



4-DAY
HORMONE
DETOX
PLAN

flō living

Why You Need to Detox Your Hormones ASAP!

You are exposed to more chemicals in 30 days than your grandparents were their entire lives! All of these chemicals are endocrine disrupting and many of them are xenoestrogenic—meaning they mimic estrogen in your body by adhering to estrogen receptor sites on your cells. This coupled with a diet that is not pro-hormonal, helping to build, balance, and cleanse your natural hormones on a daily basis, leaves you and every other woman perfectly vulnerable to the symptoms and conditions that come along with estrogen overload. You may already be experiencing these in fact. If you have difficult periods, irregular periods, heavy bleeding, PCOS, Fibroids, Ovarian Cysts, Endometriosis, PMS, PMDD, infertility, low sex drive, fatigue, and mood swings, then you absolutely have too much estrogen making you toxic!

That's the bad news, the good news is you can in the next 4 days detox from this estrogen overload and get your endocrine system and hormones working in a more optimized way!

First things first!

Take the Ovary Oath

So are you ready to do this? If you're going to start living the FLO life, and do it right, I'd like for you to vow on your soon-to-be-flourishing ovaries that you'll take responsibility for what you put in your body, home, and garden—and how you spend your time on Planet Earth. You're the only one who can keep your hormones safe, and it's a scary world out there. The U.S. Department of Agriculture says hormones in beef are safe, and yet research has repeatedly suggested that hormone residue influences infertility and breast cancer rates. The federal Toxic Substances Control Act hasn't been updated since 1976, and the current law is so weak that the Environmental Protection Agency (EPA) couldn't even use it to ban asbestos! (The law doesn't require chemicals to be registered or proven safe before they're put into use, and—legally

speaking—it's harder to prove that a chemical's unsafe *after* it's been released than *before*.) Your boss makes you work over forty hours a week, and yet studies say women have more stress than men, due to juggling work *and* home duties. Big food brands swipe nutrients from your lunch and replace them with endocrine-disrupting chemicals such as genetically modified soy. There's a lot to be vigilant about.

But we can't control what we can't control. What we *can* control is what we're eating and how we're living. By improving our cellular and physical environments with diet and lifestyle changes, we can impact the genes that cause the expression of conditions and diseases—and that's really exciting news, for you and for generations of women to come! So let's move on, now, to learning how to halt your avalanche of endocrine disruption once and for all.

As always, I like to end with our FLO pledge aka The Ovary Oath

I pledge allegiance to my ovaries and to living in harmony with their cycles.

I pledge allegiance to my hormones and to feeding them organic foods to optimize their function.

I pledge allegiance to my body, listening to her language and making course corrections when needed.

I pledge allegiance to my feminine **energy and to being a creative force of nature.**

Go forth and use your FLO for good!

Four Days to Detox Your Hormones, Eliminate Symptoms, and Get Back in Your FLO!

I am so excited that you took this step to get your hormones working FOR you!

Whether you need to be free from period drama, free to become a mother, or free to enjoy optimal energy, moods, and sex drive, the key to getting there is balancing your hormones from the functional level out.

This gentle food based cleanse is something I created over a decade ago. During this time, thousands of women have been using this cleanse in my book WomanCode and in our online program at FLOliving.com to reset their endocrine system, improve their hormonal balance and eliminate symptoms fast.

Women who have done this cleanse in 4 days have lost 10lbs, cleared up stubborn acne, and have reaped the benefits for months after with pain and PMS free periods and boosted energy and moods!

The secret to the effectiveness of this cleanse lies in the intersection between functional nutrition and endocrine/hormonal biochemistry. Every meal combines foods that address the underlying causes for endocrine breakdown. This is the hallmark of the FLO Living protocol that has helped thousands of women in 36 countries take charge of their hormones, eliminate symptoms, and their true desires to have it all!

Each day you will be adhering to the protocol:

- 1—stabilizing blood sugar
- 2—restoring adrenal rhythm
- 3—improving estrogen elimination
- 4—living in harmony with your hormones
- 5—engaging your feminine energy

If your estrogen is too high, your insulin all over the place, your thyroid hormone too low, your testosterone too high or MIA, your progesterone too low, and your cortisol surging at the wrong time, this one elegant

protocol restores ALL of these to optimal functioning by increasing the micronutrients you need to manufacture the right amounts of these hormones and to signal to them to do their jobs at the right times for you.

