

**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
- 1 tablespoon of raw apple cider vinegar
- Juice of 1 lemon
- dash of sea salt
- 1 teaspoon raw honey, maple syrup to taste (optional)

**NOTE:** If you feel nauseous or experience tightness in the chest after drinking the morning elixir, omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during detox. Continue to drink the Lemon Water Elixir without the apple cider vinegar (or use only ½ teaspoon) for at least three days, and then gradually reintroduce the raw apple cider vinegar. If the reactions continue upon reintroduction, continue to drink only the lemon water.



## CRANBERRY CLEANSER

### **Makes 1 serving**

2 tablespoons cranberry juice concentrate

1 cup room-temperature water

Juice from 1 lemon

Dash of cinnamon

1 teaspoon raw honey, maple syrup to taste (optional)

\*NOTE: If you cannot find cranberry concentrate, you can use pomegranate or cherry concentrate instead. Or check Amazon

# DAY 1

## BREAKFAST:

### BERRY SMOOTHIE

1 ½ cups nondairy milk or coconut water

1 cup frozen berries

1 cup spinach

1 tablespoon coconut oil

1 tablespoon ground flax seeds

½-inch piece of fresh ginger

1 scoop NeoLife protein powder

dash of cinnamon

2 tablespoons unsulphured coconut shreds (topping)



## LUNCH:

### MASSAGED KALE SALAD

**Serves 2**

- 1 bunch kale, chopped (any variety)
- 1 avocado
- juice of 1 lemon
- sea salt and black pepper to taste
- 1 beet, shredded

Place chopped kale in a large salad bowl. Top with avocado, lemon juice, sea salt and black pepper. Use your hands to massage the mixture until the kale is tender and wilted. The avocado and lemon juice should coat the kale to make a salad dressing. Top with shredded beets and your choice of protein as listed in Recipe Basics.

## DINNER:

### WARM WINTER DETOX SALAD

**Serves 2**

- 1 large onion, chopped
- 1 large apple, cored and chopped
- 2 cups butternut squash, chopped
- 1-pound fresh green beans
- 2 tablespoons coconut oil
- sea salt and black pepper to taste
- 4 cups baby spinach
- Green Tahini Dressing (recipe in Dressings)



Preheat oven to 400 degrees F.

Place apple, butternut squash, and green beans in a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper. Spread on a shallow baking pan and roast for 30 to 35 minutes until the squash is tender and brown around the edges. Set to the side to cool. Serve over raw baby spinach topped with Green Tahini Dressing. Serve with your choice of protein as listed in Recipe Basics.

## DAY 2

### BREAKFAST:

#### CLEANSE SMOOTHIE

- 1 ½ cups nondairy milk or coconut water
- 1 cup spinach
- 2 kale leaves
- ½ avocado
- 1 orange
- 1 scoop NeoLife protein powder
- 1 tablespoon ground flax seeds
- dash of cayenne



## LUNCH:

### ROASTED VEGETABLE SALAD BOWL

#### **Serves 2**

- 2 cups butternut squash, chopped
- 1 large sweet potato, chopped
- 1 large leek, chopped
- 2 tablespoons coconut oil
- sea salt and black pepper to taste
- 4 cups mixed greens
- ½ bunch cilantro, chopped
- ½ bunch parsley, chopped
- tahini dressing
- 2 tablespoons hemp seeds
- 1 tablespoon dulse (optional)

Preheat oven to 400 degrees F.

Combine chopped butternut squash, sweet potato and leek\*\* in a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper.

\*\*Don't know how to chop a leek? Chop off the top, tough dark green end of the leek. Take the remaining end and split in half, lengthwise. Rinse under cool water to remove any sand or dirt between the layers. Once the leek is clean, slice thinly and add to your squash and sweet potato mixture.

Spread the squash, sweet potato, and leek mixture onto a baking sheet. Roast for about 25 to 30 minutes or until the mixture is tender and brown along the edges.

To serve, add mixed greens, cilantro, and parsley to a large salad bowl. Top with tahini dressing, hemp seeds, and dulse. The roasted vegetables



can be added warm or cold on top of your salad. Add a protein of your choice, if desired. All protein recipes are listed in Recipe Basics.

