having bowel movements daily; otherwise, you reabsorb the toxins in your gut. If you are not having daily BMs, consider taking an herbal laxative at bedtime. Herbal laxatives could include cascara or Senna and can be found in capsule or tea preparations. Magnesium or Triphala can also help.





## DAILY CHECKLISTS

### DAY 1

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

### DAY 2

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

### DAY 3

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early



## DAY 4

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

## DAY 5

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

## HAVE QUESTIONS?

Great, I'd love to chat with you! Send me an email at [edie@ediehoppin.com](mailto:edie@ediehoppin.com) or post in our private Facebook group so we can all learn from each other.

Terms of Use: This reset/cleanse/detox and the information provided within have been carefully tested and crafted and are a core part of my business. As a courtesy to me, the amount of work I've put in, and your fellow participants, please do not share these materials with anyone. Thank you! I appreciate your cooperation!



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SUMMER 5-DAY

# *Reset*

with Edie Hoppin



recipes





**SUMMER 5-DAY DETOX SUGGESTED RECIPES**

	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
DAY 1	<a href="#">Get Your Greens Egg Muffins</a>	<a href="#">Peach and Summer Squash Quinoa</a>	<a href="#">Grilled Turkey and Zucchini Meatballs</a>
DAY 2	<a href="#">Tropical Coconut Smoothie</a>	<a href="#">Chicken Salad with Miso Dressing</a>	<a href="#">Warm Mexican Quinoa Salad</a>
DAY 3	<a href="#">Sage Turkey Sausage and Tomato Stacks</a>	<a href="#">Coconut Kale Salad</a>	<a href="#">Honey Garlic Grilled Salmon with Grilled Asparagus</a>
DAY 4	<a href="#">Blueberry Overnight Oats</a>	<a href="#">Cucumber Noodles with Lemon, Olives, Celery and Chicken</a>	<a href="#">Garbanzo Burgers with Zucchini Marinated Salad</a>
DAY 5	<a href="#">Chocolate Almond Banana Smoothie</a>	<a href="#">Cauliflower Fried Rice</a>	<a href="#">Roasted Chicken Tacos with Mango Slaw and Collard Tortillas</a>

**Alternate Recipes Included:**

- [Chicken Pomodoro](#)
- [Chili-Rubbed Chicken with Avocado Salsa](#)



## CREATE YOUR OWN MENU

	BREAKFAST	LUNCH	DINNER
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			

## THE BASICS

### Brown Rice

Makes 3 cups cooked rice

Ingredients:

- 1 C brown rice
- 2 C water

Put rice and water into a medium-sized pot and bring to a boil over medium-high heat. Reduce heat to medium-low, cover and simmer until the liquid is completely absorbed and rice is tender, about 40 minutes. When done, let sit for 10 minutes and fluff rice with a fork.

### Quinoa

Makes 3 cups cooked quinoa

Ingredients:

- 1 C quinoa
- 2 C water or broth

Put quinoa and liquid into a medium-sized pot and bring to a boil over medium/high heat. Reduce heat to low, cover and simmer until the liquid is completely absorbed, about 15-20 minutes. When done, fluff quinoa with a fork.

**Note:** Quinoa is ready when it looks like it's grown a little tail – this is the germ separating from the seed, and a good indicator it's cooked through.



## BREAKFASTS

### Get Your Greens Egg Muffins

Makes 12

Ingredients:

- 8 eggs
- 1 TB water
- 1 tsp sea salt
- ½ tsp freshly ground pepper
- ½ tsp dried thyme
- ½ tsp paprika (optional)
- 2 large handfuls spinach or arugula, or a mix, roughly chopped
- 2 green onions, finely chopped

Directions:

1. Heat your oven to 375°F.
2. Crack eggs into a large bowl and add water, sea salt, pepper, thyme, and paprika (if using). Whisk until slightly frothy.
3. Lightly oil a muffin tin, or use muffin liners. Place arugula/spinach and green onions in the bottom of each muffin tin, then pour the whisked eggs on top. Be careful not to overfill the cups.
4. Bake muffins for 20-25 minutes, depending on how well you like your eggs cooked. You'll want to make sure the middle of each egg muffin has set, and the edges will be slightly browned.
5. These store well in the freezer or can work for breakfast all week.



## Tropical Coconut Smoothie

Makes 1 serving

Ingredients:

- ½ C shredded coconut, unsweetened (or an equal amount full-fat canned coconut milk)
- 1 C water
- 1 C tropical blend frozen fruit or frozen mango
- 1 C loosely packed baby spinach
- ½ banana
- 2 TB flax seeds, chia seeds or hemp seeds

Directions:

Place coconut or coconut milk, water, tropical fruit, spinach, banana and any seed protein you are using into a blender. Blend until smooth, adding more water if needed. Enjoy!



