



solaris
whole health.

CLEAR™ CLEANSE

Primer

Redefine, Release, Receive, Renew & Reignite

Make Today Your Day for a Clean Start!



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All efforts have been made to assure the accuracy of the information contained in this guidebook as of the date of the publication. Neither Solaris Whole Health nor Stephanie Solaris accept any responsibility for your health, how you choose to use the information contained in this guidebook, or your medical outcomes resulting from applying the methods suggested in this guidebook.



Note to Readers

If you're looking to give your mind, body, and spirit a fresh start, then you've come to the right place!

This guidebook is your official introduction to a cleanse or detox. We'll go over what a cleanse program is and what it isn't, when to consider embarking on a cleanse (and when not to), and we'll provide you with helpful tips and delicious cleanse-approved recipes.

Here at Solaris Whole Health, we have carefully designed our Clear™ Cleanse program around the 5 R's: redefine and release, receive, renew and reignite. This cleansing approach is based in both science and psychology with the goal of setting you up for long term success. Once you complete the Clear™ Cleanse not only will you feel better, think clearer, and sleep better, you'll have created some amazing new, healthy habits that you will be able to implement in your daily life going forward.

Be curious, ask questions, and consider embarking on the Clear™ Cleanse journey. You won't regret it.

Yours in health,



Stephanie Solaris, C.H.C, AADP, BSChE
Founder & CEO



What Customers Are Saying...

"This helped my digestion by eating healthier, which resulted in more energy and weight loss. Solaris has helped me change my eating habits for the rest of my life. I realized eating healthy didn't have to be as hard as I thought and that everything I eat effects my body positively or negatively. I also learned there are always ways to deal with your cravings."

- Ibhar, from New Jersey



Welcome to Your Clear™ Cleanse Primer

Are you ready to Release, Receive and Renew?

The Clear™ Cleanse is a 28-Day program that is designed around a structure which we call the “5 Rs” - redefine, release, receive, renew and reignite.

Take a minute to think about embarking on a 28-day detox and then answer these questions.

If you're not entirely sure what a detox entails, or if it's right for you, please read through the rest of this primer while keeping these questions in mind. Then, come back here and write out your answers.

What things in my life do I need to redefine? What do I want to release?

What do I hope to receive?

What will I want to renew so that I can successfully reignite my healthy habits so I can create the life that I desire?



So, What Exactly Is A Detox or Cleanse?

A detox (or cleanse – we'll use those two words interchangeably) program is a great way to reset your mind and body to help motivate you to make simple lifelong changes.

Most people think of a detox as a restrictive fad diet that you do for a short time before returning to unhealthy habits. While certain components of a detox plan can be temporary, it's important to consider a detox as a fresh start.

A detox is a unique opportunity to redefine your relationship with food, movement, stress management, and more. It's a chance to de-stress, get back to the basics, turn inward and put yourself first. At Solaris Whole Health, we think of a detox as a reset for the mind, body and spirit.

Supporting your body's natural detoxification processes involves not only targeted foods and supplements, but also encompasses rest, stress management, self-love and acceptance. It encourages you to practice and adopt tools that you'll incorporate into your life once the detox ends.

Detoxification refers to a natural set of reactions run by your liver. It also involves the colon, kidneys, skin and lungs. A detox helps the body process and prepare to expel chemical compounds and heavy metals that are harmful.

These toxins can come from many sources in our modern-day world, such as pesticides, plastics, personal hygiene products, cleaning supplies, and more. An accumulation of toxins over time burden the liver and can lead to a host of health problems, such as weight gain and chronic diseases.



“ If your compassion does not include yourself, it is incomplete. ”

- Jack Kornfield



So, What Exactly Is A Detox or Cleanse?

Similar to all aspects of health and wellness, there is no one-size-fits-all approach to detoxification. At Solaris Whole Health, we pride ourselves in taking a functional medicine approach.

We look at your biochemical individuality, genetics, lifestyle, stress, sleep, diet and other personalized factors that impact detoxification.

Our detox program at Solaris Whole Health, the 28-Day Clear™ Cleanse Program, encompasses a whole-body and individualized approach. It includes nutrition and gentle movement, and also hones in on supplementation, sleep and stress management.

We strive to encourage supportive practices, such as journaling, therapeutic baths, sleep hygiene practices and skin brushing to compliment detoxification and promote self-care.

In addition, we put particular emphasis on phase two detoxification, which is the phase that attaches to and neutralizes toxins and other molecules in preparation for them to leave your body.

Even for the most health-conscious, we live in a world where we are regularly exposed to toxins and chemicals every day, from the foods we eat to the air we breathe.

Detoxing is an opportunity to flush out and clear not only toxic materials, but toxic emotions, thoughts and patterns.

It is also a chance to press pause and examine your choices, from toxins in foods to hygiene and home-care products, and everything in between.





