



MY WELLNESS SOLUTIONS

Summer Detox

RECIPES FOR A 3 DAY CLEANSE

SUMMER DETOX GUIDE

3 DAY PLAN TO ELIMINATE BLOATING THIS SUMMER

Summer is a season of friends and BBQ's, which makes this a perfect time for a gentle detox that will reset your mind and body while prepping you for beach season.

Detoxifying through your diet doesn't have to mean fasting, and if done periodically, is one of the best ways to maintain lasting health and wellness. When you combine this diet, with your colonic & foot detox - you achieve maximum results.

Here are 3 reasons to do a gentle detox cleanse this summer:

- Transition your body from heavy winter foods to seasonal, lighter spring & summer foods.
- Boost your mood, energy and productivity by reducing inflammation.
- Shed excess weight and eliminate toxins to feel light and fresh this summer.

This 3-day gentle detox plan, filled with delicious, seasonal recipes that will aid your body in getting rid of toxins naturally.

While you don't have to follow the recipes exactly, just make sure to keep these guidelines in mind:

Foods to include:

- Whole, unprocessed foods
- Vegetables
- Fruit
- Seeds
- Fresh Pressed Juices
- All Fruit Smoothies

Foods to eliminate:

- Processed Foods (anything that comes in a package)
- Wheat
- Dairy
- Meat (including poultry & fish)
- Alcohol
- Caffeine (including tea & coffee)

PLAN AHEAD TO MAKE SHOPPING EASY

SHOPPING LIST

Fruit:

- ☐ 1 Honey Dew
- ☐ 1 Peach
- ☐ 1 jar of Pitted Cherries (in water)
- ☐ 1 Lime
- ☐ 2 Avocados
- ☐ 2 Green Apples
- ☐ 3 Tomatoes
- ☐ 3 Cucumbers
- ☐ 4 Lemons
- ☐ Lemon Juice

Herbs & Spices:

- ☐ Ginger
- ☐ handful of Cilantro
- ☐ 2 bunches Parsley
- ☐ 3 bunches Basil
- ☐ 6 Garlic Cloves

Dry Goods:

- ☐ 1 box of Quinoa
- ☐ Sliced Almonds/Marcona Almonds
- ☐ Pine Nuts

Vegetables:

- ☐ 1 head of Romaine Lettuce
- ☐ 1 head of White and Purple Cabbage
- ☐ 1 Red Onion
- ☐ 1 Yellow Onion
- ☐ 1 Squash
- ☐ 1 bag of Spinach
- ☐ 1 cup Edamame
- ☐ 2 bunches of Kale
- ☐ 2 heads of Broccoli
- ☐ 2 bunches of Asparagus
- ☐ 2 Cups Shiitake Mushrooms
- ☐ 3 Zucchini
- ☐ 7 Celery Stalks

Pantry:

- ☐ Extra Virgin Olive Oil
- ☐ Unrefined Coconut Oil
- ☐ Himalayan Pink Salt
- ☐ Black Pepper
- ☐ Apple Cider Vinegar
- ☐ Flax Seed
- ☐ Sweet Brown Rice Miso
- ☐ Raw Honey
- ☐ Dried Cranberries
- ☐ Miso Paste
- ☐ Sesame Oil
- ☐ Sea Salt

SPRING DETOX DAY 1: BREAKFAST

SKIN GLOW SMOOTHIE



Ingredients:

- 1/4 cup Water
- 2 cups chopped Honey Dew
- 2 cups chopped Cucumber
- Juice from one Lime
- 4-5 Basil leaves

Directions:

1. Put all ingredients in a Vitamix or high speed blender and process (start low, and gradually increase intensity) for about 30-60 seconds.
2. Pour, serve, and enjoy!

NUTRITION TIP:

Start each day with warm lemon water. It cleanses the blood, liver, and kidneys, and activates our digestive system for maximum efficiency throughout the day.

HONEY DEW

High in potassium and vitamin C, this juicy fruit is full of water to keep you hydrated.

