



Welcome to the Spring 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

It's going to be a great week!

Love and Health!



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PEPARATION CHECKLIST

Read through this Spring 5-Day Reset Handbook
Read through the Spring 5-Day Reset Recipes – this includes suggested recipes and snack ideas
Review the Spring 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)
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)?
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.
to buy not organic.





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 Spring 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 *Spring 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 a number of other things not listed here.



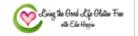


GENERAL RESET GUIDELINES

- 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 ½ 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.





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 Winter 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) DRING 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, semoling, 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 http://www.gethappycampersgf.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

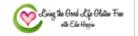
Pro Tip: It is helpful to start to reduce your sugar intake before the start of the cleanse. Substitute dessert for some dried fruit, fresh-fruit sorbet or 70 percent or higher dark chocolate as a way to ease into the reset. Continue weaning until dessert is the exception rather than the rule. As you 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 ½ 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 5-Day Reset, it is recommended to gradually cut back before the cleanse starts. 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 ½ 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 AND PORK

We will be avoiding red meat and pork during the Reset to give our digestive system a much-needed rest.

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:

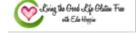
- Sweating
- Breathing
- Urination
- Bowel movements

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.





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DA	Y 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	
DA	Y 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	
DA	Y 3	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	



DA	Y 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
DA	Y 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** or post in our private Facebook group so we can all learn from each other.

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Living the Good Life

Gluten Free



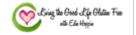
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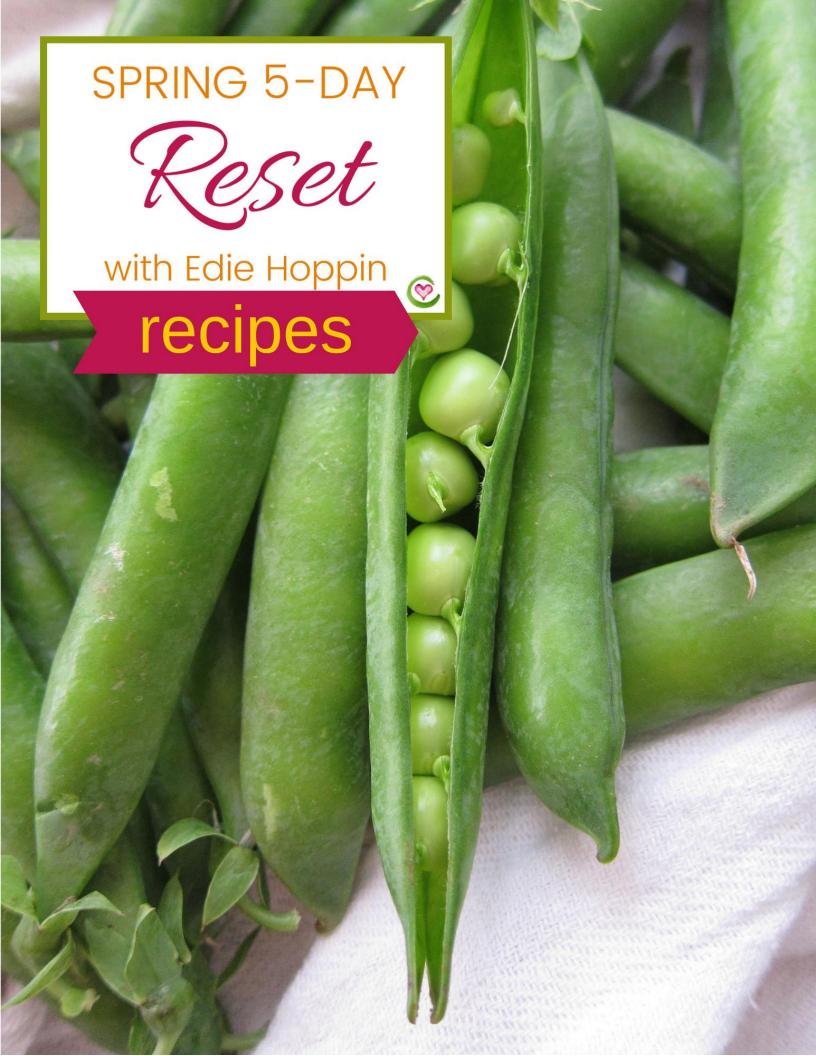
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you to take appropriate action by seeking medical attention.

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SPRING 5-DAY DETOX SUGGESTED RECIPES

	BREAKFAST	LUNCH	DINNER
DAY 1	Morning Muesli with Almond or Coconut Milk	Curried Salmon Salad in Lettuce Cups Beet and Carrot Slaw	Chicken, Asparagus and Sun-dried Tomatoes
DAY 2	Seed Porridge with Fresh Berries	Sautéed Chickpeas and Swiss Chard	Simple Roasted Salmon With Cabbage and Bok Choy Stir Fry
DAY 3	Strawberry Banana Smoothie	Quinoa Tabbouleh	Ginger Roasted Fish Roasted Asparagus & Shiitake Mushrooms
DAY 4	Chocolate Chia Pudding or Chia with Fresh Berries	Chopped Reset Salad	Spicy Black-Eyed Peas + Easy Greens Stir Fry
DAY 5	Protein Pancakes	Salmon, Arugula and Sweet Potato Salad	Lemony Chicken Skewers, Garlic Broccoli

Alternative recipes included:

- Quinoa Black Bean Salad
- Indian-style Coconut Curry
- Asian Cabbage Slaw with Almond Butter Dressing
- Assorted Smoothies in the Bonus Smoothie + Green Juice Guide





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



Roasted Vegetables

Makes 3 cups vegetables

Ingredients:

- 1 yellow beet, peeled
- 1 rutabaga, turnip or parsnip, scrubbed
- 2 large carrots, peeled
- 1 head broccoli or cauliflower, trimmed
- 2 TB coconut or olive oil

Preheat your oven to 375 degrees. If you have a convection roast option, use it. Cut all the vegetables into bite-sized pieces, aiming for relatively equal sizes. Place veggies in a roasting dish and drizzle with olive oil or coconut oil. Roast for 30-45 minutes, tossing occasionally. You'll know your veggies are done when they are fork tender, meaning you can easily pierce them with a fork. Store in a glass container with a tight fitting lid in the fridge for 5-6 days.