Here's What You Need to Get Started!

- Game Plan—guidelines and preparation tips to get ready
- Shopping List—for the groceries
- Daily Plan—meal by meal guide
- Lifestyle Detox—daily activities to remove FLO blockers
- Recipes
- Bonus daily email coaching
- Bonus 3 day post cleanse transition meal plan

Game Plan

Day 1—get groceries

Day 2 - food prep and mind body prep

Day 3—Start Detox

Day 4—Second Day of Detox

Day 5—Third Day of Detox

Day 6—Fourth Day of Detox

Day 7—bonus day

Day 8—bonus day

Day 9—bonus day

Each day has two areas of focus:

- **Food Detox:** your daily meal plan aka what to eat
- **Lifestyle Detox:** how to improve your eating experience, short activities to help you release the old and welcome the new in your physical environment and your body

Water and Poop

Staying hydrated is extremely important during this cleanse. It supports your body's ability to flush out toxins and keep your bowels regular. Try to drink more water than usual, aiming for at least eight glasses a day. If this makes you feel cold or bloated, drink your water warm or hot. You can also add a little lemon to your water, as this will help with the detox.

Meal Prep aka Never Be Hungry

It's important to spend a little time the day before your cleanse preparing your meals in advance, especially if you'll be keeping up with your normal work routine during the cleanse. That preparation will reduce the amount of time you spend in the kitchen during the four days and will keep things simple and accessible. One thing you definitely want to avoid is getting home after a long day to find there is nothing in the fridge is ready to eat. That's not fun on a regular day, so imagine how you would feel while resetting. Read through the entire meal plan in advance and then use these preparation guidelines and recipes to get started.

The Daily Menu Hit List and Tips for Success

- **Fruit salad:** This will be breakfast every day, so feel free to chop apples in advance or make it as you go.
- **Liver cleansing medley:** We use the term “liver cleansing medley” instead of “salad” to emphasize the fact that this is much more substantial than just lettuce. You’ll be eating this with every lunch meal, so make a big batch of any of the ones listed below. If you keep the dressing separate and use a sealed container, it can last you all week long.
- **Grains:** Make a batch of brown rice or quinoa.
- **Protein:** Use the fish or bean recipes below. You’ll be eating fish for lunch, or just beans if you are vegetarian.
- **Large pot of soup:** This will be your dinner for the first 3 days. Choose from the Quick Veggie Soup or Mung Bean Minestrone below.
- **Greens:** Choose any from the list below, following the recipes or just mixing them in with your soup.

At the end of this book I’ve included some recipes to guide you with the preparation, but feel free to improvise and add in your own ideas!

Mind Body Prep—what do you really want in your life after your symptoms clear up?

Changing your food changes your brain chemistry and allows you to make changes in other areas of your life more easily. This is not only your chance to really set your intentions for a new relationship with your body as you sync up with your WomanCode, but it’s also your opportunity to look at other areas of your life and set new intentions in your relationships and career! Take advantage of the lifestyle exercises we’ve included with each day specifically for that purpose. They are an

essential part of the WomanCode Reset. Don't cheat yourself by just doing the food part and missing the life-changing messages that your body is trying to send you this week! The gift of these three days is clarity to create a new vision for yourself and your life. take 10 minutes to write in your journal and get clear on your intentions for this reset. What is that you really want to get out of these three days? This is your opportunity to get excited and think big. Don't let thoughts of being "practical" get in your way here. What would really make you excited in terms of results by the end of this time?

Shopping List

Before shopping, consult with the daily meal plan so that you can purchase quantities and choices accordingly. (Not everything on this list is mandatory.)