## DINNER:

### SWEET POTATO MASH BOWL

#### **Serves 4**

- 4 large baked sweet potatoes (see Recipe Basics)
- 1 teaspoon pumpkin pie spice (or use cinnamon, nutmeg, cloves)
- 1 tablespoon coconut oil
- 4 cups mixed greens
- 2 apples, chopped
- 1 small red onion, chopped
- 1 avocado
- 1 tablespoon sesame seeds
- Orange Vinaigrette (see Dressings)

Remove the skin off the sweet potatoes. Mash the remaining sweet potato in a mixing bowl with spices and coconut oil. Top with mixed greens, chopped apple, chopped onion, avocado, sesame seeds, and Orange Vinaigrette. Serve with your choice of protein as listed in Recipe Basics.



# DAY 3

## BREAKFAST:

### WARM CARROT GINGER RAISIN CHIA PUDDING

#### **Serves 1**

- 1 cup nondairy milk
- 1-inch piece of ginger, shredded
- 1 handful shredded carrots
- 1 tablespoon maple syrup or a few drops of stevia
- 1 teaspoon pumpkin pie spice
- 1/3 cup chia seeds
- 1 handful of raisins

Heat milk, ginger, carrots, maple syrup or stevia, and pumpkin pie spice in a saucepan over low/medium heat for about 3 minutes. Heat until the milk is warm, NOT boiling.

Pour chia seeds in a serving bowl. Top with the warm milk mixture and stir well. Allow the chia seeds to soak up the liquid for about 5 minutes. Mix and top with raisins before serving.





## LUNCH:

### ADRENAL BOOST SALAD

**Serves 2**

- 4 cups baby spinach
- ½ bunch parsley, chopped
- 1 large beet, shredded
- 1 large apple, chopped
- 1 large carrot, shredded
- 1 handful radishes, chopped in half
- Green Tahini Dressing (see Dressings)

Combine all ingredients in a large mixing bowl. Toss and serve. Add a protein of your choice, if desired. All protein recipes are listed in Recipe Basics.

## DINNER:

### CURRIED PEA AND CARROT SOUP

**Serves 4**

- 1 tablespoon coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 teaspoon cumin
- 1 teaspoon curry powder
- 16-ounce bag frozen peas
- 1 bunch carrots, chopped
- 4 cups vegetable broth



Melt coconut oil in a large soup pot over medium heat. Once the oil is melted, add chopped onion and garlic. Sauté for about 3 minutes. Add the cumin and curry powder. Heat the spices for about 2 minutes to enhance the flavor. Add the peas, carrots, and broth. Stir well and cover. Bring the soup to a boil, then lower the flame to a simmer. Let it cook for about 20 minutes. Allow the soup to sit for at least one hour before serving for the best flavor; overnight is best. Season with salt and pepper if needed. Serve with a side salad.

## DAY 4

### BREAKFAST:

#### SPICY CACAO SMOOTHIE

- 1 ½ cups coconut milk
- ½ avocado
- 1 cup spinach
- 2 dates, pits removed
- 1 scoop NeoLife protein powder
- 2 tablespoons raw cacao
- ¼ teaspoon nutmeg powder
- dash of cayenne
- dash of cinnamon



## LUNCH:

### GARLIC LEMON ROASTED BROCCOLI BOWL

#### **Serves 2**

- 1 bunch broccoli, chopped
- 1 head garlic, separated and paper removed
- 2 tablespoons coconut oil
- sea salt and black pepper to taste
- juice of 1 lemon
- 4 cups mixed greens
- 2 sheets nori
- 1 avocado, sliced
- dressing of your choice

Preheat oven to 450 degrees F.

Add chopped broccoli and garlic to a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper. Layer onto a baking sheet and roast for about 20 minutes. The broccoli should be tender and slightly brown along the edges. Add fresh lemon juice and marinate while you prepare the rest of the ingredients.

Place mixed greens in a large salad bowl. Tear up the nori sheets into bite-sized pieces and place on top of the salad. Top with avocado and a dressing of your choice. You can add the roasted broccoli and garlic warm from the oven or cold. Add a protein of your choice, if desired. All protein recipes are listed in Recipe Basics.



## DINNER:

### ITALIAN ROASTED VEGETABLES WITH SALAD

**Serves 4**

- 2 large beets, chopped
- 1 large fennel, chopped
- 1 cup butternut squash
- 1 large carrot
- 1 large onion
- 1 head of garlic, separated and paper removed
- 1 tablespoon Italian seasoning
- sea salt and black pepper to taste

Preheat oven to 400 degrees F.

