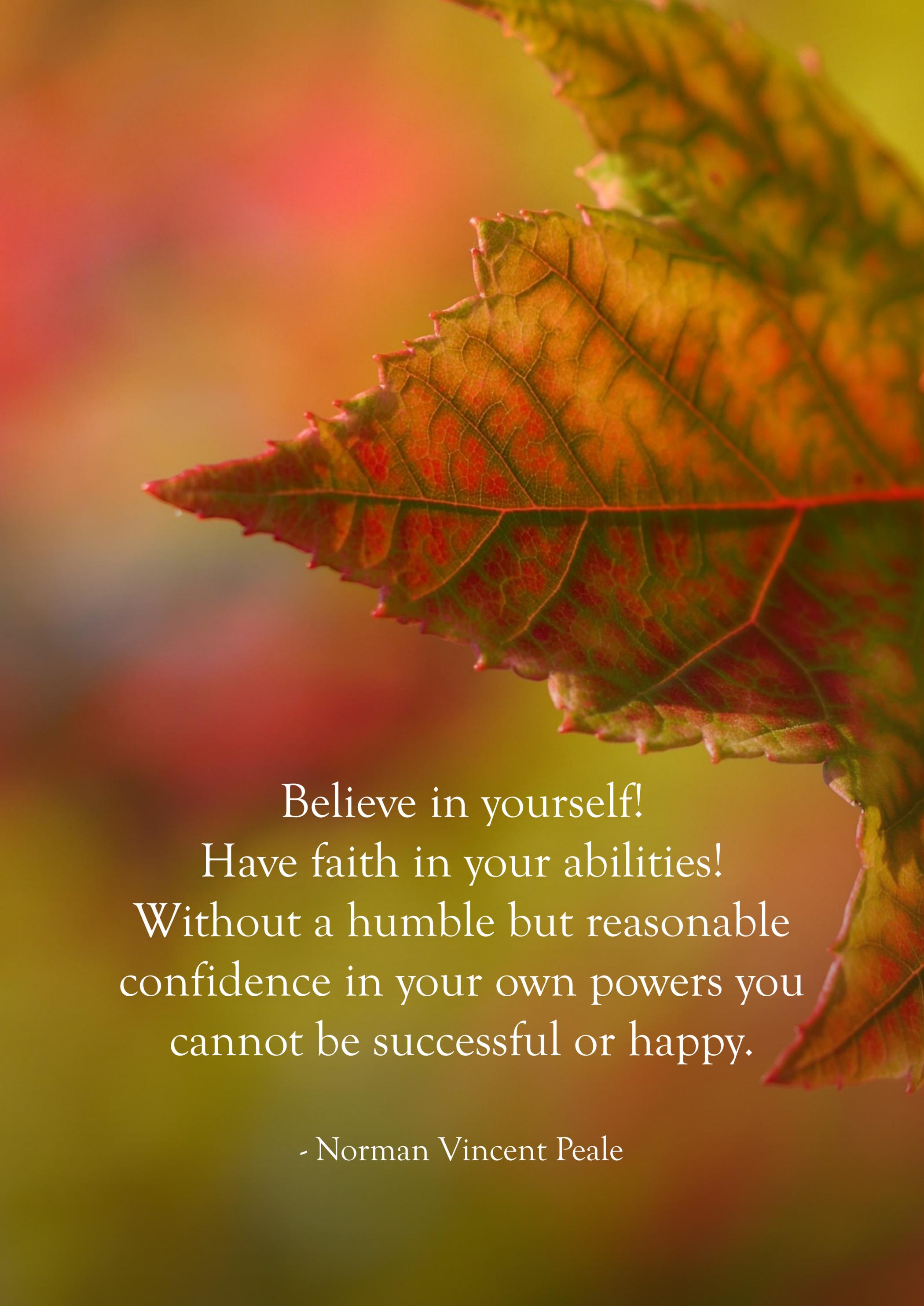


FOUNDATIONS
for
CUSTOM HORMONE
HEALING

DETOXIFYING
FALL | WINTER
CLEANSE

Caroline Zwickson, M.A.
women's hormonal balance & life coach

WITH RECIPES FROM HEATHER PIERCE GIANNONE



Believe in yourself!
Have faith in your abilities!
Without a humble but reasonable
confidence in your own powers you
cannot be successful or happy.

- Norman Vincent Peale



A NOTE FROM *Caroline*

First off, a heartfelt welcome to this detoxifying Fall | Winter Cleanse. I am happy and honored that you have decided to go on this journey.

Please enter this detoxification experience with an open mind and a loving heart. You are doing this for yourself -mind and body- and I am here to make this journey not only healing for you, but pleasurable and fun. Sound good? Great.

In the fall and in the winter- just like you see in nature- the focus is on slowing down, harvesting and spending your energy carefully, warming your body and your life from the inside out, reflecting, and surrounding yourself with love.

As the temperatures drop, the focus moves increasingly toward hibernation, rest, and building up strength in the adrenal glands. **The adrenal glands** are what I consider to be the foundation organs of a woman's hormone system.

That means that respecting the need for seasons of deep rest will allow you to achieve more success and generosity, and become even more powerful in the coming seasons of action.



Fall & Winter Cleanse

PRINCIPLES

- Take pleasure in the delightful abundance of beautiful food in the fall and in the winter. It begins with the harvest season, after all and the foods available to us now have a grounding, warming, rich energy.
- Cooking methods like sautéing and baking will help to concentrate the energy within each dish.
- Cook with less water, at a low heat, and for longer periods of time. The goal is to condense the energy in foods, mirroring your goal of condensing your own energy (again, not scattering it in a million different directions).
- Flavors emphasized in the colder months are sour to stimulate the contraction and focusing of your energy. Foods like sauerkraut, olives, leeks, vinegar, lemons, limes, and grapefruit are ideal ways to add this sour flavor to your cooking.
- Remember that the setting is as important as the food. Bring warmth and calm to your dinner table. Use place settings and napkins you love. Bring in the warm glow of a candle. Add a bouquet of colored flowers. Turn on soothing music and quiet your cell phone. What conversation starters can you think of that will warm your heart and bring laughter into your space?



Fall & Winter Cleanse

PRINCIPLES

Plan to commit to the detoxification for at least seven days to get the full effect. Twenty-one days or even one complete menstrual cycle is optimal.

After the program:

slowly resume your previous eating habits **one at a time** and notice if they are contributing to weight gain, brain fog, difficulty sleeping, skin irritation, painful periods, sexual pain, loss of libido, or other common symptoms.

If you notice unpleasant symptoms when you resume your normal eating habits, note that you are likely sensitive to some of the foods that we eliminated on the cleanse. Please feel free to contact **Caroline at Caroline@carolinezwickson.com** for a more detailed complimentary consultation to help you navigate your food sensitivities.

Use caution if you are on medication, pregnant, nursing, are under a doctor's care, or in any other unusual situation. This program is appropriate for your entire family.

Be aware that women who are nursing, or young children may need to eat more often to maintain good energy and stable blood sugar. While this is not an intense detoxification program like juice fasting, most common food allergens have been removed from this program which can result in detoxification symptoms.

****Always speak to your doctor before beginning any new nutrition program especially if you're pregnant or breastfeeding.*

Fall & Winter Cleansing

EMOTIONAL FOCUS

Harvest & Collect Your Energy By Listening To Your Needs & Letting Go

Our most important resource is our energy, and yet, we rarely pay much attention to deliberately building our energy, collecting it (not scattering it), and using our energy in pursuit of the life that we wish to create for ourselves.

Your challenge for this cleanse is to think...

“Am I listening to my own needs and am I deliberately managing my energy in this moment in a way that fuels and nourishes me?”

Before you can harvest your energy and amplify your productivity this season, it's essential to take a moment to be still and bring awareness to any unexpressed grief, sadness, or guilt that you might be carrying around. **That is why our emotional focus will be on tuning into yourself and helping you in letting go.**

The daily exercises will be tailored to that for you.

Now is the time to center and ground your energy, and be sure that you're spending it deliberately. Step into the role of leader of your own life and make deliberate decisions about how you are spending your highly valuable energy.



YOUR DAILY EXERCISES FOR

Tuning in & Letting go

Stagnation -physical, emotional, and spiritual- happens when we build up toxins and create blockages that are making us sick, angry, sad, smaller than we are, dim, dull, restless, lazy, constipated, and simply a dimmer version of ourselves.

It is the opposite of flow and ease.

When you do let go and cleanse your body from toxins and your mind from things that drain your energy, you can make space for the things that do serve you; for the things you've been wanting to do but put on the back burner; for the things that will actually make your life more awesome, your life more fertile, and you more YOU!

Tuning in & letting go is the theme of Fall and Winter - think about trees losing their leaves that are done blooming, animals withdrawing and focusing on preparing for the deep rest and introversion that winter brings with it.

It's not a heart-ache type of letting go, but rather the natural progression of life.

As humans, we are an integral part of nature's cycles. Therefore, LETTING GO is something that helps us cleanse from the old and make space for the new.