Who Should Embark on a Cleanse?

The decision as to whether a cleanse program is right for you at this time should be come to without judgment, pressure, or comparing yourself to others.

A cleanse, like our 28-Day Clear™ Cleanse Program, can be the first step to everlasting changes to your permanent nutritional weight and wellness plan.

You might consider a detox if you want to:

1. Re-Center Yourself Emotionally, Mentally, and Physically

A detoxification is a perfect opportunity to re-center yourself on all levels. Along with omitting toxic foods, a detox includes avoiding chemical-laden products in our bodies and homes.

The Solaris Whole Health 28-Day Clear™ Cleanse Program recognizes that an effective detox program not only supports the releasing of physical toxins that burden the liver, but also the emotional and spiritual toxins that can profoundly slow down its chemical reactions.

2. Reclaim Healthy Habits

On some level, you probably already know what it means to live a healthy life, and what to do in order to feel energized, strong and vibrant.

A detox program is a chance to reboot and reclaim healthy habits you already know work. It allows you time to transform unhealthy habits that have crept into your daily life.

3. Learn New Tools for Healthy Habits and Make Them Sustainable

We don't see a detox as a quick-fix solution, but instead the beginning of an important change of course on your personalized nutrition and health journey.

The Solaris Whole Health 28-Day Clear™ Cleanse Program is not only aimed at the physiological process of detoxification. It also shows you what habits are most important and effective for detox, and how to make them sustainable.





Who Should Embark on a Cleanse?

4. Feel Stuck in Routines That Don't Serve You

To be human means to sometimes feel stuck in routines or personalized diet plans that don't serve you.

This might include spending too much time on screens, eating fast food or sugary processed foods, not having time to exercise, feeling distant from loved ones, getting down on yourself for how you look, and much more.

Whatever these routines look like for you, they are probably weighing you down and making you feel stagnant and stuck.

A gentle yet effective detoxification plan provides a myriad of tools to move out of these toxic routines and begin shaping new ones that are aligned with your goals.

5. Have the Following Symptoms:

Many common symptoms that point to impaired detox pathways include:

- Brain fog
- Insomnia
- Headaches
- Fatigue
- Sluggishness
- Hormone imbalances
- Increased irritability and moodiness
- Difficulty concentrating
- Difficulty losing weight or unexplained weight gain
- Digestive symptoms, such as gas, bloating, diarrhea, constipation or bad breath

Even if now isn't the right time for you to detox, that doesn't necessarily mean it won't be down the road.

Remember, health and wellness aren't about pushing, judging or comparing your body to others.

Instead, it's a process of tuning into your body's innate wisdom and cues and learning what it needs and when.





Who Should NOT Detox?

A Detox might not be right for you if:

1. You want a quick-fix weight loss solution.

Many people have reported losing weight on the Solaris Whole Health 28-Day Clear™ Cleanse Program. However, doing a detox is not a quick-fix weight loss solution.

The number on the scale is one marker to track, but others equally as important to consider are energy levels, body composition (inches, for fat versus lean muscle), skin health, signs of inflammation, digestive symptoms, sleep quality and lab work.

The Solaris Whole Health approach encourages you to trust in the process and give your body the tools it needs to safely detoxify, to ultimately decrease stress on your body so it can function more effectively, naturally, and sustainably.

