



AWAKEN'S ESSENTIAL

DETOX

AT A GLANCE

AT A GLANCE

This simple guide contains your meals for the program and your daily drinks. Refer to your Recipe Guide if you want to exchange meals. Refer to your suggested meals if you want to print out your meals for the week and post it on your refrigerator. Print out your shopping list and get ready.

YOUR DAILY DRINKS

LEMON WATER ELIXIR

1 cup room temperature water
Juice from 1 lemon
1 tablespoon Bragg's raw apple cider vinegar
1 teaspoon raw honey or stevia to taste
Dash sea salt

This Elixir stimulates digestion, releases toxins from the liver, jumpstarts your digestive enzymes, and is loaded with vitamin C. You will be drinking this every morning.

NOTE: If you feel nauseous or experience tightness in the chest after drinking the morning Elixir, please omit the Bragg's raw apple cider vinegar. This reaction can occur from the body's release of bacteria and toxins during detox. Continue to drink the Lemon Water Elixir, omitting the Bragg's (or use only ½ teaspoon) for at least three days, and then reintroduce it. If the reactions continue upon reintroduction, continue to drink only the lemon water.

NATURAL GATORADE WITH CRANBERRY

30 ounces of water
2 tablespoons cranberry concentrate (or cherry, or pomegranate)
Juice from one lemon
1 teaspoon raw honey or stevia to taste



NATURAL LEMON GATORADE

This drink can be consumed up to twice a day to replenish lost minerals. Another way to re-mineralize is drinking 4 ounces of coconut water.

30 ounces of water

1/4 teaspoon of sea salt

Juice from one lemon

1 teaspoon of honey or stevia to sweeten (optional)

SUGGESTED MEALS

DAY 1

BREAKFAST:

THE ENERGY BLASTER SMOOTHIE

1 ½ cups dairy free milk

1 scoop protein powder

2 tablespoons chia seeds

½ banana

Dash of turmeric

1 handful of spinach

LUNCH:

REPLENISHING COLLARD WRAP

SERVES 2

4 collard greens

1 avocado, sliced

1 cucumber, sliced

1 carrot, shredded

1 cup cabbage, shredded

¼ cup parsley



Choice of sprouts
1-2 tablespoons dressing of choice

ASSEMBLE THE WRAP. Lay out the collard greens. Divide remaining ingredients amongst each leaf and roll up. Add 1-2 tablespoons of dressing for extra flavoring.

DINNER:

DELICIOUS WARM KALE SALAD

SERVES 2

$\frac{3}{4}$ pound red potatoes, about 6 small, quartered
1 head dinosaur kale, shredded
 $\frac{1}{4}$ cup parsley leaves, chopped
1 lemon, juiced
2 tablespoons hemp seeds
salt and pepper to taste

COOK THE POTATOES Place the potatoes in a medium saucepan and cover with cold water by 2 inches and add 1 tablespoon of salt to the water. Bring water to a boil over medium heat and cook the potatoes until tender, about 15 minutes. Drain and put the potatoes in a serving bowl.

PREPARE THE SALAD while the potatoes are still warm, add the shredded kale, chopped parsley, lemon juice and season with salt and pepper. Top salad with hemp seeds and serve. Optional – add dressing of choice.



WARM CARROT SPICE SOUP

SERVES 3-4

1 tablespoon coconut oil
2 cloves garlic, chopped
4 carrots, chopped
1 large yellow onion, chopped
2 stalks celery, chopped
4 cups water
1 green apple, peeled and chopped
2 tablespoons miso
Dash of cinnamon

SAUTE VEGETABLES. In a large pot, add oil. Once oil is warmed, add garlic, onions, carrots and celery and sauté until soft and fragrant, about 5 minutes.

SIMMER UNTIL SOFTENED. Add water and apple and bring to a boil, lower heat and let simmer for 10-15 minutes. Remove from heat.

BLEND THE SOUP. Pour soup into a blender and blend until smooth.

MIX IN THE MISO. Add ½ cup pureed soup back into the pot and add the miso. Mix until the miso is dissolved. Add the remaining soup back into the pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Remove from heat and serve.



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DAY 2

BREAKFAST:

VANILLA CHIA BOWL

SERVES 1

4 tablespoons chia seeds

1 cup dairy-free milk

1 small banana mashed or ¼ cup organic, all-natural applesauce

½ teaspoon vanilla extract

Dash of nutmeg

Dash of cinnamon

Optional Toppings: 1 teaspoon goji berries, 1 teaspoon hemp seeds, 1 teaspoon shredded coconut

ASSEMBLE THE NIGHT BEFORE. The night before you want the Chia Seed Bowl for breakfast, place chia seeds, dairy-free milk, banana or applesauce, vanilla, nutmeg and cinnamon in a container with a lid, shake well and let it sit overnight in the refrigerator.

THE NEXT MORNING. Eat the pudding cold.

SERVING SUGGESTION. Add stevia (if desired) and optional goji berries, hemp seeds and shredded coconut.