## Sage Turkey Sausage and Tomato Stacks

Serves 2

Ingredients:

- ¼ C fresh sage, washed and dried well or ½ TB dried sage
- 8 oz ground turkey
- 1½ tsp sea salt
- ½ tsp black pepper
- 1 large tomato, or 2 smaller tomatoes
- 1½ TB olive oil, more or less, as needed

Directions:

1. Stack up half of the sage leaves. Roll the large leaves into a cigar shape and thinly slice into strips, then slice the other way to create small pieces.
2. Place the ground turkey and the minced sage in a bowl with half of the salt and pepper. Mix together and then shape into 2-3 inch rounds.
3. Heat a skillet to medium heat, and add half the olive oil. Once hot, add the turkey rounds. Sear on one side for about 3-5 minutes, then flip and cook another 3 minutes or until slightly firm to the touch in the center. Set aside to rest.
4. Cut the tomato into slices and season each side with the remaining salt and pepper. Place the tomatoes in the skillet, adding a little more olive oil if needed. Sear until lightly golden, about a minute on each side, then remove.
5. Make the stacks with the sausage on the bottom, then the tomato, sausage and tomato, then serve.

## Blueberry Overnight Oats

Serves 1

Ingredients:

- ½ C rolled oats
- 1 TB chia seeds
- 1 TB ground flax seed
- ½ C full-fat coconut milk
- ½ C fresh blueberries

Directions:

1. Place oats, chia seeds, ground flax seed and coconut milk into a mason jar or other glass container with a tight-fitting light. Add a few TB of water if your coconut milk seems thick.
2. Mix the ingredients together, then top with the berries. Place in fridge overnight, and add a little more coconut milk if needed in the morning.

## Chocolate Almond Banana Smoothie

Serves 1

Ingredients:

- 1 small or ½ large ripe banana
- 2 TB almond butter
- 1 C coconut or almond milk
- 1 TB raw cacao powder or cacao nibs
- ½ tsp cinnamon
- ½ C washed greens, like spinach or kale
- ½ TB honey or maple syrup (optional)
- ½ C ice cubes (optional)

Directions:

Place all ingredients into a blender and turn on low. Increase speed and blend until all ingredients are incorporated. Pour into a glass and enjoy.



## LUNCHES

### Peach and Summer Squash Quinoa

Serves 2

Ingredients:

- $\frac{3}{4}$  C quinoa
- $1\frac{1}{2}$  C water or broth
- 1 summer squash, cut into quarters lengthwise and thinly sliced
- 2 peaches, pitted and chopped
- 2 TB fresh herbs, such as mint, basil, or parsley
- $\frac{1}{2}$  C sunflower seeds
- 2 TB extra-virgin olive oil
- 1 tsp sea salt
- 1 lemon, juice and zest

Directions:

1. Place the quinoa and water/broth into a pot with a tight-fitting lid and bring to a boil. Once boiling, reduce heat and simmer for 15-20 minutes.
2. Meanwhile, place the sliced squash into a large bowl and add the lemon juice and zest, herbs, sea salt, seeds, and olive oil. Let marinate while quinoa cooks. Once quinoa is cooked, add it, while still hot, to the summer squash and toss to combine.
3. Gently fold the peaches into the quinoa mixture. Serve warm, cool or at room temperature.

## Chicken Salad with Miso Dressing

Serves 4

Chicken Salad Ingredients:

- 1 lb organic boneless, skinless chicken thighs
- ½ tsp. sea salt
- ¼ tsp. black pepper
- 1 TB sesame or olive oil
- 5 baby Bok Choy or 1 large Bok Choy, chopped (about 5 - 6 cups)
- 1 C snow peas, trimmed and cut into matchsticks
- 4 radishes, trimmed and cut into matchsticks
- 2 carrots, peeled and cut into matchsticks
- 4 scallions, thinly sliced

Miso Dressing Ingredients:

- ½ C white miso paste
- 2½ TB rice vinegar
- 2½ TB sesame oil
- ½ C water

Directions:

1. Season chicken with ½ tsp salt and ¼ tsp pepper.
2. Heat a large skillet on medium-high heat. Add 1 TB sesame or olive oil, then add chicken thighs. Cook each side for 6-7 minutes, until cooked through. Remove from the pan and let the chicken rest for 10 minutes before chopping into bite-sized pieces.
3. Meanwhile, in a small bowl, whisk the miso, vinegar, sesame oil and water. Set aside.
4. In a large bowl, add the Bok Choy, snow peas, carrots, radishes, and scallions. Toss well.
5. Add chicken and miso dressing to veggies and toss until well incorporated.
6. Serve warm or chilled.

**Time Saver:** You can use a food processor to shred the radish and carrots instead of cutting into matchsticks.

## Coconut Kale Salad

Serves 4

Ingredients:

- 2 TB orange juice
- 2 TB olive oil
- 2 TB lime juice, add the zest if desired
- ½ tsp salt
- ½ tsp ground ginger
- ½ tsp cinnamon
- ½ tsp smoked paprika, optional
- 1 bunch kale, washed and dried well, de-stemmed, and thinly sliced
- 1 carrot, peeled and finely shredded
- 1 C unsweetened, finely shredded coconut flakes
- ½ C dried no-sugar-added cranberries or golden raisins
- ¼ C sesame seeds
- ¼ C sunflower seeds, roasted

Directions:

1. In a large salad bowl, whisk together the orange juice, olive oil, lime, ginger, cinnamon, smoked paprika, and salt.
2. Add the kale, carrot, coconut, cranberries/raisins, sesame seeds and sunflower seeds to the bowl. Toss well and then let sit for 30 minutes before serving to allow the kale to wilt a little. This salad lasts a couple days in your fridge.