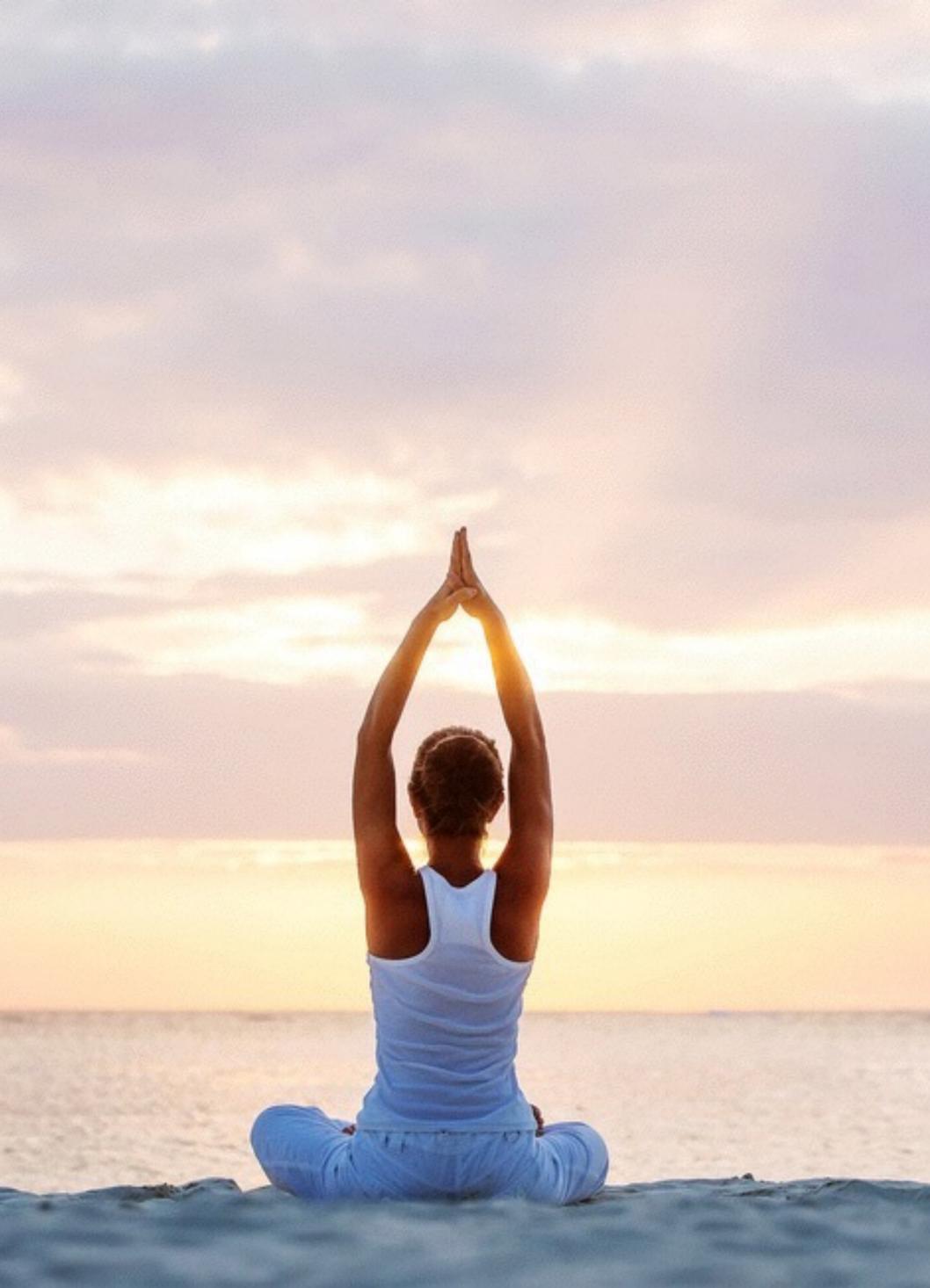
Day 1:

Focus on really tasting your food. Smell it. Feel its texture. Chew your food slowly.

Set your intention on letting go of rushing and multi-tasking. In our society we've come to equate "being busy" with "being important." So many of us are chronically stressed and try to do a million things at once because we are often uncomfortable with too much space, time and leisure.

We have on many levels forgotten how to be still, enjoy and take pleasure from the little daily gifts, like good food.

Besides the fact that eating slowly is so much better for your health because your body can actually digest and absorb what you are eating properly, you are also sending yourself the message that you are worth it, that eating good food is an act of pleasure, and that you deserve to take some time to yourself a few times per day to just enjoy.



Day 2:

Move in a way that
makes you feel free
and alive

In order to let go of things we cannot be stagnant; not emotionally and not physically. The two are connected. You mind and your body are in constant communication with each other.

For many of us, however, movement or exercise has become a source of stress, pressure, expectations, or a means to an end (for ex. for weight loss).

The challenge today is to move your body in a way that makes you feel free and alive. I don't care if you go on a beautiful hike, play with your dog, go to a yoga class or you dance in the shower to your favorite playlist. All that matters is that you do something that makes you FEEL yourself in the best way possible. Do the movement for the movement's sake and take pleasure in it!

Follow your body's lead.



Day 3:

Get clear on your own desires (& let go of other people's expectations)

Many of us get sidetracked by other people's or society's expectations of what we should look like, how fast we should "bounce back" after pregnancy, what successful means, who we should date, how we should raise our kids, the list is endless. Often it seems like our heads are full with "I should really _____." But as long we run our life to please others and check off society's checklist of what a good body, career, family, life looks like, we will never find lasting fulfillment, purpose or pleasure.

The first step in being able to differentiate between your own inner desires (which serve as a compass to your happiness) and those deemed worthy by the external world, you must get clear on your own values that will create space for your desires to be met and for you to flourish in your own decisions.

Today's challenge is this: Think about what you truly desire in your life? What gets you jazzed and excited? Let your sassy self come out! What values do you want to instill in your life, in your family, in your identity as a woman, a mom, a wife...? What values will ultimately make you feel like you lived a fun, purpose-filled life?



Day 4:

Detox your guilt

Anything that makes you feel guilty must go.

We will focus on 3 areas:

1. Look around your home and see what you are holding on to because of guilt? Things that were gifted to you that are taking up precious space in your home that you actually don't like very much. Check out your closet: What items of clothing are you holding on to that you actually don't feel great in anymore.
2. Social media: who are you following or reading emails from who makes you feel icky about yourself? Anyone or anything that promotes feelings of guilt, insecurity or jealousy is really just providing unnecessary toxins to your emotional life. Make a pact with yourself that you will only expose yourself to people and things that are positive and make you feel good.
3. Many of us feel guilt around food: what we ate, how much we ate, why we ate, what we didn't eat... this guilt is a huge part of why it's so hard to get out of the vicious cycle of deprivation and overeating. If you have a "bad day" or "splurge day," let it go and start fresh. Build an environment of self-encouragement rather than an environment that is punishing and thus, expecting you to fail.



Day 5:

Bring the beauty of
food home

Foods in the fall and winter are so rich in color and abundant in flavor.

To me, fall and winter truly represent a sort of transformation, a maturing, and an act of coming home. Take that to heart and use the beauty that is offered to you in your surroundings to make yourself transform, mature, and come back to feeling comfortable in your own authenticity and in your own skin.

Let go of the rush of the warmer months and all the wild, heightened energy that is keeping your system in overdrive.

Here are some ideas for what you can do:

- take a trip to a local farmer's market or your favorite grocery store and get some fresh, bright colored produce
- pick up some flowers
- go on a hike and bring home some beautiful leaves to decorate your dining table
- go apple or pumpkin picking
- go on a winter walk
- if you already have kids (or a dog;)), go and play with them in the leaves or the snow
- take a trip to a candle store and get some scented candles that make you feel cozy



Day 6:

Connect with at least 3
people you love

Especially as women we need our girlfriends and sister circles. Generally speaking men thrive off competition while women thrive off connection. Studies even show that women who have good friendships live longer, happier lives simply because they feel supported and loved.

When we chose our friendships and decide who we spend the majority of our precious time with, we need to make sure that these people are fueling us, that they want to see us succeed and be happy in life.

But here is the thing many of us are tolerating people in our lives who are toxic, jealous, and want to keep us smaller than we are. It is our obligation to set boundaries with these people. Nobody is benefiting from you not shining your brightest.

Today's exercise is to think about 3 people in your life who are truly there to celebrate you, lift you up, cheer you on, and love you no matter what. Reach out to these people and just check in, say hi, have an honest conversation about what's happening in your lives.

If you can think of more than 3, even better!
There is no limit to how much love we can take :)



Day 7:

Celebrate (just not
with cake;))

By now, you've been doing this cleanse for almost one week. You've done something so amazing and so good for you and you can be truly proud of yourself.

Today, on the final day of this cleanse, I have a challenge for you: I want you to celebrate without using sugar or alcohol (or any of the other allergens we are eliminating for the duration of this cleanse).

Place your hands on your lower belly -the center of your intuition!, take a deep breath and ask yourself: What would I really like to do today? How would I like to celebrate myself? And then go and do that.

One way of letting go of things that don't serve us is by acknowledging our accomplishments, celebrate our successes and milestones. Celebrating directs our attention towards the future and firms our belief that our life has amazing things in store for us.

Dare to live a life full of celebrations!

HOW YOU MAY FEEL DURING THIS

Cleanse

Below is a list of things you may feel. I am sharing this with you not to tell you that you WILL feel these things, but simply that these are side effects of detoxifying your body that MAY come up.