Combine all ingredients in a large mixing bowl. Mix well and spread on a shallow baking sheet. Bake for about 30 to 40 minutes or until all the vegetables are tender and golden brown along the edges. Remove from heat and set to the side to cool for about 15 minutes. Serve vegetables warm or cold with a large salad and sliced avocado. Add your choice of protein as listed in Recipe Basics.



# DAY 5

## BREAKFAST:

### IMMUNE SMOOTHIE

- ½ cup nondairy milk or coconut water
- 1 cup kale
- 1 handful parsley
- 1 cup blueberries
- 1 orange
- 1 tablespoon coconut oil
- 1 tablespoon raw cacao
- 1 tablespoon bee pollen (topping)
- dash of cinnamon (topping)

## LUNCH:

### CARROT PARSNIP SOUP

**Serves 4 to 6**

- 1 tablespoon coconut oil
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 2 cups chopped carrots (1-inch pieces)
- 2 large parsnips, chopped
- 2 teaspoons dried thyme
- 6 cups vegetable broth



juice of 1 lemon  
1 teaspoon garlic powder  
sea salt and black pepper to taste

Melt coconut oil in a large pot over medium heat. Once the oil is melted, add chopped onion and garlic. Sauté for about 3 minutes. Add carrots, parsnips, thyme, and vegetable broth. Cover and bring to a boil. Reduce the heat and simmer for about 20 minutes or until the vegetables are tender. Season with salt and pepper if needed.

## DINNER:

### WARM KALE SALAD WITH SPICY BRUSSEL SPROUTS

#### **Serves 2**

2 cups Brussel sprouts, trimmed and cut in half  
2 tablespoons coconut oil  
pinch of cayenne pepper (optional)  
1 teaspoon garlic powder  
sea salt and black pepper to taste  
1 bunch kale, chopped  
1 handful of radishes, sliced in half  
2 scallions, chopped  
1 handful pumpkin seeds

Preheat oven to 400 degrees F.

Place Brussel sprouts in a large mixing bowl. Coat with coconut oil. Season with cayenne, garlic powder, sea salt, black pepper, and coconut oil. Spread onto a shallow baking sheet and roast for about 30 minutes. The Brussel sprouts should be tender and golden brown along the edges.



While the Brussel sprouts are roasting, start sautéing the kale. Add a tablespoon of coconut oil to a hot pan. When the oil is melted, add chopped kale and season with a bit of sea salt and black pepper. Sauté for about 3 minutes, just until the kale is wilted. Remove from the pan and serve in a bowl topped with sliced radishes, scallions, pumpkin seeds, and roasted Brussel sprouts. Serve with your choice of protein as listed in Recipe Basics.

## DAY 6

### BREAKFAST:

#### BOUNDLESS ENERGY SEED CEREAL

##### **Serves 1**

- 1 handful raw pumpkin seeds
- 1 handful raw sunflower seeds
- 1 handful sesame seeds
- 1 tablespoon ground flax seeds
- 1 tablespoon unsweetened coconut flakes
- 1 handful raisins
- 1 apple, chopped
- 1 teaspoon cinnamon
- 1 cup nondairy milk
- 1 tablespoon maple syrup or honey

Combine all ingredients in a cereal bowl. Mix well and serve.



## LUNCH:

### MASSAGED KALE SALAD

**Serves 2**

- 1 bunch kale, chopped (any variety)
- 1 avocado
- juice of 1 lemon
- sea salt and black pepper to taste
- 1 beet, shredded

Place chopped kale in a large salad bowl. Top with avocado, lemon juice, sea salt and black pepper. Use your hands to massage the mixture until the kale is tender and wilted. The avocado and lemon juice should coat the kale to make a salad dressing. Top with shredded beets and your choice of protein as listed in Recipe Basics.

## DINNER:

### HEARTY VEGETABLE SOUP WITH SWEET POTATO

**Serves 4**

- 1 tablespoon coconut oil
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 2 large sweet potatoes, chopped
- 2 large white turnips, chopped
- 4 large carrots, chopped
- 2 teaspoons dried Italian seasoning
- 8 cups vegetable broth
- 1 bunch kale, chopped (any variety)
- 1 bunch cilantro, chopped





Melt coconut oil in a large soup pot on a stove over medium heat. When the oil is melted, add onion and garlic. Sauté for about 3 minutes. Add sweet potatoes, turnips, carrots, Italian seasoning, and broth. Stir well. Cover and bring to a boil. Lower the heat and let it simmer for about 25 to 30 minutes until the vegetables are tender. Add in the kale and cilantro during the last 5 minutes of cooking. Serve with a side salad.