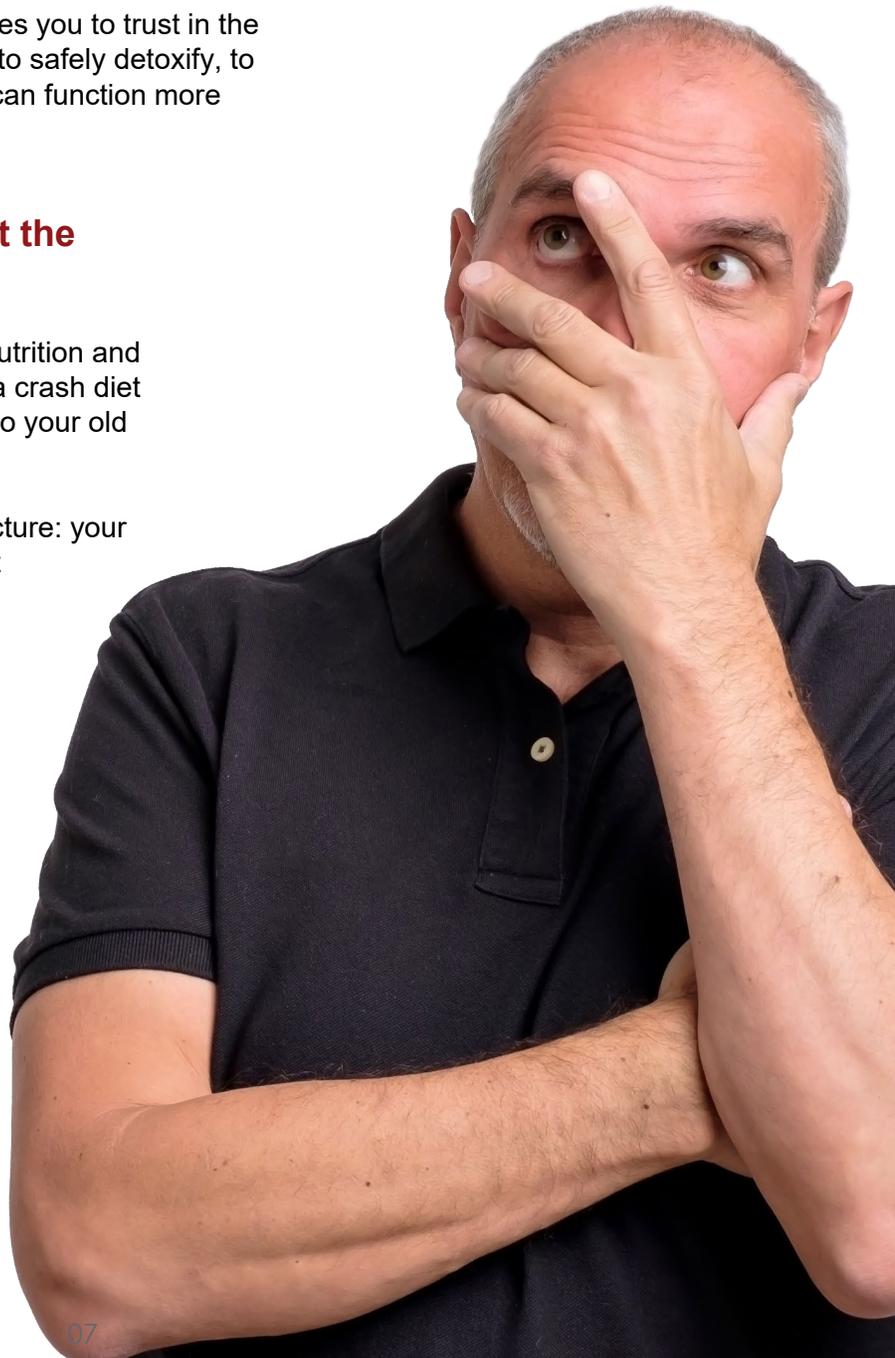
2. You're not quite ready to look at the bigger picture.

A detox is the first step to a lifetime of better nutrition and wellness. If you enter a detox thinking of it as a crash diet that you do for a short time and then go back to your old habits, this program probably isn't for you.

One of our top focuses is looking at the big picture: your goals, reasons for wanting to be the healthiest version of yourself, habits and symptoms that have held you back in the past, and how this detox can be a strategy to jump start long term goals and visions of health.

The Solaris Whole Health 28-Day Clear™ Cleanse Program asks you to take time to prepare for your detox, fill out a few key questionnaires to personalize your plan, and recap afterwards to determine effective strategies to move forward.

If this doesn't resonate with you right now, our program might not be the right fit.



07



Who Should NOT Detox?

3. You've just come off a restrictive diet plan.

If you've just recently come off a restrictive diet plan, such as the ketogenic diet, a low-calorie diet or any other very restrictive diet or cleanse, this is not a safe time to embark on a detox.

Instead, take a month or more to focus as best you can on a whole foods diet that does not overly restricting calories to avoid over-stressing the body.

Additionally, if you are under the care of a healthcare provider, have any medical conditions or are taking medications, it's important to first check in with your practitioner before starting a detox.

A true mind-body detox is a gentle and loving way to press the restart button. It's another way to think of a healthy lifestyle with a few key components to safely accelerate the process of creating lifelong change.

You might want to consider a detox if you wish to re-center yourself, get back to good habits, or reduce inflammatory symptoms. You might also be a good candidate for a detox if you have hit a plateau or feel stuck in your everyday routine.

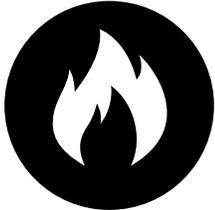




Top 8 Tips to Prep for a Cleanse

Now that you've decided if a cleanse is right for you, it's time to start getting prepared to begin the process.

These tips, based on the fundamental principles of the Solaris Infinite Compass, will help you physically, mentally and emotionally prepare for a detox.



Tip #1: Internal Power

Spend some time determining your driving force and motivation for considering a cleanse. What are things that you want to release in your life?

To help get you started, here are some things that you might want to let go of:

- Negative and/or damaging thoughts
- Food and/or drink dependencies
- Habits that hold you back from living the life that you desire



Tip #2: Purpose

Name and claim your personal purpose at the root of your decision to undertake a detox. Consider the things that you want to receive more of, and the things that you want to renew in your life.