- Awareness of anger and other negative emotions bubbling to the surface
- Tired, restless or achy
- Light or energetic
- Relaxed, balanced, even, calm
- Grouchy
- Irritated with your friends or family... or me;)
- It might feel challenging to stick with it when some of your habitual comfort foods are not available, which can lead to frustration.
- You might feel some withdrawal headaches if you generally drink a lot of caffeine.

WHAT TO AVOID WHILE

Fall Cleansing

- STRESS!!! (situations, people, environments... not just food)
- Processed Meats (except for low nitrate lunch meats as a shortcut if absolutely necessary)
- Canned Beans (except for Eden Foods brand)
- Conventional (not organic) animal protein (look for grass fed beef, pastured lamb)
- Fish that are heavy in toxins
- Sugar or artificial sweeteners
- Wheat or any other gluten containing grains (including spelt, kamut, barley, and rye)
- Caffeine (reduce if you're not ready to let go)
- Trans fats or partially hydrogenated oils (best fats are saturated and monounsaturated)
- Flours
- Processed foods
- Fast foods
- Dairy
- Soy
- Peanuts
- Corn
- Alcohol

WHAT TO PAY SPECIAL ATTENTION TO

Keep your blood sugar stable

Keeping your blood sugar balanced is absolutely key in order to create hormonal harmony and therefore, physical and emotional harmony in the body.

An imbalanced bloodsugar keeps your insulin unstable and exhausts your pancreas.

A spike in insulin affects your adrenals (you stress organ) and amps up the production of cortisol (one of your stress hormones).

Chronically high cortisol messes with your ovaries (and therefore, your sex hormones like progesterone and estrogen causing period problems, infertility, weight gain, PMS etc) and your thyroid (and therefore, your hormones that are responsible for your metabolism like T3 and T4).

How to keep your blood-sugar stable:

- Eat within the first 30-60 minutes of waking up
- Eat every 3 hours
- Include a high quality protein, healthy fat and fiber into each meal
- Chew your food well
- Eat in a calm, beautiful, nurturing setting
- Stay away from high glycemic foods like sugar, white flour, and alcohol.

Some of you may even react more sensitively to high sugar fruits like pineapple, so tune into your body and see how you individually react.

Cleansing

WAYS TO DEAL WITH CRAVINGS

First of all, make sure that you are not actually hungry. Having a craving is different from hunger, so spend a few minutes feeling into your body to assess the situation accurately.

If you are hungry, have a snack that contains a protein and a healthy fat from the list of foods to enjoy.

If it is a craving, try these:

- Call a friend
- Journal
- Go on a walk
- Listen to some music
- Enjoy a snack from the foods to enjoy list
- Distract yourself by doing something fun!

Note that cravings are strongest when we first stop having certain foods. Sugar for example is highly addictive, so if you are used to eating a lot of sugary treats you will likely have a craving for them for at least 3 days. Knowing that cravings won't last forever can make it easier to go without them for a few days.

Oh no.... I cannot poop!

TIPS TO KEEP THINGS RUNNING SMOOTHLY

Roughly 12 to 19 percent of the population in North America -- as many as 63 million people -- suffer from constipation (according to the Mayo Clinic).

My guess is that many more people would be constipated if it wasn't for morning coffee. Since caffeine is eliminated during this cleanse and you are not eating the way you normally do, you may experience difficulty with your bowl movements (on the flip-side you may actually experience a positive change in your bowls, so be aware of what's going on when you go #2 as this can be a powerful indicator of your health).

What's normal?

At least one daily bowl movement (typically in the morning) is what is considered "normal" and healthy. To learn more about what a good poo should look like, check out my friend Nadya Andrea's post [The art of making a beautiful poo](#) :)

What can you do to improve your digestion and have oh-so-good BMs?

- drink lots of water
- eat plenty of fiber (think veggies)
- add flaxseeds or physalis husk to your meals
- take your time!!! Being in a hurry is the enemy of digestion.
- get into a squat
- adopt a routine of doing deep belly breathes every morning
- add aloe vera juice to your morning water (about 2 oz should be perfect)
- try a supplement called Natural Calm (I love the raspberry-lemon flavor). Drink in the evening before going to bed.



Fall & Winter Cleansing

FOODS TO ENJOY

Vegetables

All of them, especially:

- Sauerkraut
- Hot peppers and chilies
(if not sensitive to nightshades)
- Garlic
- Onion
- Turnip
- Ginger
- Cabbage
- Seaweeds
- Carrot
- Pumpkin
- Broccoli
- Parsley
- Kale
- Mustard Greens
- Lettuce
- Mushrooms
- Watercress
- Wheatgrass
- Blue-green algae

Animal Proteins

- Organic Poultry
- Grass fed beef
- Pastured pork
- Fresh, low toxin fish (The Monterey Bay Aquarium Seafood Watch program offers the most up-to-date information on the healthiest and most sustainable fish.)
- Organic, pastured eggs
(if you're not sensitive to eggs)
- Plus, beans, especially aduki beans (dried, soaked and cooked, or Eden brand canned beans)

Fats and Oils

- Avocado
- Coconut oil
- Olive oil
- Ghee
(if you know you are not sensitive to dairy)



Fall & Winter Cleansing

FOODS TO ENJOY

Nuts and Seeds

- Almonds
- Flaxseeds
- Walnuts
- Pecans
- Pumpkin seeds
- Chia seeds
- Sesame seed
- Pine nut

Grains

- Brown Rice
- Quinoa
- Amaranth
- Millet
- Kasha or Buckwheat

Fruits

- Apples (especially green)
- Berries
- Pears
- Persimmon
- Cherries
- Plums
- Grapes
- Lemons
- Limes

GET ALL THE RECIPES AND MIX & MATCH
FORMULAS IN THE NEXT FEW PAGES

Menu

IDEAS

DAY 1

- Breakfast** Banana and Flax Green Smoothie
Lunch Bitter Greens Salad with Cup of Butternut Squash Soup
Dinner Pan-Seared Halibut with Side of Steamed Broccoli Topped with Toasted Nuts

DAY 2

- Breakfast** Apple-Walnut Porridge
Lunch Spinach & Shallot Frittata
Dinner Juicy Broiled Chicken with Spanish-Style Collard Green Ribbons

DAY 3

- Breakfast** Pumpkin Spice Smoothie
Lunch Carrot, Broccoli, Zucchini Stir-Fry with Quinoa & Leftover Broiled Chicken Slices
Dinner Black Bean & Spinach Burritos

DAY 4

- Breakfast** Warm Gingery Irish Oats (made overnight)
Lunch Poached Egg with Greens & Avocado
Dinner Spaghetti Squash with Herb Mushroom Sauce

DAY 5

- Breakfast** Berry Green Smoothie
Lunch Chopped Autumn Salad with Aduki Beans or Leftover Broiled Chicken
Dinner Salmon En Papillote with Asparagus & Sweet Potato Wedges

Time Saving TIPS

EVERY 3-4 DAYS:

- Shop for groceries
- Make big batches of one or all of the following to have cleansing dishes right at your fingertips:
 - Cook 2 cups of dry quinoa (makes 4 cups of cooked quinoa)
 - Spinach & Onion Frittata
 - Pick one of the 3 soup recipes
(divide into mason jars and store in fridge for easy serving sizes)
 - Juicy Broiled Chicken or Baked Chicken Thighs
 - Prepare a large salad by chopping all veggies (except ones that contain fat like avocado) and leaving the salad undressed, place a wet paper towel over the salad in the fridge and take out how much you need at each meal over the next 2-3 days.
 - Peel and freeze bananas in plastic baggie for smoothies

EACH NIGHT BEFORE BED:

- Make your "overnight oats" if you're having muesli for breakfast!
- Make a nice pitcher of the "Cleansing Cocktail" so you can sip all day.

Basic Smoothie

Mix and Match Formula

INGREDIENTS

8 oz. liquid from Liquid Column
 2-3 items from Bulk + Nutrition Column
 1-3 items from Sweetener + Flavor Column
 1-3 items from Superfoods Column

TOOLS

Blender
 Liquid measuring cup

The Formula

LIQUID	BULK + NUTRITION	SWEETNER + FLAVOR	SUPERFOOD + EXTRA OOMPH
water	1/2 cup cooked oatmeal	1/2 banana (frozen is better)	2 tbsp ground flaxseeds
coconut water	1/2 cup pureed pumpkin	1/2 cup frozen berries	2 tbsp chia seeds
unsweetened almond milk	1/2 cucumber	1/4 cup frozen mango	powdered greens
coconut milk	3-4 leaves kale, spinach, collard greens	1 tsp vanilla extract	2 tbsp raw cacao
rice milk	protein/meal replacement powder	1/2 tsp ginger	2 tbsp psyllium husks
	1/2 avocado	1/2 tsp cinnamon	1/4 cup fresh herbs
	1 - 2 tbsp natural peanut or almond butter	1/4 tsp nutmeg	1 tbsp fresh grated ginger root
		1/2 pear or apple	
		lemon slice	

* certified gluten free oats

Cleansing Autumn Cocktail

INGREDIENTS

1 inch of fresh ginger root,
peeled and sliced thinly
3-5 slices of lemon or lime

TOOLS

Pitcher
Knife
Cutting Board

DIRECTIONS

Fill a pitcher with ginger and lemon and fill with filtered water. Drink throughout day to help hydrate, keep your digestive system working efficiently, de-puff, and to keep you satisfied!