LUNCH:

RENEW RAINBOW SALAD

SERVES 2

2 cups mixed greens

½ cup red cabbage, chopped

1 can beets, BPA-free in water, quartered

1 cup canned artichokes hearts, BPA-free in water, chopped

2 carrots, chopped



- ½ cup parsley
- 1 avocado, diced
- 2 tablespoons nutritional yeast (optional)
- 2 tablespoons dulse flakes (optional)

ASSEMBLE THE SALAD. In a large salad bowl add mixed greens, red cabbage, chopped beets, artichoke hearts, carrots, parsley and diced avocado. Toss with dressing of choice and top with optional nutritional yeast and/or dulse flakes and serve.

DINNER:

CURRY SWEET POTATO STIR FRY

SERVES 2

- 1 yellow onion, chopped
- 2 cloves garlic, chopped
- 1 head Swiss chard, thinly sliced
- 1 tablespoon coconut oil

PREPARE STIR FRY. Place a large pan over medium-high heat and add the oil. Add onion and sauté until soft and fragrant, about 4 minutes. Next, add chopped garlic and cook another 2 minutes. Add greens and 2 tablespoon of water and sauté. Add curry seasoning and finish cooking.

SERVE. Remove from heat and place stir fry over baked potato. Top with chopped avocado.

BUTTERNUT SQUASH SOUP

SERVES 3-4

- 1 tablespoon coconut oil
- 1 yellow onion, chopped
- 1 pound (about 4 cups) butternut squash, cubed
- 2 carrots, chopped
- 4 cups water
- 2-3 sprigs thyme
- Salt and pepper to taste



SAUTÉ VEGETABLES. Place a medium-sized pot over medium-high heat. Add oil and onions and sauté for 5 minutes or until soft and fragrant. Add the squash and carrots to the pot and cook another 3 minutes.

SIMMER UNTIL SOFTENED. Add water and thyme sprigs to pot and let simmer 15 minutes or until vegetables soften. Remove from heat and remove thyme.

BLEND AND SERVE. Pour soup into a blender and blend until smooth. Season with salt and pepper and serve.

DAY 3

BREAKFAST:

WARM CINNAMON DETOX BOWL

SERVES 1

- 4 tablespoons chia seeds
- 1 cup dairy-free milk
- 2 tablespoons protein powder
- Dash cinnamon
- 1 banana
- 1 tablespoon shredded coconut

ASSEMBLE THE NIGHT BEFORE. The night before you want the Warm Detox Bowl for breakfast, place chia seeds, dairy-free milk, protein powder and cinnamon in a Mason jar or other sealable container, shake well and let it sit overnight in the refrigerator.

THE NEXT MORNING. Pour mixture into a saucepan and warm on low heat (this can also be enjoyed cold).

SERVING SUGGESTION. Add stevia (if desired) and top with sliced banana and shredded coconut.



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LUNCH:

FALL MIXED SALAD

SERVES 2

2 cups spinach

½ cup red onions, sliced

½ cup parsley, chopped

1 can beets, BPA-free in water or Trader Joes roasted beets, quartered

⅛ cup sunflower seeds

Juice from 1 lemon

ASSEMBLE THE SALAD: In a large salad bowl add spinach, red onions, parsley, beets, sunflower seeds and lemon juice. Toss and serve.

DINNER:

DELICIOUS WARM KALE SALAD

SERVES 2

¾ pound red potatoes, about 6 small, quartered

1 head dinosaur kale, shredded

¼ cup parsley leaves, chopped

1 lemon, juiced

2 tablespoons hemp seeds

salt and pepper to taste

COOK THE POTATOES Place the potatoes in a medium saucepan and cover with cold water by 2 inches and add 1 tablespoon of salt to the water. Bring water to a boil over medium heat and cook the potatoes until tender, about 15 minutes. Drain and put the potatoes in a serving bowl.

PREPARE THE SALAD while the potatoes are still warm, add the shredded kale, chopped parsley, lemon juice and season with salt and pepper. Top salad with hemp seeds and serve. Optional – add dressing of choice.



LEEK & MISO SOUP

SERVES 3-4

- 1 tablespoon coconut oil
- 1 leek, chopped
- 2 cups organic, yeast-free vegetable broth
- 2 cups water
- 2 tablespoons miso

MAKE THE LEEKS. In a large pot, add coconut oil. Once the oil is warmed, add leeks and sauté until soft using medium heat, about 3 minutes. Add in broth and water and bring to a boil, lower heat and let simmer for 10-15 minutes.

MIX IN THE MISO. Add ½ cup broth from the pot to a small bowl. Add miso to the bowl and mix miso until dissolved. Add the miso broth back into the pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Remove from heat and serve.

DAY 4

BREAKFAST:

THE ENERGY BLASTER SMOOTHIE

- 1 ½ cups dairy free milk
- 1 scoop protein powder
- 2 tablespoons chia seeds
- ½ banana
- Dash of turmeric
- 1 handful of spinach



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LUNCH:

A BLEND OF GREENS SALAD

SERVES 2

2 cups mixed greens
2 Brussel sprouts, chopped
2 carrots, chopped
2 celery stalks, chopped
2 tablespoons dulse flakes (optional)
Juice from 1 lemon

ASSEMBLE THE SALAD. In a large salad bowl, add greens, Brussel sprouts, carrots, celery and dulse flakes. Top with lemon juice. Toss and serve.