Some ideas might include receiving positive thoughts and affirmations, adding more new and healthy foods into your life, being open to receiving new habits, and renewing your vision by embracing changes that will help you fix what you know can be better in your life.



Top 8 Tips to Prep for a Cleanse



Tip #3: Preparation is Planning

Maybe you've heard the saying "Proper preparation prevents poor performance." Well, that's definitely applicable when it comes to getting yourself ready for a cleanse.

Follow these tips to help you prepare:

Clear out, clean out and organize your kitchen space and pantry:

- The hardest thing to resist is temptation so use up what you have and get the rest out of sight and out of mind. If your family has favorites that you'll be tempted by, see if you can rearrange things so that you can have a cabinet or special space that's just for you. That way, at least you won't have to see items that might tempt you every time you're preparing your own food.
- Cleansing your space makes room for a new way of thinking and becoming.

Start to trade out ½ of your caffeine intake and swap your caffeine-drinking rituals with green tea or herbal teas and new, complementary rituals.

- Trade out your stir-in routine by swapping out dairy for non-dairy milks.
- Trade out sugar/honey/agave for natural organic stevia, stevia drops or monk fruit sweetener.
- Shift your thinking by reminding yourself that more than 8oz of black coffee a day decreases your energy, ability to lose weight (and keep it off), and our ability to handle stressful situations.

Ramp up your water intake

- Add in ½ your body weight in oz of water by following this simple routine:
 - First, document the ounces of water you currently drink each day
 - Then, add 8 oz every day until you get to your goal of drinking ½ of your weight in ounces of water each day.
 - If you struggle to drink plain water, try one of these non-caloric and cleansing water infusion options:
 - cucumbers or
 - lemon or lime juice / rinds
 - Ginger
 - Fresh mint

Shore up your sleeping routine.

[Click HERE to take the "Stress & Sleep" quiz](#) and find out what your stress and sleep habits say about you (and how you can make them better).



Top 8 Tips to Prep for a Cleanse



Tip #4: Practice – is Productivity

Remember, **it's about progress not perfection**. That holds true for this detox process and throughout every area of your life. A little bit of something each day adds up to a lot!

There are two specific ways that you can put “practice” into action while you are preparing for your detox:

- Filling out the Daily Check list you'll find at the end of this Primer (on page 23)
 - The goal as you practice this new habit is to improve upon your progress every day.
- Set up the sleep schedule that you would you like to practice during the 28-day Clear™ Cleanse Program.



Tip #5 - Patience

The time surrounding a detox – leading up to, during, and after - is a great time to practice patience and grace with yourself and with others in your household.

One thought to keep in mind is: “**The only way out is through.**” This affirmation, and others like it, will give you something to lean on as you progress through the days and weeks ahead.

Before you start a cleanse, take some time to answer these questions so that you are prepared when detours or difficult situations arise:

What words of affirmation resonate with me? How can I use those words to help keep me grounded and on track?

- What phrases do I use with myself when I am not being patient with myself? Be prepared to crowd out those old phrases with your new ones!



Top 8 Tips to Prep for a Cleanse



Tip #6 - Participation

Enlist 1 or 2 trusted confidants to be in your corner and cheer you on! You might even be surprised by a friend or family member who wants to join you on this journey.

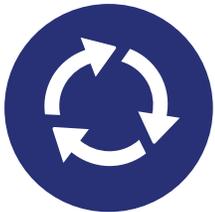
As we like to say here at Solaris, “**shared knowledge creates change.**” So, find some good outlets where you can share and receive knowledge from others.

Some ideas to get you started include:

Join the Solaris Whole Health [Clear™ Cleanse Program Facebook group](#). There, you'll find new friends who are also preparing to go on this journey.

Share your intention and goals with those in your household.

Reach out to friends and family members that are health-minded or with similar goals as yours and invite them to join the cleanse with you.



Tip #7 - Persistence

The time to build up your determination and resiliency muscles is now! Although we've designed the 28-Day Clear™ Cleanse Program to fit seamlessly into your life with as few bumps and inconveniences as possible, life happens. It's what you do when life happens that makes the difference.

So, now is the time to get your pitcher and ice cubes ready, because when life hands you lemons, you are going to be prepared to make lemonade!

Here are some questions to ponder:

- What detours or life events do you anticipate throwing you off during your 28-day program?
- What has thrown you off in the past?
- Write down a few “fall back plans” that will help keep you on track when life happens so that you can reach your program goals. (example: when a work meeting goes longer than expected I will... enjoy my packed snack and be prepared with a back-up cold lunch that I can eat at my desk.)



Tip #8 - Gratitude/Prayer

The detox experience provides a wonderful opportunity to reflect on and be grateful for all the amazing things that your body does for you each day.