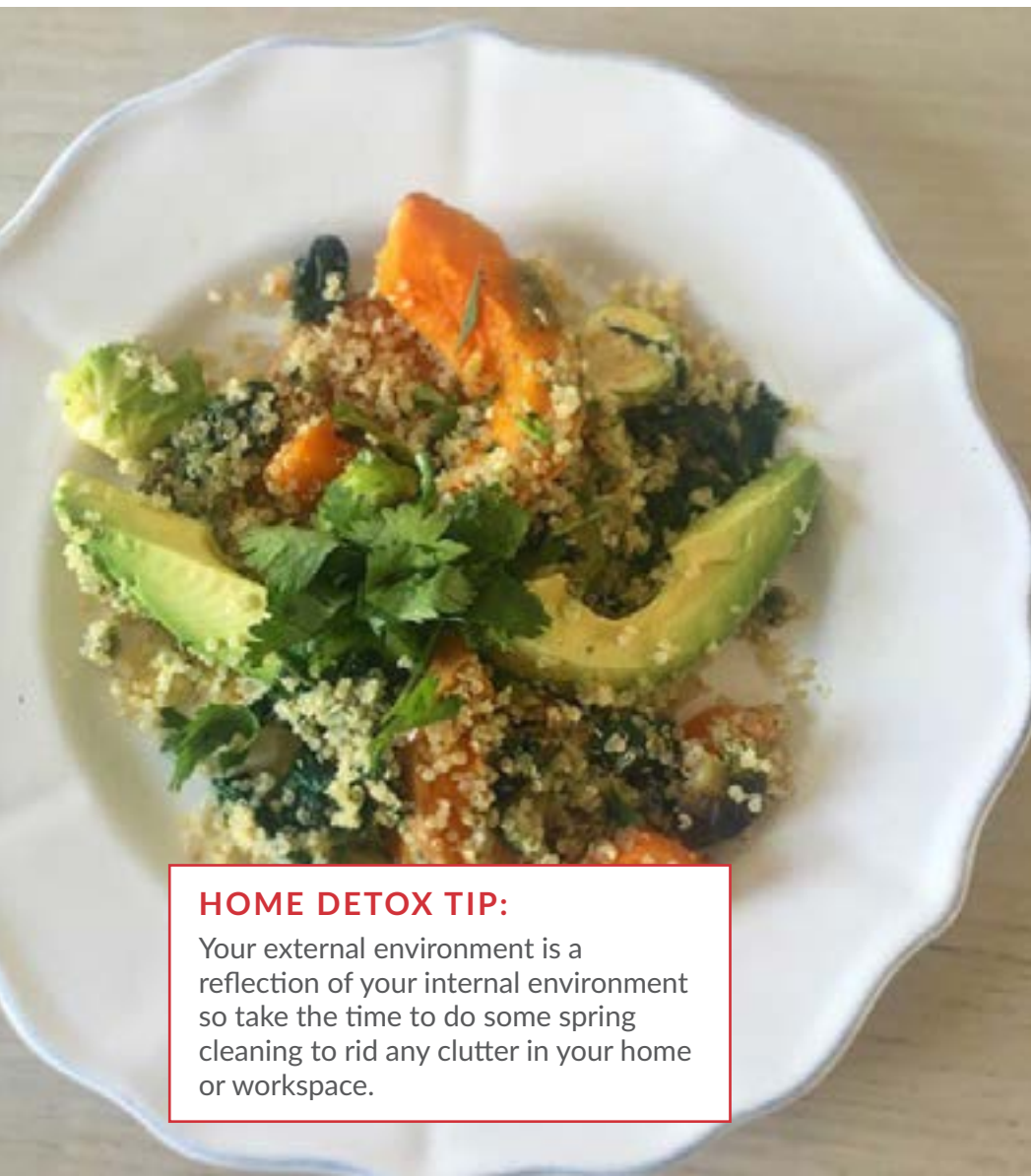
LIME

A great source of limonin, a powerful antioxidant that helps eliminate free radicals within the body.

BASIL

This fragrant green herb is high in vitamin K, and has a powerful anti-inflammatory effects.

AVOSQUASH SAUTEE



HOME DETOX TIP:

Your external environment is a reflection of your internal environment so take the time to do some spring cleaning to rid any clutter in your home or workspace.

Ingredients:

- 1 cup cooked Quinoa
- 1 Avocado
- 2 handfuls Baby Spinach
- 1/2 Squash
- Cilantro (optional)

Directions:

1. Put olive oil in pan on medium heat.
2. Add cubes of squash and cook until soft (alternatively, roast squash in oven).
3. Add spinach and stir.
4. Once spinach is wilted, add quinoa.
5. When all is warm, serve with sliced avocado and top with cilantro (optional).
6. Enjoy!

