



YOGA DETOX 30

NUTRITIONAL GUIDE

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Whatever habit, behavior or addiction you are releasing over these 30 days, there's no question it has probably wrecked havoc on aspects of your health. So during Yoga Detox 30 you're going to focus on improving your overall health, not just through yoga, meditation, and personal growth, but also through your nutrition.

In the Blue Zones, where the most centenarians live, they eat a mostly plant-based, whole food diet. In alignment with this research, for these next 30 days you'll focus on increasing your fruit and vegetable intake, as well as improving your hydration.

This is a program of inclusion, not exclusion, but research shows that everyone benefits from reducing or eliminating processed foods, white sugar, animal products, caffeine, and alcohol from their diets. Rather than putting your focus on what you will be eliminating we want you to put your focus on what you can include in each meal. Naturally, items such as sugary beverages, processed foods and other items will fall away. At each meal we want you to think about what plant-based items such as fruits, vegetables, grains, protein sources, foods high in fiber, leafy greens and healthy fats you can include in each meal. As you increase these items, other items that fall outside of these categories will naturally decrease.

We've included suggested recipes for breakfast, lunch, dinner and snacks to support you in a clean-eating program for these next 30 days. Plus, there's a bonus dessert section!

We've also created a suggested calendar for every meal over the entire program. Weeks 1 and 2 are packed with meals on the heartier side. During these first two weeks you'll have a chance to try many of the main meals and get into a predictable routine of meal planning, shopping and preparation.

In week 3 we will begin to peel back the calories with a greater focus on protein smoothies, fresh juices, raw foods and lighter meals. Finally, in week 4 we kick it into full gear with a super-clean week of eating, juicing and nourishing yourself.

As a reminder, this calendar and accompanying recipes are simply a suggestion, but we know having clear guidelines can help to support some people. Feel free to have as many of the suggested snacks that you might need each day or add in a protein smoothie to feel full. Again, we want to remind you that this is a program of inclusion, not exclusion. Nourish yourself as often as necessary.

Be sure that the ingredients you purchase are organic as often as possible.

For additional ideas, we recommend you explore the books and recipes of The Medical Medium a.k.a. Anthony William, Rich Roll and Julie Piatt's book *The Plant Power Way*, and Alicia Silverstone's *The Kind Diet*. Many of the recipes included in this program were inspired by their work, and we recommend their books for fun, creative, nutritious, and plant-based ideas to keep you inspired as you explore new ways of nourishing yourself.

Then, be sure to share your ideas in our private, online community!

As you might already know, a word of caution that Travis and Lauren are not doctors or Registered Dietitians, and one diet cannot work for all. The recipes and nutritional advice provided is based on years of practical application of what's worked for Travis and Lauren personally, their understanding of the Blue Zones diet, and their collective knowledge as a certified Ayurvedic practitioner and a certified health coach, respectively. Therefore, any nutritional information provided are recommendations only and totally optional – in particular, if you're allergic to any particular ingredients, please avoid! Please make sure you have a clear understanding of your personal health situation, including consulting with your doctor as necessary, before making any significant changes to your diet.

HYDRATION

Hydration is key to your overall health, but how you hydrate matters. Sugary beverages, caffeinated and other processed drinks actually lead to dehydration, and can exacerbate other health conditions, cause bloating, sleeplessness or result in other unwanted side effects. During Yoga Detox 30 your focus will be on increasing the liquids below. As you naturally include these liquids into your day, other drinks will naturally decrease.

LIME JUICE

Lime juice is a powerful way to start your day with a great dose of enjoyable hydration. Begin each morning with 12 to 16 ounces (355 to 475 ml) of water plus the juice of one lime. Feel free to add lime juice to your water throughout the day, especially if it helps you to drink more water.

CELERY JUICE

Celery juice was popularized by the Medical Medium, Anthony William, several years ago. We began consuming celery juice daily and have seen amazing results ranging from improved digestion to clearer, more vibrant skin. Fifteen to 30 minutes after your lime water, consume 16 oz (475 ml) of fresh, organic celery juice.

PROCEDURE

- Trim off the ends of a celery stalk and rinse thoroughly. Place all of the celery ribs in a juicer.
- If you only have a blender, cut the celery ribs into 1-inch (2.54 cm) pieces and blend without water. Strain the celery juice and drink immediately.

Celery juice is best made fresh each day. It loses nutrient density when stored overnight or for several days.

WATER

Aim to drink a half gallon to one gallon (2 to 3.75 liters) of water per day. It can help to have a large bottle with you at all times. Drinking several ounces (~0.25 liters) each hour will help you easily reach your goal before the evening. Ideally you will not drink too much water after 5 pm to avoid having your sleep disrupted by bathroom breaks.

TEA

Substitute coffee, espresso and other caffeinated drinks with a daily tea ritual. This can become part of your Mindful Eating journey. Consider including teas such as ginger, lemon balm, chamomile, or peppermint to help soothe the digestive system, create a sense of grounding and a special ritual of self-care. Tea is also lovely to enjoy in the evenings.