## Cucumber Noodles with Lemon, Olives, Celery and Chicken

Makes 4 servings

Ingredients:

- 2 medium cucumbers (about 1 lb)
- 2 celery ribs, thinly-sliced
- ½ C fresh parsley leaves, chopped
- ¼ C pitted Kalamata olives, halved
- 2 TB fresh lemon juice
- 1 lemon, thinly sliced
- 4 TB olive oil, divided
- Sea salt and black pepper, to taste
- 1 lb chicken thighs

Directions:

1. Using spiralizer or vegetable peeler, create linguini-sized (thin) or fettuccine-sized (wide) noodles with the cucumbers. Place in a colander and let the excess water drain.
2. Meanwhile, season the chicken thighs with ½ tsp salt and ¼ tsp pepper. Heat a large skillet on medium-high heat. Add 1 TB of oil. Add chicken and let brown for 6-8 minutes on each side, until they reach 160°F inside and the juices run clear. Remove from pan and set aside.
3. Add lemon slices to skillet and cook for 1 minute each side until browned. Remove from pan.
4. In a large bowl, combine cucumber, celery, parsley, olives, lemon juice, remaining olive oil, ½ tsp sea salt and ¼ tsp black pepper. Toss well.
5. Divide cucumber noodles on each plate and top with 1-2 chicken thighs and 1-2 slices of lemon.

## Cauliflower Fried Rice

Serves 2

Ingredients:

- 1 TB olive oil
- 1 C finely chopped cauliflower
- 1 carrot, peeled and finely grated
- 2 green onions, finely chopped
- 1 C cooked [brown rice](#), preferably left over from another meal
- 4 eggs, whisked
- 1-2 TB wheat-free tamari sauce
- ½ tsp red pepper flakes (optional)



Directions:

1. Bring a skillet to medium-high heat. Add the oil and let warm, then add cauliflower, carrot and green onions. Saute for 3-5 minutes, stirring frequently, until the cauliflower starts to soften, but before it begins to brown.
2. Add the cooked brown rice and stir for about a minute, then add the whisked eggs.
3. Continue to stir until the eggs are cooked, then drizzle 1 TB wheat-free tamari sauce over the dish and stir gently to combine. Taste, and add more wheat-free tamari sauce until you reach the flavor you want.
4. Add the red pepper flakes, if using, and serve.

Cauliflower Fried Rice is very versatile, and would make a great meal for breakfast or dinner as well.



## DINNERS

### Grilled Turkey and Zucchini Meatballs

Serves 2

Ingredients:

- 2 zucchinis, small to medium
- ½ C quick-cooking oats
- 2 TB fresh basil, finely shredded
- 2 cloves garlic, finely minced
- 1 tsp salt, divided in half
- ¼ tsp black pepper, divided in half
- 8 oz ground turkey
- 1 onion, cut in large chunks
- 1 TB olive oil

Directions:

1. If using wooden skewers, place them in a shallow dish and cover with water.
2. Shred half of the zucchini and place in a large bowl. Add the oats, basil, garlic, and half of the salt and black pepper and stir to combine. Next, add the ground turkey and fold together gently.
3. Cut the remaining zucchini and the onion into chunks, sprinkle lightly with the remaining salt and pepper. Round the meat mixture into balls, about 1 ounce each in size. Place an onion or zucchini piece a skewer. Add a meatball, squeezing gently to secure it to the stick. Then alternate with the veggie pieces until the sticks are full. Drizzle the veggies and meatballs lightly with the olive oil.
4. Heat a grill to medium. Place skewers on the grill for 4-6 minutes on each side until barely firm to the touch and the veggies are slightly charred.

## Warm Mexican Quinoa Salad

Serves 2-4

Ingredients:

- 1 TB olive oil
- ½ C red onion, chopped
- 1 large or two small zucchini, cut in ¼-inch cubes
- 2 garlic cloves, minced
- ½ C chopped red bell pepper, cut in ¼-inch cubes
- 1½ tsp salt, divided
- ½ tsp ground cumin
- 1 drained canned chipotle chile in adobo sauce, chopped (optional)
- 1 (15-oz) can black beans, rinsed and drained
- 2 C cooked [quinoa](#)
- 1 fresh lime, juiced
- 3 TB chopped fresh cilantro

Directions:

1. Heat olive oil in a large skillet over medium-high heat. Add chopped onion and ½ tsp salt. Cook until onions are translucent.
2. Add zucchini and stir, then saute for a few minutes until onion and zucchini have browned a bit.
3. Add garlic, red pepper, ½ tsp salt and ½ tsp cumin. Mix and cook for 1–2 min.
4. Add beans, chipotle pepper, and quinoa and stir gently to combine. You can add a few tablespoons of water or broth if the mixture begins to stick to the pan.
5. Turn off the heat and taste, adjusting seasoning to your preferences. Add lime juice and cilantro, stir to combine, then serve.