AVOCADO

Packed with fiber and vitamin K, avocados help clean out your system and promote bone density.

SPINACH

Loaded with anti-oxidants and Iron, spinach is an anti-inflammatory food that keeps your bones and muscles strong.

CILANTRO

This naturally cleansing herb helps keep blood sugar levels low and improves sleep quality.

GREEN MONSTER STIR-FRY



NUTRITION TIP:

Cook once, eat twice! A dish like this makes perfect leftovers to be used later in the week for dinner, or brought to work for lunch.

Ingredients:

- 1-2 tbsp. Coconut Oil
- 1 Clove Garlic
- 1/2 Yellow Onion
- 1 cup Broccoli Florets
- 1 handful of Kale, chopped
- 1/4 Avocado, chopped
- Dash of Cayenne Pepper
- Black Pepper, to taste
- Himalayan Pink Salt, to taste
- 1/2 lemon

Directions:

1. Heat a pan to medium heat, and then add coconut oil.
2. Once oil is hot, add garlic, onion, broccoli and kale to pan. Cook on medium-low heat for about 10 minutes, until greens turn bright and kale is wilted.
3. Add in cayenne and black pepper and stir.
4. Remove from heat, transfer to serving bowl, add chopped avocado, salt, and fresh squeezed lemon juice. Stir lightly.
5. Serve and enjoy!

KALE

One of the most nutrient dense and antioxidant rich foods, kale is a powerful blood and cell detoxifier.

COCONUT OIL

Loaded with saturated fats that help raise the good cholesterol (HDL). It also aids in weight loss, improves blood circulation, and protects skin against damage.

YELLOW ONION

Provides anti-inflammatory benefits, protects cells from oxidative stress, and helps lower risk of certain cancers.

CHERRY QUINOA



Ingredients:

- 3/4 cup Quinoa, cooked
- 1 tsp. Flax Seed, crushed
- 1 Peach, sliced
- 5-7 Pitted Cherries
- 1 tbsp. Sliced Almonds
- 1 tsp. Raw Honey

Directions:

1. Put quinoa and flaxseed in a bowl and mix until combined.
2. Top the mixture with peaches, cherries, and almonds.
3. Drizzle honey and serve.

EXERCISE DETOX TIP:

Did you know exercising helps your body detoxify naturally? The increased circulation helps eliminate pollutants faster. So go for a run, ride your bike, or take a dance class to get your heart pumping.

QUINOA

A perfect protein, this whole grain contains all 9 essential amino acids and twice as much fiber as most other grains.