FRUIT

- green apples
- pears
- avocados
- grapes
- lemon
- fresh berries (and other fruit you like, but no melon—it causes water retention)

VEGETABLES

- dark leafy green vegetables (kale, collards, mustard greens, spinach, broccoli rabe)
- baby greens

- bokchoy
- tomato
- carrots
- onion
- scallions
- cucumber
- celery
- radish
- fennel (or other simple spring vegetables)
- garlic
- parsley

CONDIMENTS

- olive oil
- apple cider vinegar

PROTEINS

- white fish (cod, tilapia, haddock, etc.)
- salmon (preferably wild, no tuna)
- beans (cannellini, lentils, black eyed peas, chick peas, etc.)

GRAINS

- brown rice: long grain only—plain brown, brown basmati or brown jasmine
- quinoa
- kasha

SUPPLEMENTS

- your favorite herbal and green teas (if you use sweeteners, use stevia, raw agave nectar or raw honey—they contain valuable enzymes)
- flax seed meal
- your favorite nuts or nut butter (almonds, cashews, etc.)

- Fiber Smart by Renewlife, Fiber Fusion by Enzymatic Therapy, or other fiber supplement
- Chlorella tablets by Jarrow (optional but strongly recommended)
- Green Drink—freshly juiced or powdered (we recommend Kyo-Green)

Non-food items you will need:

- Tupperware to transport food
- a journal (you may want to buy a fresh one to mark the occasion!)
- extra trash bags
- a nice washcloth for hot towel scrub or dry body brush
- Epsom salts or salt scrub
- a sharp knife and a mandolin for slicing
- a cutting board
- a soup pot

Day 1: Easing Into It

Meal Plan

Breakfast and/or Early Morning Snack

- An 8-ounce glass of water
- Fiber supplement
- Fresh fruit salad with lemon juice and 1 tablespoon flax meal
- Green drink and/or Chlorella tablets

Lunch

- Brown rice with 1 tablespoon flax meal
- Protein: salmon or white fish (no tuna, please). Or beans if you are vegetarian.
- Liver cleansing medley

Midafternoon Snack

If you need a snack around 3 or 4 P.M., try any or all of the following:

- Another serving of your lunch or dinner meal
- Veggies or fruits from the list
- Water
- Hot tea

Listen to your body. Does it really want food? Or is it really asking for something else, but food is your usual solution to keep it quiet? Listen.

Dinner

- Quick Veggie Soup or Mung Bean Minestrone

NOTE: if you don't put greens in the soup, make sure to have cooked greens on the side.

Lifestyle Detox:

1—When you eat in a quiet environment and focus on your food, your body devotes more energy to digesting the food and absorbing the nutrients. You also enjoy the flavors and experience more, and therefore require less food to have a satisfying experience.

At the office: find a quiet place to eat; minimize talking, emailing, and web surfing. Just eat and focus on your breathing and chewing (20 times per mouthful).

At home: Leave the TV off. Eat alone or acknowledge to your partner or family that during meals you will be eating more slowly and talking less.

2—Today find *one* thing you can throw out of your home, and I don't mean the trash! Find your edge. You know what you're holding on to. You know what you secretly have pack-ratted away. The space we live in reflects what's going on inside us, and it can get congested, just like we get congested in our bodies. The good news is, we can create change in our bodies by changing our outside environment! So, let's get started: Open your closet and find at least one thing—an article of clothing, shoes, sports equipment, or whatever—that you have not used in the last year. Give these items to the Salvation Army or to your neighbor—or just toss them. Create space for new and exciting things in your life. Life is dynamic—if we hold on to old things, new things will not fit in. Get that one thing in the trash by tonight. Don't put it off—tomorrow will bring a new assignment!

Use a dry brush before your showers while you cleanse and brush toward your heart for best results. Dry brushing provides your organs of detoxification a gentle internal massage to stimulate digestion. It also helps with your circulation.

That's it for Day 1.

Day 2: Being Gentle with Yourself

How's it going? By now you may be feeling lighter and more energized. You may also notice some headache, irritability, or other discomfort. Either reaction is fine and normal, and you are taking the steps to ensure that your blood sugar stasis gets recalibrated, your liver gets a chance to be nourished, and your body can detox from estrogen. You are doing great, and remember you can always reach out for support on FLOliving.com.