**Note:** You can serve this dish as is, or you can opt to serve it over a bed of mixed greens.

## Honey Garlic Grilled Salmon

Serves 2

Ingredients:

- ⅔ lb wild-caught salmon filet
- ¼ C wheat-free tamari
- 2 TB honey, melted gently if solid
- 2 garlic cloves, peeled and finely grated
- 2 TB olive oil



Directions:

1. Place wheat-free tamari, honey, garlic cloves and olive oil in a small bowl and whisk together. Place salmon in a glass baking dish and drizzle tamari/honey/garlic mix over the salmon. Allow to marinate for 30 minutes to 2 hours, turning at least once.
2. Heat a grill or a skillet to medium-high heat, making sure to clean the grill and to lightly oil the grates once hot.
3. Place salmon on grill and cook for 3-5 minutes, keeping an eye on the grill to make sure it doesn't get too hot. Turn salmon and cook another 3-5 minutes. Check the center of the salmon to make sure it's cooked, although slightly pink is okay! Remove from grill and serve.

**Note:** You could also use halibut or a firm piece of cod for this dish.

## Grilled Asparagus

Serves 2

Ingredients:

- 1 small bunch asparagus, tough ends snapped off
- 1 TB olive oil
- 1 tsp sea salt
- ½ tsp freshly ground pepper

Directions:

1. Heat your grill to medium-high heat. Once hot, make sure to clean it using a metal grill brush.
2. Meanwhile, place asparagus on a baking sheet. Drizzle olive oil over the top and toss to coat, then sprinkle with sea salt and pepper.
3. Place asparagus directly on the grill in the opposite direction from the grill slats so they don't slide through. Grill for 3-5 minutes, making sure to keep an eye on the heat so they don't burn. Turn the asparagus (just do your best!) and cook for 3-5 minutes more, then serve.

## Garbanzo Burgers

Serves 3

Ingredients:

- 1 (15-oz) can garbanzo beans/chickpeas, rinsed and drained
- ½ yellow onion, chopped
- ¼ C fresh herbs, such as parsley, basil, chives, tarragon, etc.
- ¼ C flax meal, ground
- ½ C almond meal/flour
- ¼ tsp salt
- 2 eggs
- 2 TB dijon mustard
- 6 leaves lettuce, washed & dried (optional topping)
- 4 slices sweet onion (optional topping)
- 1 avocado, pitted and cut into thin strips (optional topping)

Directions:

1. Place the beans, onion, fresh herbs, flax meal, almond meal, and salt in a food processor. Pulse and whirl into a chunky, well combined paste. Taste. Adjust the flavors as needed.
2. Add the eggs and dijon mustard, and mix again until combined.
3. Heat a griddle, cast iron pan or skillet over medium heat. Drizzle a splash of olive oil in the pan. Add ⅓ - ½ cup of the veggie patty batter. Sear until golden, then flip and sear the other side. Place in a warm oven and continue cooking the batter until the burgers are complete.
4. To serve, sandwich your favorite burger toppings between two burger patties and enjoy!

## Zucchini Marinated Salad

Serves 2

Ingredients:

- 1 zucchini
- 2 TB olive oil
- 1 tsp red wine vinegar, or white wine vinegar
- 1 C chopped cherry tomatoes
- ¼ C kalamata olives, pitted and roughly chopped
- 4 sprigs fresh basil, roughly chopped or cut into strips
- 1 tsp sea salt, to taste
- 1 pinch black pepper, to taste, or red chili pepper flakes
- ¼ C toasted pine nuts (optional)

Directions:

1. Thinly slice the zucchini into rounds. Toss with the olive oil and vinegar. Allow to sit for a few minutes as you prepare the remaining ingredients.
2. Toss the marinated zucchini with the chopped tomatoes, olives, and basil. Season with salt and pepper to taste.
3. Top with toasted pine nuts, if using. Taste, then add an extra drizzle of olive oil or pinch of salt, if desired.



## Roasted Chicken Tacos with Mango Slaw and Collard Tortillas

Serves 2

### Taco Ingredients:

- 1 lb organic chicken thighs
- 1 tsp lime zest
- 1 lime, juiced
- 1 TB olive oil
- 2 garlic cloves
- 1 tsp dried Mexican oregano
- 1 tsp chili powder
- 1 tsp ground coriander
- ½ tsp cumin
- ½ tsp sea salt
- ¼ tsp black pepper
- ¼ C cilantro, for topping

### Mango Slaw Ingredients:

- 1 small napa, purple or green cabbage, thinly sliced
- 1 carrot, peeled and shredded or julienned
- ½ small red onion, thinly sliced
- 2 limes, juiced
- ½ tsp sea salt
- 6 TB apple cider vinegar
- 6 TB olive oil
- 2 mangoes, pitted and thinly sliced
- ¼ C fresh cilantro, minced

### Tortilla Ingredients:

- 1-bunch collard greens (large leaves) or butter lettuce

### Directions for Tacos and Slaw:

1. Preheat oven to 350°F.
2. In a large glass bowl, whisk lime zest & juice of 1 lime, 1 TB olive oil, garlic, oregano, chili powder, coriander, cumin, salt and pepper. Add chicken and toss well to coat, then marinate for a minimum of 20 minutes and up to overnight.
3. Spread the chicken thighs on a large baking tray. Place chicken in oven and bake for 30-40 min or until chicken is done, then remove and let rest for 10 minutes.
4. Meanwhile, start the mango slaw. In a medium bowl, whisk together the apple cider vinegar, juice of 2 limes, salt and olive oil. Add cabbage, red onion, and

carrots. Massage cabbage for 1-2 minutes until it just begins to wilt but remains crispy. Add mango, cilantro and dressing to cabbage mixture. Toss, then taste, adding a little more salt if necessary.