DINNER:

CURRY SWEET POTATO STIR FRY

SERVES 2

1 yellow onion, chopped
2 cloves garlic, chopped
1 head Swiss chard, thinly sliced
1 tablespoon coconut oil

PREPARE STIR FRY. Place a large pan over medium-high heat and add the oil. Add onion and sauté until soft and fragrant, about 4 minutes. Next, add chopped garlic and cook another 2 minutes. Add greens and 2 tablespoons of water and sauté. Add curry seasoning and finish cooking.

SERVE. Remove from heat and place stir fry over baked potato. Top with chopped avocado.



BUTTERNUT SQUASH SOUP

SERVES 3-4

1 tablespoon coconut oil
 1 yellow onion, chopped
 1 pound (about 4 cups) butternut squash, cubed
 2 carrots, chopped
 4 cups water
 2-3 sprigs thyme
 Salt and pepper to taste

SAUTÉ VEGETABLES. Place a medium-sized pot over medium-high heat. Add oil and onions and sauté for 5 minutes or until soft and fragrant. Add the squash and carrots to the pot and cook another 3 minutes.

SIMMER UNTIL SOFTENED. Add water and thyme sprigs to pot and let simmer 15 minutes or until vegetables soften. Remove from heat and remove thyme.

BLEND AND SERVE. Pour soup into a blender and blend until smooth. Season with salt and pepper and serve.

DAY 5

BREAKFAST:

VANILLA CHIA BOWL

SERVES 1

4 tablespoons chia seeds
 1 cup dairy-free milk
 1 small banana mashed or ¼ cup organic, all-natural applesauce
 ½ teaspoon vanilla extract
 Dash of nutmeg
 Dash of cinnamon



Optional Toppings: 1 teaspoon goji berries, 1 teaspoon hemp seeds, 1 teaspoon shredded coconut

ASSEMBLE THE NIGHT BEFORE. The night before you want the Chia Seed Bowl for breakfast, place chia seeds, dairy-free milk, banana or applesauce, vanilla, nutmeg and cinnamon in a container with a lid, shake well and let it sit overnight in the refrigerator.

THE NEXT MORNING. Eat the pudding cold.

SERVING SUGGESTION. Add stevia (if desired) and optional goji berries, hemp seeds and shredded coconut.

LUNCH:

REPLENISHING COLLARD WRAP

SERVES 2

4 collard greens
 1 avocado, sliced
 1 cucumber, sliced
 1 carrot, shredded
 1 cup cabbage, shredded
 ¼ cup parsley
 Choice of sprouts
 1-2 tablespoons dressing of choice

ASSEMBLE THE WRAP. Lay out the collard greens. Divide remaining ingredients amongst each leaf and roll up. Add 1-2 tablespoons of dressing for extra flavoring.



DINNER:

AUTUMN ROASTED VEGETABLES

SERVES 2

- 1 large carrot, chopped
- 1 large zucchini, chopped
- 1 pound Brussels sprouts, halved
- 1 large onion, chopped
- 1 tablespoon coconut oil
- 1 teaspoon rosemary
- 1 teaspoon salt
- ½ teaspoon black pepper
- ½ orange, juice
- 2 cups mixed greens
- ¼ cup pumpkin seeds

ASSEMBLE THE VEGETABLES. Preheat your oven to 400 degrees Fahrenheit. Add chopped vegetables, oil and seasoning to a bowl. Mix well. Spread the mixture evenly onto a baking sheet. Bake for 30 minutes or until the vegetables are tender. Remove from oven and squeeze juice from half of an orange onto the vegetables. Toss well and serve over mixed greens topped with pumpkin seeds.

VEGGIE BROTH 101

SERVES 4-5

- 8 cups of water
- 1 tablespoons coconut oil
- ½ onion, chopped
- 4 celery sticks, chopped
- 4 carrots, washed and unpeeled
- ½ bunch kale OR collard greens
- ¼ bunch parsley
- 1 teaspoon sea salt
- 2 1-inch slices ginger root

START YOUR BROTH. Measure 8 cups of water into a large pot, then cover. Bring your water to a boil.



PREPARE YOUR VEGETABLES. While the water is coming to a boil, wash your vegetables and cut them in half so they will fit into the pot. When water is boiling, put all the ingredients into the water EXCEPT the ginger. Bring the broth to a boil again with the lid on. Then turn down to simmer for 1 hour. Finally, add the ginger slices. Continue simmering with the lid on for 30 minutes.

FINISH YOUR SOUP. You have two choices: strain the vegetables into a large pot and serve the vegetables in a warm dish OR blend the liquid and vegetables with an immersion blender to make a thicker broth.