Pumpkin Spice Smoothie

INGREDIENTS

8 oz unsweetened almond milk
1/2 cup organic pumpkin puree
1 small frozen banana (or 1/2 large)
2 tbsp ground flaxseeds
1 tsp vanilla extract
1/2 tsp ground cinnamon
1/2 tsp ground ginger
pinch of nutmeg

TOOLS

Blender

DIRECTIONS

Add all ingredients to a blender. Blend until well-combined. Enjoy!

OTHER WAYS YOU CAN SPICE IT UP:

- add a scoop of protein powder (I like Vega powder)
- 1/2 cup cooked oatmeal instead of the pumpkin
- frozen blueberries instead of the banana.

Berry Green Smoothie

(using Mix and Match Smoothie Formula)

INGREDIENTS

1.5 cups of unsweetened almond milk
or water
1 scoop of protein/meal replacement
powder (such as Vega)
2 tbsp ground flax seeds
1 cup baby spinach or kale
(torn off the stems)
1/4 cup frozen blueberries
1/4 cup frozen strawberries

TOOLS

Chef's knife
Cutting board
Blender
Dry measuring cup

DIRECTIONS

Place all ingredients in blender and blend until smooth and enjoy.



Creamy Banana Green Smoothie

(using Mix and Match Smoothie Formula)

INGREDIENTS

1 cup water or almond milk
3-5 leaves of kale (or spinach), no stems
1/2 avocado
1/2 frozen banana
2 tbsp ground flax seeds

TOOLS

Blender
Chef's knife
Cutting board
Measuring spoons

DIRECTIONS

Place all ingredients in blender and blend until smooth and enjoy.



Basic Breakfast Porridge

Mix and Match Formula

Made too much quinoa or brown rice for dinner?
Leverage those leftovers by enjoying them in a tasty breakfast porridge!
It couldn't be easier.

INGREDIENTS

1 cup grain from Grain Column
(See Note below)
1-3 tbsp of items from Sweetness Column
1-2 tbsp of items from Nuts + Seeds Column
0-2 items from Extra Oomph Column
1-4 items from Seasonings Column
(just a dash less than 1/4 tsp)
1/4 cup of item from Creaminess Column (optional)

TOOLS

Measuring spoons
Dry measuring cup
Liquid measuring cup
Medium saucepan
Wooden spoon

DIRECTIONS

1. Bring water and grain to a boil. (See Note below).
2. Add fruit/dried fruit, Nuts+Seeds, "Extra Oomph."
3. Lower heat to low and cook for 5-7 minutes, or until creamy.
Stir in "Creaminess" component if desired.
4. Add sweeteners like raw honey or maple syrup to taste.

NOTE: WATER TO GRAIN RATIOS

If using uncooked grain, ratio of water to grain is generally 2 to 1. If using cooked grain, ratio is 1:1. Except for Irish/steel cut oats:

- Cooked/leftover brown rice: 1 cup of water for 1 cup of cooked brown rice.
- Cooked/leftover quinoa: 1 cup of water for 1 cup of cooked quinoa..
- Rolled oats (uncooked): 2 cups water for 1 cup rolled oats (uncooked).
- Irish oats, the ratio is 4 to 1. So 4 cups of water for 1 cup of Irish/steel cut oats.

The Formula

GRAIN	SWEETNESS	NUTS + SEEDS	EXTRA OOMPH	SPICES + SEASONING	CREAMINESS
oats	apple slices	chopped nuts	1 tbsp grated ginger root	cinnamon	almond milk
quinoa	banana slices	toasted nuts	2 tbsp ground flaxseed	ginger	coconut milk
rice	dried coconut		2 tbsp chia seeds	nutmeg	
	dried cranberries			sea salt	
	maple syrup				
	raisins				
	raw honey				

* certified gluten free oats



Coco-Hazelnut-Ginger Oatmeal

(using Mix and Match Breakfast Formula)

INGREDIENTS

1 cup rolled oats
2 cups water
2 tbsp dried unsweetened coconut
1 tsp grated fresh ginger root
2 tbsp chopped toasted hazelnuts
1 tbsp chia seeds
1/4 cup light coconut milk

TOOLS

Cutting board
Liquid measuring cup
Measuring spoons
Medium saucepan
Dry measuring cup
Wooden spoon
Chef's knife

DIRECTIONS

1. Bring oats and water to a boil.
2. Reduce heat to medium, add coconut, nuts, ginger, and chia seeds, cook for 5 minutes.
3. Add coconut milk. Stir for a minute to heat through.
4. Serve and top with a dusting of hazelnuts and shredded coconut for garnish.



Warm Irish Oats (Steel Cut Oats)

(using Mix and Match Breakfast Formula)

INGREDIENTS

1 cup gluten-free steel cut Irish oats (such as McCann's)
4 cups water
1/4 cup chopped nuts of your choice (walnuts, pecans, hazelnuts, almonds)
1/4 cup dried fruit of your choice (raisins, dried cherries, dried cranberries)
Sprinkle of cinnamon and/or ginger
1 tbsp gentle sweetener (maple syrup, raw honey), optional

TOOLS

Liquid measuring cup
Measuring spoons
Dry measuring cup
Chef's knife
Cutting board
Medium saucepan
Wooden spoon

THE SHORTCUT METHOD

Steel cut oats take longer to cook than regular oatmeal (about 30 minutes) but, there's a trick.

Night before:

Bring water to a boil, add oats and stir. Turn off the heat and cover. Go to bed!

Next morning:

When you get up the oats will have been slowly cooking all night – all you have to do is heat it up! Add a cup of cooked oats to a bowl (or glass tupperware to bring to work). Mix in any toppings you desire.

THE TRADITIONAL METHOD

If you don't want to take the shortcut, here's what you do:

1. Bring water to a boil.
2. Add oats to the boiling water, stirring well.
3. When porridge is smooth and starting to thicken, reduce the heat to a simmer for 30 minutes, stirring occasionally.

Apple-Walnut Porridge

(using Mix and Match Breakfast Formula)

INGREDIENTS

1 cup leftover quinoa, brown rice, or millet
1 cup water or unsweetened almond milk
2 tbsp chopped or grated apple or raisins
Sprinkle of ground cinnamon
2 tbsp chopped walnuts
2 tbsp ground flax seeds

TOOLS

Liquid measuring cup
Measuring spoons
Dry measuring cup
Chef's knife
Cutting board
Medium saucepan
Wooden spoon

DIRECTIONS

1. Bring rice, water or almond milk, apple or raisins, cinnamon, walnuts, and ground flax seeds to a boil.
2. Lower flame and cook for 5-7 minutes, or until creamy. Enjoy!



Spinach and Shallot Frittata

INGREDIENTS

2 shallots, peeled and thinly sliced
2 cups spinach or baby spinach
1/4 cup extra-virgin
olive oil
Sea salt
Freshly ground pepper
6 large organic eggs*

TOOLS

Liquid measuring cup
Medium bowl
Dry measuring cup
Whisk
Chef's knife
Medium nonstick skillet
Cutting board
Wooden spoon

DIRECTIONS

1. Preheat the broiler.
2. Peel and mince the shallots.
3. Heat olive oil in a nonstick skillet over medium heat. Add shallots and saute until soft.
4. Add spinach and stir until it begins to cook down.
(Or just add leftover steamed or sautéed greens to the pan).
5. Break eggs into a medium bowl, season with salt and pepper lightly, and whisk with a fork until yolks are broken up.
6. Pour egg mixture over the veggies in the skillet. Lift pan and swirl the mixture so it spreads out evenly in the pan. Cook over low heat until eggs are set on the bottom.
7. Transfer to the oven to broil until the top sets and turns golden brown, about 5 minutes.

* Skip if this is your first time cleansing or if you already know you are sensitive to eggs.



*Poached Egg** *over Avocado with Crispy Greens*

INGREDIENTS

1 organic egg
1-2 cups spinach or kale,
rinsed and dried
pinch of sea salt
1/2 avocado, sliced
freshly ground black pepper, optional

TOOLS

Medium pot
Small cup or ramekin
Slotted spoon
Paper or cloth towel

DIRECTIONS

1. Get water hot for poached egg (see next page "How to Poach the Perfect Egg").
2. Meanwhile, in a medium skillet, heat up olive oil over medium heat.
3. Add greens to the skillet, add a pinch of salt, and stir occasionally until greens turn bright green then slightly darker. After a bit more stirring, they might start to brown or even get crispy on the sides. Take off heat.
4. Poach egg (see next page "How to Poach the Perfect Egg").
5. Serve egg over greens and sliced avocado. Finish with fresh pepper, if you'd like.

* Skip if this is your first time cleansing or if you already know you are sensitive to eggs.



How to Poach the Perfect Egg

Once you nail this, it will become a go-to meal because it's so easy, so good for you, and sooo satisfying.

STEPS

1. Take the eggs out of the fridge and let them hang out while you heat the water so they're not freezing cold when you plunge them in the pot. The fresher the egg, the easier this is.
2. Fill a medium pot with about 4-5 inches of water and put on high heat.
3. When the water starts to bubble, turn it down to medium heat. No boiling. If any bubbles come back to taunt you, lower the heat until they simmer down.
4. Crack an egg into a little cup or ramekin (if you crack it on the counter or other flat surface, the less likely you'll have to fish out pieces of shell).



5. Stir the water round-and-round a few times, then gently slip the egg right in the middle of the "vortex". That current you created from stirring will help the egg wrap around itself and stay in a perfect circle instead of billowing out.