Meal Plan

Breakfast and/or Early Morning Snack

- An 8-ounce glass of water
- Fiber supplement
- Fresh fruit salad with lemon juice and 1 tablespoon flax meal
- Green drink and/or Chlorella tablets

Lunch

- Brown rice with 1 tablespoon flax meal
- Protein: Salmon or white fish (no tuna, please), or beans if you are vegetarian
- Liver cleansing medley

Midafternoon Snack

- If you need a snack around 3 or 4 p.m., try any or all of the following:
- Another serving of your lunch or dinner meal
- Veggies or fruits from the list
- Water
- Hot tea

Listen to your body. Does it really want food? Or is it really asking for something else, but food is your usual solution to keep it quiet? Listen.

Dinner

- Quick Veggie Soup or Mung Bean Minestrone

NOTE: if you don't put greens in the soup, make sure to have cooked greens on the side.

Lifestyle Detox

1—Chew Challenge: Increase your chewing at lunch to 15 chews per bite of food, 30 if you're well practiced. Notice that you produce a lot more saliva when you chew for longer, and that you can swallow the saliva without swallowing the food right away. Saliva is such an important element in our whole digestive process and we often just skip it, swallowing our food quickly and making our bellies do much more work.

Also, now that you've had one really light day on Day 1, start to pay attention to how this food feels going in your body. Notice how it feels to be eating less—how is your mental state?

2—Self-Care Reset: Spend some time journaling about the things that feel self-nurturing to you. Most of us assume self-care is expensive and indulgent. Instead, the most sustainable self-care comes from the little ways we can be compassionate to our bodies every day. For inspiration, think of things that your mother did for you or you do or would do for your own child. Brainstorm a few ideas and commit to doing one a day for the next week and see how you feel.

Don't let this assignment slide. Let this be the beginning of a beautiful, loving, and supportive relationship with your body!

3—Kitchen Detox: Did you throw out/donate *one* item last night? If you haven't already, please do that today. And add *one more item* that you are holding on to, but that you know has got to go.

However, the kitchen is our real goal for this evening: Please go through your spice rack/cabinet/ pantry and discard anything that has MSG, partially hydrogenated oils, and that is old. (You know you've had that chili mix for five years!) You also want to throw out any funky seasonings, marinades, sauces, or other nonfood items that are lingering around your fridge or pantry.

Instead, *think fresh!* Replace these items with good-quality sea salt, pepper to grind, and organic non-irradiated herbs and spices like cumin, turmeric, coriander, and thyme.

4—Treat Yourself: If you can, schedule a massage or an acupuncture session for tomorrow to relax and treat yourself. It can also help alleviate any detox symptoms you are experiencing.

5—Internal Plumbing Check In: You're doing such a good job cleaning up your physical spaces. Now we want to focus on your insides. We've been decongesting the liver through this cleanse, but it's also very important to think about your bowel health, because this is where many of the old toxins and residues are actually processed out of your body once your liver has released them.

You should be having a bowel movement first thing in the morning *without* the aid of coffee or tea and another in the afternoon. If not, you are basically sitting with food that is days old.

So, if you have the tendency toward constipation, please:

Increase your water intake: have 8 to 16 ounces of water upon waking to get peristalsis going.

Try a fiber drink. Our favorite is Fiber Smart by Renew Life. It is made from food: ground-up flax seed powder and borage seeds, plus probiotics to ensure healthy intestinal flora levels.

That's it for Day 2.

Don't forget! We are here for you on email if you have any questions at all. Just write to us, we're here.

Day 3: Clearing Out Any FLO Blockers

The focus for Day 3 is environmental stresses and toxins. As you reset internally, you may notice more how physically hard modern living can be at times. Pay attention to how you feel about the pace of where you live. What goes on for you, beyond the obvious “it’s stressful”? What does the sensation in your body feel like? You experience this constantly, but when you are full of junk food, or just overstuffed, it’s easier not to notice. Identifying how your body responds to environmental stress can be a key in eliminating binge and emotional eating. It’s okay to feel your feelings!