5. Slice chicken into strips. Serve on (collard or lettuce) tortillas with mango slaw.

#### Directions for Tortillas:

For the simplest "tortillas", simply wash and dry butter leaf lettuce leaves and fill them with the chicken mixture and the mango slaw.

To try the collard leaves, follow these directions:

1. Trim each leaf so it is even at the bottom.
2. Instead of de-stemming the leaf, you will "shave off" some - but not the entire - stem. Lay the collard 'back side' up on a cutting board. Take a sharp paring knife and hold the blade parallel to the cutting board. Carefully shave off the thick part of the stem that sticks out above the green leaf by running the knife along the stem, careful not to poke through the leaf or cut the stem out completely. Shaving the stem down will allow the leaf to fold or wrap better.
3. **Optional:** You can blanch the leaf for 30 seconds in hot water. This makes it even more pliable and wraps will stay shut better.
4. **For burrito-like wrap:** place food filling in the bottom third of the leaf. Fold the sides over the top of the filling and then roll away from you.
5. **For taco-type open wrap:** place food filling along the stem. Fold over to one side.



## ALTERNATIVE RECIPES

### Chicken Pomodoro

Serves 2

Ingredients:

- 10 oz boneless, skinless chicken thighs or breasts
- 1½ tsp salt, divided
- ¼ tsp black pepper, divided
- 1 TB olive oil, divided
- 2 tomatoes, remove stem & chop
- 2 TB fresh basil, finely chopped
- 1 clove garlic, finely minced or pressed

Directions:

1. Season the chicken on each side with salt and pepper and cook it as follows:
2. **For the skillet:** Add half of the olive oil into the skillet over medium-high heat. Once the oil runs quickly in the pan, but before it starts smoking, add the chicken and reduce the heat to medium. Sear on each side for 6-10 minutes until the chicken feels firm but not rock hard.
3. **For the grill:** Set the grill on high heat. Drizzle the chicken with the oil. Reduce the grill temperature to medium-low and place the chicken on the grill and cover the grill. Sear on the first side until the chicken is starting to cook on top and it is easy to lift the chicken off the grill. Flip over and cook for another 5-8 minutes until it is firm, but hard to the touch. Test this by pressing into the cooked chicken lightly with a finger.
4. Meanwhile, as the chicken cooks, toss together the chopped tomatoes, garlic and basil. Add a drizzle of the remaining olive oil, salt and pepper to taste.
5. Serve the room temperature tomato sauce on top of the grilled/seared chicken. Pair with a green salad on the side for a fresh and light meal.

## Chili-Rubbed Chicken with Avocado Salsa

Serves 2

Ingredients:

- 1 tsp olive oil
- 2 free-range, organic chicken breasts
- 2 tsp chili powder
- 1 tsp dried cumin
- ½ tsp cayenne powder
- 1 tsp sea salt, divided
- 1 ripe avocado, pitted and chopped into small chunks
- ¼ red onion, diced
- Juice of a lime

Directions:

1. Heat a large skillet over medium-high heat. Meanwhile, combine chili powder, powdered cumin, cayenne pepper and ½ tsp sea salt in a small bowl and rub all over both chicken breasts.
2. Spray hot skillet with olive oil spray or add a teaspoon of oil and swirl to coat skillet. Add chicken breasts and let cook 5-7 minutes, then flip and cook another 5-7 minutes. Turn down heat and allow chicken to cook through, another 5-10 minutes, turning one more time. Be sure to check center of breast before serving.
3. While chicken is cooking, prep the avocado salsa by combining the avocado, red onion, lime juice, and remaining salt to taste in a small bowl. Serve chicken breasts with avocado salsa on top.
4. Serve with a side salad or grilled asparagus.

 **SNACKS**

## Guacamole with Jicama and Sweet Potato Chips

Makes 4 servings

Ingredients:

- 1 avocado
- ½ lime
- 1 TB cilantro, freshly minced, add more for a garnish
- 1 TB red onion, finely minced, optional
- ½ tsp salt
- 1 pinch black pepper
- 2 yams or sweet potatoes
- 1 large jicama

Directions:

1. Cut the avocado in half. Squeeze out the pit and slice into the shell of the avocado in crosses to create bits within. Scoop out the avocado fruit from the skin and mash up in a bowl with half of the lime, cilantro, red onion, salt and pepper. Squeeze extra lime juice on top to keep it from browning. Cover and set aside.
2. Now peel the sweet potato with a vegetable peeler and thinly slice into rounds.
3. Cut the ends off of the jicama and set flat on the cutting board. With a knife, cut down along the skin. Sometimes, once cut slightly, the skin will peel off, but more often a knife is the best way to cut all of the skin off the jicama. Once it is peeled, cut it in half and then in quarters to create a triangular-shaped wedge. Thinly slice along this wedge to create chips.
4. Serve the raw chips with the guacamole.