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

Place 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, about 15-20 minutes. When done, fluff quinoa with a fork. You'll know your quinoa is ready when it looks like it's grown little tails – this is the germ separating from the seed.





Morning Muesli

Serves 1

Ingredients:

- ½ C rolled oats
- 1-2 TB raw nuts such as walnuts, almonds or cashews broken into small pieces
- 1 TB unsweetened coconut flakes (optional)
- 1 TB freshly ground flax seeds
- ½ an apple, pear or banana, chopped or ½ C organic berries
- Sprinkle of cinnamon and nutmeg for flavor (optional)
- 4 oz non-dairy milk (coconut, almond, hemp, etc.), optional

Directions:

Combine first 6 ingredients in a bowl. Top with coconut or almond milk and serve.

Seed Porridge with Fresh Berries

Serves 1

Ingredients:

- 2 TB unsweetened coconut flakes
- 1 TB raw pumpkin seeds
- 2 tsp chia seeds
- 1 TB raw flax seeds
- ½ C fresh strawberries, raspberries or blueberries
- 2-4 TB non-dairy (coconut, almond, hemp, etc.) milk

Directions:

- 1. Grind the first 3 ingredients together and cover with 4-6 oz hot water.
- 2. Allow to sit for 5-10 minutes or until chia seeds have gelled to create a porridge. Grind flax seeds separately, then add to porridge with milk and fruit.



Strawberry Banana Smoothie

Serves 1

Ingredients:

- 1 small banana
- 2 TB chia seeds
- 2 TB nut butter
- ½ C frozen organic strawberries
- 8 ounces coconut, almond, or hemp milk, or water
- 1 small handful fresh spinach or kale

Directions:

- 1. Place all ingredients in a high-speed blender. Start blender on low, and increase speed to combine fully.
- 2. If you don't have a high-speed blender, start by blending the fruit, chia seeds, nut butter and liquid together until smooth, then add the greens and blend again.

Chocolate Chia Pudding

Serves 1

Ingredients:

- ¼ C chia seeds
- 8 oz full-fat canned coconut milk
- 1 TB maple syrup
- 1 TB raw cacao powder
- ½ C chopped organic strawberries or bananas (optional)

Directions:

Place the first four ingredients in a mason jar with a tight fitting lid. Close and shake well to combine, then store in the fridge overnight. Top with fruit in the morning and enjoy.



Chia Pudding with Berries

Serves 1

Ingredients:

- 8 oz full-fat canned coconut milk
- 1/4 C + 2 TB chia seeds
- 1-2 TB maple syrup, to taste
- 1/4 tsp vanilla extract
- 1/4 C strawberries chopped, fresh* (or frozen)
- 1/4 C blueberries, fresh* (or frozen)
- 1/4 C raspberries, fresh (or frozen)

Directions:

Place the first four ingredients in a mason jar with a tight fitting lid. Close and shake well to combine. Add fruit and shake again, then store in the fridge overnight.

You may choose to save the raspberries for the top in the morning. Enjoy!

*When using fresh strawberries and blueberries, you might want to mash them a bit. This gives more flavor. It is not necessary with frozen fruit.

Protein Pancakes

Serves 1

Ingredients:

- 1 small ripe banana
- 1 egg
- 1 TB almond butter
- Coconut oil for cooking

Directions:

- 1. Using a fork, mash banana in a medium size bowl, then add egg and almond butter and stir until combined.
- 2. Heat a medium skillet-over medium high heat. When warm, add coconut oil and swirl to coat skillet. When oil has melted, scoop some of the pancake mix into the pan and cook until set and browned on one side, then flip, cooking and set until browned on the other side, then remove from pan.
- 3. Serve with a little real maple syrup or fresh fruit.

Smoothies

See the bonus Smoothie and Green Juice Guide for smoothie ideas.





Curried Salmon Salad in Lettuce Cups

Serves 1

Ingredients:

- 1 six-oz can wild-caught salmon
- ¼ fennel bulb, tough root removed and diced
- ½ stalk celery, chopped into small pieces
- 1 green onion, finely chopped
- 1-2 tsp Dijon mustard
- 1/4 C parsley, finely chopped
- 1-2 tsp curry powder
- Sea salt and pepper
- 3-4 large lettuce leaves, washed and dried (Butter lettuce works especially well here)
- 6 cucumber slices

Directions:

- 1. Drain salmon and place in a bowl. Use a fork to mash the salmon. Add fennel, celery, spring onion, mustard, parsley and curry powder. Mix well and season with a little sea salt and freshly ground pepper.
- 2. Scoop 1/3 of the salmon mixture into each lettuce cup and top with cucumber slices. Roll up and eat.

Beet and Carrot Slaw

Serves 4

Ingredients:

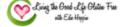
- 2 red beets, peeled and grated
- 3 carrots, peeled and grated
- Beet greens or 2 collard green leaves, de-stemmed, cleaned and cut into thin ribbons
- Juice of 1 lemon
- 1 TB olive oil
- 1 TB rice wine vinegar
- 2 TB sunflower seeds (optional)

Directions:

Add all ingredients to a bowl and toss well to combine. Store in the fridge in a glass container for about 5 days.