6. Don't touch it! Let the egg gently cook (again, if you see bubbles, turn the heat down) until the white begins to set. Then you can gently cradle it with a slotted spoon to get it "unstuck" from the bottom of the pan.

7. After another minute or so, pick it up with a slotted spoon and gently touch the yolk to see if it's still super runny. Continue to cook until the egg is to your desired done-ness. I like mine nice and soft and runny so it creates a little "sauce" on my veggies

8. Remove the egg with a slotted spoon, place it over a paper or cloth towel to blot excess water, and serve. See next page for the best poached egg dish ever.



Garlicky Tahini Dressing

INGREDIENTS

1 cup tahini (sesame seed paste)
1/2 cup lemon juice
1 clove garlic
Water (just enough to thin it out and create desired consistency)
Salt and pepper to taste

TOOLS

Liquid measuring cup
Dry measuring cup
Chef's knife
Cutting board
Small bowl
Fork (or small whisk)

DIRECTIONS

Blend all ingredients in a bowl with a whisk (or blender) until combined.
Serve over brown rice, quinoa, steamed vegetables, or in a wrap with chicken and veggies.

* Skip if this is your first time cleansing or if you already know you are sensitive to citrus.

Simple Vinaigrette

INGREDIENTS

4 tbsp extra-virgin olive oil
1 tbsp sherry or apple cider vinegar
1-2 tbsp gluten-free dijon mustard

TOOLS

Measuring spoons
Small bowl
Fork (or small whisk)

DIRECTIONS

1. Combine everything in a small bowl. Whisk it together with a fork.
Makes 1 cup – about 2 to 4 servings.
2. Serve over simple green salad or as a dip for vegetable sticks.



Crispy Onions or Shallots

The ultimate surprise topping to veggies, meats, grain pilafs, and even soups.

INGREDIENTS

1 medium onion or 2-3 shallots
olive oil

TOOLS

Skillet or sauté pan
Fork
Paper towel

DIRECTIONS

1. Slice onions or shallots in to thin rounds.
2. Heat pan over medium-high heat and add about 1 inch of oil to the pan.
3. Add onions and cook, turning with a fork frequently as they begin to brown, every 30 seconds or so. When onions are a nice golden brown, remove and place them on a paper towel to drain.
4. Enjoy over basic veggies, chicken, fish, wholegrains, or even as a topping for soup.

Crunchy Bitter Greens Salad

This is a great detox salad to balance out a heavier/more indulgent meal.

INGREDIENTS

2 cups of baby arugula
Belgian endive
Radicchio, 1 small head
Simple Vinaigrette (previous page)

TOOLS

Chef's knife
Cutting board
Medium bowl
Tongs

DIRECTIONS

Chop or tear ingredients into bite-sized pieces and gently toss with dressing. Enjoy!

Chopped Autumn Salad

Inspired by the “Use a Spoon” Chopped Salad at Paul Newman’s Dressing Room Restaurant in Westport, CT

INGREDIENTS

3 celery ribs, diced
2 carrots, peeled and diced
1 apple or pear, peeled, cored, and diced
1 cup sliced radicchio
1 cup sliced endive
1 cup baby spinach
1/2 cup toasted walnuts or almond slivers

TOOLS

Chef’s knife
Cutting board
Medium bowl
Tongs

DIRECTIONS

1. Mix together celery, carrots, apple, lettuces in a large bowl.
2. Add 1/4 cup of simple vinaigrette.
3. Toss to coat and serve.



Basic Soup

Mix and Match Formula

INGREDIENTS

2 tbsp from Fats Column
1-3 items from Aromatics Column, sliced or minced
1-2 items from Accent Veggies Column, thinly sliced
Sea salt and freshly ground black pepper
Any number of items from Main Ingredient Column
1 item from Liquid Column
(amount depends on amount of veggies)
1-3 items from Accent Column

TOOLS

Liquid measuring cup
Measuring spoons
Chef's knife
Cutting board
Large saucepan
Wooden spoon
Immersion blender
(or regular blender + slotted spoon)

DIRECTIONS

1. Put the olive oil or butter in large pot over medium heat. Let butter melt.
2. Add aromatics and cook, stirring occasionally, until they soften, about 5 minutes.
3. Add sea salt and pepper and stir.
4. Add main ingredient and stir.
5. Add enough broth or water to cover the vegetables and bring to a boil.
6. Stir, lower the heat to a simmer, and cover until vegetables are tender, 15-25 minutes (depending on the water content of the main ingredients and how small you sliced them).
7. Remove pot from heat, puree with an immersion blender or add veggies to a blender/food processor using a slotted spoon.
8. Return to pot (if you used the blender/food processor), taste and adjust the salt and add any other spices or herbs that tickle your fancy.

The Formula

FATS	AROMATIC VEGETABLES	ACCENT VEGETABLES	MAIN INGREDIENTS	LIQUID	ACCENT
butter	garlic	carrots	asparagus	beef broth	coconut milk
olive oil	ginger root	celery	broccoli	chicken broth	fresh herbs
	leeks		carrot	vegetable broth	toasted pumpkin seeds
	onions		cauliflower	water	maple syrup
	shallots		tomato		spices (curry, cinnamon, ginger, etc.)
			kale		
			other root veggies (e.g. parsnips)		
			summer squash (e.g. zucchini)		
			winter squash (e.g. butternut)		



Roasted Butternut Squash Soup

(using Mix and Match Soup Formula)

INGREDIENTS

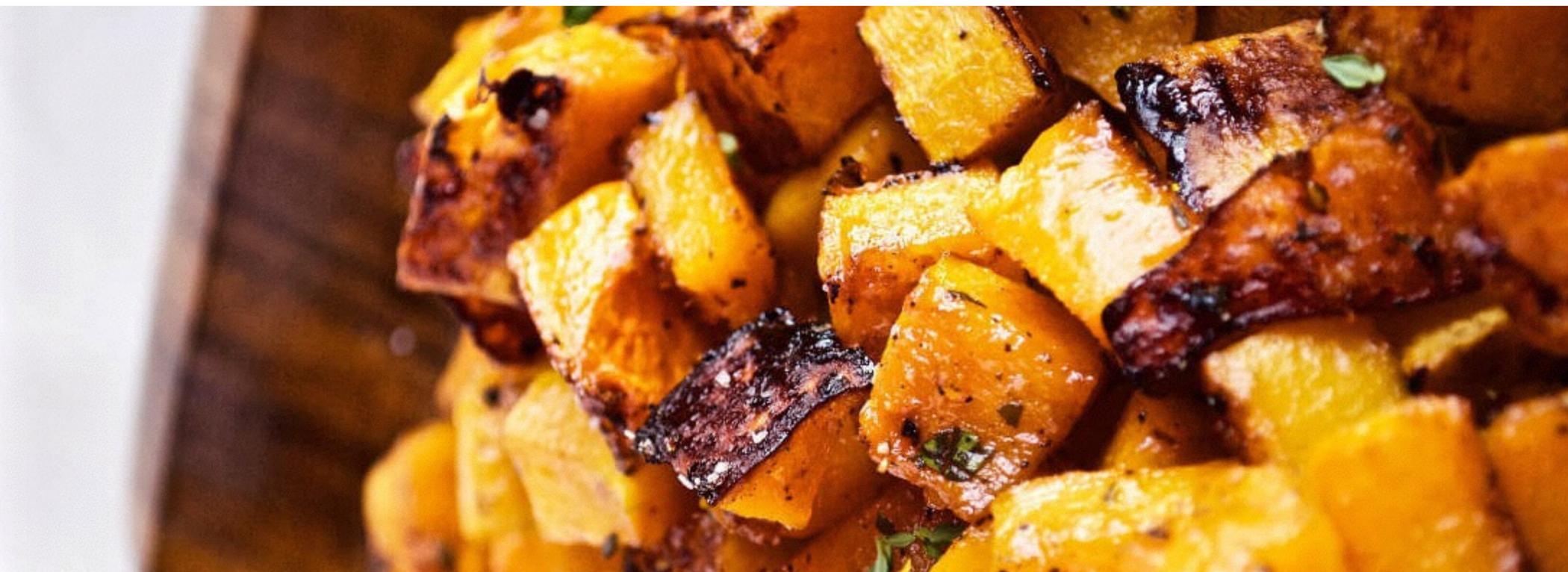
2 medium-sized butternut squash
olive oil
1 large onion, diced
sea salt
freshly ground black pepper
1/2t tsp cinnamon
about 4 cups chicken broth
(or water or vegetable broth)
fresh herbs, like sage (optional)

TOOLS

Large saucepan
Wooden spoon
Immersion blender
(or regular blender + slotted spoon)

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Slice squash in half, lengthwise, and scoop out the seeds.
3. Drizzle 1 tbsp of olive oil on a baking sheet, place the squash cut-side down and move them around to coat in olive oil. Pierce the skins a few times with a fork.
4. Roast squash in the oven until tender, about 30-40 minutes.
5. Take out squash, let cool.
6. Heat 2 tbsp olive oil in a large pot.
7. Add onions, salt, and pepper and saute for 2-3 minutes.
8. Scoop out roasted squash from skin with a large spoon and add to pot along. Add cinnamon, broth, and bring to a boil.
9. Lower heat to a simmer and cover for about 20 minutes.
10. Remove from heat and puree the soup with an immersion blender. (If you don't have an immersion blender, remove the veggies with a slotted spoon, puree them in a blender or food processor, then add back to the pot).
11. Taste, season with salt and pepper if needed. Add fresh herbs and serve!
(really good with toasted pumpkin seeds on top!)