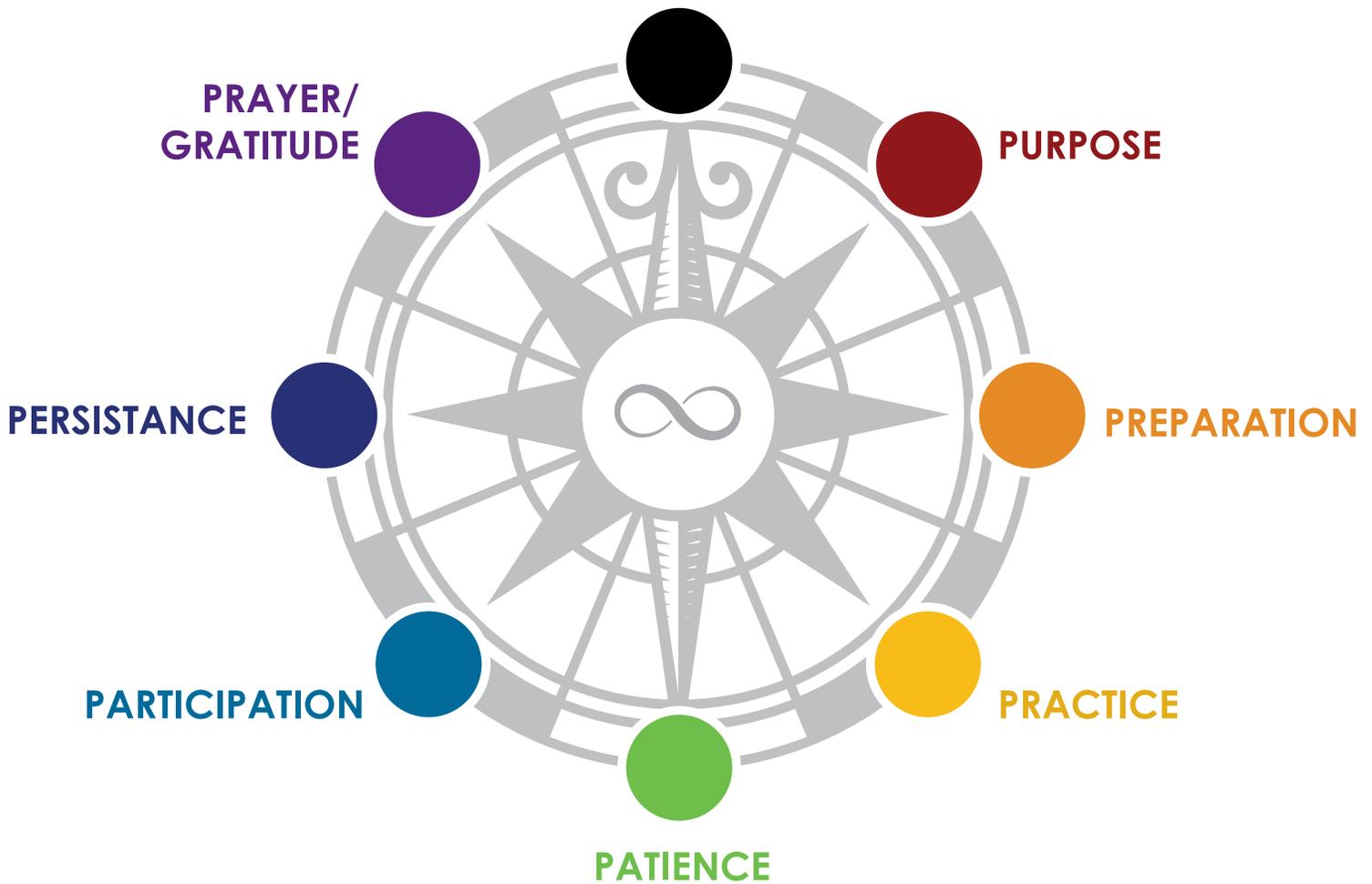


The Solaris Infinite Compass: Your Path to Compassionate Productivity & Optimum Progress™

When motivation wanes, use the Solaris Infinite Compass to find your way back.



INTERNAL POWER





The Solaris Infinite Compass Worksheet

Spend a few minutes contemplating these questions and writing out your answers.

I've failed in that past at...

I lost my motivation because...

That made me feel...

Using the Solaris Infinite Compass would have helped by...

When I think about my Internal Power, I feel...



10 Best Foods for Detoxification

Whether you choose the Solaris 28-Day Clear™ Cleanse Program for your cleanse, or if you go another way, one thing you'll want to be especially mindful of is your food choices.

There are a number of foods that you'll want to avoid during a detox. However, we choose to focus on the positive and look forward to the foods that we can enjoy!