ALCOHOL SUBSTITUTES

For those of you who are giving up alcohol during this program, it can be helpful to plan in advance what you will drink at parties, social gatherings, work events, holiday parties, etc. A glass of sparkling water with a squeeze of lime or a splash of cranberry juice is a great substitute. It gives you something to hold on to, participate in the party and not feel left out or otherwise uncomfortable. We suggest sparkling water as a way to avoid soda or other sugary beverages such as lemonade, apple juice, etc., which tend to be full of unwanted sugar.



Breakfast



WARM + HEARTY BREAKFAST BOWL

A comforting dish, this warm breakfast bowl will fill you up and remind you of childhood! Great for cool mornings or on the days when you can kick back and enjoy a slow start. Serves 1.

INGREDIENTS

1 cup (94 g) oat bran

Water or your choice of milk, according to the oat bran cooking instructions

1 banana, mashed

1 tablespoon (15 g) almond butter

1 teaspoon (4.55 g) coconut oil

1 handful walnuts

1 tablespoon (10 g) hemp seeds

Dash of cinnamon

PROCEDURE

Cook the oat bran according to the package instructions.

In a large serving bowl, combine banana, almond butter, coconut oil, walnuts, hemp seeds and cinnamon.

Mix in the cooked oat bran and stir thoroughly.

Hint: If you make too much, or have leftovers, save and add to the Oatmeal Breakfast Bites! It's a great way to use your leftovers and limit food waste, which is a huge contributor to global warming.



OATMEAL BREAKFAST BITES

Oatmeal Breakfast Bites are the perfect solution to busy mornings. Quick and easy to make the night before, you can grab a few and enter into your day knowing you are still nourishing yourself without needing to spend hours in the kitchen. These bites also make great snacks and are wonderful for toddlers and kids, too. Makes 4 servings.

INGREDIENTS

- 1 medium banana, ripe
- 1 cup (90 g) gluten-free rolled oats
- 1 tablespoon (15 g) almond butter (or nut butter of your choice)
- 1 tablespoon (10 g) hemp seeds
- 1 tablespoon (12 g) chia seeds
- 1 tablespoon (16 g) applesauce
- 1/2 cup (83 g) wild or frozen blueberries
- dash of cinnamon

PROCEDURE

- 1) Preheat the oven to 350° F (175° C)
- 2) Line a baking sheet with parchment paper or a silicone baking sheet
- 3) In a large mixing bowl, mash banana. Then add oats, almond butter, hemp seeds, chia seeds, applesauce, blueberries and a dash of cinnamon. Mix thoroughly.
- 4) Form mixture into small, golfball-sized rounds.
- 5) Place onto the baking sheet and bake for 20 minutes.



PROTEIN PACKED CHIA PUDDING

Another great option for full days, this protein chia pudding easily stores and travels. You can make several servings, store them in the fridge, and fuel your body for a great day ahead. Plus, the ingredients keep you fuller longer. This is another family favorite for all ages. Serves 1.

INGREDIENTS

- 3 tablespoons (36 g) chia seeds
- 1 scoop chocolate protein powder
- 1 tablespoon (15 g) cashew butter (or nut butter of your choice)
- 1 tablespoon (10 g) hemp seeds
- 1 cup (275 g) organic plant-based milk (almond, cashew, oat or soy)

PROCEDURE

- 1) Place all of the ingredients into a reusable glass jar. Mix thoroughly using a fork and place in the refrigerator.
- 2) After one to two hours, mix again.
- 3) Refrigerate for two more hours or overnight.



CINNAMON QUINOA BREAKFAST CEREAL

When you have leftover quinoa from dinner, this is a great solution for a yummy and hearty breakfast the next day!

Serves 1.

INGREDIENTS

1/2 cup (90 g) quinoa

1/4 teaspoon cinnamon

1/4 cup (25 g) walnuts

1/4 cup (40 g) raisins

1 teaspoon maple syrup

PROCEDURE

- 1) In a reusable glass jar, place all of the ingredients. Stir and refrigerate overnight. Enjoy in the morning!
- 2) You can also re-heat this meal in a pot on the stove over low heat for a warm version.



PROTEIN SMOOTHIE

This smoothie packs a big punch of nutrients, protein and healthy fats to keep you fuller longer with energy to last. This smoothie can be used for breakfast, lunch, or even as a snack. Serves 1.

INGREDIENTS

- 1 cup (275 g) of water, coconut water or plant-based milk
- 1 banana, peeled
- 1/2 avocado, pitted
- 1 teaspoon of nut butter (sunflower butter)
- 1 scoop of protein powder
- 1 cup (30 g) organic spinach or 1 scoop of green powder
- 1 cup (150 g) ice (for those who like it extra cold!)

PROCEDURE

- 1) Place all ingredients in a blender and blend on high until well combined and smooth. Serve right away.