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Sautéed Swiss Chard and Chickpeas

Serves 2

Ingredients:

- 1 TB olive oil
- 2 cloves garlic, thinly sliced
- 3-4 thin lemon slices, seeded with peel left on
- 1 (14-oz) can chickpeas, drained and rinsed
- 1 tsp sea salt
- 1-2 tsp smoked paprika
- 1 head Swiss chard, washed de-stemmed and chopped

Directions:

- 1. Heat a large skillet over medium heat and add olive oil. Next, add garlic and lemon slices, and cook for 1-2 minutes, stirring often.
- 2. Add chickpeas, salt and smoked paprika, and cook until lightly browned, about 3-5 minutes.
- 3. Add the chopped chard, stir, cover and cook until fully wilted, about 3 minutes more. Toss to combine, and serve immediately.

Quinoa Tabbouleh

Serves 4

Ingredients:

- 2 C broth
- 1 C quinoa
- 1 cucumber, cut in quarters lengthwise, seeded, and chopped
- 1 C parsley, rinsed, dried and finely chopped
- ½ C cherry or grape tomatoes, quartered
- ¼ C mint leaves, rinsed, dried and chopped
- ¼ C extra virgin olive oil
- 1/4 C lemon juice, freshly squeezed about 1 lemon
- Sea salt and freshly ground pepper to taste

Directions:

- Place quinoa in a fine mesh sieve and rinse. Combine broth and quinoa in a pot and bring to a boil. When boiling, cover and reduce heat to low. Allow to simmer for 15 minutes – quinoa is finished when the germ has expelled from the seed, which will look like it's grown little tails. Don't stir quinoa (or any grain!) while it's cooking.
- 2. Combine all ingredients except olive oil and lemon juice in a large bowl and add cooked quinoa.
- 3. Whisk lemon juice and olive oil until blended, then pour over the quinoa. Toss gently to mix and distribute dressing over the grains and vegetables. Add more lemon juice and olive oil if salad is too dry.
- 4. Store in a glass container in the fridge for 4-5 days. This is a great grab-and-go lunch option.



Chopped Detox Salad

Serves 1

Ingredients:

- 1 boneless, skinless chicken breast
- 1 small handful cauliflower florets, chopped into small pieces
- ½ bunch kale, de-stemmed and thinly sliced
- 1 carrot, peeled and grated
- Small handful cilantro, washed and finely chopped (optional)
- 1 TB sunflower seeds (optional)

Dressing:

- ½ avocado, peel and seed removed
- ⅓ C raw apple cider vinegar
- Juice from 1 lemon
- ½ TB fresh cilantro, finely chopped
- 1 tsp sea salt
- 1 tsp freshly ground pepper

Directions:

- Bring a medium-size pot of water to a boil, and add chicken breast. Turn down the heat and simmer for 15 minutes, or until chicken breast is cooked through and a meat thermometer reads 160 degrees. Drain, let cool, then shred into small pieces.
- 2. Meanwhile, heat oven to 400 degrees. Place cauliflower and carrot on a baking sheet and drizzle with 1 TB olive oil.
- 3. Place cooled chicken, cauliflower, kale, carrot, cilantro and sunflower seeds into a large bowl and toss to combine.
- 4. Place dressing ingredients in a blender and blend until smooth. Pour dressing over salad and toss to combine, then serve immediately.

Note: Make this dish vegetarian by skipping the chicken and replacing it with 1 C cooked chickpeas, kidney beans, or white beans.



Salmon, Arugula and Sweet Potato Salad

Serves 1

Ingredients:

- 1 small sweet potato, scrubbed and cut into small chunks
- ½ Ib wild salmon fillet, seasoned with salt and pepper
- 2 TB white wine vinegar
- 2 tsp Dijon mustard
- 2 TB olive oil, divided
- ¼ C finely chopped chives (optional)
- 10 oz arugula, washed
- Sea salt and freshly ground pepper

Directions:

- 1. Heat oven to 450 degrees. Place sweet potatoes on a rimmed baking sheet and toss with 1 TB olive oil. Season with salt and pepper, then roast for 10 minutes, tossing occasionally.
- 2. After 10 minutes, toss the sweet potatoes again and move to the side of the baking sheet. Place salmon on the other side and roast for 8-10 minutes, until salmon flakes easily. Remove from oven and let cool for 5 minutes.
- 3. Meanwhile, place vinegar, Dijon mustard and remaining oil in a small bowl and whisk together. Season with sea salt and pepper. Place arugula in bowl and toss to coat with the dressing.
- 4. Top with salmon and sweet potatoes, then serve.





Chicken with Asparagus and Sun-dried Tomatoes

Serves 2

Ingredients:

- 3/3 lb boneless, skinless free-range organic chicken breasts, cut into small chunks
- 1 TB olive oil
- ½ onion, chopped
- 4 garlic cloves, minced
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 10 cremini mushrooms, trimmed, wiped and cut into quarters
- 2 TB sun-dried tomatoes in oil, chopped
- Sea salt and freshly ground pepper

Directions:

- 1. Heat a large skillet over medium-high heat. Add olive oil, chicken and onion to pan and sauté for 5-6 minutes, or until chicken begins to brown.
- 2. Next, add garlic cloves & mushrooms and cook a few minutes more, tossing occasionally. Add asparagus & sun-dried tomatoes and cook until asparagus is bright green and still crisp, about 3-4 minutes.
- 3. Crack some freshly ground pepper over the top and serve.