These foods will help flush toxins and keep you feeling great without going hungry. They are nutrient-dense, filling, and full of healing ingredients.

Below are 10 of our favorite foods for detoxification. You can add them to smoothies, pair them with your favorite protein and healthy fats, or enjoy them as a snack in between meals.



1. Beets

Beets have a unique flavor that not everyone loves, but we can all agree that they are one of the best foods for detoxing.

Research shows that beets assist in the production of several phase II detoxifying enzymes, which helps eliminate foreign chemicals called xenobiotics that may cause damage to liver tissues. Try adding fresh beets to salads or smoothies.

2. Oranges

Research shows that oranges contain a type of soluble fiber called pectin that can help with the elimination of heavy metal toxins, such as lead and mercury.

As a dietary fiber, pectin also helps promote digestive health so that you can flush your system regularly. This is the key to detoxing daily!

Oranges are also a great source of vitamin C, which acts as an antioxidant in the body to neutralize free radical toxins.





10 Best Foods for Detoxification



3. Onions

Onions help with detoxification by feeding the “good” bacteria in your gut. As a prebiotic, onions fuel your microbiome and boost immune health to assist with the elimination of harmful substances.

Onions also contain antibacterial and antimicrobial properties to protect the body and boost the immune response against toxins. Additionally, they are a good source of the antioxidants quercetin and anthocyanins to further combat free radical damage.

4. Cabbage

Cabbage is a cruciferous vegetable, which is best known for its ability to protect against cancer.

According to one study, cruciferous vegetables contain anti-inflammatory and anti-viral properties that help boost liver health.

They're also a great source of fiber to help with the elimination of toxins through stool and bile.



5. Broccoli sprouts

Broccoli is another example of a cruciferous vegetable. In addition to helping prevent chronic diseases, such as cancer, broccoli sprouts have been shown to help protect against the effects of air pollution.

Broccoli also contains enzymes that have been shown to protect against chemical carcinogens.



10 Best Foods for Detoxification

6. Spirulina



Spirulina is a type of blue-green algae with many proven health benefits. It's usually available in supplement form as a powder or tea.

Research shows that spirulina can help boost the body's immune response by reducing inflammatory markers. It also has anti-viral properties to keep you healthy.

One study found that spirulina can be used as a treatment for chronic arsenic poisoning. It also has powerful antioxidant abilities that have been shown to protect against heart disease and related conditions.

7. Asparagus

Like onions, asparagus provides a good source of prebiotic fibers to help the body eliminate toxins through stool.

Asparagus is also a natural diuretic and can help flush out excess fluids and salt. It can also help eliminate toxins from the kidneys and prevent kidney stones.

Adding more asparagus to your diet may also help positively contribute to your immune and digestive health.



8. Blueberries

Blueberries are considered a "superfood" because they contain higher amounts of nutrients than other fruits and vegetables. They are especially high in antioxidants.

One study found that blueberry treatments increased the expression of important antioxidant compounds in the liver, which can help promote a healthy detox response.

Enjoy blueberries by adding them to a smoothie or eating them raw as a snack with some raw nuts.





10 Best Foods for Detoxification

9. Spinach

Spinach is an excellent source of the green pigment chlorophyll, which has been shown to support liver health.

According to one study, chlorophyll may reduce the incidence of liver tumors by up to 63% and stomach tumors by up to 45%.

Another study found that chlorophyll may limit a compound known to cause cancer called aflatoxin. There is also research to support chlorophyll's ability to reduce the risk of liver cancer.

Along with eating more spinach, aim for getting as many green vegetables into your diet as possible to boost chlorophyll levels!

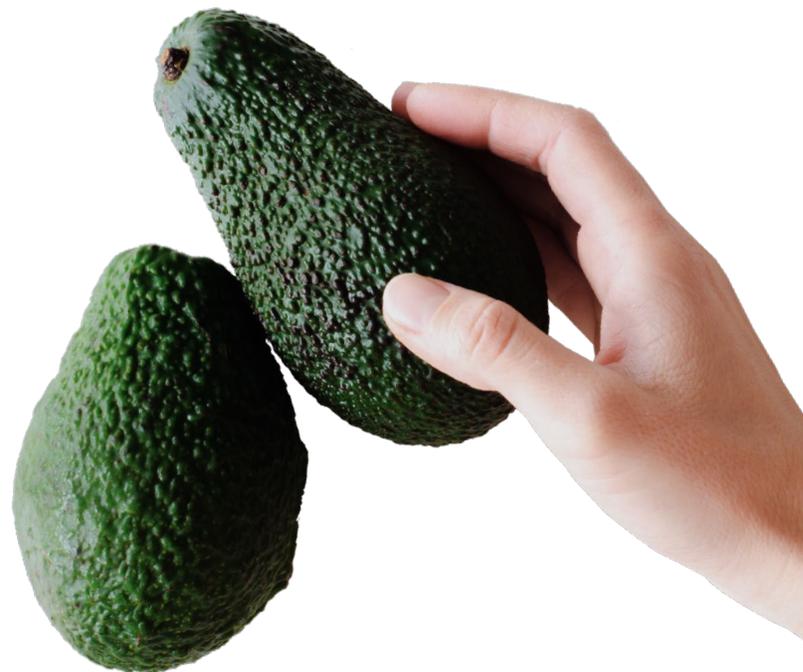


10. Avocado

Avocados are rich, creamy, full of healthy fats, and also help promote liver health.