ANTIOXIDANT BREAKFAST FEAST

In a large serving bowl cut up your favorite, antioxidant-packed fruits. Make sure the fruit you choose is organic, and if possible, choose fruit that is in season where you live. Give yourself a heaping serving and top with chopped mint leaves, a sprinkle of hemp seeds or your personal favorites!

INGREDIENTS

Raspberries

Strawberries

Figs

Pears

Peaches

Guava

Watermelon

Papaya

Apricots

Mango

A wooden spoon and a plate of salad are visible on a wooden table. The spoon is positioned vertically, and the plate is partially visible on the right side, containing a salad with arugula and other greens. The entire image is overlaid with a semi-transparent red filter. The word "Lunch" is written in a white, cursive font across the center of the image.

Lunch



THE SUPER SALAD

This is the quintessential lunch during Yoga Detox 30 or any clean-eating program. In an ideal world we would suggest that you eat this salad every day for lunch, but we wanted to give you variety, so luckily we've included other fun options for you to enjoy. You'll see that we suggest this salad five days a week, and alternate lunches on the weekend. Feel free to play with the suggested ingredients in this salad and be sure to include what's in season in your region at this time! This salad is purposely massive so indulge and enjoy!

Serves 1 to 2.

INGREDIENTS

SALAD

2 cups (150 g) green leafy veggies
(arugula, spinach, kale, etc.)
1 medium apple, cored and diced
1 cup (200 g) cherry tomatoes, sliced
1 avocado, pitted and sliced
1-2 radishes, sliced
1 celery rib, chopped
1/4 cup (4 g) cilantro/coriander, chopped
1/4 cup (60 g) parsley, chopped
1/4 cup (22 g) red cabbage, chopped
1/2 cup (17 g) alfalfa sprouts or mung bean sprouts

DRESSING

1/2 teaspoon apple cider vinegar
1/2 teaspoon salt
1/2 teaspoon pepper
1 lemon, juiced

PROCEDURE

- 1) Pour the greens into a large mixing bowl and top with the vegetables.
- 2) In a separate bowl, add the dressing ingredients and whisk to combine.

OPTIONAL: Other ingredients to consider include grapes, citrus fruit, currants, raisins, walnuts, onions, red bell peppers, etc. We also suggest adding leftover quinoa, lentils or beans to your salad for a heartier meal, especially on long or demanding days. Feel free to top with sauerkraut, hummus or tahini for extra flavor and variety.



POTATO LEEK SOUP

Soups are a quick and easy way to nourish your mind and body in the midst of a long day. Soups are easy to digest and help nourish your “second brain” - your gut! This soup can be made in the evening and stored for the next day. Easily reheat your soup in a medium pot, over medium heat rather than in a microwave. This soup also freezes well for future use. Serves 2.

INGREDIENTS

- 4 organic russet potatoes, peeled
- 1/4 cup (60 ml) water
- 2 large organic leeks, rinsed thoroughly, and chopped, just the white and light green parts
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 lemon, juiced
- 2 garlic cloves, minced
- 4 cups (950 ml) vegetable broth (or water)

PROCEDURE

- 1) In a large pot, fill at least half way with water and bring to a boil. Add potatoes and cook until tender. Drain and set aside.
- 2) In a separate pot, add the 1/4 cup of water and warm on medium heat. Add the leeks plus salt, pepper, lemon juice and garlic. Stir continuously until leeks are tender. Remove from heat.
- 3) In a large blender, add the vegetable broth, leek mixture and cooked potatoes. Blend on high. Add additional lemon juice, salt and pepper to taste.
- 4) Place in large soup bowls, drizzle olive oil and pepper on top, and serve.

Optional: Add a cup of cooked quinoa for extra protein. To make a heartier soup, top with half of an avocado for an additional dose of healthy fat to help keep you fuller longer.



QUINOA AVOCADO SALAD

This salad is amazing hot or cold. It gives you a protein boost and the avocado helps you remain fuller longer. This salad is great for people who are not fond of leafy greens, and will help you easily sneak more veggies into your day. Serves 2.

INGREDIENTS

2 cups (475 ml) water or vegetable broth
1 cup (180 g) quinoa
1 lime, juiced
1 shallot, finely diced
1 garlic clove, minced
1 teaspoon sea salt
1/2 cup (125 ml) olive oil
1 red bell pepper, diced
1 cucumber, diced
1/2 cup (8 g) cilantro/coriander, chopped
2 ripe avocados, pitted and sliced

PROCEDURE

- 1) Place water or vegetable broth in a pot over medium heat. Add quinoa and bring to a boil. Let simmer for 15 minutes until fully cooked.
- 2) In a small bowl, mix lime juice, shallot, garlic and sea salt. Stir to combine. Add olive oil. Whisk to combine.
- 3) In a medium bowl add the cooked quinoa, red bell pepper, cucumber and cilantro/coriander. Add dressing and mix in well.
- 4) Place into a serving bowl and top with avocado. Garnish with more cilantro/coriander and serve.