## DAY 7

### BREAKFAST:

#### GINGER SMOOTHIE

- 1 ½ cups of nondairy milk or coconut water
- 1 cup kale
- ½ avocado
- ½ cup pineapple
- 1-inch piece of fresh ginger
- 1 scoop NeoLife protein powder



## LUNCH:

### GREEN STUFFED SWEET POTATOES

#### Serves 2

- 1 teaspoon coconut oil
- 1 small onion, chopped
- 1 bunch kale (any variety), chopped
- 1 large carrot, shredded
- sea salt and black pepper to taste
- 2 baked sweet potatoes (see Recipe Basics)
- 1 avocado
- ½ bunch cilantro, chopped
- dressing of your choice

Melt coconut oil in a sauté pan over medium heat. When the oil is melted, add chopped onion. Sauté for about 3 minutes until fragrant, then add chopped kale. Sauté for an additional 3 minutes, then add shredded carrot. Sauté for an additional 5 minutes until the kale is tender.

Serve kale over a warm sweet potato topped with avocado, cilantro, and the dressing of your choice. Add a protein of your choice, if desired. All protein recipes are listed in Recipe Basics.

## DINNER:

### IMMUNE BOOSTING GINGER BROCCOLI BOWL

#### Serves 2

- 1 tablespoon coconut oil
- 1 large onion, chopped
- 2 large carrots, chopped
- 1 large beet, sliced



- 1-inch piece of ginger, grated
- 2 garlic cloves, chopped
- 1 bunch broccoli, chopped
- 1 avocado
- 1 handful pumpkin seeds
- Orange Vinaigrette (Dressings)

Melt coconut oil in a large sauté pan over medium heat. When the oil has melted, add onion, carrots, and the beet. Sauté until soft (about 10 minutes). You may need to add about a ¼ cup of water and cover to help the cooking process. Once the carrots and beet start to become tender, add ginger, garlic, and chopped broccoli. Again, add another ¼ cup of water and cover to aid the cooking process if needed. Once the broccoli is bright green and tender (about 3 to 5 minutes), remove the mixture from the heat and serve in bowls. Top with sliced avocado, pumpkin seeds, and Orange Vinaigrette. Serve with your choice of protein as listed in Recipe Basics.

## DAY 8

### BREAKFAST:

#### SIMPLE SMOOTHIE

- 1 ½ cups of nondairy milk or coconut water
- ½ avocado
- 1 apple
- 1 cup spinach
- 1 tablespoon tahini
- 1 scoop NeoLife protein powder
- dash of cinnamon
- dash of nutmeg



## LUNCH:

### DAY 8 - GINGER BROCCOLI CASHEW STIR-FRY

#### **Serves 2**

- 1 cup vegetable broth
- 1-inch piece of ginger, grated
- 1 bunch broccoli, chopped
- 2 large carrots, shredded
- 1 teaspoon garlic powder
- sea salt and black pepper to taste
- 1 cup raw, unsalted cashews

Heat a large sauté pan over medium heat. Add vegetable broth and ginger. When the broth is hot, add broccoli and carrots. Season with garlic powder, sea salt, and black pepper. Toss so that the broccoli is covered in the broth. Cover and lower the heat for about 3 minutes. Remove the cover, set the heat on high, and allow the broth to evaporate. Serve in a bowl topped with cashews. Serve with desired protein as listed in Recipe Basics.

## DINNER:

### CURRIED PEA AND CARROT SOUP

#### **Serves 4**

- 1 tablespoon coconut oil
- 1 onion, chopped
- 2 garlic cloves, chopped



- 1 teaspoon cumin
- 1 teaspoon curry powder
- 16-ounce bag frozen peas
- 1 bunch carrots, chopped
- 4 cups vegetable broth

Melt coconut oil in a large soup pot over medium heat. Once the oil is melted, add chopped onion and garlic. Sauté for about 3 minutes. Add the cumin and curry powder. Heat the spices for about 2 minutes to enhance the flavor. Add the peas, carrots, and broth. Stir well and cover. Bring the soup to a boil, then lower the flame to a simmer. Let it cook for about 20 minutes. Allow the soup to sit for at least one hour before serving for the best flavor; overnight is best. Season with salt and pepper if needed. Serve with a side salad.