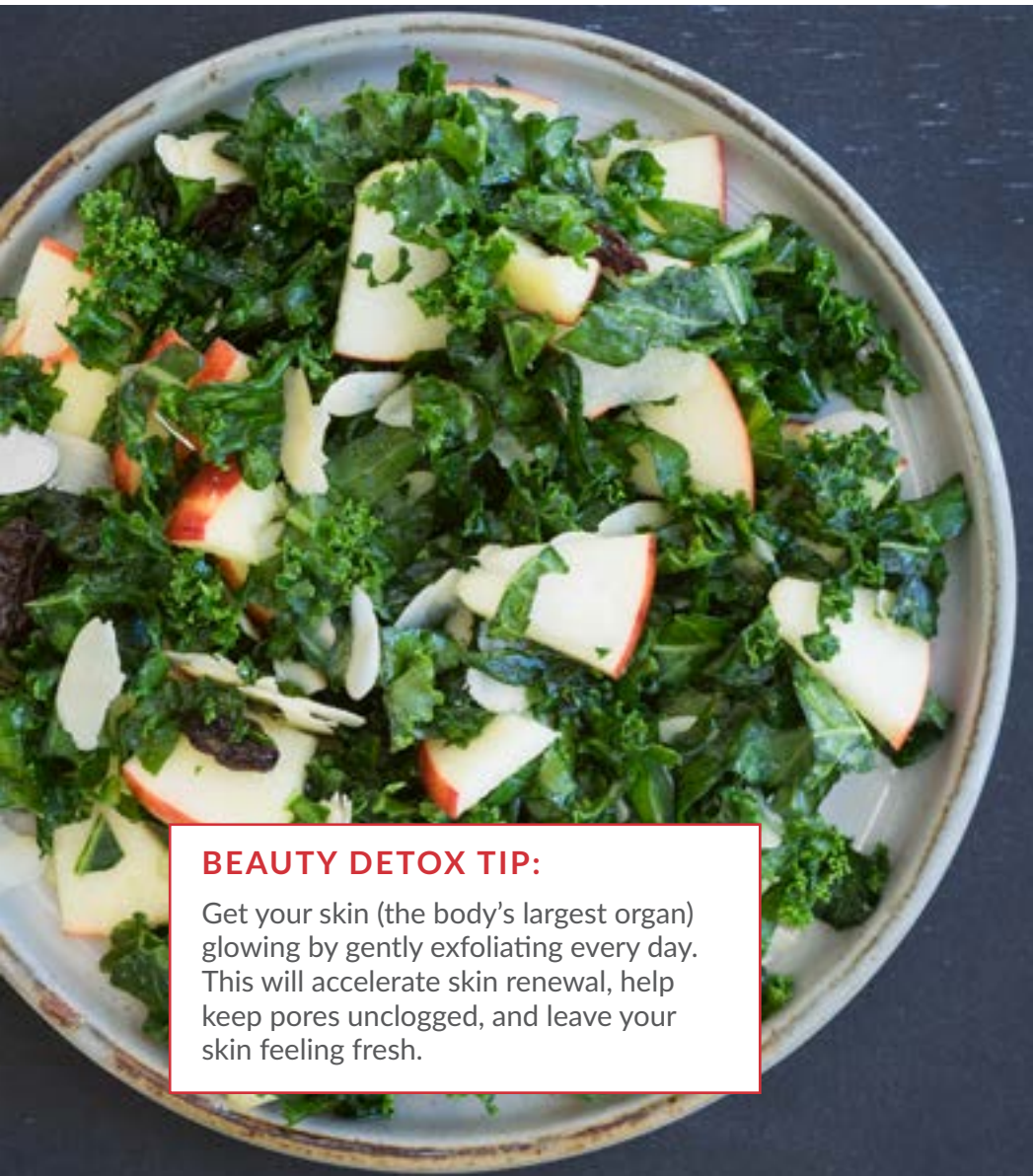
FLAX SEED

Packed with fiber and omega 3 fatty acids, this tiny seed has been found to reduce the risk of certain types of cancers.

CHERRIES

This super fruit is rich in melatonin, an antioxidant that can regulate heart rhythm and sleep cycles, and even boost immunity.

MASSAGED KALE SALAD



BEAUTY DETOX TIP:

Get your skin (the body's largest organ) glowing by gently exfoliating every day. This will accelerate skin renewal, help keep pores unclogged, and leave your skin feeling fresh.

Ingredients:

- 1 bunch Kale, stems removed
- 1 tsp. Himalayan Pink Salt
- 1/4 cup Red Onion, chopped
- 1/3 cup Dried Cranberries
- 1/2 Green Apple, chopped
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsp. Apple Cider Vinegar

Directions:

1. Wash and dry kale.
2. Stack leaves, roll up and cut into thin ribbons.
3. Put kale in a large bowl and cover with salt.
4. Massage salt into leaves with your hands for about 2 minutes or until it looks wet and broken down.
5. Transfer kale to a fresh bowl and discard any left over liquid.
6. Mix in onion, cranberries, apple and sunflower seeds.
7. Dress with oil and vinegar and toss.
8. Enjoy!

RED ONION

Considered a low-glycemic food, the red onion helps regulate blood sugar and insulin levels, which causes the body to store less fat.

APPLE CIDER VINEGAR

Helps remove toxins, improves regularity, and exhibits anti-viral, anti-bacterial, and anti-fungal properties.

SUNFLOWER SEEDS

High in selenium, sunflower seeds aid the body's natural detoxification system and help eliminate free radicals within the body.

CABBAGE, EDAMAME, & SHIITAKE SALAD



BEAUTY DETOX TIP:

Get your beauty sleep! A good night's rest will boost your metabolism, sharpen attention span, and lower stress levels.