DAY 6

BREAKFAST:

COCONUT CHOCOLATE SMOOTHIE BOWL

SERVES 1

1 cup spinach
 ½ cup dairy-free milk
 2 tablespoons raw cacao
 ½ avocado
 Sweetener of choice
 1 teaspoon vanilla extract
 4-6 ice cubes
 1 tablespoon coconut
 1 tablespoon chia seeds

ASSEMBLE. Place spinach, milk, cacao, avocado, sweetener, vanilla and ice in blender and blend until smooth.

SERVING SUGGESTION. Pour into bowl and top with shredded coconut and chia seeds.



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LUNCH:

RENEW RAINBOW SALAD

SERVES 2

- 2 cups mixed greens
- ½ cup red cabbage, chopped
- 1 can beets, BPA-free in water, quartered
- 1 cup canned artichokes hearts, BPA-free in water, chopped
- 2 carrots, chopped
- ½ cup parsley
- 1 avocado, diced
- 2 tablespoons nutritional yeast (optional)
- 2 tablespoons dulse flakes (optional)

ASSEMBLE THE SALAD. In a large salad bowl add mixed greens, red cabbage, chopped beets, artichoke hearts, carrots, parsley and diced avocado. Toss with dressing of choice and top with optional nutritional yeast and/or dulse flakes and serve.

DINNER:

DELICIOUS WARM KALE SALAD

SERVES 2

- ¾ pound red potatoes, about 6 small, quartered
- 1 head dinosaur kale, shredded
- ¼ cup parsley leaves, chopped
- 1 lemon, juiced
- 2 tablespoons hemp seeds
- salt and pepper to taste

COOK THE POTATOES Place the potatoes in a medium saucepan and cover with cold water by 2 inches and add 1 tablespoon of salt to the water. Bring water to a boil over medium heat and cook the potatoes until tender, about 15 minutes. Drain and put the potatoes in a serving bowl.



PREPARE THE SALAD while the potatoes are still warm, add the shredded kale, chopped parsley, lemon juice and season with salt and pepper. Top salad with hemp seeds and serve. Optional – add dressing of choice.

WARM CARROT SPICE SOUP

SERVES 3-4

1 tablespoon coconut oil
 2 cloves garlic, chopped
 4 carrots, chopped
 1 large yellow onion, chopped
 2 stalks celery, chopped
 4 cups water
 1 green apple, peeled and chopped
 2 tablespoons miso
 Dash of cinnamon

SAUTE VEGETABLES. In a large pot, add oil. Once oil is warmed, add garlic, onions, carrots and celery and sauté until soft and fragrant, about 5 minutes.

SIMMER UNTIL SOFTENED. Add water and apple and bring to a boil, lower heat and let simmer for 10-15 minutes. Remove from heat.

BLEND THE SOUP. Pour soup into a blender and blend until smooth.

MIX IN THE MISO: Add ½ cup pureed soup back into the pot and add the miso. Mix until the miso until dissolved. Add the remaining soup back into the pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Remove from heat and serve.



DAY 7

BREAKFAST:

MINTY GREEN SMOOTHIE

1 ½ cups dairy free milk
1 cucumber
4 mint leaves
1 green apple
The juice of one lemon
½ avocado
Dash of ginger
1 cup kale

LUNCH:

FALL MIXED SALAD

SERVES 2

2 cups spinach
½ cup red onions, sliced
½ cup parsley, chopped
1 can beets, BPA-free in water or Trader Joes roasted beets, quartered
⅛ cup sunflower seeds
Juice from 1 lemon

ASSEMBLE THE SALAD: In a large salad bowl add spinach, red onions, parsley, beets, sunflower seeds and lemon juice. Toss and serve.



DINNER:

GARLIC GINGER STIR FRY BOWL W/ BAKED SWEET POTATOES

SERVES 2

½ onion, thin-sliced
2 cups broccoli, chopped
2 cups cauliflower, chopped
2 cloves garlic, diced
1 tablespoon fresh ginger, chopped
1 tablespoon coconut oil

PREPARE THE STIR FRY. Place a large pan over medium-high heat and add the oil. Add onion and sauté until soft and fragrant about 4 minutes, next add chopped garlic and ginger and cook another 2 minutes and then add broccoli and cauliflower and ¼ cup water to the pan and cook another 8 minutes.

SERVE. Remove from heat and serve over baked sweet potato.

LEEK & MISO SOUP

SERVES 3-4

1 tablespoon coconut oil
1 leek, chopped
2 cups organic, yeast-free vegetable broth
2 cups water
2 tablespoons miso

MAKE THE LEEKS: In a large pot, add coconut oil. Once the oil is warmed, add leeks and sauté until soft using medium heat, about 3 minutes. Add in broth and water and bring to a boil, lower heat and let simmer for 10-15 minutes.

MIX IN THE MISO: Add ½ cup broth from the pot to a small bowl. Add miso to the bowl and mix miso until dissolved. Add the miso broth back into the pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Remove from heat and serve.



DAY 8

BREAKFAST:

BUCKWHEAT MORNING BOWL

SERVES 1

1 cup water or dairy-free milk

½ cup buckwheat

½ apple (optional)

1 tablespoon chia seeds

½ teaspoon cinnamon

Dash of sea salt

PREPARE BUCKWHEAT. In a small saucepan, bring water or milk to a boil and cook buckwheat according to package directions.