## DAY 9

### BREAKFAST:

#### WARM CARROT GINGER RAISIN CHIA PUDDING

**Serves 1**

- 1 cup nondairy milk
- 1-inch piece of ginger, shredded
- 1 handful shredded carrots
- 1 tablespoon maple syrup or a few drops of stevia
- 1 teaspoon pumpkin pie spice
- 1/3 cup chia seeds
- 1 handful of raisins



Heat milk, ginger, carrots, maple syrup or stevia, and pumpkin pie spice in a saucepan over low/medium heat for about 3 minutes. Heat until the milk is warm, NOT boiling.

Pour chia seeds in a serving bowl. Top with the warm milk mixture and stir well. Allow the chia seeds to soak up the liquid for about 5 minutes. Mix and top with raisins before serving.

## LUNCH:

### DAY 9 - WALNUT TACO SALAD

#### **Serves 2**

- 1 cup walnuts
- 1 small carrot, chopped
- ¼ cup chopped cilantro
- 1 teaspoon cumin
- 1 teaspoon chili powder
- sea salt and black pepper to taste
- 2 cups mixed greens
- Green Tahini Dressing

Combine walnuts, carrot, cilantro, cumin, chili powder, sea salt, and black pepper in a high-speed blender or food processor. Pulse for about 30 seconds. The texture should be chunky, not smooth like peanut butter. Place mixed greens in a salad bowl. Top with walnut mixture and Green Tahini Dressing. Serve with desired protein as listed in Recipe Basics.



## DINNER:

### SWEET POTATO MASH BOWL

**Serves 4**

- 4 large baked sweet potatoes (see Recipe Basics)
- 1 teaspoon pumpkin pie spice
- 1 tablespoon coconut oil
- 4 cups mixed greens
- 2 apples, chopped
- 1 small red onion, chopped
- 1 avocado
- 1 tablespoon sesame seeds
- Orange Vinaigrette (see Dressings)

Remove the skin off the sweet potatoes. Mash the remaining sweet potato in a mixing bowl with pumpkin pie spice and coconut oil. Top with mixed greens, chopped apple, chopped onion, avocado, sesame seeds, and Orange Vinaigrette. Serve with your choice of protein as listed in Recipe Basics



# DAY 10

## BREAKFAST:

### BERRY SMOOTHIE

- 1 ½ cups nondairy milk or coconut water
- 1 cup frozen berries
- 1 cup spinach
- 1 tablespoon coconut oil
- 1 tablespoon ground flax seeds
- ½-inch piece of fresh ginger
- 1 scoop NeoLife protein powder
- dash of cinnamon
- 2 tablespoons unsulphured coconut shreds (topping)

## LUNCH:

### MASSAGED KALE SALAD

**Serves 2**

- 1 bunch kale, chopped (any variety)
- 1 avocado
- juice of 1 lemon
- sea salt and black pepper to taste
- 1 beet, shredded

Place chopped kale in a large salad bowl. Top with avocado, lemon juice, sea salt and black pepper. Use your hands to massage the mixture until the kale is tender and wilted. The avocado and lemon juice should





coat the kale to make a salad dressing. Top with shredded beets and your choice of protein as listed in Recipe Basics.

## DINNER:

### DAY 10 - EDAMAME WITH ROASTED CARROT CAULIFLOWER HUMMUS

1 bunch large carrots, chopped  
1 head cauliflower, chopped  
2 tablespoons coconut oil  
sea salt and black pepper to taste  
½ cup tahini  
¼ cup water  
juice of 1 lemon  
1 teaspoon cumin  
1 teaspoon turmeric  
¼ cup extra virgin olive oil  
10-ounce package of frozen edamame in the pod

Preheat oven to 400 degrees F.

Coat chopped carrots and cauliflower with coconut oil. Season with sea salt and black pepper. Roast for about 40 to 45 minutes. The vegetables should be tender and golden brown. Remove from the heat and set to the side to cool.

Place cooled vegetables in a high-speed blender along with tahini, water, lemon juice, cumin, turmeric, and extra virgin olive oil. Blend until smooth. Season with salt and pepper if needed.