Simple Roasted Salmon

Serves 2

Ingredients:

- 1 lb wild-caught salmon
- Sea salt and pepper
- 2 TB fresh lemon juice about half a lemon
- 1 TB wheat-free tamari

Directions:

- 1. Heat oven to 375 degrees. Cut salmon in 2 even-sized pieces and place on a baking sheet. Season with salt and pepper. Whisk together lemon juice and wheat-free tamari in a small bowl, then pour over the salmon and let marinate for about 10 minutes.
- 2. Roast salmon for 10-12 minutes or until the flesh flakes easily with a fork. Keep an eye on the salmon while cooking a thin piece may take only 6-7 minutes to be finished.



Cabbage and Bok Choy Stir Fry

Serves 2

Ingredients:

- ¼ head green cabbage, cut into thin ribbons
- 3 baby bok choy or 1 small bunch regular bok choy, rinsed and sliced into small strips
- 1 TB wheat-free tamari
- 1 TB rice wine vinegar
- 2 tsp toasted sesame oil
- 1 tsp red pepper flakes (optional)
- 1 TB sesame seeds (optional)

Directions:

- 1. Heat a large skillet to medium-high heat.
- 2. Add cabbage and 1 TB water, and sauté for 2-3 minutes, tossing occasionally.
- 3. Once cabbage has started to wilt, add bok choy (sliced stalk first, then leaves), wheat-free tamari, and rice wine vinegar.
- Continue sautéing until the cabbage and bok choy have wilted, then turn off heat and add sesame oil, red pepper flakes, and sesame seeds. Serve immediately.

Ginger Broiled Fish

Serves 2

Ingredients:

- 1 TB coconut oil, melted
- ¼ C hot water
- 4 tsp fresh grated ginger
- 1 TB umeboshi plum vinegar or rice wine vinegar
- 2 (6-oz) wild salmon, halibut or cod fillets

Directions:

- 1. Make marinade by whisking together oil, water, ginger and vinegar.
- 2. Place fish in a shallow baking dish, cover with marinade, and let sit for 30 minutes.
- 3. Heat oven to 400 degrees. Place dish on top rack, then roast fish for 10-12 minutes. Baste with remaining marinade once or twice while cooking.

Note: The rule of thumb is to cook fish 10 minutes per inch of thickness, so adjust your cooking time accordingly and keep an eye on the fish as it cooks.

Note: You can swap olive oil for the coconut oil, but if you have coconut oil I encourage you to give it a try!



Roasted Asparagus and Shiitake Mushrooms

Serves 2

Ingredients:

- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 12 shiitake mushrooms, quartered
- Olive oil
- Sea salt and pepper

Directions:

- 1. Heat oven to 375 degrees. Place mushrooms and asparagus in a single layer on a baking sheet. Drizzle with olive oil and toss to coat. Sprinkle with sea salt and pepper.
- 2. Roast for 8-10 minutes, tossing once or twice, until mushrooms and asparagus are starting to brown but asparagus spears are still crisp.

Spicy Black-Eyed Peas

Serves 2

Ingredients:

- 1 TB olive oil
- 1 leek or ½ onion, chopped
- ½ fennel, tough center and fronds removed and diced
- 3 stalks celery, trimmed and sliced
- 2 carrots, peeled, cut in half lengthwise and chopped
- ½ jalapeno pepper, seeded and finely diced (optional)
- 1 (14-oz) can black-eyed peas, rinsed and drained
- Sea salt and pepper
- Apple cider or rice wine vinegar
- 1 avocado, cut in half, seeded and sliced

Directions:

- 1. Heat a pan over medium-high heat. Add olive oil, leek/onions, fennel, celery, carrots and jalapeno. Sauté until vegetables are cooked through, 5-6 minutes.
- 2. Add black-eyed peas and stir to incorporate into the veggies. Add a dash of sea salt and freshly ground pepper. Cook for another 3-4 minutes or until black-eyed peas are heated through. Finish with a splash of vinegar to brighten the flavor.
- 3. Top with avocado if desired.

Note: Be sure to use gloves when handling the jalapeno as the capsaicin in the pepper can burn your skin. You'll want to remove the seeds unless you like your food very, very spicy.



Easy Greens Stir-Fry

Serves 2

Ingredients:

- Four C chopped greens (collards, arugula, spinach or kale or a mix, tough stems removed)
- 3 garlic cloves, peeled and chopped
- 1 TB olive oil
- 1 TB sesame seeds (optional)

Directions:

- 1. Heat a skillet over medium-high heat, then add olive oil, greens and garlic.
- 2. Toss the greens occasionally until they are bright green and cooked through, about 3-5 minutes.
- 3. Top with sesame seeds for an extra punch of calcium, and serve.

Garlic Broccoli

Serves 2

Ingredients:

- 1 large head broccoli, cut into small pieces
- 2 TB water
- 4 garlic cloves
- Sea salt and pepper to taste

Directions:

- 1. Heat a skillet over medium-high heat. Add broccoli and water to skillet. Allow broccoli to steam for 3-4 minutes, tossing occasionally.
- 2. Add garlic and continue to cook until broccoli is bright green and still crisp. Add more water if needed. Remove from heat and drizzle a little olive oil over the top. Season with sea salt and pepper and serve.



Lemony Chicken Skewers

Serves 2

Ingredients:

- 3/3 lb boneless, skinless organic free-range chicken breasts
- 1 TB fresh thyme or oregano, de-stemmed and roughly chopped
- 1 lemon, juiced
- 2 TB olive oil, divided
- Sea salt and fresh ground pepper

Directions:

- 1. Heat grill to medium-high. Meanwhile, cut chicken into 1-inch chunks and place in a medium bowl. Add salt, pepper, and olive oil, toss to coat, then thread onto skewers. If using wooden skewers, be sure to soak them in water for 10 minutes to avoid burning them.
- 2. Grill for 8-10 minutes, turning halfway through. You know the chicken is done when the juices run clear.
- 3. In a separate bowl, whisk together lemon juice, olive oil and fresh herbs. When chicken is cooked, remove from skewers and toss in lemon juice mixture. Serve immediately.