According to one study, the fatty acids in avocados may help protect against damage caused by a powerful liver toxin known as d-galactosamine.

Avocados are delicious in smoothies and salads. You can also pair them with your favorite lean protein.





10 Detoxifying Recipes to Try

Beet-Rosemary Detox Soup

(6 Servings)

2 tbsp	extra-virgin olive oil
1 med	onion, chopped
4 cloves	garlic, peeled and chopped
2-3 med	beets, peeled and chopped
5 lg	carrots, peeled and chopped
2-3 tbsp	chopped fresh rosemary
1 handful	fresh parsley
2 tsp	sea salt or Herbamare
6 cups	Vegetable-Seaweed Stock (or water)
garnish	chopped fresh parsley

Instructions

1. Heat the oil in a 6-quart pot over medium heat.
2. Add the onion and sauté for 5 to 10 minutes, until soft and beginning to change color. Add remaining ingredients except for the parsley, cover, and simmer for about 30 minutes.
3. Purée the soup in the pot using an immersion blender, or carefully transfer the soup to a blender and purée in batches until smooth and creamy.
4. Taste and adjust the salt and seasoning if necessary. Garnish with chopped fresh parsley, if desired.

Chicken and Veggie Stir-Fry

(1 Serving)

4 oz	chicken
1/2 cup	asparagus
1/2 cup	broccoli
1 cup	cauliflower
1-2 large	carrots
1 med	onion
1-2 tbsp	garlic powder
1/2 tsp	salt
pinch	pepper

Instructions

1. Stir-fry cut up chicken, salt, pepper, and garlic powder until chicken is cooked and set aside.
2. Stir-fry (separate from chicken) chopped onion, carrots, asparagus, broccoli, and cook for 7 minutes.
3. Grate cauliflower and cook for 2 more minutes. Top with chicken mixture.



10 Detoxifying Recipes to Try

Chicken Breast with Broccoli and Brown Rice

(1 Serving)

5 oz	brown rice
2.8 oz	broccoli
4 oz	chicken breast

Instructions

1. Place them in a simple marinade of light Italian dressing in a ziplock (or use olive oil, vinegar, garlic, salt oregano) for about an hour and then cook them on your grill.
2. Prepare larger quantities of your broccoli and rice in advance too. It's a snap to make a big container of steamed broccoli and a big bowl of brown rice. Now you've got enough for several meals.

Dr. Hyman's Raw Kale Salad

(4 Servings)

1 lg bunch	kale, stems removed, thinly sliced & chopped
¼ cup	lemon juice
Zest	lemon
¼ cup	olive oil
1 clove	minced garlic
⅛ tsp	sea salt
¼ cup	toasted pine nuts
¼ cup	currants
½ cup	Kalamata olives, chopped

Instructions

1. Add kale, lemon juice, zest and olive oil to a large mixing bowl and massage with your hands for about a minute to soften kale.
2. Add remaining ingredients and toss to combine.
3. Allow the salad to rest and soften for about 15 minutes before serving.

Asian Turkey Cabbage Boats

(6 Servings)

3 tbsp	fresh lime juice
1 tbsp	cornstarch
1/4 cup	coconut aminos
1 tsp	sesame oil
1 tbsp	coconut oil
1 lb	ground turkey breast
1 tbsp	grated fresh ginger root
2 cloves	fresh garlic, minced
1 cup	thinly sliced green onions
1 small	jalapeño pepper, finely chopped (optional)
1 cup sliced	red bell pepper (1-inch strips)
1 package	shredded carrots (≈ 2 cups)
1 package	broccoli slaw (≈ 2 cups)
1 tbsp	chopped fresh mint
2 tbsp	chopped fresh cilantro
6 leaves	Chinese cabbage, lightly steamed for 1–2 minutes
1/4 cup	chopped almonds, roasted

Instructions

1. In a small bowl, mix together fresh lime juice, cornstarch, coconut aminos, and sesame oil, and set aside.
2. In a large skillet or wok, heat coconut oil over medium-high heat. Add ground turkey breast, ginger, and garlic, and cook. Stir often until turkey is browned and cooked through, about 6 to 8 minutes.
3. Add green onions, jalapeño, bell peppers, shredded carrots, and broccoli slaw, and stir-fry until vegetables are crisp, but tender.
4. Add the lime juice-cornstarch mixture to the meat and vegetables. Mix thoroughly and turn down heat to low setting. Fold in chopped mint and cilantro.
5. Arrange steamed Chinese cabbage leaves on a serving platter. Spoon about 3/4 to 1 cup of mixture onto each leaf. Top with chopped almonds.