FAUX TUNA SALAD

This faux tuna salad was inspired by *The Plantpower Way*. It's a fun, quirky snack that satisfies your need for protein, healthy fats and minerals. This dish easily saves in the refrigerator for several days, and is a great on-the-go snack you can pack and take with you. Serves 2.

INGREDIENTS

- 1 cup (115 g) walnuts
- 1/2 cup (90 g) Kalamata olives
- 1 tablespoon sweet relish
- 1 tablespoon Wakame seaweed
- Seaweed squares

PROCEDURE

- 1) In a food processor, blend together walnuts, olives, sweet relish and seaweed.
- 2) Using a spoon, place small, teaspoon-sized scoops of the blended mixture onto seaweed squares. Roll and enjoy.
- 3) You can also place onto gluten-free crackers or use as a topping for a salad!



VEGGIE SUSHI ROLLS

Raw vegetable sushi rolls are perfect for those who do not have time to cook in the middle of the day, and are especially delicious on warm days. Serves 1 to 2.

INGREDIENTS

- 1 ripe avocado, pitted
- 2 tomatoes, diced
- 1/4 cup (20 g) Wakame seaweed
- 1 garlic clove, minced
- 2 green onions, sliced
- 5 Brazil nuts, coarsely chopped
- 2 tablespoons olive oil
- Dash of sea salt
- Nori seaweed wraps

PROCEDURE

- 1) In a mixing bowl mash avocado.
- 2) Add tomatoes, seaweed, garlic, green onions, Brazil nuts, olive oil and sea salt. Mix together until well combined.
- 3) Spoon the mixture onto Nori seaweed wraps. Roll and enjoy!

Optional: Add a slice of tofu to each roll for an extra bump of protein.



Dinner



PROCEDURE

- 1) In a large pot, heat olive oil over medium heat, add onion, and stir frequently. Cook until the onion is translucent.
- 2) Add the pinch of salt, cumin, turmeric, and garlic, and stir to incorporate. Add red lentils and vegetable broth. Bring everything to a boil, then let simmer for 10 minutes, stirring frequently.
- 3) Add lemon zest to the pot and stir. Add sweet potato, zucchini and carrots. Let simmer for an additional 10-15 minutes or until the lentils and vegetables are tender. Add additional pinches cumin, salt, garlic powder and turmeric to taste.
- 4) Remove from the stove, add spinach, and mix well. The spinach will wilt in the heat.
- 5) Place in large soup bowls, add a squeeze of lime, and a pinch of cilantro/coriander before serving, and enjoy!

SAVORY LENTIL STEW

Warm vegetable stews are a wonderful way to honor the cooler seasons. Stews provide grounding energy and also make great leftovers, shareable, dishes and are easily frozen for future use. Feel free to shift the vegetables used in this recipe depending on what is fresh and in season in your area. Don't be afraid to play! Serves 4.

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium white onion, chopped
- Pinch of salt plus extra to taste
- 1 teaspoon cumin plus extra to taste
- 1 teaspoon turmeric plus extra to taste
- 2 cloves garlic, minced
- 1 cup (190 g) red lentils, uncooked
- 4 cups (950 ml) vegetable broth or water
- 1/2 teaspoon lemon zest
- 1 medium sweet potato, peeled and chopped
- 1 medium zucchini, peeled and chopped
- 1/2-inch (1.25 cm)
- 2 medium carrots, peeled and sliced into 1/2-inch (1 cm) moons
- Garlic powder to taste
- 2 cups (60 g) raw spinach, chopped
- Lime wedges
- 1/4 cup (4 g) cilantro/coriander, chopped

Optional: Top with a dollop of organic hummus, half an avocado and a sprinkle of pink Himalayan sea salt



PROCEDURE

- 1) In a medium sauce pan, place vegetable broth and quinoa in a pot over medium heat, and bring to a boil. Let simmer for 15 minutes until fully cooked. Set aside.
- 2) In a Dutch oven or large pot, heat oil over medium heat. Add onion and cook until translucent.
- 3) Lower the heat to low. Add cherry tomatoes, asparagus, shiitake mushrooms, garlic, tomato paste, balsamic vinegar, and a pinch of salt and pepper. Mix together with the onions and cook until the asparagus is tender.
- 4) In a large mixing bowl, mix together the quinoa, vegetables, olives and kale.
- 5) Place into large serving bowls and top with chopped organic basil. Serve.

ITALIAN QUINOA BOWL

Quinoa is a wonderful ancient grain that will add a kick of protein to your plant-based meals. This zesty Italian-inspired bowl will leave you feeling full and satisfied. Packed with flavor, this bowl will meet your needs for healthy fat, mineralization, fiber and greens! Serves 2 to 4.