Meal Plan

Breakfast and/or Early Morning Snack

- An 8-ounce glass of water
- Fiber supplement
- Fresh fruit salad with lemon juice and 1 tablespoon flax meal
- Green drink and/or Chlorella tablets

Lunch

- Quinoa with 1 tablespoon flax meal
- *Large* liver cleansing medley
- ½ an avocado

Midafternoon Snack

If you need a snack around 3 or 4 p.m., try any or all of the following:

- Another serving of your lunch or dinner meal
- Veggies or fruits from the list
- Water
- Hot tea

Listen to your body. Does it really want food? Or is it really asking for something else, but food is your usual solution to keep it quiet? Listen.

Dinner

- Quick Veggie Soup or Mung Bean Minestrone

NOTE: If you don't put greens in the soup, make sure to have cooked greens on the side

Lifestyle Detox:

1—Appreciation challenge: Today you're not having any animal protein, so really enjoy each bite of food at lunchtime. Sit back, look at your food, and notice the colors and textures. Breathe. Take the time before you eat to appreciate what you will be eating. When you heighten your awareness like this, you will naturally get more out of each mouthful. How does it feel to be vegan for one day? Notice how it feels to be eating less. It is normal to experience cravings and hunger and not to always indulge. How are your emotions?

2—Ease your Exercise: When going through the WomanCode Reset it's normal that you may feel tired. You may also develop some constipation simply due to the smaller quantity of food that you're consuming. The very best thing you can do is stay well-hydrated and scale back on the amount of activity you plan to do this week. Try to rest when you can. Keep physical activity low to prevent exhausting yourself—instead of cardio bootcamp, for instance, take a thirty-minute walk each day. Save the more vigorous activity for when you're done with the reset. If you're feeling very tired, but need your energy for an important appointment or meeting, take a vitamin B₁₂ supplement for a boost of energy.

3 - Abundance assignment: Tonight you should be doing very little. Spend some time journaling about the things in your life that mean a lot to you. Then create a list of people who give you energy when you

interact with them, who support you as you deal with stress in your life, and who support you being the best you. Brainstorm one thing that you can do to show each person how much they mean to you, spending little to no money. Get those creative juices flowing!

Don't let this assignment slide. Let this be the beginning of a more abundant life for you. We'll talk more about abundance tomorrow.

4—Bath Product Detox: How does your kitchen pantry look? How big was your bag of junk? We're so curious to know, so write in to let us know your statistics! Take some pictures and share your new pantry with us!

Now we're moving on to the bathroom!

The products you use to clean your bathroom and household are potential stressors on your health. New scientific research shows that many of the chemicals found in everyday house-cleaning products are bio-accumulative and very toxic, which means that once in your system, they stay in your system and allow for increased free radical damage, which makes you more vulnerable to autoimmune diseases and cancers

Ready to throw things out now?

Find your bleach products, Comet, Ajax, Windex, Lysol, air fresheners, Glade Plug-ins, cute toilet bowl cleaners, and baby powder. Throw them in a garbage bag and toss them out.

What ever will I clean with?! No worries, here's a list of new, equally effective, and bio-*safe* cleaning products:

- Seventh Generation line of cleaning products: You can find this at any health food store, and definitely Whole Foods.
- Orange Oil multi-surface cleaner: dishwashing liquid, laundry detergent, toilet bowl cleaner, and mirror cleaner, all in one. It's *amazing* and all natural.

- BonAmi or Arm and Hammer baking powder in place of Ajax or Comet.
- Hydrogen peroxide in place of Windex.
- White vinegar instead of bleach (plus it's a grease cutter for tile cleaning)

Switching to these bio-safe products takes a load off your liver and helps protect your body year round.

That's it for Day 3.

Don't forget! You are part of a community of women going through this process together. Support the group by writing in to the online community to share your daily experiences.