Note: Alternately, bake chicken in a 375-degree preheated oven for 10-12 minutes, turning once or twice, or sauté over medium-high heat in a skillet on the stove.





Quinoa Black Bean Salad

Serves 1

Ingredients:

- ½ C cooked quinoa
- ½ C cooked black beans, drained and rinsed
- 2 C organic salad greens, washed and dried
- ½ red pepper, chopped
- ½ avocado, cut into bite size pieces

Dressing:

- ½ bunch cilantro, washed well and dried
- 4 TB olive oil
- Juice of a lime
- 1 TB rice wine vinegar
- 1 tsp honey or maple syrup (optional)
- ½ tsp sea salt

Directions:

- 1. Place all salad ingredients in a medium bowl.
- 2. Place all dressing ingredients in a blender and blend until smooth. This dressing makes more than you'll need for this salad but stores well in the fridge for about a week in an airtight container. Shake before using.
- 3. Pour 1/3 C dressing over the salad and toss to combine, adding more dressing if you like. Serve immediately.



Indian-style Coconut Curry

Serves 2, with leftovers

Ingredients:

- 1 TB coconut oil
- 1 small yellow onion, peeled and chopped
- 11b boneless, skinless free-range organic chicken breasts, cut into small chunks
- 1-inch piece fresh ginger, peeled and diced
- 4 garlic cloves, minced
- 1 TB ground turmeric
- 2 TB curry powder
- 2 C vegetable or chicken broth
- 1 (14-oz) can full-fat coconut milk
- 3 carrots, peeled and cut into ½-inch rounds
- 1 small head cauliflower, broken into florets and chopped into bite-sized pieces
- 1 C frozen peas

Directions:

- 1. Heat a large soup pot or Dutch oven over medium-high heat.
- 2. Add olive oil, chicken, ginger and onion to pan and cook until chicken begins to brown, then add garlic and cook for another minute.
- 3. Add curry powder and turmeric and stir until the chicken is coated and spices are fragrant, then pour in broth and coconut milk, and stir to combine.
- 4. Next, add carrots and cauliflower, bring to a simmer, cover and let cook for 15 minutes
- 5. Just before serving, stir in peas. Taste, and add sea salt if needed. Serve with a side of brown rice.

Note: You can also swap out a 14-oz can of rinsed and drained chickpeas for the chicken to make this a vegetarian meal. Simply add them when you add the carrots and cauliflower.



Asian Cabbage Slaw with Almond Butter Dressing

Serves 1

Ingredients:

- 1 C napa cabbage, shredded
- 1 C red cabbage, shredded
- 1 carrot, peeled and grated
- ½ red pepper, seeded and cut into thin strips
- 2 green onions, trimmed
- 1/4 C chopped cilantro
- 1 TB chopped almonds
- 1 tsp hot chili flakes (optional)

Dressing:

- 1 TB almond butter
- 1 TB rice vinegar
- Juice from a lime
- ½ TB wheat-free tamari
- ½ TB olive oil
- 1 garlic clove
- 1 tsp honey or maple syrup (optional)
- ½ tsp sea salt

Directions:

- 1. Place all salad ingredients in a medium bowl.
- 2. Place all dressing ingredients in a blender and blend until smooth, then pour over salad ingredients and mix well to combine.

Note: Boost the protein in this salad by adding poached or grilled chicken or turkey breast.





Each day, you can choose to eat a fresh green salad in addition to your meals. To make your salads, combine the following:

Choose at least 3 different kinds of salad lettuces:

- Arugula*
- Belgian endive
- Butter lettuce
- Cabbage red, green, Napa, Savoy
- Curly endive
- Dandelion*
- Mesclun
- Mizuna
- Mustard greens
- Radicchio
- Red leaf lettuce
- Romaine
- Spinach
- Watercress*

Top the salad with at least 4 different fresh veggies:

- Avocado*
- Beets*, steamed or grated raw
- Broccoli, raw or gently steamed
- Carrots
- Celery*
- Cucumber
- Fennel bulb*, chopped or sliced
- Herbs: chives, parsley*, oregano, mint, cilantro*, dill etc.
- Radishes*
- Seeds: raw sunflower, pumpkin, or sesame seeds
- Snap peas
- Spring onions
- Sprouts*

The items marked with an asterisk * are known for their detoxifying properties.



French Vinaigrette

Makes enough dressing for the week

Ingredients:

- 4-6 cloves garlic, chopped
- 1 TB Dijon mustard
- 1 large handful parsley, washed, dried and roughly chopped
- ²/₃ C rice wine vinegar
- 1/3 C extra virgin olive oil
- Salt and pepper to taste

Directions:

- 1. Place all ingredients in a glass jar with a lid. Shake vigorously until ingredients are thoroughly mixed. Taste and adjust the seasonings to your personal preference.
- 2. Store in the fridge for up to 2 weeks, shaking well before each use.

Apple Curry Dressing

Ingredients:

- ½ apple, seeded and diced
- 1 ½ TB raw apple cider vinegar
- 2 tsp honey
- 2 small cloves garlic
- 1 tsp curry or turmeric powder
- 1/4 C olive oil

Directions:

Combine all ingredients in a blender and blend until smooth. Transfer to a glass jar with a tight fitting lid and store in the fridge for about a week, shaking well before using.