INGREDIENTS

- 2 cups (475 ml) vegetable broth or water
- 1 cup (180 g) quinoa
- 1 teaspoon olive oil
- 1 medium onion, chopped
- 1 pint (~300 g) cherry tomatoes, sliced in half
- 1 cup (125 g) organic asparagus, chopped
- 1 cup (100 g) organic shiitake mushrooms, sliced
- 2 cloves garlic, diced
- 1 tablespoon organic tomato paste
- 1 teaspoon organic balsamic vinegar
- Salt
- Pepper
- 2 cups (135 g) kale, chopped
- 1/2 cup (90 g) organic green, black or Kalamata olives, diced
- 1/4 cup (5 g) basil, chopped



PROCEDURE

- 1) In a large pot add olive oil and heat on medium. Add onions and cook until translucent but not brown. Add the tomatoes, celery, black olives, cumin, tomato paste, salt, red pepper flakes or cayenne, black beans, navy beans and kidney beans. Let simmer for 30 to 45 minutes, or until the celery is tender.
- 2) Place into large bowls and serve.

Optional: If you would like to add more leafy greens to your day, add spinach to the pot before serving and stir. The spinach will wilt and this is a great way to sneak in an extra dose of greens to your evening.

Optional: Top with half of an avocado, organic coconut yogurt, a big dollop of organic hummus or a sprinkle of nutritional yeast

HEARTY BEAN STEW

Beans are a great source of dietary fiber, protein and many other important vitamins and minerals. They are a good source of iron, and are a great replacement for higher fat animal proteins. Like many of the dinner suggestions, this is another meal that can easily be reused for lunch the next day, or frozen for future consumption. It's especially soothing on the nights when you are feeling depleted or in need of extra comfort.

Serves 4.

INGREDIENTS

- 1 tablespoon olive oil
- 1 large organic sweet yellow onion, chopped
- 5-6 small tomatoes, chopped
- 1 cup (100 g) organic celery, chopped
- 1 cup (180 g) black olives, sliced
- 1 teaspoon cumin
- 1 tablespoon organic tomato paste
- 1 teaspoon salt
- 1 teaspoon red pepper flakes or 1/4 teaspoon cayenne
- 1 cup (180 g) canned or precooked organic black beans
- 1 cup (180 g) canned or precooked organic navy beans
- 1 cup (180 g) canned or precooked organic kidney beans
- 1 cup (30 g) spinach, chopped (optional)
- 1/2 avocado (optional)
- Organic coconut yogurt (optional, as a topping)
- Organic hummus (optional, as a topping)
- Nutritional yeast (optional, as a topping)



LEMONY DILL PASTA

This lemony dill pasta is refreshing and integrates a good dose of herbs and greens into your evening. Serves 2.

INGREDIENTS

- 1 box of grain-free pasta
- 1 zucchini, chopped
- 1/4 cup (2 g) fresh dill, chopped
- 1 lemon, juiced
- 1 cup (30 g) spinach, chopped
- 1/4 teaspoon of salt
- 1/8 teaspoon of pepper
- Nutritional yeast

PROCEDURE

- 1) In a large pot, boil water and cook pasta according to the package directions. Set aside.
- 2) Using a second pot or in the same pasta pot, fill 1/4 of the way with water and bring to a boil. Place a steamer basket on top, add zucchini, and steam until tender.
- 3) In a mixing bowl add dill, lemon juice, steamed zucchini, spinach, salt, pepper and the cooked pasta. Stir well until combined.
- 4) Place in large single-serving bowls and top with a sprinkle of nutritional yeast and serve.

Note: Choose an organic, grain-free pasta such as brown rice.



PROCEDURE

- 1) Preheat the oven to 350° F (175° C).
- 2) In a large pot warm olive oil over medium heat. Add onion and cook until translucent. Continue stirring onions as you add turmeric, cumin, salt, riced cauliflower, asparagus and yellow squash. Stir and mix well. Remove from heat. Stir in kale or spinach.
- 3) Place the mixture in a circular, glass pie dish. Squeeze lemon juice over the top and mix. Cover with tin foil. Place in the preheated oven for 20 minutes.
- 4) Remove from the oven and place heaping servings into single-serving bowls. Add another squeeze of lemon, chopped basil and a dash of nutritional yeast and serve.
- 5) *Optional:* To increase your protein, add tofu to this dish before serving. I suggest extra firm, organic tofu. Pat tofu dry with paper towels. Slice into 1/2 inch pieces or squares. Place in a pan over medium heat and top with 3 tablespoons of Braggs Amino Acids. Flip the tofu after a few minutes to cook on both sides. Place on top of your Riced Cauliflower Bake and serve.

RICED CAULIFLOWER BAKE

If you're looking for an easy way to sneak in a ton of veggies to your day, this is your dish! You can change the suggested vegetables according to your taste or based on what is in season in your region at this time. Serves 2 to 4.