## Ginger-Basil Cantaloupe Soup

Serves 4

Ingredients:

- 4 C cantaloupe, cut into chunks
- ¼ C fresh ginger, in rough chunks\*
- 1 TB lemon juice, or more to taste
- 1 TB honey, more or less to taste, or agave nectar, optional (if your cantaloupe is very sweet, the honey may be unnecessary)
- ½ tsp salt
- ¼ C fresh basil, washed and dried
- 2 TB extra-virgin olive oil



Directions:



1. Place the cantaloupe, ginger\*, and lemon juice in the blender. Blend until the ginger is smooth. Taste. Add the honey to taste, more or less depending on the sweetness of the melon. Add the salt, adjusting to taste. Add the basil and olive oil. Pulse a few times to combine, leaving flecks of basil in the soup.

2. Place in the freezer for 10 minutes or in the fridge for at least an hour, then serve.

**\*Fresh ginger can vary depending on where it was grown. If you hesitate around spicy foods, start with half of the ginger and add more to taste.**





## ADDITIONAL SNACK IDEAS:

- Hummus or black bean dip with cut vegetables
- Small handful of nuts
- 2 slices turkey breast
- Small handful of mixed fresh olives
- One or two hardboiled eggs
- Raw sauerkraut
- Sliced apple with nut butter (almond, cashew, macadamia or even sunflower seed)
- A small salad with lots of crunchy veggies and sunflower seeds
- Half an avocado
- Homemade trail mix



- Steamed artichokes with tahini for dipping
- Roasted pumpkin seeds
- Coconut date rolls
- Fruit smoothies with a handful of leafy greens like spinach or collard greens
- Green juices
- Lara bars – these are made from just fruit and nuts, and can be found in many grocery and convenience stores

**Remember the magic formula when eating: fat + fiber + protein = balanced blood sugar and the key to you staying full for longer.**



## SWEET TREATS

If you are having a major sugar craving, try one of the following recipes to see if that satisfies your sweet tooth. Try to avoid having sweets as much as possible this week – have one or two sweet treats for the whole week, not each day.

### Lime-Coconut Date Bars

Makes 6 servings

Ingredients:

- 1½ C almond, or your favorite nut
- 12 oz pitted dates
- 1 lime, zest and juice
- ½ C coconut, shredded



Directions:

1. Place the nuts in a food processor and pulse until they are chopped evenly in bits. Slice into the dates and remove any pits. Add the dates and grate in the lime zest with a fine grater or microplane. Juice the lime and add to the mix. Sprinkle in the shredded coconut.
2. Pulse and blend until the dates and nuts appear to be thoroughly chopped and combined. Line an 8×8 or approximate sized pan with wax paper or plastic wrap. Press the date paste evenly into the pan. Cover with wax paper or plastic wrap and chill for at least 30 minutes, but a couple of hours is best.
3. Remove the bars from the fridge and dump them onto a cutting board. Cut into 2-3 inch slices or even 1×1 inch squares. Wrap each one individually in plastic wrap.
4. Alternatively, roll the paste into balls and chill on a baking sheet.

## Grilled Stone Fruits

Makes 2 servings



Ingredients:

- 2 TB coconut or olive oil
- 1 ripe peach, pitted and cut into quarters
- 2 ripe plums, pitted and cut into halves

Directions:

1. Heat a grill to medium-high heat, making sure to clean the grill with a metal brush once it's hot.
2. Brush fruit with oil, and then place on grill, skin side up. Cook for 3-4 minutes on each side, then remove from heat. Allow to cool for a few minutes, then serve.

Note: You'll want the fruit to be soft when you press it gently to get the best flavors for this dish.

## Raw Chocolate Goodness

Makes 1 serving

Ingredients:

- 4 TB coconut oil, gently softened but not to the point of liquid
- 2 TB raw cacao powder
- 1 tsp raw honey
- Optional add-ins: 1 TB fresh raspberries, dash cinnamon, 1 TB chopped almonds, 1 TB coconut flakes, or a dash of cayenne pepper

Directions:

1. Gently warm coconut oil, being careful not to let it liquefy. With a spoon, beat the coconut oil until it's soft. Add cacao powder and blend into coconut oil until a peanut butter-like consistency is formed.
2. Next, mix in honey and one optional add-in if desired. Make sure to blend coconut oil into other ingredients.
3. Place chocolate in the fridge and allow it to set, or eat it right away. Store in a glass container in the fridge for about a week, if it lasts that long.

## Watermelon Mint Salad

Serves 1

This salad couldn't be simpler, and it's always a huge hit at potlucks. Simply chop up some seeded watermelon and put in a large bowl. Mince 1 TB fresh mint and sprinkle over the salad. Stir gently to combine, and then enjoy.

## Fresh Fruit and Nut Bowl

Makes 2 servings

Summer is the season of the best fruits. This is the time of year to chow down on apricots, fresh plums (my very favorite fruit), berries, peaches, nectarines and melons. Grab a few of your favorites, cut them into bite-sized pieces and top with 1-2 TB of chopped almonds, walnuts, or macadamia nuts.

This recipe also is a great option for breakfast on the go or for a light lunch.

## Mango Blueberry Sorbet

Makes 4 servings

Blend the following ingredients until creamy: 1 bag frozen mango, 1 bag frozen blueberries,  $\frac{1}{4}$  -  $\frac{1}{2}$  C water. Scrape down sides of blender with a spatula if needed. Serve immediately, and store extra in the freezer in a freezer-safe container.