Avocado Dressing

Ingredients:

- 1 ripe avocado, pitted and cut into chunks
- 1 clove garlic
- ½ TB fresh lemon juice
- 3 TB olive oil
- ½ tsp sea salt
- Dash cayenne pepper (optional, but it gives this dressing a fun kick)
- 1-2 TB water

Directions:

- 1. Combine all ingredients in a blender, then blend until smooth. Taste, then add more water by the tablespoon until you reach your desired consistency.
- 2. This dressing will store in the refrigerator for 1-2 days, but it's so yummy you probably won't have much left.

Cilantro Lime Dressing

Ingredients:

- ½ bunch cilantro, washed well and dried
- 4 TB olive oil
- Juice of a lime
- 1 TB rice wine vinegar
- 1 tsp honey or maple syrup (optional)
- ½ tsp sea salt

Directions:

Place all ingredients in a blender and blend until smooth. This dressing stores well in the fridge for about a week in an airtight container. Be sure to shake well before using.





Kale Chips

Ingredients:

- 1 bunch lacinato or red Russian kale, rinsed and dried
- · Olive oil
- Sea salt

Directions:

- 1. Heat oven to 350-375 degrees, depending on your oven. The kale chips burn quickly, so keep the temperature on the lower end if your oven tends to get hot or have hot spots.
- 2. Clean kale and remove the thick stem by folding each leaf in half lengthwise and cutting it away. Make sure kale is quite dry.
- 3. Pour a little olive oil into a dipping bowl. Dip your fingers in the olive oil and rub over each kale leaf, front and back.
- 4. Arrange kale on several baking sheets, making sure not to crowd the leaves. Sprinkle sea salt over the top.
- 5. Bake for 3-5 minutes, keeping an eye on the chips to make sure they don't burn. Turn the chips over and then bake for another 2-3 minutes. You may need more or less time depending on your oven. The chips are ready when they are bright green discard any brown leaves as they are burnt and quite bitter.
- 6. Spice it up by sprinkling smoked paprika, cumin, or curry on before baking.



Spicy Chickpeas

Ingredients:

- 2 (15-oz) cans chickpeas/garbanzo beans, rinsed and drained
- 2 TB olive oil
- 1 tsp smoked or regular paprika
- Pinch cayenne pepper
- 1 tsp sea salt

Directions:

- 1. Preheat oven to 400 degrees.
- 2. In a large bowl, whisk together the olive oil, paprika, cayenne and sea salt. Add chickpeas and toss until evenly coated.
- 3. Spread chickpeas in a single layer on a baking sheet, and bake for 30-35 minutes or until golden brown and crispy. Halfway through baking, shake the tray to toss the chickpeas.
- 4. Remove from oven and let cool, then serve. Store in an airtight container on the counter up to 3 days.

Spinach Hummus

Ingredients:

- ½ C tahini
- Juice of a lemon
- 1 C loosely packed fresh organic baby spinach
- 2 garlic cloves, minced
- 2 TB olive oil
- 1 (15-oz) can chickpeas/garbanzo beans, rinsed and drained
- 1 tsp sea salt

Directions:

- 1. Place tahini and lemon juice in a food processor or blender and process until smooth, Add spinach, garlic, and olive oil, and blend again.
- 2. Scrape down sides of blender or food processor, then add chickpeas/garbanzo beans and salt and blend again until smooth.
- 3. Transfer to a bowl, and drizzle another TB olive oil over the top. You can also sprinkle paprika over the hummus before serving.



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 1-2 TB 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

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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.

Hot Chocolate Elixir

Combine 1 TB raw cacao powder, a pinch of sea salt, ¼ tsp cinnamon and a dash of cayenne pepper in a mug. Pour hot water over the top, and whisk until frothy. Add a little honey to sweeten, if desired. Add coconut milk and enjoy!

Raw Chocolate Pudding

Serves 4

Ingredients:

- 1 ripe avocado (1 small or ½ large)
- 1 ripe banana
- 8 oz full-fat canned coconut milk
- 2 TB raw cacao powder
- 1 TB raw honey

Directions:

- 1. Add ingredients to a blender or food processor and mix until blended.
- 2. Chill for 30 minutes and enjoy!

Rooibos Tea

It's naturally sweet and caffeine free, and it tastes great. Even major coffee chains carry Rooibos tea blends that can satisfy your sweet tooth on the run.



Raspberry Mousse

Serves 4

Ingredients:

- 2 C frozen raspberries
- 1 C raw cashews
- ½ C full-fat canned coconut milk
- 2 TB lemon juice
- 1 TB raw honey
- Water, if needed to help things blend

Directions:

- 1. Soak cashews for 4-6 hours in clean water that covers the cashews by about 2 inches. Or, if you're in a hurry, you can boil 2 cups of water and pour over raw cashews to help them soften. Let soak for about 30 minute. Drain cashews, then add the ingredients in the order listed to a blender or food processor and mix until blended. Add water to help things blend 1 tablespoon at a time.
- 2. Transfer mousse to an airtight glass container and place in the fridge to chill for at least 30 minutes before enjoying.