INGREDIENTS

- 1 tablespoon olive oil or 1/4 cup (60 ml) water
- 1 organic yellow onion, diced
- 1 teaspoon ground turmeric
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 2 cups (214 g) organic riced cauliflower
- 1 cup (125 g) organic asparagus, chopped
- 1/2 organic yellow squash, chopped
- 1 cup (68 g) organic kale or spinach (30 g), chopped
- 1 lemon, juiced
- Basil, chopped, for serving
- Dash nutritional yeast, for serving
- Extra firm organic tofu (optional)
- 3 tablespoons Braggs Amino Acids (optional)



BLACK LENTIL TAHINI VEGGIE BOWL

A single serving of organic black lentils is packed with 11 grams of protein. High in potassium and iron, they make a great addition to a plant-based diet. Serves 2.

INGREDIENTS

3 cups (715 ml) vegetable broth or water

1 cup (190 g) black lentils

2 small organic garnet yams, scrubbed and washed

1 cup (100 g) organic cauliflower florets

1 cup (71 g) organic broccoli or broccolini

Olive oil

Pink Himalayan sea salt or Celtic sea salt

1/2 teaspoon ground turmeric

1 organic lemon, juiced and separated

2 tablespoons organic tahini

2 tablespoons coconut yogurt

1 to 2 tablespoons sauerkraut

1 tablespoon hummus

1 tablespoon pumpkin seeds

PROCEDURE

- 1) In a large pot, bring vegetable broth or water to a boil. Add black lentils and bring to a boil again. Reduce heat to a simmer. Tilt the lid to let steam out, and continue simmering for 25 to 30 minutes.
- 2) Preheat the oven to 350° F (175° C).
- 3) Pierce the yams all over with a fork before putting into a baking dish, and place in the oven for 45 minutes to 1 hour, until tender.
- 4) In a separate baking dish, add cauliflower and broccoli or broccolini florets. Top with a light drizzle of olive oil, and sprinkle with sea salt, turmeric and half of the lemon juice. Stir well until veggies are evenly covered.
- 5) Place in the same oven with the yams for 20 to 30 minutes until tender, then remove.
- 6) Once the yams are cooked, remove from the oven, let cool, and remove the skins. Cut the yams into 1-inch (2.5 cm) pieces.
- 7) In a small bowl mix tahini, coconut yogurt, and the remaining lemon juice. Stir well until thoroughly mixed and smooth.
- 8) Scoop the cooked lentils into large soup bowls. Cover the lentils with the cauliflower, broccoli and yams, and top with the tahini mixture.
- 9) Add sauerkraut, hummus, pumpkin seeds and serve.



PESTO ZUCCHINI POLENTA ROUNDS

Polenta is a low carbohydrate food that is rich in Vitamin A and Vitamin C, which are powerful for the prevention of cancer and heart disease. This yummy dish is simple to make and deeply satisfying. Serves 4.

INGREDIENTS

- 1 cup (20 g) basil, sliced
- 1/4 cup (30 g) pine nuts
- 1 teaspoon salt
- 2 1/3 tablespoons olive oil, divided
- 1 pre-cooked tube of organic polenta
- 5-6 small tomatoes, diced
- 1 zucchini, cut into 1/4 inch (6.5 mm) thick slices
- 1 cup (30 g) spinach

PROCEDURE

- 1) Preheat the oven to 350° F (175° C).
- 2) In a food processor blend basil, pine nuts salt and 1 tablespoon olive oil until smooth. Set aside.
- 3) Cut the polenta into 1/2-inch (13 mm) rounds. Make sure you have an even number, such as 10, 12, or 14, depending on the size of your polenta.
- 4) In a large baking dish, drizzle remaining olive oil along the bottom, and add the tomatoes, arranging them into an even layer. Place the polenta rounds on top of the tomatoes in a single layer. On top of each polenta round, place 1 slice of zucchini, 1 teaspoon of pesto, and 3-5 large spinach leaves. Cover each stack with another polenta round, and top with more pesto.
- 5) Bake in the oven for 30 minutes. Remove and serve while hot.



Snacks



EASY AVOCADO

For a quick and easy, healthy fat-filled snack, try this simple avocado, which is one of our personal favorites anytime we are on a clean food program or cleanse! This seemingly simple dish was first served to me at a 5-star restaurant, and it quickly became a snack staple in our home. Serves 1.

INGREDIENTS

1 ripe avocado, pitted

Olive oil

Balsamic vinegar

1 lemon, juiced

Pink Himalayan sea salt, for serving

PROCEDURE

- 1) Cut an organic, ripe avocado in half. Remove the pit.
- 2) Place the avocado halves in a bowl side-by-side. Drizzle olive oil, balsamic vinegar, and lemon juice over both halves.
- 3) Top with a pinch of pink Himalayan sea salt and serve.



PROTEIN SMOOTHIE

This smoothie packs a big punch of nutrients, protein and healthy fats to keep you fuller longer, with energy to last. This smoothie can be used for breakfast, lunch or even as a snack. Serves 1.