## Sweet Mint Iced Tea

Makes 2 servings

Ingredients:

- 2 bags Moroccan Mint green tea
- 24 ounces water

Directions:

1. Place tea bags in a teapot. Bring water to a boil, and then pour over both tea bags. Let steep for about 30 minutes, then remove tea bags.
2. To serve, pour tea into a glass filled with ice. You can store this tea in the fridge for several days.

## Spa Water

Ingredients:

- Water
- Fresh herbs like basil, cilantro, and parsley
- Lemon and lime slices
- Cucumber slices
- Fresh raspberries and strawberries

Directions:

Place a variety of the above ingredients in a large mason jar or water pitcher. Add ice and water, and sip all day.



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SUMMER 5-DAY

# *Reset*

with Edie Hoppin



shopping list

complete list of  
ingredients

This document contains the complete list of ingredients for all of the suggested recipes. Choose recipes and use this list to shop according to the meals you plan to make.



## SHOPPING TIPS

- If a Farmer's Market is running in your area, try buying some of your produce there. It's fresher, cheaper, and always tastes better than what you can find in the grocery store.
- Shop in the bulk aisle for spices, dry beans, and grains. The products are often fresher and you don't need to buy a whole jar of something when you only need a few teaspoons.
- Consider going to a health foods store for this cleanse as they'll be likely to have more organic items. Co-ops are often less expensive than chain stores and many don't require you to be a member. To find a great co-op near you, visit <http://www.localharvest.org/> and click the "Grocery/Co-op" button, enter your ZIP code and hit search.
- Remember to bring re-usable shopping bags. If you don't have any, check out [www.envirosax.com](http://www.envirosax.com). These bags are sturdy and fold up into a small ball so they can easily fit in your purse.
- If you have a Trader Joe's in your area, try shopping there first as they often have many items at a better price than other chains.
- Ask questions – if you don't know where to find something, just ask someone who works there.
- Check your pantry, fridge, and freezer to see which items you already have to make sure you don't double up.
- Ideally, I'd like you to purchase ALL your produce items organically, but I know that can get pricey. Go online and print the The Dirty Dozen & Clean Fifteen list at <http://www.ewg.org/foodnews/>. This guide shows you which produce items are important to buy organic and which are okay to buy not organic.

On the following pages, you'll find a space to write down all the ingredients you'll need, along with shopping tips. Set aside 20 minutes to read through the recipes and choose 2-3 from each section (breakfast, lunch, dinner, sweet treats and snacks) and add those ingredients to your shopping list. Be sure to check your pantry before heading to the store.

## For ALL Suggested Breakfast, Lunch + Dinner Recipes

### **PRODUCE**

- 1 small bunch asparagus
  - 1 avocado
  - 1 large or 2 small bananas
  - ½ C fresh blueberries
  - 5 baby Bok Choy (or 1 large)
  - 1 small cabbage (napa, purple or green)
  - 5 carrots
  - 1 C cauliflower
  - 2 celery ribs
  - 1 bunch collard greens (large leaves) or butter lettuce
  - 2 medium cucumbers
  - 1 bunch kale
  - ½ C greens (such as spinach or kale)
  - 2 lemons
  - 6 large lettuce leaves
  - 5 limes
  - 2 mangoes
  - 2 red onions
  - 1 sweet or yellow onion
  - 4 green onions
  - 2 peaches
  - ½ red bell pepper
  - 4 radishes
  - 4 scallions
  - 1 C snow peas
  - 2 large handfuls spinach or arugula
  - 1 C baby spinach
  - 1 summer squash
  - 1 large or 2 small tomatoes
  - 1 C cherry tomatoes
  - 4-5 medium zucchinis
- 
- Don't forget to purchase 3 lemons for your morning hot lemon water
  - Remember to include items for your smoothies + salads (optional)



## SPICES & HERBS

Check the bulk section for Spices and Herbs – they are often much fresher and it saves \$ to buy just what you need rather than purchasing them in a jar.

Grab some sea salt – REAL Salt is a great brand that can be found at health food stores and gourmet groceries. You can buy other brands as well; just be sure to buy sea salt that isn't bright white. Pink, grey, brown and black are all good colors.

- 10 sprigs fresh basil (more or less)
- 1 tsp chili powder
- ¾ C fresh cilantro
- 1 tsp cinnamon
- 1 tsp ground coriander
- 1 tsp cumin
- 2 TB dijon mustard
- 8 cloves garlic
- ½ tsp ground ginger
- 1 tsp Mexican oregano
- 1 tsp smoked paprika (optional)
- ½ C fresh parsley
- approx. 2 ½ tsp black pepper
- ½ tsp red pepper flakes (optional)
- ¼ C fresh sage, or ½ TB dried
- ½ tsp dried thyme
- ½ C fresh herbs (such as parsley, basil, chives, tarragon, mint, etc.)

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## **BULK/DRY/CANNED GOODS**

I love buying grains in bulk because I can buy the exact amount I need. Check your pantry before hitting the store.