Leek and Kale Soup

(using Mix and Match Soup Formula)

Leeks are an amazing detoxifier - they are a natural diuretic and help you cleanse and de-bloat while tasting deliciously sweet and buttery when cooked. Enjoy this soup with an extra sneaky punch of greens!

INGREDIENTS

2 tbsp olive oil or butter
1 shallot
5-6 leeks
Sea salt and freshly ground black pepper
broth or water
4-5 leaves of kale

TOOLS

Liquid measuring cup
Large saucepan
Measuring spoons
Wooden spoon
Chef's knife
Cutting board
Immersion blender
(or regular blender + slotted spoon)
Salad spinner

DIRECTIONS

1. Peel and slice the shallot.
2. Slice off ends of leeks and the thick green parts and discard, leaving just the white and light green parts. Slice in half lengthwise and slice into ½-inch chunks. There may be some dirt caught in there so rinse leeks with a salad spinner or bowl of cold water and dry with a towel.
3. Heat the olive oil or butter in large pot over medium heat. Let butter melt.
4. Add shallots and a pinch of salt and cook until soft, about 2-3 minutes.
5. Add leeks and a pinch of salt and pepper and cook, stirring every minute or so, until leeks become soft and the green bits turn brighter.
6. Pour in enough broth or water to cover the leeks by about an inch. Bring to a boil.
7. Stir, lower the heat to a simmer, and cover. Let cook for about 15 minutes.
8. Tear kale leaves off the stem, break up into small pieces with your fingers, and toss into the pot with the leeks.
9. Cover and cook for another 5 minutes until kale has become tender.
10. Remove pot from heat, puree with an immersion blender or add veggies to a blender/food processor using a slotted spoon. Be careful - if using blender make sure you use a towel to cover the top instead of the blender top or the soup may explode from the heat!
11. Return pureed and buttery soup to pot (if you used the blender/food processor), taste and adjust the salt and enjoy!



Lentil Soup

(or any other bean soup)

INGREDIENTS

1 tbsp olive oil
1 onion, peeled and diced
2 carrots, diced
1 celery stalk, diced
1 tbsp fresh thyme or 1 tsp dried thyme
1 tsp sea salt
2 (15-oz) cans beans, drained and rinsed
(lentils, garbanzo, aduki, kidney, cannellini)
4 cups broth or water
1/4 cup minced fresh parsley

TOOLS

Liquid measuring cup
Large saucepan
Measuring spoons
Wooden spoon
Chef's knife
Cutting board
Immersion blender
(or regular blender + slotted spoon)

DIRECTIONS

1. Put the olive oil in large pot over medium heat and sauté garlic and onions for 2 minutes.
2. Add carrots, celery, thyme, sea salt, beans, and stock.
3. Bring to a boil, reduce heat to medium-low, and cook 15-20 minutes.
4. Puree with an immersion blender (or remove half of the beans and vegetables and puree in a blender or food processor until smooth). Return to pot.
5. Garnish with fresh parsley and eat.

Azuki Beans with Squash

by Alicia Silverstone via TheKindLife.Com

This is a great “end of the week” dish when you’ve run out of fresh food and are feeling too lazy to run to the store - just leverage what you’ve got in your pantry and your freezer to whip up a really satisfying meal!

INGREDIENTS

4-6 6-inch pieces of kombu (seaweed)
1 cup dried adzuki beans
2 cups kabocha squash (or any other winter squash), peeled and cut into large chunks
1 tsp tamari, soy sauce, shoyu or coconut aminos
chopped fresh cilantro or parsley, for garnish

TOOLS

Colander or strainer
Cutting board
Chef’s knife
Vegetable peeler
Medium bowl
Tongs

DIRECTIONS

1. Combine the kombu and beans in a bowl and cover with water by an inch or two. Soak overnight.
2. Next day, drain the kombu and beans and discard the soaking water.
3. Slice the kombu into 1" x 1" squares, and place them in a heavy pot with a heavy lid, preferably enameled cast iron.
4. Add the beans and enough fresh water to just cover the beans.
5. Bring to a boil.
6. As the beans boil, strain off any foam that rises to the top.
7. Let the beans boil, uncovered, for about 5 minutes, as this allows gases to release.
8. Cover the pot, reduce the heat to low (or place on a flame detector if you have one), and simmer for about 40 minutes.
9. Check the beans every 10 minutes, adding water to the pot when the water level appears to dip below the bean level.
10. After 40 minutes, arrange the squash on top of the beans and add more water to keep the beans covered.
11. Cook for another 20 minutes, or until the beans are soft and tender.
12. Add the shoyu to the beans, and cook for 10 more minutes.
13. Serve garnished with the cilantro or parsley.

VARIATIONS

- Add sauteed or crispy onions or shallots to add depth and a bit more sweetness.
- Top with toasted sesame seeds.

Basic Steamed Broccoli

with Roasted Garlic and Toasted Hazelnuts

INGREDIENTS

2 bunches broccoli
1/2 cup olive oil
1/2 cup hazelnuts
Sea salt
6 cloves garlic (or garlic oil)
Fresh lemon

TOOLS

Large saucepan
Baking sheet
Steamer basket
Chef's knife
Cutting board
Small saucepan

DIRECTIONS

1. Steam the broccoli. Click [HERE](#) for the video.
Cut up broccoli florets into bite-sized pieces. Fill up a medium-sized pot or steamer pot with 2 inches of water, add steamer basket, and bring to a simmer. Add broccoli, a pinch of salt, and cover for about 5-7 minutes until the broccoli is bright green and tender (you can easily pierce them with a fork).
2. Meanwhile, toast and skin hazelnuts (see below). Roughly chop.
3. Roast garlic: Place olive oil and garlic into a small saucepan and cook over low heat until garlic turns just golden, about 4-5 minutes. Or use garlic oil you've made earlier.
4. Take garlic oil off heat, add chopped hazelnuts, juice from 1 lemon, sea salt, and pepper. Stir to combine.
5. Drizzle garlic oil and chopped nuts mixture over the steamed broccoli.
Gently toss to coat and serve!

HOW TO TOAST AND SKIN HAZELNUTS

6. Heat oven or toaster oven to 375 degrees.
7. Spread the hazelnuts on a rimmed baking sheet and toast, tossing occasionally, until the skins darken and blister a bit, 5 to 6 minutes.
8. Remove from oven, take a clean dish towel in your hand and pick up a handful of nuts, cover them in the towel and rub your hands together over the towel until most of the skins fall off.

VARIATIONS

- Replace hazelnuts with walnuts, pecans, or almonds.
- Replace lemon with lime.



Basic Sautéed Collard Green Ribbons, Spanish-Style

INGREDIENTS

1 large bunch collard greens
4 tbsp extra-virgin olive oil
2 garlic cloves
Sea salt
1 tsp sherry vinegar
1 tsp raw honey
1/2 tsp smoked paprika

TOOLS

Measuring spoons
Chef's knife
small bowl and fork
Cutting board
Large skillet
Salad spinner
Wooden spoon

DIRECTIONS

1. Remove stems from collard leaves, tearing them completely in half.
2. Stack 4-5 leaves on top of each other, roll them up tightly like a cigar. Using a good knife, slice them across into very thin ribbons, about 1/8-inch wide. Continue with remaining greens.
3. Rinse and dry well in your salad spinner.
4. In large nonstick skillet, heat olive oil over medium heat.
5. Add garlic and cook until golden brown.
6. Add greens and 1/2 tsp salt. Cook, stirring until collards turn bright green, then a darker green and look a bit wilted, about 1-2 minutes.
7. Remove from pan. Whisk together sherry vinegar, honey, and smoked paprika.
8. Pour over greens and stir until combined. Serve!

VARIATIONS

- Leave out the sherry-honey mixture and top with golden raisins and marcona skinned almonds or pine nuts.