Ingredients:

- 3 cups White Cabbage finely chopped
- 1 cup Purple Cabbage finely chopped
- 1 cup cooked Edamame
- 2 cups sliced Shiitake
- 1/2 cup Olive Oil
- 2 teaspoons Miso Paste
- 1 tbsp fresh Ginger
- 1/2 cup fresh Cilantro
- 2 tbsp Lemon Juice
- 1 teaspoon Sesame Oil
- Sea Salt

Directions:

1. Toss the shiitake mushrooms with enough oil, sprinkle with salt and spread on a baking sheet. Roast in an oven for about 10-15 minutes, till golden.
2. Combine cabbage with edamame beans and chopped cilantro, mix well.
3. For the dressing, blend miso, ginger, lemon juice, 1 tbsp of olive oil and 1 teaspoon sesame oil in a blender, add salt if needed.
4. Add roasted mushrooms into the salad, drizzle with ginger miso dressing. Toss well and serve.

CABBAGE

Packed with fiber and Vitamin C, cabbage helps to clean out your system and improve your immune functions.

SHIITAKE

A low calorie vegetable that provides an abundance of B-complex vitamins that help your body make red blood cells and aids in cancer prevention.

MISO

A complete protein that restores beneficial probiotics to the intestines and aids in digestion.

GO-TO GREENIE



Ingredients:

- 1 head of Romaine Lettuce
- 5 Celery Stalks
- 1 Cucumber
- 4 Kale Leaves
- 1 Lemon
- 1 Green Apple
- 1 piece of fresh Ginger

Directions:

1. Cut ingredients into small cubes.
2. Place into your juicer.
3. Pour into a cup and take a swig!

*If you don't have a home juicer, this juice can also be made into a smoothie. Simply place all ingredients, plus 2 cups of coconut water, into a blender and pulse until smooth. Enjoy!

NUTRITION TIP:

Local seasonal vegetables help your body stay in tune with nature. So do your food shopping at a farmer's market as often as possible. Farm fresh produce is often more flavorful too!

CUCUMBER

Made up of 95% water, the nutrient-dense cucumber helps flush out toxins and alkalize the body.