REMOVE FROM HEAT. Stir in the chia seeds, cinnamon and sea salt.

SERVE IMMEDIATELY.

LUNCH:

CHOPPED SALAD

SERVES 2

2 cups spinach

1 cup cucumber, diced

1 cup cabbage, shredded

1 carrot, chopped

1 avocado

Juice from 1 lemon

Dash of sea salt

Dash of ginger



ASSEMBLE THE SALAD. In a large salad bowl add spinach, cucumber, cabbage and carrots. Scoop avocado into the bowl and add lemon juice. Massage the avocado into the salad, season with salt and pepper, and serve.

DINNER:

A BOWL OF BRUSSEL SPROUTS

SERVES 2

1 pound Brussels sprouts, halved
 1 tablespoon coconut oil
 1 avocado
 Juice from 1 lemon
 1 tablespoon hemp seeds
 Salt and pepper to taste

PREPARE BRUSSEL SPROUTS. Preheat oven to 400 degrees. Place halved Brussels sprouts on a baking sheet, toss with coconut oil and season with salt and pepper. Place on baking sheet and cook for 20-25 minutes or until outer leaves begin to crisp.

PREPARE AVOCADO MASH. While the Brussels sprouts are in the oven, mash avocado with lemon juice and season with salt and pepper. Remove Brussels sprouts from oven and place in a bowl with avocado and evenly coat.

SERVE. Sprinkle with hemp seeds and serve.

WARM CARROT SPICE SOUP

SERVES 3-4

1 tablespoon coconut oil
 2 cloves garlic, chopped
 4 carrots, chopped
 1 large yellow onion, chopped
 2 stalks celery, chopped
 4 cups water
 1 green apple, peeled and chopped



2 tablespoons miso
Dash of cinnamon

SAUTE VEGETABLES. In a large pot, add oil. Once oil is warmed, add garlic, onions, carrots and celery and sauté until soft and fragrant, about 5 minutes.

SIMMER UNTIL SOFTENED. Add water and apple and bring to a boil, lower heat and let simmer for 10-15 minutes. Remove from heat.

BLEND THE SOUP. Pour soup into a blender and blend until smooth.

MIX IN THE MISO. Add ½ cup pureed soup back into the pot and add the miso. Mix until the miso until dissolved. Add the remaining soup back into the pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Remove from heat and serve.

DAY 9

BREAKFAST:

CINNAMON OATMEAL BREAKFAST

SERVES 2

2 cup water or dairy-free milk
1 cup oats
2 tablespoons of plant-based protein
1 teaspoon vanilla
Pinch of sea salt
Sweetener of choice
¼ cup Pumpkin seeds
2 tablespoons Shredded coconut

PREPARE OATS. In a small saucepan, bring the water or the milk to a boil and add in the oats. Reduce the heat to a simmer. Cook, stirring occasionally, until liquid has evaporated (approximately 12-15 minutes).



MIX REMAINING INGREDIENTS. Remove from heat and stir in the protein, vanilla, sea salt and sweetener.

SERVE. Top with pumpkin seeds and shredded coconut and serve.

LUNCH:

RENEW RAINBOW SALAD

SERVES 2

2 cups mixed greens

½ cup red cabbage, chopped

1 can beets, BPA-free in water, quartered

1 cup canned artichokes hearts, BPA-free in water, chopped

2 carrots, chopped

½ cup parsley

1 avocado, diced

2 tablespoons nutritional yeast (optional)

2 tablespoons dulse flakes (optional)

ASSEMBLE THE SALAD. In a large salad bowl add mixed greens, red cabbage, chopped beets, artichoke hearts, carrots, parsley and diced avocado. Toss with dressing of choice and top with optional nutritional yeast and/or dulse flakes and serve.

DINNER:

AUTUMN ROASTED VEGETABLES

SERVES 2

1 large carrot, chopped

1 large zucchini, chopped

1 pound Brussels sprouts, halved

1 large onion, chopped

1 tablespoon coconut oil

1 teaspoon rosemary

1 teaspoon salt



½ teaspoon black pepper
 ½ orange, juice
 2 cups mixed greens
 ¼ cup pumpkin seeds

ASSEMBLE THE VEGETABLES. Preheat your oven to 400 degrees Fahrenheit. Add chopped vegetables, oil and seasoning to a bowl. Mix well. Spread the mixture evenly onto a baking sheet. Bake for 30 minutes or until the vegetables are tender. Remove from oven and squeeze juice from half of an orange onto the vegetables. Toss well and serve over mixed greens topped with pumpkin seeds.

VEGGIE BROTH 101

SERVES 4-5

8 cups of water
 1 tablespoons coconut oil
 ½ onion, chopped
 4 celery sticks, chopped
 4 carrots, washed and unpeeled
 ½ bunch kale OR collard greens
 ¼ bunch parsley
 1 teaspoon sea salt
 2 1-inch slices ginger root

START YOUR BROTH. Measure 8 cups of water into a large pot, then cover. Bring your water to a boil.