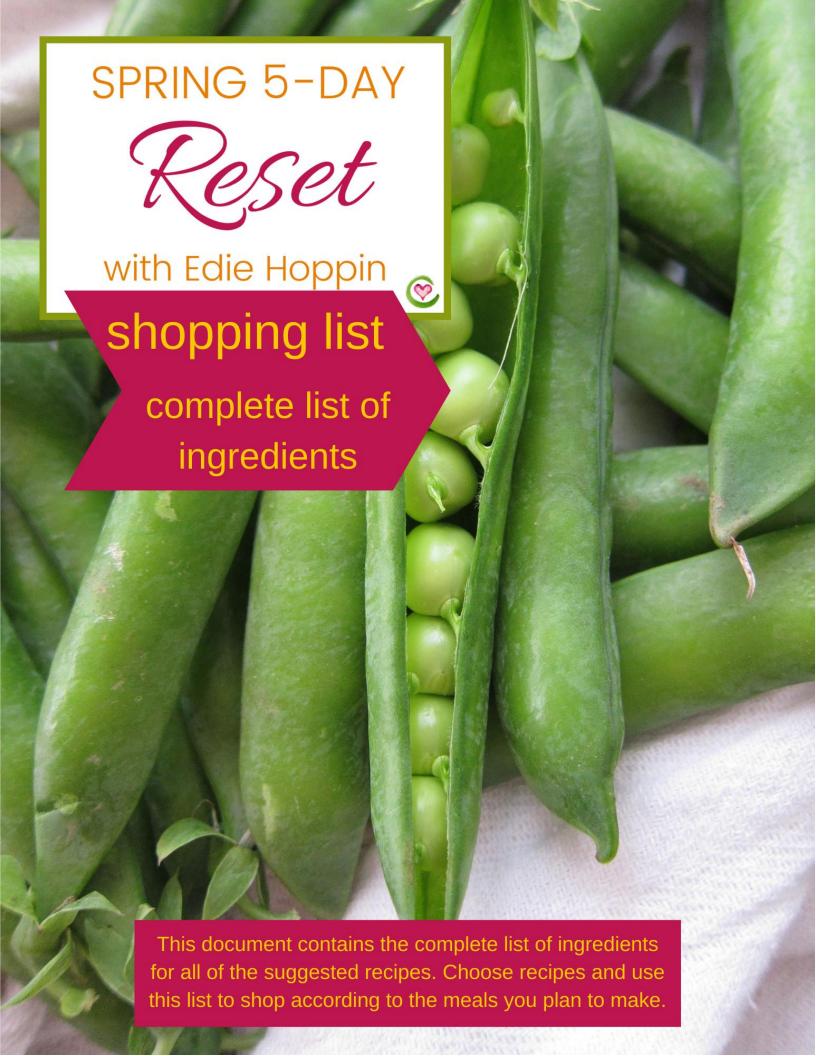


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This Reset/detox and the information provided within have been carefully tested and crafted, and are a core part of my business. As a courtesy to me, the amount of work I've put in, and your fellow participants, please do not share these materials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





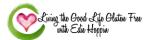




SHOPPING TIPS

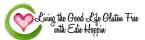
- If a Farmer's Market is running in your area, try buying some of your produce there. It's fresher, cheaper, and always tastes better than what you can find in the grocery store.
- Shop in the bulk aisle for spices, dry beans, and grains. The products are often fresher and you don't need to buy a whole 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
 <u>www.envirosax.com</u>. 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.

The shopping list as it is written here covers ingredients for all the suggested recipes in the grid on page 2 of your recipe book. You'll need to make adjustments to add or swap recipes, or to include the snacks and/or sweet treats.





- ½ apple, pear, banana (or ½ C organic berries)
- 2 bananas
- 10 oz arugula
- 2 bunches asparagus
- 2 avocados
- 2 red beets
- 3 baby bok choy or 1 bunch regular bok choy
- 1 large head broccoli
- ¼ head green cabbage
- 6 carrots
- 1 handful fresh cauliflower florets
- 4 stalks celery
- 1/4 C chives (optional)
- 1 bunch cilantro
- 1 ½ cucumbers
- 1 fennel bulb
- 4 C greens (collards, arugula, spinach, kale, etc.)
- 1 bunch kale
- 2 leaves collard or beet greens
- 1 leek
- 1 onion
- 1 green onion
- 5 lemons
- 3-4 large leaves lettuce (any kind -- butter lettuce works especially well)
- 1/4 C mint leaves
- 10 cremini mushrooms
- 12 shiitake mushrooms
- 1 1/4 C parsley
- 1 jalapeno pepper
- 1 C fresh strawberries (½ C can be other kinds of organic berries)
- 1 small sweet potato
- 1 head Swiss chard
- ½ C cherry or grape tomatoes
- Download the Environmental Working Group's Guide to Pesticides in Produce so you can reduce your pesticide load by 80%.



- Don't forget to purchase 3 lemons for your morning hot lemon water.
- Remember to include items for your smoothies + salads (optional).





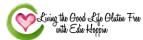
SPICES & HERBS

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.

- sprinkle cinnamon
- 1-2 tsp curry powder
- 1-2 heads garlic
- 4 tsp fresh ginger
- 3-4 tsp Dijon mustard
- sprinkle nutmeg
- 1-2 tsp paprika
- 2-3 TB black pepper (to taste)
- 1 tsp red pepper flakes
- 3-4 TB sea salt (to taste)
- 2 TB wheat-free tamari
- 1 TB fresh thyme or oregano



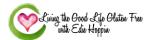




BULK SECTION/DRY OR CANNED GOODS

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

- 1 TB almond butter
- 1 (14-oz) can black-eyed peas
- 2 C broth
- 1 TB raw cacao powder
- approx. ½ C chia seeds
- 1 (14-oz) can chickpeas
- 3 TB unsweetened coconut flakes
- 1 (8-oz) can full-fat coconut milk
- 2-3 TB coconut oil
- 2 TB flax seeds
- 1 TB maple syrup
- 2 TB nut butter
- 1-2 TB raw nuts (walnuts, almonds, cashews, etc.)
- ½ C rolled oats
- 1 C olive oil
- 1 TB pumpkin seeds
- 1 C quinoa
- 2 TB rice wine vinegar
- additional rice wine vinegar or 1 TB umeboshi plum vinegar
- ½ C apple cider vinegar
- 2-3 TB white wine vinegar
- 2 tsp sesame oil
- 2 TB sesame seeds (optional)
- 3 TB sunflower seeds (optional)
- 2 TB sun-dried tomatoes
- 1 (6-oz) can wild-caught salmon





REFRIGERATED/FROZEN

- 2-3 lbs boneless, skinless chicken breasts
- 1 egg
- 2 C nondairy milk (coconut, almond, hemp, etc.)
- 11/3 lb wild-caught salmon fillets
- additional salmon fillets or 2 (6-oz) halibut or cod fillets
- ½ C frozen organic strawberries







🖰 🛑 SUPPLEMENTS – All are optional

Supplements – All are optional. Check the supplement guide for more information on why we take these supplements. Skip supplements if you are pregnant or nursing.