- 2 TB almond butter
- ½ C almond meal/flour
- 1 (15-oz) can black beans
- 1½ C broth (optional)
- 1 C brown rice
- 1 TB cacao powder, raw or cacao nibs
- 1 TB chia seeds
- 1 canned chipotle chile in adobo sauce
- 1½ C shredded coconut flakes, unsweetened
- ½ C canned coconut milk (full fat)
- ½ C dried cranberries or golden raisins
- ⅓ C ground flax meal
- 2 TB flax, chia or hemp seeds
- 1 (15-oz) can garbanzo beans/chickpeas
- 3 TB honey
- ½ C miso paste
- ½ C quick-cooking oats
- ½ C regular rolled oats
- 1½ C olive oil
- 1 TB sesame oil (optional)
- ½ C kalamata olives
- ¼ C pine nuts, toasted
- 2¾ C quinoa
- 2½ TB sesame oil
- ¼ C sesame seeds
- ¾ C sunflower seeds, roasted
- 6 TB tamari sauce, wheat-free
- 6 TB apple cider vinegar
- 1 tsp red wine or white wine vinegar
- 2½ TB rice vinegar



# For Alternative Recipes, Snacks, Sweet Treats (by recipe)

## **ALTERNATIVE RECIPES**

### **Chicken Pomodoro**

- 10 oz boneless, skinless chicken thighs or breasts
- 1½ tsp salt
- ¼ tsp black pepper
- 1 TB olive oil
- 2 tomatoes
- 2 TB fresh basil
- 1 clove garlic

### **Chili-Rubbed Chicken with Avocado Salsa**

- 1 tsp olive oil
- 2 free-range, organic chicken breasts
- 2 tsp chili powder
- 1 tsp dried cumin
- ⅛ tsp cayenne powder
- 1 tsp sea salt
- 1 ripe avocado
- ¼ red onion
- Juice of a lime

## SNACKS

### Guacamole with Jicama and Sweet Potato Chips

- 1 avocado
- ½ lime
- 1 TB fresh cilantro (more for an optional garnish)
- 1 TB red onion, optional
- ½ tsp salt
- 1 pinch black pepper
- 2 yams or sweet potatoes
- 1 large jicama

### Ginger-Basil Cantaloupe Soup

- 4 C cantaloupe
- ¼ C fresh ginger
- 1 TB lemon juice, or more to taste
- 1 TB honey (more or less) or agave nectar, optional
- ½ tsp salt
- ¼ C fresh basil
- 2 TB extra-virgin olive oil

## SWEET TREATS

### Lime-Coconut Date Bars

- 1½ C almond, or your favorite nut
- 12 oz pitted dates
- 1 lime, zest and juice
- ½ C coconut, shredded

### Grilled Stone Fruits

- 2 TB coconut or olive oil
- 1 ripe peach
- 2 ripe plums

## **Raw Chocolate Goodness**

- 4 TB coconut oil
- 2 TB raw cacao powder
- 1 tsp raw honey
- Optional add-ins: 1 TB fresh raspberries, dash cinnamon, 1 TB chopped almonds, 1 TB coconut flakes, or a dash of cayenne pepper

## **Watermelon Mint Salad**

- Seeded watermelon
- 1 TB fresh mint

## **Fresh Fruit and Nut Bowl**

- Fresh fruit (apricots, plums, berries, peaches, nectarines, melons)
- 1-2 TB chopped almonds, walnuts or macadamia nuts

## **Mango Blueberry Sorbet**

- 1 bag frozen mangoes
- 1 bag frozen blueberries

## **Sweet Mint Iced Tea**

- 2 bags Moroccan Mint green tea

## **Spa Water**

- Fresh herbs like basil, cilantro, and parsley
- Lemon and lime slices
- Cucumber slices
- Fresh raspberries and strawberries

## SUPPLEMENTS – All are optional

**Supplements – All are optional. Check the supplement guide for more information on why we take these supplements.**

- Vitamin B complex in capsule form (1000 total mg daily)
- Vitamin C in capsule form (2000 mg daily)
- Vitamin D in capsule or drops (2,000-4,000 IU daily)
- Probiotics – look in the refrigerated section (1 capsule daily)
- Milk thistle (2 capsules daily)
- Dandelion, nettle, or detox tea
- Herbal laxative or laxative tea. Look for senna or cascara in the ingredients, and only purchase if you are prone to constipation.
- Epsom salts

### **SOME OF THE BRANDS I LIKE**

- Dr. Ohhira's (probiotic)
- BioKult (probiotic)
- Eclectic Institute (milk thistle)
- Ester C (Vitamin C)
- Jarrow Formulas (all)
- Mega Foods (all)
- New Chapter Organics (all)
- NOW (Vitamins B, C, D)
- Oregon's Wild Harvest (milk thistle)
- PCC Private Label Supplements

Keep in mind that when it comes to supplements, you truly get what you pay for. There are no standardizations when it comes to supplements, so you'll want to buy a brand that has been around awhile and has a good reputation. You'll want to purchase both Vitamin B and C in capsule form, not tablet, as tablets can be hard for your body to break down. The product should also be free of preservatives, fillers, binders, coloring agents, gluten, corn, soy, yeast and lactose. If you can't find quality brands at your local store, try ordering from Amazon.

This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, we urge you to take appropriate action by seeking medical attention.