Day 4: Using your Body as a Tool to Create Your Best Life

The focus for Day 4 is intentions and goal setting. Your reset is also creating mental and emotional clarity for you right now, so take advantage of this special time to set some goals for your New Year, starting right now with a meditation! Select two things that you want to have in your life that you don't have now. They can be objects, experiences, forms of support from others, positive beliefs about yourself, new behaviors, anything. Imagine the thing or experience in full, technicolor detail. Then describe exactly how these new things will change you life and exactly how you will feel when you have them. Be as specific as you can. Now imagine that these things and experiences are present in your life now. Feel the feelings of already having what you want. Notice any sensations of self-doubt or skepticism that come up and gently set them aside. Just breathe deeply and create in your body the feelings of already having these two things you've described. Hold onto those feelings for sixteen seconds. You are programming your body and mind to expect to receive these things into your life. By creating the internal experience of having or being something, you build subconscious confidence to actually pursue and achieve what you want with less effort and less self-sabotage.

How was your vegan day?

Are you doing a little less and resting more?

Meal Plan

Breakfast and/or Early Morning Snack

- An 8-ounce glass of water
- Fiber supplement
- Fresh fruit salad with lemon juice and 1 tablespoon flax meal, plus 1 tablespoon nut butter or 2 tablespoons of nuts/seeds or ½ avocado
- Green drink and/or Chlorella tablets

Lunch

- Brown rice with 1 tablespoon flax meal
- Protein: white fish or beans
- Liver cleansing medley

Mid-Afternoon Snack

If you need a snack around 3 or 4 P.M., try any or all of the following:

- Another serving of your lunch or dinner meal
- Veggies or fruits from the list
- Water
- Hot tea

Listen to your body. Does it really want food? Or is it really asking for something else, but food is your usual solution to keep it quiet? Listen.

Dinner

- Small serving of quinoa
- Cooked dark leafy green vegetables (collards, mustard greens, turnip greens, spinach, etc.) sautéed in or drizzled with extra virgin olive oil.

Lifestyle Detox

Desire and Visioning Challenge:

So many of us sabotage all the hard work we put into our health efforts because we haven't found a new focus to channel all of our vibrant energy into.

What would your life look like if you dreamed big and set goals to reflect your fantasies?

Take time tonight to think about what you want your life to be like this time next year. What are your dreams? Hopes? What is the wildest and most special thing that could happen for you in the next twelve months? Don't be practical. Imagine yourself effortlessly experiencing all you desire.

Get out your old magazines and craft supplies and create a vision board to reflect these dreams and visions for your future. Cut out images of all that you'd like to see show up for you this year. Do you want a great job, great home, loving friends and family, special items? Cut out images that represent what you truly want and need in your life. (Use your old magazines—and don't forget to throw them out after!) Using glue and construction paper, make a collage and post it on your fridge. Look at this collage daily, allow the images to program the reticular activator in your brain, and trust that your vision is on its way to you now.

Also, write down some tangible, practical, proactive steps you could take to accomplish these dreams. Who will you need support from? What will be your biggest obstacles? What are you afraid of?

The universe has everything in *such abundance*. It's all waiting for you. ASK!

Celebrate!

What an amazing gift you've given to yourself—you should celebrate your commitment to health! Tonight, take a bath in Epsom or kosher salts and add your favorite essential oils. Your skin is your largest organ of elimination—heat helps pores open, and salt draws out toxins and impurities. So this bath is luxurious, but it also completes the detoxification you have been working on all week. If you aren't able to bathe, fill your sink with hot water and add the salts. Dip a clean washcloth in the water, wring out thoroughly, apply to dry skin and scrub yourself down.

We are here for you on email or the online community if you have any questions at all. Just write to us; we're here. What to eat after the reset?

Read on for the 3 Day Detox Transition Plan.

Bonus: 3-Day Detox Transition Plan

Often after we do a detox, we go right back into eating foods that are hard for the body to digest. These menus need no recipes—the simplest preparation is best here. Use these three days to ease back into more calories, fat and protein and of course eat to support your hormones!