To prepare the edamame, fill a medium sized pot with water. Cover and place on the stove over high heat. When the water is boiling, add the frozen edamame in the pod. Boil for about 3 to 5 minutes until tender. Drain and pat dry. Season with a dash of sea salt and black pepper. Serve with the hummus when cool enough to handle.

## DAY 11

### BREAKFAST:

#### GINGER SMOOTHIE

- 1 ½ cups of nondairy milk or coconut water
- 1 cup kale
- ½ avocado
- ½ cup pineapple
- 1 scoop NeoLife protein powder
- 1-inch piece of fresh ginger

### LUNCH:

#### ROASTED VEGETABLE SALAD BOWL

##### **Serves 2**

- 2 cups butternut squash, chopped
- 1 large sweet potato, chopped
- 1 large leek, chopped
- 2 tablespoons coconut oil
- sea salt and black pepper to taste
- 4 cups mixed greens
- ½ bunch cilantro, chopped



½ bunch parsley, chopped  
tahini dressing  
2 tablespoons hemp seeds  
1 tablespoon dulse (optional)

Preheat oven to 400 degrees F.

Combine chopped butternut squash, sweet potato and leek\*\* in a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper.

\*\*Don't know how to chop a leek? Chop off the top, tough dark green end of the leek. Take the remaining end and split in half, lengthwise. Rinse under cool water to remove any sand or dirt between the layers. Once the leek is clean, slice thinly and add to your squash and sweet potato mixture.

Spread the squash, sweet potato, and leek mixture onto a baking sheet. Roast for about 25 to 30 minutes or until the mixture is tender and brown along the edges.

To serve, add mixed greens, cilantro, and parsley to a large salad bowl. Top with tahini dressing, hemp seeds, and dulse. The roasted vegetables can be added warm or cold on top of your salad. Add a protein of your choice, if desired. All protein recipes are listed in Recipe Basics.

## DINNER:

### CARROT PARSNIP SOUP

**Serves 4 to 6**

1 tablespoon coconut oil  
1 large onion, chopped  
2 garlic cloves, chopped  
2 cups chopped carrots (1-inch pieces)



2 large parsnips, chopped  
2 teaspoons dried thyme  
6 cups vegetable broth  
juice of 1 lemon  
1 teaspoon garlic powder  
sea salt and black pepper to taste

Melt coconut oil in a large pot over medium heat. Once the oil is melted, add chopped onion and garlic. Sauté for about 3 minutes. Add carrots, parsnips, thyme, and vegetable broth. Cover and bring to a boil. Reduce the heat and simmer for about 20 minutes or until the vegetables are tender. Season with salt and pepper if needed.

## DAY 12

### BREAKFAST:

#### DAY 12 - VANILLA ORANGE YOGURT BOWL

##### **Serves 1**

1 cup vanilla yogurt  
1 large orange, peeled and separated  
1 tablespoon unsweetened coconut flakes  
1 teaspoon ground flax seeds  
dash of cinnamon

Place yogurt in a small serving bowl. Top with orange sections, coconut flakes, ground flax seeds, and cinnamon. Serve immediately or store in an airtight container and eat within 2 days.



## LUNCH:

### ADRENAL BOOST SALAD

**Serves 2**

- 4 cups baby spinach
- ½ bunch parsley, chopped
- 1 large beet, shredded
- 1 large apple, chopped
- 1 large carrot, shredded
- 1 handful radishes, chopped in half
- Green Tahini Dressing (see Dressings)

Combine all ingredients in a large mixing bowl. Toss and serve. Add a protein of your choice, if desired. All protein recipes are listed in Recipe Basics.

## DINNER:

### ITALIAN ROASTED VEGETABLES WITH SALAD

**Serves 4**

- 2 large beets, chopped
- 1 large fennel, chopped
- 1 cup butternut squash
- 1 large carrot
- 1 large onion
- 1 head of garlic, separated and paper removed
- 1 tablespoon Italian seasoning
- sea salt and black pepper to taste

Preheat oven to 400 degrees F.



Combine all ingredients in a large mixing bowl. Mix well and spread on a shallow baking sheet. Bake for about 30 to 40 minutes or until all the vegetables are tender and golden brown along the edges. Remove from heat and set to the side to cool for about 15 minutes. Serve vegetables warm or cold with a large salad and sliced avocado. Add your choice of protein as listed in Recipe Basics.