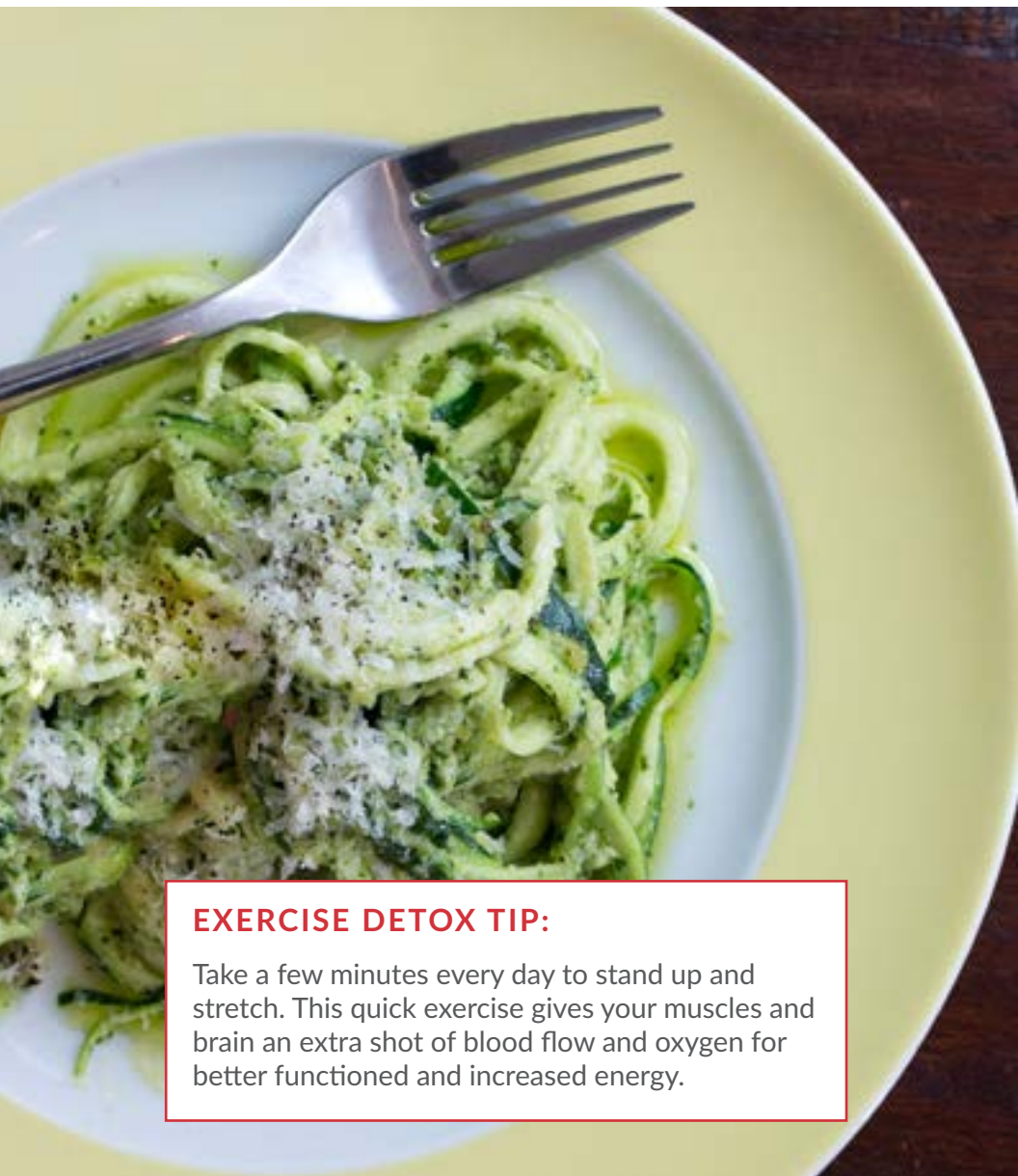
CELERY

This health-promoting veggie speeds up liquid elimination while delivering high amounts of vitamins K and C.

GINGER

An extremely powerful anti-inflammatory, ginger is also an excellent digestive aid.

PESTO ZUCCHINI NOODLES



EXERCISE DETOX TIP:

Take a few minutes every day to stand up and stretch. This quick exercise gives your muscles and brain an extra shot of blood flow and oxygen for better function and increased energy.

Ingredients:

- 3 large Zucchini
- 2 bunches of Basil
- 1/2 cup Pine Nuts, toasted
- Juice of 1 Lemon
- 1/4 cup Extra Virgin Olive Oil
- 1 tbsp Sea Salt, to taste
- Black Pepper, to taste

Directions:

1. Wash, pat dry and trim zucchini ends. Create noodles using spiralizer tool.
2. Optional: sauté your “noodles” in olive oil over medium-high heat for 4-6 minutes. Add salt and black pepper to taste.
3. Wash and dry basil and add to blender with pine nuts, lemon, olive oil, and salt. Blend until smooth, adding more olive oil and/or water as needed.
4. Toss zucchini noodles with pesto. Optional to add in more veggies to make this a primavera style dish.

ZUCCHINI

One cup provides 10% of daily fiber! It also aids in digestion which will curb overeating and maintaining blood sugar.

PINE NUTS

Also known as pignoli nuts, pine nuts contain healthy fats that help elevate energy sources as well as lutein, a carotenoid that improves vision.

LEMON

Packed with Vitamin C, lemons have a mild diuretic effect which can help with bloating and weight loss.

ASPARAGUS WITH MISO LEMON DRESSING



BEAUTY DETOX TIP:

Take time to laugh! This simple action releases feel-good endorphins, boosts your immune system, and improves alertness.

Ingredients:

- 2 bunches Asparagus
- 1/4 cup Water
- 3 garlic Cloves, minced
- 2 tbsp. Extra Virgin Olive Oil
- 2 tbsp. Lemon Juice
- 1 tbsp. Sweet Brown Rice Miso
- 1/4 cup Marcona Almonds (or whole Blanched Almonds)

Directions:

1. To prepare asparagus, cut off and discard woody ends and chop remaining stalks into bite-size pieces.
2. In large skillet or dutch oven over high heat, bring water to boil. Add asparagus and cook 2 minutes or until bright green and just soft. Remove from heat, drain water and set aside.
3. In small skillet over medium-low heat, sauté garlic in olive oil until soft (~3 minutes). Remove from heat and stir in lemon juice and miso, mixing until miso is dissolved. Pour dressing over asparagus, transfer to serving dish, top with almonds and serve.

ASPARAGUS

This spring vegetable provides anti-inflammatory and antioxidant benefits while also supporting the digestive system.

ALMONDS

Rich in vitamin E & manganese, almonds are packed with healthy fats that can help lower cholesterol & support heart health.

EXTRA VIRGIN OLIVE OIL

In moderation, it's packed with good fats that can lower levels of bad cholesterol and reduce high blood pressure.