Quinoa "Fried Rice"

with Carrots + Spinach, Topped with Sunflower Seeds

INGREDIENTS

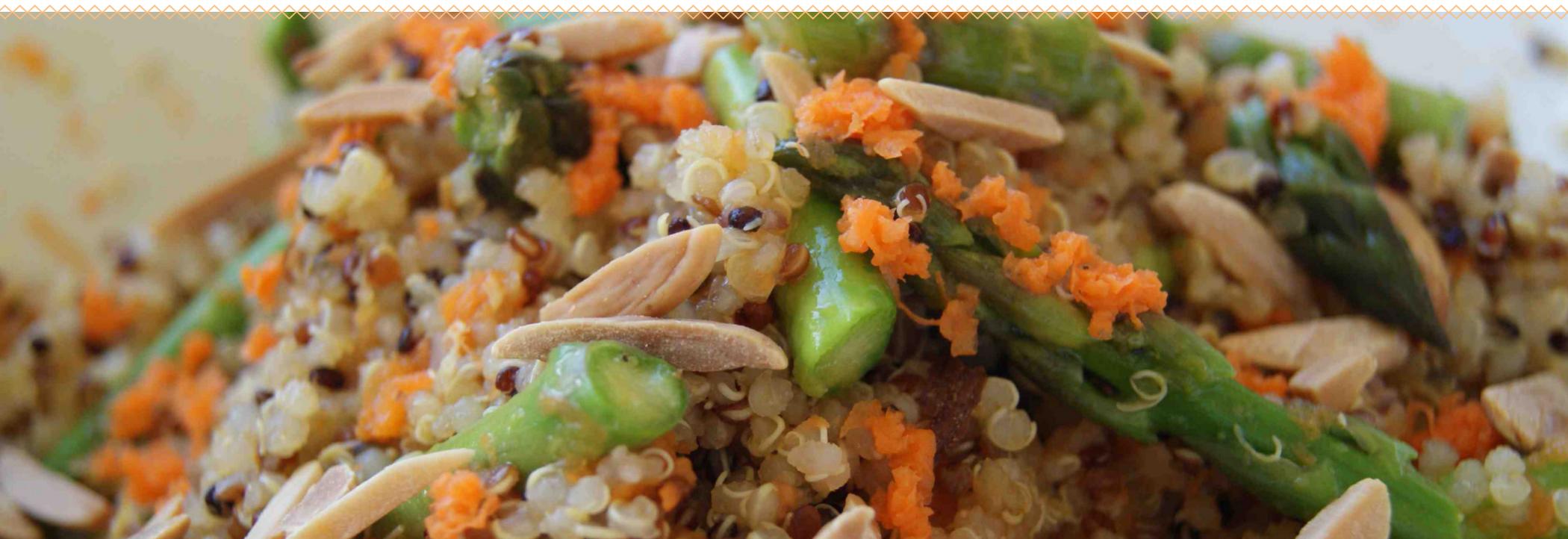
2 tbsp toasted
sesame oil
1 shallot
1 cup baby spinach
1 carrot
1/2 cup frozen peas
2 eggs, beaten
2 cups cooked
quinoa
2 tbsp tamari soy or coconut aminos
sauce
1/4 cup water

TOOLS

Cutting board
Large plate
Chef's knife
Small bowl
Colander
Whisk or fork
Large skillet
Grater
Wooden spoon

DIRECTIONS

1. Get out all ingredients and tools.
2. Slice both ends off shallot and cut into thin slices.
3. Add frozen peas to colander and run under warm water to defrost.
4. Heat in 1 tbsp of oil in skillet and cook shallots until soft, about 2 minutes stirring every 30 seconds or so.
5. Add spinach and stir until wilted. Remove veggies from pan and place on a plate.
6. Add remaining tbsp of oil to the pan, crack and whisk eggs into a small bowl and add to pan to scramble the eggs. Break up cooked eggs with a fork into small pieces.
7. Add the cooked vegetables and cooked quinoa into the pan with the eggs.
8. Grate carrot and add to pan.
9. Add tamari to the pan, stir, and serve. Top with toasted sunflower seeds if you'd like.



Roasted Spaghetti Squash

with Herb Mushroom Sauce

INGREDIENTS

- 1 medium spaghetti squash (about 3-4 lbs), cut lengthwise
- 3 tbsp extra virgin olive oil
- 1/2 cup finely chopped shallots
- 3 large portobello mushrooms, stems removed, cut into 1/2-inch thick slices and each slice halved
- 6 large cremini or white button mushrooms, cut into 1/4-inch slices
- 1/2 cup chicken broth
- 2 tbsp minced fresh Italian parsley
- 1/8 tsp fresh thyme
- sea salt & freshly ground black pepper

TOOLS

- Chef's knife
- Cutting board
- Oven-proof baking dish large enough for squash (if roasting it)
- Large skillet
- Liquid measuring cups
- Measuring spoons

DIRECTIONS

1. Slice squash in half lengthwise, scoop out seeds.
Pierce outside of squash with a fork in a few spots.
2. Cook squash:
Traditional way:
Preheat oven to 475. Place squash in oven-proof pan, cut side facing down. Roast for 50-70 minutes until squash falls away in strings like spaghetti when you run a fork down it.
Shortcut way:
Place squash in microwave with cut side up, covered with a paper towel. Microwave for about 15 minutes, until squash falls away in strings like spaghetti when you run a fork down it
3. Meanwhile...heat oil in large skillet over medium heat.
4. Add shallots and saute for about 5 minutes, until golden.
5. Add mushrooms and saute about 5 minutes, until soft.
6. Stir in chicken broth and cook until liquid reduced to about 6 tablespoons.
7. Stir in parsley and thyme.
8. Season with salt and pepper to taste.

Gluten Free Pasta with Garlic & Oil and Sautéed Greens

This is a great “end of the week” dish when you’ve run out of fresh food and are feeling too lazy to run to the store - just leverage what you’ve got in your pantry and your freezer to whip up a really satisfying meal!

INGREDIENTS

1 pound brown rice pasta
1 tbsp olive oil
1 package frozen spinach or broccoli florets
(or 2 cups of fresh)
3 tbsp extra-virgin olive oil
2 garlic cloves (minced if you really love garlic,
kept whole if you prefer just a hint of garlic)
1/2 cup frozen peas
Sea salt and freshly ground black pepper

TOOLS

Measuring spoons
Chef’s knife
Cutting board
Medium saucepan fitted with steamer
basket Colander
Large skillet
Wooden spoon

DIRECTIONS

1. Cook brown rice pasta according to package directions, but take 1 - 2 minutes off cooking time.
2. If using frozen peas, place them in the bottom of the colander so when you drain the cooked pasta, they will defrost and combine with the pasta.
3. Steam frozen greens to defrost. (Or steam fresh veggies with a sprinkle of sea salt until bright green.)
4. Heat olive oil in a large skillet over medium heat. Add garlic and sauté until golden brown (about 2-3 minutes).
5. Add cooked pasta to the pan and stir to coat with garlic and oil. Add defrosted greens and stir to coat.
6. Take off heat, season with salt and pepper, taste and adjust.

VARIATIONS

Stir in 1 (15-oz.) can of cannellini or garbanzo beans.
Top with sliced broiled chicken.



Black Bean and Spinach Burritos

INGREDIENTS

1 tbsp olive oil
1 onion, diced
1 garlic clove, minced
1 tsp ground cumin
1 tsp oregano
1 tsp chili powder
1 cup black beans, cooked
2 cups fresh baby spinach (or frozen)
Sea salt
Cilantro, if desired
Gluten-free tortillas (or even large wedges of lettuce as wraps or jicama tortillas!)
Sliced avocado, optional

TOOLS

Measuring spoons
Dry measuring cup
Chef's knife
Cutting board
Large skillet with a lid
Wooden spoon
Small skillet

DIRECTIONS

1. Sauté onion and garlic for 1-2 minutes in a large skillet over medium heat.
2. Add cumin, oregano, chili powder. Cover and cook for 2-3 minutes.
3. Add beans, sea salt, and spinach. Continue cooking until spinach is wilted and beans are heated through. Sprinkle in cilantro if desired.
4. Warm the tortilla in a separate skillet over low heat.
5. Lay tortilla flat, add bean and spinach mixture, top with avocado, and roll up.

VARIATIONS

Substitute black beans with lentils, garbanzo beans, or pinto beans.
Substitute beans with diced chicken breast.



Juicy Baked Boneless Chicken Thighs

Another great make-ahead dish that is more “hands off” than the broiled chicken - just stick it in the oven and let it do its thing.

INGREDIENTS

About 1/2 pounds boneless,
skinless chicken thighs (or breasts)
2 tbsp olive oil
Sea salt and pepper

TOOLS

Measuring spoons
Large plastic bag
Baking dish
Tongs

DIRECTIONS

1. Preheat the oven to 425 degrees.
2. Season both sides of each chicken thigh with salt and pepper.
3. In a large, airtight, plastic bag place chicken and olive oil. Toast to coat.
4. Place chicken in an oiled baking dish and bake for about 20 minutes, or until the internal temperature reads 165 degrees.
5. Take out of oven, cover dish with foil and let sit for 5-10 minutes to let juices settle back in.
6. Serve right away or store in an airtight container for later slicing into a salad, wrap, etc.

Pan-Seared Halibut with Toasted Almonds

INGREDIENTS

1 (4-oz) fillet per person of wild-caught halibut
1 tbsp unrefined coconut oil or sesame oil
sea salt
pepper
1/4 cup slivered almonds

TOOLS

Saute pan
Spatula

DIRECTIONS

1. Heat oil in saute pan over medium heat.
2. Sprinkle sea salt and pepper on both sides of each fish fillet.
3. Cook fish on first side over medium heat for 4 minutes.
4. Flip and cook on other side for 3 minutes. While fish is in pan, sprinkle layer of almonds on top.
5. Flip over and cook for 2 minutes. Add almonds on other side.
6. Flip again to cook and toast almonds on other side. Halibut is cooked when fish is flaky and no longer translucent.
7. Take off heat and serve.

VARIATIONS

- Replace almonds with chopped hazelnuts, pecans, or macadamia nuts..