INGREDIENTS

- 1 cup (235 ml) water, coconut water or plant-based milk
- 1 banana, peeled
- 1/2 avocado, pitted
- 1 teaspoon nut butter (sunflower butter)
- 1 scoop protein powder
- 1 cup (30 g) organic spinach or 1 scoop green powder
- 1 cup (140 g) ice (for those who like it extra cold!)



NUT BUTTER BOMBS

Everyone loves a quick and easy snack. These simple nut butter treats are delicious and fun to experiment with! Serves 4.

INGREDIENTS

- 1 cup (240 g) nut butter (almond, cashew or sunflower)
- 2 tablespoons hemp seeds
- 1 tablespoon maple syrup
- 2 dates, pitted and finely chopped
- 1 teaspoon cacao powder
- 1/2 cup (56 g) coconut flour

PROCEDURE

- 1) Line a baking sheet with parchment paper.
- 2) In a medium bowl, whisk together all of the ingredients. When well-combined, cover the bowl and freeze for 15 minutes.
- 3) Remove the bowl from the freezer. Using a spoon, scoop a small amount of the mixture and roll to form a ball. Arrange onto a baking sheet and space evenly apart.
- 4) Transfer the baking sheet back to the freezer and chill for 20-30 minutes, until somewhat firm.
- 5) Serve and enjoy!

APPLE SLICES + ALMOND BUTTER

Apple Slices + Almond Butter

INGREDIENTS

- 1 apple, cored and sliced
- 2 tablespoons almond butter



PROCEDURE

- 1) Slice all of the veggies and arrange on a large plate with a space in the center for the hummus bowl.
- 2) In a food processor, combine the tahini and lemon juice. Process for 1 minute, scrape the sides and bottom of the bowl then process for 30 seconds more. Add the olive oil, garlic, cumin and salt.
- 3) Process for 30 seconds, scrape the sides and bottom of the bowl then process another 30 seconds, or until well blended.
- 4) Open, drain, and rinse the canned chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape the sides and bottom of the bowl, then add the remaining chickpeas. Process until thick and quite smooth, 1 to 2 minutes.
- 5) If the hummus is too thick or still has bits of chickpea, with the food processor turned on, slowly add 2 to 3 tablespoons of water until you reach the desired consistency. Add salt to taste.
- 6) Place hummus inside of a small bowl at the center of the veggies. Top hummus with a drizzle of olive oil and dash of paprika. Serve!

CRUDITÉS PLATTER

You might be vegged out, but creating a beautiful crudités platter for yourself is a wonderful way to enjoy a mindful, mid-day snack. Be sure to choose veggies that are fresh, organic and in season in your region. Veggies serve 1; hummus makes 4 to 6 servings.

INGREDIENTS

- 1 carrot
- 1 celery stalk
- 1/4 cup (38 g) cherry tomatoes
- 1/2 cucumber
- 1/4 cup (65 g) tahini
- 1/4 cup (58 g) lemon juice
- 2 tablespoons olive oil, plus extra for serving
- 1 garlic clove, minced
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- 1 can chickpeas or 1 1/2 cups (255 g) cooked chickpeas
- 2-3 tablespoons water
- Salt to taste
- Dash of paprika, for serving

A dark, moody photograph of raspberries. In the foreground, a small wooden board holds several fresh raspberries. More raspberries are scattered on the surface around the board, some in sharp focus and others blurred in the background. The overall lighting is low, creating a rich, dark purple and black color palette.

Desserts



CHUNKY MONKEY MILKSHAKE

Add another dose of healthy fat to your evening with this fun milkshake! Keep in mind, if you are sensitive to caffeine you might want to skip the chocolate chips as they possess natural caffeine, which may stimulate some people. Serves 1.

INGREDIENTS

- 1 banana, peeled
- 1 cup (240 ml) organic plant-based milk
- 1 tablespoon organic alcohol-free vanilla extract
- 3 organic dates, pitted
- 1 tablespoon organic vegan dark chocolate chips
- 1 tablespoon organic peanut butter
- 1 handful ice cubes

PROCEDURE

- 1) In a blender add all of the ingredients. Blend and enjoy!



AYURVEDIC DATES

Dates are packed with healthy organic sugar and are a satisfying replacement for those with a wicked sweet tooth! They might not be the prettiest fruit on the block but they are delicious, so give this easy, Ayurvedically-inspired treat a try. Serves 1.

INGREDIENTS

- 3 organic dates, halved and pitted
- 1 tablespoon organic almond butter
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cardamom

PROCEDURE

- 1) In a small bowl mix together almond butter, cinnamon and cardamom.
- 2) Scoop the mixture into the center of the prepared dates for a sweet, hearty treat.



HOMEMADE SOFT SERVE

This recipe is a variation from The Medical Medium's book *Cleanse to Heal*, and is a personal favorite in our house!

Serves 1.