PREPARE YOUR VEGETABLES. While the water is coming to a boil, wash your vegetables and cut them in half so they will fit into the pot. When water is boiling, put all the ingredients into the water EXCEPT the ginger. Bring the broth to a boil again with the lid on. Then turn down to simmer for 1 hour. Finally, add the ginger slices. Continue simmering with the lid on for 30 minutes.

FINISH YOUR SOUP. You have two choices: strain the vegetables into a large pot and serve the vegetables in a warm dish OR blend the liquid and vegetables with an immersion blender to make a thicker broth.



DAY 10

BREAKFAST:

APPLES AND BEETS SMOOTHIE

1 ½ cups dairy free milk
½ beet
2 cups mixed greens
1 green apple
4 basil leaves
½ avocado
Sweetener of choice

LUNCH:

FALL MIXED SALAD

SERVES 2

2 cups spinach
½ cup red onions, sliced
½ cup parsley, chopped
1 can beets, BPA-free in water or roasted beets, quartered
⅛ cup sunflower seeds
Juice from 1 lemon

ASSEMBLE THE SALAD. In a large salad bowl add spinach, red onions, parsley, beets, sunflower seeds and lemon juice. Toss and serve.



DINNER:

VEGGIE BURRITO BOWL

- 1 tablespoon coconut oil
- 1 cup black beans, cooked
- 1 cup brown rice, cooked
- 1 yellow pepper, chopped
- 1 tomato, chopped
- Dash of cumin
- Dash of cayenne
- Dash of sea salt
- ¼ cup parsley, chopped
- 1 avocado, chopped
- Variation - in a collard wrap or brown rice tortilla

MIX INGREDIENTS IN SAUCEPAN. In a medium saucepan, heat 1 tablespoon coconut oil over medium-high heat. Once oil is warm, add yellow pepper, tomato, cumin, cayenne and sea salt, and sauté 4-5 minutes until cooked. Add the black beans and cooked brown rice and sauté another 4-5 minutes. Add parsley and remove from heat.

SERVE. Top with the avocado and serve in a collard wrap or brown rice tortilla.

DAY 11

BREAKFAST:

STARTER GREEN SMOOTHIE

- 2 handfuls of spinach
- ½ avocado
- 1 ½ cups dairy free milk
- 1 green apple
- Juice from ½ lemon



1 teaspoon spirulina, optional

LUNCH:

A BLEND OF GREENS SALAD

SERVES 2

2 cups mixed greens
2 Brussel sprouts, chopped
2 carrots, chopped
2 celery stalks, chopped
2 tablespoons dulse flakes (optional)
Juice from 1 lemon

ASSEMBLE THE SALAD. In a large salad bowl, add greens, Brussel sprouts, carrots, celery and dulse flakes. Top with lemon juice. Toss and serve.

DINNER:

DELICIOUS WARM KALE SALAD

SERVES 2

$\frac{3}{4}$ pound red potatoes, about 6 small, quartered
1 head dinosaur kale, shredded
 $\frac{1}{4}$ cup parsley leaves, chopped
1 lemon, juiced
2 tablespoons hemp seeds
salt and pepper to taste



COOK THE POTATOES Place the potatoes in a medium saucepan and cover with cold water by 2 inches and add 1 tablespoon of salt to the water. Bring water to a boil over medium heat and cook the potatoes until tender, about 15 minutes. Drain and put the potatoes in a serving bowl.

PREPARE THE SALAD while the potatoes are still warm, add the shredded kale, chopped parsley, lemon juice and season with salt and pepper. Top salad with hemp seeds and serve. Optional – add dressing of choice.

LENTIL SOUP

- 1 tablespoon coconut oil
- 1 teaspoon cumin seeds
- 1 small onion, minced
- 1 large celery rib, minced
- 4 large garlic cloves, minced
- 1-inch piece of ginger, shredded
- 1 large carrot, chopped
- 1 bay leaf
- 1 cup brown lentils
- 3 cups broth of your choice (or water)
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- Spinach or kale (optional)

CREATE YOUR SOUP BASE. In a large pot, add coconut oil. When the oil is hot, add cumin seeds and cook until fragrant (about 1 minute). Then add your minced onion, celery, garlic, ginger, carrot, and bay leaf. Sauté until soft (about 2 to 3 minutes).

ASSEMBLE THE SOUP. Add brown lentils and broth (or water) along with sea salt and pepper. Cover and cook on medium-low heat for 30 to 45 minutes, stirring every 15 minutes. The soup is done when the lentils are tender but still holding their shape.



SERVING SUGGESTION. Add greens like spinach or kale at the end if you would like. Allow the soup to settle for about an hour before eating for the best flavor.

DAY 12

BREAKFAST:

EGGS WITH GREENS

2 eggs sautéed in coconut oil and topped with spring mix and the juice of one lemon.