DAY 1

Breakfast and/or Early Morning Snack

- An 8-ounce glass of water with lemon
- 2 Slices Gluten Free Bread with ½ or whole avocado and pink Himalayan salt

Lunch

- Quinoa Pilaf (Boil Quinoa, Steam Broccoli and chop, add 1 can brown lentils and sunflower seeds, 1 T flax, lemon juice, olive oil, salt)

Midafternoon Snack

If you need a snack around 3 or 4 p.m., try any or all of the following:

- Another serving of your lunch
- An apple
- Hot tea

Dinner

- Garlicky Greens and Roasted Salmon
- Dessert: 2 dates and 2 squares dark chocolate

DAY 2

Breakfast and/or Early Morning Snack

- An 8-ounce glass of water with lemon
- Oatmeal with a TB of Sunbutter and 1 TB raisins, cinnamon and 1TB flax

Lunch

- Lentils over Arugula with ½ Avocado, lemon juice olive oil dressing

Midafternoon Snack

If you need a snack around 3 or 4 P.M., try any or all of the following:

- Hard boiled egg
- An apple
- Hot tea

Dinner

- Roasted Chicken with Brussels Sprouts and Baked Sweet Potato
- Dessert: 2 dates and 2 squares dark chocolate

DAY 3

Breakfast and/or Early Morning Snack

- An 8-ounce glass of water with lemon
- 2 eggs with greens and mushrooms

Lunch

- Tartine of Toasted Gluten Free Bread, Smoked Salmon and Baby Spinach

Midafternoon Snack

If you need a snack around 3 or 4 P.M., try any or all of the following:

- An apple
- Granola with Almond Milk

Dinner

- Steamed Spaghetti Squash and Turkey Meatballs with Marinara Sauce
- Dessert: 2 dates and 2 squares dark chocolate

RECIPES

Soups

Quick Veggie Soup

- + In a large pot of water toss chopped garlic, onion, celery, carrot, parsley, and turnip.
- + You may add any other leafy greens that you like: escarole, cabbage, and kale are great.
- + Let simmer about 30 minutes, or until veggies are soft, then serve.

Mung Bean Minestrone

- + Sauté 1 chopped onion in olive oil, salt, and pepper for a few minutes.
- + Add a few chopped carrots and continue sautéing.
- + Then add 1 quart of vegetable broth or water and cook until carrots begin to soften.
- + Add 2 chopped zucchini and 2 chopped yellow squash, 1 can peeled crushed tomatoes (or fresh chopped tomatoes), and 1 bag frozen cut string beans.
- + In a separate pot, cook mung bean (see recipe below). Lentils make a fine substitution.
- + Add beans to soup when finished.

Liver Cleansing Medleys

Fruit Salad (only for breakfast)

- + Chop and/or mix any combination of the following: green apples, pears, blueberries, blackberries, raspberries, strawberries, grapes.
- + Squeeze fresh lemon juice on top and sprinkle with ground flax seeds

Spring Mix Salad

- + Using a mandolin (or a regular knife—whichever you prefer), slice 1 bunch radishes, 1 cucumber, a few stalks of celery, and a few carrots (or other veggies of your choice).
- + Mix in a bowl with mesclun greens and/or arugula and a jar of artichoke hearts, drained and sliced. Dress with olive oil and apple cider vinegar.

Bok Choy Salad

- + Slice thinly and mix together: 6 stalks of bokchoy, ½ a small red onion, 1 Granny Smith apple, and (optional) ½ cup of sprouts. Add lemon juice, salt, and coriander.
- + Veggies will get softer from the lemon juice/salt combo, so the longer you let it sit, the better it tastes! Dress with olive oil before serving.

Raw Kale Salad

- + Chop 1 bunch of lacinato (dinosaur) kale, thinly slice ½ red onion, thinly slice fennel bulb.
- + Toss in a bowl, squeeze the juice of 2 lemons over the salad and sprinkle with salt. Let it sit for a few hours or overnight until it wilts. (The longer, the better)
- + Dress with olive oil before serving.

Greens

Steam Sautéed Veggies

SUPER easy—for any of the leafy green veggie requirements.

- + Simply wash your greens under the faucet.
- + Tear them up in your hand and discard the stems/stalks of the leaves.
- + Toss the greens into a sauté pan that has 1 tablespoon of oil in it.
- + Heat through and sprinkle with sea salt.
- + Wait 60 seconds, then add ½ cup of cold water.
- + Cover with a tight-fitting lid and walk away.
- + Come back 5 minutes later and the veggies will be perfect.
- + Add any condiment you'd like (i.e. toasted sesame oil, olive oil, tamari, herbs and spices).
- + Stir through before serving.