10 Detoxifying Recipes to Try

Roast Turkey Breast and Avocado Cream on a Bed of Greens

(2 Servings)

AVOCADO CREAM

1 avocado, pitted & chopped
Juice of 1 large lemon
3 tbsp extra virgin olive oil
1 clove garlic, peeled
½ tsp sea salt
Pinch ground pepper to taste
3–4 tbsp water

SALAD

6 cups mixed baby greens
6 oz roasted turkey breast, sliced
½ small red onion, thinly sliced
1 cucumber, thinly sliced
10 green olives, pitted & chopped

Instructions

1. Place the avocado, lemon juice, olive oil, garlic, salt, and black pepper in a food processor and process until very smooth,
2. Slowly add the water and continue processing until the dressing is thick and creamy.
3. Divide the greens between the two serving plates. Top with the sliced turkey, red onion, cucumber, and green olives. Drizzle the avocado dressing over the salad and serve. Stored separately, the turkey salad and dressing will keep for 3 days in the refrigerator.

Sweet Potato Toast with Blueberries and Almond Butter

(2 Servings)

1 sweet potato
¼ cup almond butter*
½ cup blueberries

Instructions

1. To cook the sweet potato slices, preheat the oven to 350 degrees F.
2. Cut the sweet potatoes in slices following the longer edge. Place on the banking sheet and cook for 20 minutes.
3. Top slices with almond butter and blueberries.

Strawberry & Avocado Spinach Salad

(2 Servings)

4 cups fresh baby spinach
2 tsp olive oil
2 tsp balsamic vinegar
2 tsp fresh lemon juice
1/2 avocado, pitted and diced
1/4 small red onion, thin-sliced
3 fresh strawberries, hulled and sliced
1/3 cup sliced raw almonds

Instructions

1. Pour olive oil, balsamic vinegar and lemon juice together in small bowl. Whisk to mix thoroughly. Set aside.
2. Mix spinach, strawberries, avocados, onions and almonds together in salad bowl.
3. Top with desired amount of vinaigrette.

*Watch out for added ingredients. Choose a brand that has almonds as the only ingredient!



10 Detoxifying Recipes to Try

Quinoa & Kale Breakfast Salad

(1 Serving)

1 cup cooked quinoa
1 cup raw kale
1/2 med peach
8 halves dried apricot
1/4 cup pumpkin seeds
1/4 tbsp apple cider vinegar
sea salt and pepper to taste

Instructions

1. Steam kale in a steamer basket over a medium or large saucepan with water added just below the basket. Steam kale until bright green and soft.
2. Add to cooked quinoa. Toss remaining ingredients together in separate bowl, making sure to coat with apple cider vinegar. Mix into quinoa and kale.

Farro and Spinach Breakfast Salad

(2 Servings)

1/2 cup farro
1/2 cup Greek Yogurt
1 large navel orange, zested, peeled and sectioned
2 tsp honey
2 cups baby spinach, chopped
1 cup fresh blueberries

Instructions

1. In a small pot, bring 2 cups water to a boil, and add the farro. Cook until tender (about 35–40 minutes). Drain and let cool.
2. In a medium bowl, stir the yogurt, orange zest and honey. Cut the orange sections into bite-sized pieces.
3. In a container, combine the farro and the yogurt mixture and stir well to mix. Add the orange sections, spinach and blueberries and stir to combine.

Turkey Tacos

(4 Servings)

1 lb turkey
4 tortillas
1 cup black beans
vegetables of your choice
1 cup salsa

Instructions

1. Lightly coat a large skillet with some cooking spray and a drop or two of olive oil (lean turkey can be dry).
2. Over medium heat, saute a pound of lean ground turkey until no longer pink (about 8 minutes) and then stir in a cup of salsa and half a can of drained, rinsed black beans.
3. Saute until all ingredients are heated. Microwave 4 whole wheat tortillas between damp paper towels for about 30-45 seconds.
4. Spoon your turkey mixture into a tortilla and roll it up. Sprinkle your roll up with a bit of fat-free or low fat shredded cheddar



My Daily Checklist

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Did I wake up feeling refreshed?							
Did I do some light exercise or stretching?							
Did I drink enough water today?							
Is my pantry cleaned out and organized, making meal prep easier for me?							
Is my kitchen area and fridge clean, organized and stocked with all the foods I can eat?							
Am I eating enough throughout the day?							
Am I going to bed at a suitable time?							