## DAY 13

### BREAKFAST:

#### DAY 13 - KEFIR SMOOTHIE

**Serves 1**

- 1 cup plain kefir
- 1 cup frozen fruit of your choice
- 1-inch piece of ginger
- 1 scoop NeoLife protein powder
- 1 teaspoon cinnamon
- 4 dates, pit removed

Blend all the ingredients in a high-speed blender until smooth. Serve immediately or store in an airtight container and drink within 24 hours.



## LUNCH:

### GARLIC LEMON ROASTED BROCCOLI BOWL

**Serves 2**

- 1 bunch broccoli, chopped
- 1 head garlic, separated and paper removed
- 2 tablespoons coconut oil
- sea salt and black pepper to taste
- juice of 1 lemon
- 4 cups mixed greens
- 2 sheets nori
- 1 avocado, sliced
- dressing of your choice

Preheat oven to 450 degrees F.

Add chopped broccoli and garlic to a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper. Layer onto a baking sheet and roast for about 20 minutes. The broccoli should be tender and slightly brown along the edges. Add fresh lemon juice and marinate while you prepare the rest of the ingredients.

Place mixed greens in a large salad bowl. Tear up the nori sheets into bite-sized pieces and place on top of the salad. Top with avocado and a dressing of your choice. You can add the roasted broccoli and garlic warm from the oven or cold. Add a protein of your choice, if desired. All protein recipes are listed in Recipe Basics.



## DINNER:

### WARM KALE SALAD WITH SPICY BRUSSEL SPROUTS

#### **Serves 2**

- 2 cups Brussel sprouts, trimmed and cut in half
- 2 tablespoons coconut oil
- pinch of cayenne pepper (optional)
- 1 teaspoon garlic powder
- sea salt and black pepper to taste
- 1 bunch kale, chopped
- 1 handful of radishes, sliced in half
- 2 scallions, chopped
- 1 handful pumpkin seeds

Preheat oven to 400 degrees F.

Place Brussel sprouts in a large mixing bowl. Coat with coconut oil. Season with cayenne, garlic powder, sea salt, black pepper, and coconut oil. Spread onto a shallow baking sheet and roast for about 30 minutes. The Brussel sprouts should be tender and golden brown along the edges.

While the Brussel sprouts are roasting, start sautéing the kale. Add a tablespoon of coconut oil to a hot pan. When the oil is melted, add chopped kale and season with a bit of sea salt and black pepper. Sauté for about 3 minutes, just until the kale is wilted. Remove from the pan and serve in a bowl topped with sliced radishes, scallions, pumpkin seeds, and roasted Brussel sprouts. Serve with your choice of protein as listed in Recipe Basics.





# DAY 14

## BREAKFAST:

### BOUNDLESS ENERGY SEED CEREAL

#### Serves 1

- 1 handful raw pumpkin seeds
- 1 handful raw sunflower seeds
- 1 handful sesame seeds
- 1 tablespoon ground flax seeds
- 1 tablespoon unsweetened coconut flakes
- 1 handful raisins
- 1 apple, chopped
- 1 teaspoon cinnamon
- 1 cup nondairy milk
- 1 tablespoon maple syrup or a few drops of stevia

Combine all ingredients in a cereal bowl. Mix well and serve.

## LUNCH:

### DAY 14 - WINTER SPINACH SALAD WITH EGGS

#### Serves 2

- 2 hardboiled eggs
- 4 cups baby spinach
- ½ cup dried cherries
- ½ cup sunflower seeds
- 2 apples, cored and chopped



Orange Vinaigrette (see Dressings)

To prepare the salad, add the spinach, cherries, sunflower seeds, apple, and Orange Vinaigrette to a serving bowl. Mix well and top with chopped boiled egg.

## DINNER:

### WARM WINTER DETOX SALAD

**Serves 2**

- 1 large onion, chopped
- 1 large apple, cored and chopped
- 2 cups butternut squash, chopped
- 1-pound fresh green beans
- 2 tablespoons coconut oil
- sea salt and black pepper to taste
- 4 cups baby spinach
- Green Tahini Dressing (recipe in Dressings)

Preheat oven to 400 degrees F.

Place apple, butternut squash, and green beans in a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper. Spread on a shallow baking pan and roast for 30 to 35 minutes until the squash is tender and brown around the edges. Set to the side to cool. Serve over raw baby spinach topped with Green Tahini Dressing. Serve with your choice of protein as listed in Recipe Basics.