INGREDIENTS

1/2 apple, cored

1 banana, peeled

1 tablespoon organic, alcohol-free vanilla extract

3 organic dates, pitted

1/4 teaspoon cinnamon

Water

PROCEDURE

- 1) The night before you make the soft serve, chop half of an apple into small pieces. Freeze the apple pieces and banana overnight.
- 2) The next day, in a blender, add the frozen apple, frozen banana, vanilla extract, dates, cinnamon, and as little water as possible to keep the mixture thick.
- 3) Blend and serve!

Hint: You can repeat this same recipe with any frozen fruit you enjoy! Blueberries, peaches, mangoes, etc.!



PROCEDURE

- 1) Preheat the oven to 325° F (165° C).
- 2) Lightly grease a standard loaf pan.
- 3) Whisk flour, baking powder, baking soda, xantham gum, salt and cinnamon in a medium mixing bowl. Add vegetable oil, maple syrup, rice milk and vanilla to the dry ingredients, and stir until well combined. Fold the bananas and chocolate chips into the batter, and fill the prepared loaf pan.
- 4) Bake on the center rack for 35 minutes, rotating the pan halfway after 20 minutes. Cook until a toothpick comes out clean.
- 5) Let the banana bread cool for 20 minutes before serving.

VEGAN GLUTEN-FREE CHOCOLATE CHIP BANANA BREAD

Anyone on a plant-based diet often finds themselves with too many overly ripe bananas, and this recipe is the perfect solution for putting those brown bananas to use! This is a yummy treat that saves well and could be used for a snack or special breakfast. Yields 6 to 8 servings.

INGREDIENTS

- 2 cups (272 g) gluten-free all-purpose baking flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 teaspoon xantham gum
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup (120 g) vegetable oil
- 1/2 cup (170 g) maple syrup
- 2/3 cup (134 g) rice milk or plant-based milk of your choice
- 1 teaspoon vanilla extract
- 1 1/2 cups (350 g) mashed bananas (about 3 bananas)
- 1/2 cup (80 g) vegan dark chocolate chips

Week 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-------------------------------|--------------------------|--------------------------|------------------------------|------------------------------|--------------------------|--------------------------|
| PRE-BREAKFAST | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice |
| BREAKFAST | warm + hearty breakfast bowl | quinoa cereal | oatmeal breakfast bites | chia pudding | warm + hearty breakfast bowl | quinoa cereal | oatmeal breakfast bites |
| LUNCH | super salad | super salad | super salad | super salad | super salad | potato leek soup | faux tuna salad |
| SNACK | protein smoothie | nut butter bombs | protein smoothie | apple slices + almond butter | protein smoothie | nut butter bombs | protein smoothie |
| DINNER | pesto zucchini polenta rounds | lemony dill pasta | lentil stew | riced cauliflower bake | tahini veggie bowl | italian quinoa bowl | bean stew |

Week 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|----------------------------------|-----------------------------|-----------------------------|---------------------------------|-----------------------------|-----------------------------|-----------------------------|
| PRE-BREAKFAST | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice |
| BREAKFAST | chia pudding | oatmeal breakfast bites | protein smoothie | warm + hearty breakfast bowl | chia pudding | quinoa cereal | protein smoothie |
| LUNCH | super salad | super salad | super salad | super salad | super salad | quinoa avocado salad | veggie sushi rolls |
| SNACK | protein smoothie | protein smoothie | nut butter bombs | protein smoothie | protein smoothie | protein smoothie | nut butter bombs |
| DINNER | pesto zucchini polenta rounds | lemony dill pasta | lentil stew | riced cauliflower bake | tahini veggie bowl | italian quinoa bowl | bean stew |

Week 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-----------------------------|--------------------------------|-----------------------------|--------------------------------|-----------------------------|---------------------------------|-----------------------------|
| PRE-BREAKFAST | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice |
| BREAKFAST | protein smoothie | antioxidant breakfast feast | protein smoothie | antioxidant breakfast feast | protein smoothie | warm + hearty breakfast bowl | quinoa cereal |
| LUNCH | super salad | super salad | super salad | super salad | super salad | potato leek soup | faux tuna salad |
| SNACK | protein smoothie | protein smoothie | protein smoothie | protein smoothie | protein smoothie | easy avocado | crudités platter |
| DINNER | tahini veggie bowl | italian quinoa bowl | lentil stew | riced cauliflower bake | tahini veggie bowl | italian quinoa bowl | bean stew |

Week 4

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|--------------------------------|-----------------------------|---------------------------------|
| PRE-BREAKFAST | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice | lime juice, celery juice |
| BREAKFAST | protein smoothie | protein smoothie | protein smoothie | protein smoothie | antioxidant breakfast feast | chia pudding | warm + hearty breakfast bowl |
| LUNCH | super salad | super salad | super salad | super salad | super salad | veggie sushi roll | quinoa avocado salad |
| SNACK | celery juice | celery juice | celery juice | celery juice | celery juice | celery juice | celery juice |
| DINNER | tahini veggie bowl | italian quinoa bowl | riced cauliflower bake | tahini veggie bowl | italian quinoa bowl | riced cauliflower bake | lentil stew |