**Serve with Ezekiel bread and salsa.*

LUNCH:

CHOPPED SALAD

SERVES 2

2 cups spinach

1 cup cucumber, diced

1 cup cabbage, shredded

1 carrot, chopped

1 avocado

Juice from 1 lemon

Dash of sea salt

Dash of ginger

ASSEMBLE THE SALAD. In a large salad bowl add spinach, cucumber, cabbage and carrots. Scoop avocado into the bowl and add lemon juice. Massage the avocado into the salad, season with salt and pepper, and serve.



DINNER:

GARLIC GINGER STIR FRY BOWL W/BAKED SWEET POTATOES

SERVES 2

½ onion, thin-sliced
2 cups broccoli, chopped
2 cups cauliflower, chopped
2 cloves garlic, diced
1 tablespoon fresh ginger, chopped
1 tablespoon coconut oil

PREPARE THE STIR FRY. Place a large pan over medium-high heat and add the oil. Add onion and sauté until soft and fragrant about 4 minutes, next add chopped garlic and ginger and cook another 2 minutes and then add broccoli and cauliflower and ¼ cup water to the pan and cook another 8 minutes.

SERVE. Remove from heat and serve over baked sweet potato.

LEEK & MISO SOUP

SERVES 3-4

1 tablespoon coconut oil
1 leek, chopped
2 cups organic, yeast-free vegetable broth
2 cups water
2 tablespoons miso

MAKE THE LEEKS. In a large pot, add coconut oil. Once the oil is warmed, add leeks and sauté until soft using medium heat, about 3 minutes. Add in broth and water and bring to a boil, lower heat and let simmer for 10-15 minutes.

MIX IN THE MISO. Add ½ cup broth from the pot to a small bowl. Add miso to the bowl and mix miso until dissolved.



Add the miso broth back into the pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Remove from heat and serve.

DAY 13

BREAKFAST:

VANILLA CHIA BOWL

SERVES 1

4 tablespoons chia seeds

1 cup dairy-free milk

1 small banana mashed or $\frac{1}{4}$ cup organic, all-natural applesauce

$\frac{1}{2}$ teaspoon vanilla extract

Dash of nutmeg

Dash of cinnamon

Optional Toppings: 1 teaspoon goji berries, 1 teaspoon hemp seeds, 1 teaspoon shredded coconut

ASSEMBLE THE NIGHT BEFORE. The night before you want the Chia Seed Bowl for breakfast, place chia seeds, dairy-free milk, banana or applesauce, vanilla, nutmeg and cinnamon in a container with a lid, shake well and let it sit overnight in the refrigerator.

THE NEXT MORNING. Eat the pudding cold.

SERVING SUGGESTION. Add stevia (if desired) and optional goji berries, hemp seeds and shredded coconut.



LUNCH:

RENEW RAINBOW SALAD

SERVES 2

- 2 cups mixed greens
- ½ cup red cabbage, chopped
- 1 can beets, BPA-free in water, quartered
- 1 cup canned artichokes hearts, BPA-free in water, chopped
- 2 carrots, chopped
- ½ cup parsley
- 1 avocado, diced
- 2 tablespoons nutritional yeast (optional)
- 2 tablespoons dulse flakes (optional)

ASSEMBLE THE SALAD. In a large salad bowl add mixed greens, red cabbage, chopped beets, artichoke hearts, carrots, parsley and diced avocado. Toss with dressing of choice and top with optional nutritional yeast and/or dulse flakes and serve.

DINNER:

TEMPEH STIR FRY COLLARD WRAP

SERVES 2

- 1 tablespoon coconut oil
- 4 cups broccoli, chopped
- 1 carrot, julienned
- ½ onion, minced
- 2 tablespoons oil
- 1 clove garlic, minced
- 1 tablespoon minced ginger
- 2 tablespoons minced scallion
- ¼ teaspoon red pepper flakes (optional)
- 1 lemon, juiced
- 4 collard green leaves
- Tempeh, 1 package



PREPARE THE VEGETABLES. Heat 1 tablespoon coconut oil in a large skillet and add broccoli. Toss to coat in oil and cook over medium heat for 5-7 minutes, then add the onion and carrot. Continue to cook until onion is translucent and broccoli is starting to get tender, about 7 minutes.

ADD THE PROTEIN. Add the crumbled tempeh, the second tablespoon of oil, garlic and ginger. Cook for another 5-7 minutes or until the broccoli is tender and tempeh is lightly browned. Add scallion, red pepper flakes and lemon juice, toss.

ASSEMBLE THE WRAP. Lay out the collard greens. Divide stir-fry amongst each leaf and roll up and serve.

CHICKEN BONE BROTH SOUP

3-5 pounds of soup bones*
 Water (enough to cover the bones)
 1 tablespoon raw apple cider vinegar

** Note: ask at your local butcher shop. Soup bones are usually very cheap, if not free!*

MAKE YOUR STOCK. In the stock pot, cover your soup bones with enough water to cover. Add apple cider vinegar. Bring to a boil, and then reduce to a simmer for 24+ hours.

STORE YOUR STOCK. After about 24 hours, strain the stock into mason jars. Set them in the fridge to cool. Skim off the fat that rises to the top, and close tightly with a lid, or put in ice cube trays for quick use. Keeps in the fridge for a few days, or for four to six months in the freezer.