- Vitamin B Complex in capsule form (1 capsule daily)
- Vitamin C in capsule form (1000 mg daily)
- Vitamin D in capsule (1,000-2,000 IU daily)
- Probiotics look in the refrigerated section (1 serving daily)
- Milk thistle (2 capsules daily)
- Dandelion, nettle, or detox tea
- Herbal laxative or laxative tea if you're prone to constipation. Look for senna or cascara in the ingredients.
- Epsom salts

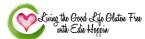
SOME OF THE BRANDS I LIKE

- 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.



For Alternative Recipes, Salads, Snacks (by recipe)



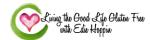
ALTERNATIVE RECIPES

Quinoa Black Bean Salad

- ½ C cooked quinoa
- ½ C cooked black beans, drained and rinsed
- 2 C organic salad greens, washed and dried
- ½ red pepper, chopped
- ½ avocado, cut into bite size pieces
- ½ bunch cilantro, washed well and dried
- 4 TB olive oil
- Juice of a lime
- 1 TB rice wine vinegar
- 1 tsp honey or maple syrup (optional)
- ½ tsp sea salt

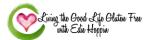
Indian-style Coconut Curry

- 1 TB coconut oil
- 1 small yellow onion, peeled and chopped
- 11b boneless, skinless free-range organic chicken breasts, cut into small chunks
- 1-inch piece fresh ginger, peeled and diced
- 4 garlic cloves, minced
- 1 TB ground turmeric
- 2 TB curry powder
- 2 C vegetable or chicken broth
- 1 (14-oz) can full-fat coconut milk
- 3 carrots, peeled and cut into ½-inch rounds
- 1 small head cauliflower, broken into florets and chopped into bite-sized pieces
- 1 C frozen peas



Asian Cabbage Slaw with Almond Butter Dressing

- 1 C napa cabbage, shredded
- 1 C red cabbage, shredded
- 1 carrot, peeled and grated
- ½ red pepper, seeded and cut into thin strips
- 2 green onions, trimmed
- 1/4 C chopped cilantro
- 1 TB chopped almonds
- 1 tsp hot chili flakes (optional)
- 1 TB almond butter
- 1 TB rice vinegar
- Juice from a lime
- ½ TB wheat-free tamari
- ½ TB olive oil
- 1 garlic clove
- 1 tsp honey or maple syrup (optional)
- ½ tsp sea salt





French Vinaigrette

- 4-6 cloves garlic, chopped
- 1 TB Dijon mustard
- 1 large handful parsley, washed, dried and roughly chopped
- ²/₃ C rice wine vinegar
- 1/3 C extra virgin olive oil
- Salt and pepper to taste

Apple Curry Dressing

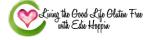
- ½ apple, seeded and diced
- 1 ½ TB raw apple cider vinegar
- 2 tsp honey
- 2 small cloves garlic
- 1 tsp curry or turmeric powder
- ½ C olive oil

Avocado Dressing

- 1 ripe avocado, pitted and cut into chunks
- 1 clove garlic
- ½ TB fresh lemon juice
- 3 TB olive oil
- ½ tsp sea salt
- Dash cayenne pepper (optional, but it gives this dressing a fun kick)
- 1-2 TB water

Cilantro Lime Dressing

- ½ bunch cilantro, washed well and dried
- 4 TB olive oil
- Juice of a lime
- 1 TB rice wine vinegar
- 1 tsp honey or maple syrup (optional)
- ½ tsp sea salt





Kale Chips

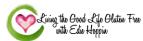
- 1 bunch lacinato or red Russian kale, rinsed and dried
- Olive oil
- Sea salt

Spicy Chickpeas

- 2 (15-oz) cans chickpeas/garbanzo beans, rinsed and drained
- 2 TB olive oil
- 1 tsp smoked or regular paprika
- Pinch cayenne pepper
- 1 tsp sea salt

Spinach Hummus

- 1/4 C tahini
- Juice of a lemon
- 1 C loosely packed fresh organic baby spinach
- 2 garlic cloves, minced
- 2 TB olive oil
- 1 (15-oz) can chickpeas/garbanzo beans, rinsed and drained
- 1 tsp sea salt





Hot Chocolate Elixir

- 1 TB raw cacao powder
- pinch sea salt
- 1/4 tsp cinnamon
- dash cayenne pepper
- touch of honey (optional)
- touch of coconut milk (optional)

Raw Chocolate Pudding

- 1 ripe avocado (1 small or ½ large)
- 1 ripe banana
- 8 oz full-fat canned coconut milk
- 2 TB raw cacao powder
- 1 TB raw honey

Raspberry Mousse

- 2 C frozen raspberries
- 1 C raw cashews
- ½ C full-fat canned coconut milk
- 2 TB lemon juice
- 1 TB raw honey

Rooibos Tea

Available in most grocery stores and major coffee chains