Some examples with variations ...

Sautéed Escarole

- + Sauté ½ bunch of scallions in olive oil in a large pan.
- + Add 1 head escarole chopped into small pieces, add a few splashes of water, cover for a minute, and cook until wilted.

Collards

- + Sauté ½ chopped onion and 1 red bell pepper (chopped) in olive oil for a few minutes.
- + Add 1 head of collards, de-stemmed and sliced into thin strips.
- + Season with salt, pepper, and nutmeg.
- + Then add some water, cover and cook until greens are tender.

Grains

Basic Brown Rice Recipe

- + Measure 1 cup of rice and RINSE in a colander
- + Add 1 tablespoon olive oil to pot and sauté rice for about 5 minutes until the rice gives off a nutty aroma.
- + Add 2 cups of water to pot with rice and bring to a boil.
- + Then reduce heat to the lowest gas mark and cover with a tight-fitting lid.
- + Let it cook for about 45 minutes, or until all water is absorbed.

Quinoa Recipe

- + Measure 1 cup of quinoa and rinse in a colander.
- + Add to 2 cups water in a pot.
- + Bring to a boil.
- + Then reduce heat to the lowest gas mark and cover with a tight-fitting lid.
- + Let it cook for 15 to 20 minutes, or until all water is absorbed.

Spring Style Pilaf

- + Cook 1 cup brown rice. Slice radishes julienne style, chop scallions, and chop watercress leaves. Toss all ingredients together and add brown rice vinegar and olive oil.

Protein

Lively Lentils

- + Place dried lentils, chopped onion, and chopped wakame (or other sea vegetable) in a saucepan. Cover with water. Bring to a boil, and then simmer until lentils get soft. Season with parsley.

Magnificent Mung Beans

These beans are ideal for cleansing!

- + You may pre-soak them or, to soak in a hurry, pour boiling water over beans in a pot, let sit for 15 minutes, then drain and rinse.
- + In a large pot, add 2 parts water to 1 part mung beans and a strip of kombu.
- + Bring to a boil, then cover and simmer until beans are cooked fully.

Easy Beans

For those of you without the time or desire to cook beans from scratch, we recommend using canned beans—Eden Organic is our favorite brand.

Simply pop open the can, pour into a colander, and rinse off.

Then you can eat them as is, adding spices and oils, or you can heat them up by sautéing them in a pan with olive oil.

Try adding in chopped scallions or onions to give them a little flavor.

Some great spring bean options: cannellini, black-eyed peas, lentils, mung beans.

Salmon and White Fish Recipes

We recommend broiling, pan-cooking, or making the fish “en papillote,” a French-style of cooking the fish in an enclosed poach which keeps it from drying out (yum!).

Broil:

- + Brush with olive oil, lemon juice, and spices.
- + Place fish fillets on a piece of aluminum foil and put in broiler.
- + Depending on how thick or thin the fish is cooking times will vary.

Sauté:

- + Heat olive oil in a frying pan.
- + Add fish fillets and cook each side for a few minutes.
- + Same as the broiling—depending on how thick or thin, cooking times will vary.
- + Season with lemon juice and spice.

En Papillote:

- + Preheat oven (or toaster oven) to 400°F.
- + Create an envelope pouch with a sheet of parchment paper.
- + Lightly oil the paper and put fish fillet inside.
- + Add some lemon juice, sliced veggies, and spices.
- + Fold the paper to close it, then wrap a piece of aluminum foil around everything
- + Place in oven and cook for 6 to 10 minutes.
- + Be careful—it will be steamy when you open it up!

Cleanse Enhancers

Green Drink

(with your breakfast or midmorning snack)

In a juicer—at home or at a health food store—juice 3 to 6 stalks celery, ½ cucumber, ½ cup parsley, ½ green apple, and 1 whole small lemon with skin.

Immune Booster

Grate daikon radish (about 3 inches) and/or ginger root and/or 1 clove raw garlic chopped fine or pressed through a garlic press. Add to salads, veggies, or grains. These foods are anti-microbial and blood cleaners—they will give your immune system a real boost!