MAKE A CHICKEN SOUP. If you would like to make a chicken soup, add a quart of your stock to a pot with your favorite vegetables. You can add tomatoes, celery, carrots, leeks, potatoes, sweet potatoes, yams, turnips, etc. Bring to a boil, and then simmer until the vegetables are soft. Once the harder vegetables are soft, you can add chopped leafy greens like spinach, Swiss chard, or kale, if desired. Add sea salt and pepper to taste. Top with fresh herbs like parsley, basil, dill, oregano, rosemary, etc.



OR VEGAN 'BONE' BROTH SOUP

4 tablespoons olive oil
 2 cups celery, finely chopped
 1 cup golden beets thinly sliced in strips
 Small handful of dried wakame reconstituted in a bowl of water
 4 cups mixed of fresh chopped spinach and kale
 2 tablespoons tamari or nama shoyu soy sauce
 ¼ cup organic light miso paste
 1/4 cup fresh parsley, roughly chopped
 1 bay leaf
 12-16 cups of water or veggie broth

**optional: 1/2 chunk of fresh turmeric, finely chopped, 1 cup chopped onion and 1-2 cloves garlic minced.*

Make Your Soup. In a large stock pot, sauté celery in olive oil over medium-low heat. (If you're adding turmeric, onion and garlic, add them now as well).

Once celery is tender – about 5 minutes – add bay leaf, beets, water or veggie broth and soy sauce. Increase heat to medium flame and cover the pot.

Drain the excess water off of the wakame and add it to the pot. Bring to a near boil and reduce heat to low, letting broth simmer for about 45 minutes. Add spinach and kale, parsley. I like to add miso paste to each bowl so it keeps the beneficial bacteria. Don't boil miso paste. stirring until miso dissolves.

Strain off vegetables and use broth or serve with veggies for a light soup.

Traditional bone broth is simmered for as long as 24 hours. If that long cooking extraction method speaks to you, these ingredients (except for miso paste) can all go into a slow cooker. Once the broth is ready, add miso paste just before serving.



DAY 14

BREAKFAST:

APPLES AND BEETS SMOOTHIE

1 ½ cups dairy free milk
½ beet
2 cups mixed greens
1 green apple
4 basil leaves
½ avocado
Sweetener of choice

LUNCH:

TEMPEH STIR FRY COLLARD WRAP

SERVES 2

1 tablespoon coconut oil
4 cups broccoli, chopped
1 carrot, julienned
½ onion, minced
2 tablespoons oil
1 clove garlic, minced
1 tablespoon minced ginger
2 tablespoons minced scallion
¼ teaspoon red pepper flakes (optional)
1 lemon, juiced
4 collard green leaves
Tempeh, 1 package



PREPARE THE VEGETABLES. Heat 1 tablespoon coconut oil in a large skillet and add broccoli. Toss to coat in oil and cook over medium heat for 5-7 minutes, then add the onion and carrot. Continue to cook until onion is translucent and broccoli is starting to get tender, about 7 minutes.

ADD THE PROTEIN. Add the crumbled tempeh, the second tablespoon of oil, garlic and ginger. Cook for another 5-7 minutes or until the broccoli is tender and tempeh is lightly browned. Add scallion, red pepper flakes and lemon juice, toss.

ASSEMBLE THE WRAP. Lay out the collard greens. Divide stir-fry amongst each leaf and roll up and serve.

DINNER:

A BOWL OF BRUSSEL SPROUTS

SERVES 2

1 pound Brussels sprouts, halved

1 tablespoon coconut oil

1 avocado

Juice from 1 lemon

1 tablespoon hemp seeds

Salt and pepper to taste

PREPARE BRUSSEL SPROUTS. Preheat oven to 400 degrees. Place halved Brussels sprouts on a baking sheet, toss with coconut oil and season with salt and pepper. Place on baking sheet and cook for 20-25 minutes or until outer leaves begin to crisp.

PREPARE AVOCADO MASH. While the Brussels sprouts are in the oven, mash avocado with lemon juice and season with salt and pepper. Remove Brussels sprouts from oven and place in a bowl with avocado and evenly coat.

SERVE. Sprinkle with hemp seeds and serve.



WARM CARROT SPICE SOUP

SERVES 3-4

1 tablespoon coconut oil
2 cloves garlic, chopped
4 carrots, chopped
1 large yellow onion, chopped
2 stalks celery, chopped
4 cups water
1 green apple, peeled and chopped
2 tablespoons miso
Dash of cinnamon

SAUTE VEGETABLES. In a large pot, add oil. Once oil is warmed, add garlic, onions, carrots and celery and sauté until soft and fragrant, about 5 minutes.

SIMMER UNTIL SOFTENED. Add water and apple and bring to a boil, lower heat and let simmer for 10-15 minutes. Remove from heat.

BLEND THE SOUP. Pour soup into a blender and blend until smooth.

MIX IN THE MISO. Add ½ cup pureed soup back into the pot and add the miso. Mix until the miso is dissolved. Add the remaining soup back into the pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Remove from heat and serve.