Salmon En Papillote with Asparagus & Sweet Potato Wedges

INGREDIENTS | SWEET POTATO

1 small sweet potato or yam per person
2 tbsp olive oil
sea salt

INGREDIENTS | SALMON & ASPARAGUS

1 bunch of asparagus
3 tbsp whole grain or Dijon mustard
(or mixture of the two)
juice from 1 lemon
2 tbsp olive oil
Sea salt
Freshly ground black pepper
1(6-8 oz) salmon fillet per person

TOOLS

Measuring spoons
Baking sheet
Parchment paper
Spoon
Small and medium bowls
Whisk
Cutting board
Chef's knife
Tongs

DIRECTIONS

1. Preheat the oven to 450 and line a baking sheet with parchment paper.
2. Slice the sweet potato in half, lengthwise. Slice each half into 5-6 wedges.
3. Add sweet potatoes to medium sized bowl with two tablespoons of olive oil and a pinch of salt. Toss to coat.
4. Lay potatoes in a single layer on the parchment-lined baking sheet and bake for 10 minutes.
5. Rinse and dry asparagus and snap off the ends.
6. In a small bowl, whisk together mustard, lemon juice, and olive oil.
7. Take a second piece of parchment, about 15 inches long, fold in half then unfold.
8. In the center of one half, layer about 4-5 asparagus spears and sprinkle with sea salt.
9. Place the salmon fillet on top of asparagus, sprinkle with salt and pepper, and spoon on 2 tablespoons of mustard sauce.
10. Fold parchment back over to cover salmon. Starting at the right hand crease, fold the parchment over itself to create a small triangle. Fold that piece over itself and continue folding to create small pleats all the way around the parchment. When you're done, you should have a half-moon or "calzone" shape.
11. Take out the potato wedges, push them to the perimeter of the baking sheet. Place parchment packet in the middle.
12. Lower oven heat to 400 and bake packet and potatoes for another 10 minutes.
13. Remove from oven, slice through the packet - it's ready! Top with more dijon sauce if you'd like.



Broccoli, Zucchini, Carrot and Quinoa Stir-Fry

This is a great “end of the week” dish when you’ve run out of fresh food and are feeling too lazy to run to the store - just leverage what you’ve got in your pantry and your freezer to whip up a really satisfying meal!

INGREDIENTS

1 cup quinoa
2 tablespoons sesame oil
1 inch of fresh ginger root
1 head of broccoli
1 medium zucchini
2-3 carrots
2 tbsp tamari soy sauce
toasted sesame seeds or gomasio

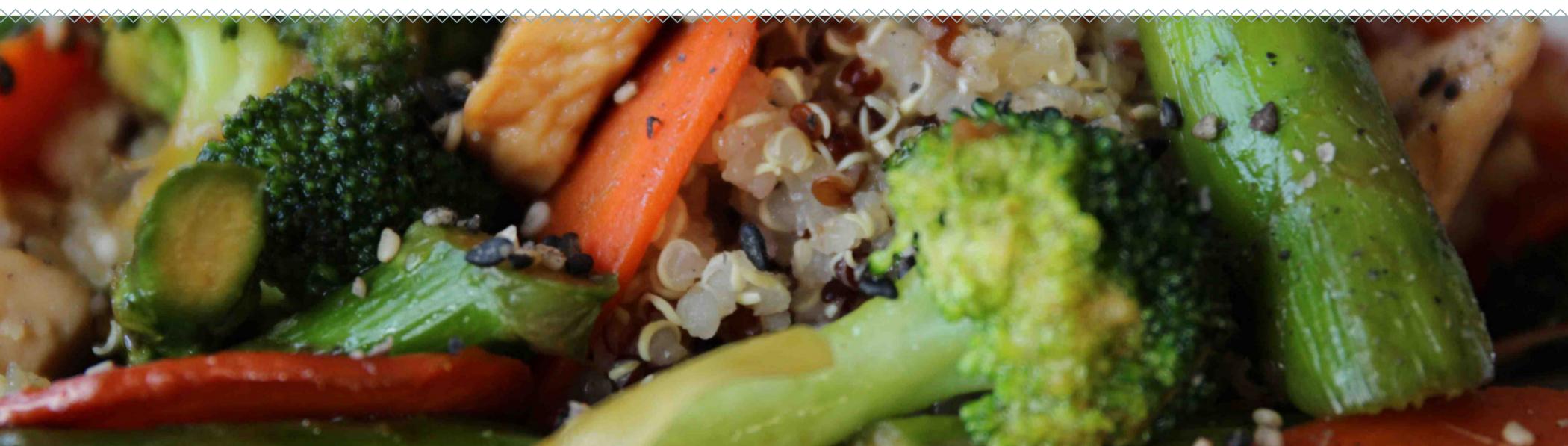
TOOLS

Colander or strainer
Cutting board
Chef’s knife
Vegetable peeler
Medium bowl
Tongs

DIRECTIONS

1. Cook quinoa:
 - Rinse 1 cup dry quinoa in a wire mesh strainer for 10 seconds.
 - Put quinoa and 2 cups of water in a medium pot and bring to a boil.
 - Reduce to a simmer, cover, and cook for 15 minutes.You can absolutely do this a day or two ahead.
2. Peel and mince ginger.
3. Peel carrots and slice thinly on a diagonal.
4. Cut off broccoli florets from stems and slice into bite-sized pieces.
5. Slice zucchini into thin discs, then cut into half-moons.
6. Heat 1 tbsp of sesame oil over medium high heat. Add ginger and stir-fry for 1 minute.
7. Add broccoli and stir-fry for 1 minute. Add carrots and zucchini and stir-fry until crisp-tender. You should be able to easily pierce veggies with a fork but they should still have a bit of crunch to them.
8. Add 1 cup of cooked quinoa to the pan (you’ll have more for leftovers), top with 1 more tablespoon of toasted sesame oil and 2 tbsp of tamari. Stir to coat.
9. Take off heat and serve. Top with gomasio or sesame seeds.

Serves 2-3.



Super Easy (and Juicy) *Broiled Chicken*

A great make-ahead dish for adding to protein to stir-fries, salads, burritos, etc! I usually make about 4 or 5 at the beginning of the week to use for several days.

INGREDIENTS

About 1 1/2 pounds boneless, skinless, white-meat organic chicken (breasts, cutlets, or tenders)
2 tbsp olive oil
Sea salt and pepper

TOOLS

Measuring spoons
Chef's knife
Cutting board
Baking sheet
Tongs

DIRECTIONS

1. Season both sides of each chicken breast with salt and pepper.
2. In a large, airtight, plastic bag place chicken and olive oil. Toast to coat and set aside for 10 minutes or up to 12 hours.
3. Preheat the broiler.
4. Take chicken out of bag with tongs, shake off excess oil, and place on a baking sheet.
5. Broil the chicken very quickly, turning once, cooking no more than 3-5 minutes on each side. To check for doneness, use a thin blade knife and cut through the center - should be white or slightly pink.
6. Let sit on a cutting board, loosely covered with foil, for about 5 minutes to let the juices settle back into the chicken.
7. Serve right away or store in an airtight container for later slicing into a salad, wrap, etc.



Ginger-Lime Cod En Papillote

(Fish baked in parchment packets)

INGREDIENTS

1 (4-oz) wild-caught cod fillet (per serving)
Sea salt
Freshly ground black pepper
1 tbsp sesame oil or olive oil
1 tsp freshly grated ginger
1 tsp fresh lime zest*
Juice from 1/2 fresh lime*
1 tbsp of chopped fresh cilantro (optional)

TOOLS

Baking sheet
Parchment paper or aluminum foil Grater
(or good knife)

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Cut the parchment paper or aluminum into 15-inch squares (1 square per 4- oz slice of fish). Fold in half to make a crease, then open it again.
3. Place a fish fillet in the middle of one half of the parchment. Season both sides with salt and pepper.
4. Drizzle fillet with oil and sprinkle with ginger, zest, juice, and herbs.
5. Fold over one corner of the crease into a tiny triangle, then continue folding the paper over itself to make little pleats that go all the way around the folded paper, sealing the fish in. Continue process with remaining fillets.
6. Place packet on a baking sheet and bake for about 10-12 minutes, until the packet puffs up. (This will depend on the thickness of the fish too, of course).
7. Open up packet and serve!

* Skip if this is your first time cleansing or if you know you are sensitive to citrus.



Beef and Arugula Stir-Fry

(adapted from Joshua Rosenthal's Integrative Nutrition)

A great make-ahead dish for adding to protein to stir-fries, salads, burritos, etc!
I usually make about 4 or 5 at the beginning of the week to use for several days.

INGREDIENTS

1/2 pound grass-fed sirloin, cut into thin strips
2 tsp olive oil
1 tbsp minced fresh ginger
1 clove minced garlic
2 carrots, peeled and cut on the diagonal into thin strips
1-2 bunches of washed arugula (or spinach)
2 tsp kudzu root (thickener, found in Asian aisle)
2 tsp tamari or coconut aminos
2 tsp brown rice or apple cider vinegar
1/4 cup water

TOOLS

Liquid measuring cup
Wooden spoon
Measuring spoons
Tongs
Chef's knife
Plate
Cutting board
Small bowl
Large skillet
Fork (or small whisk)

DIRECTIONS

1. Stir-fry the beef in a pan with 2 tsp of oil over medium-high heat for about 2 minutes or until browned.
2. Remove beef with tongs or fork, allowing excess oil to drip off, and set aside.
3. In same pan in remaining oil, stir-fry ginger and garlic for 2-3 minutes, then add the bell pepper. Cook for another 2-3 minutes.
4. Mix together fresh arugula and carrots mixture in a serving bowl.
5. In a small bowl, combine kudzu, tamari, vinegar, and water.
6. Place kudzu mixture into skillet and cook over medium heat until sauce starts to thicken.
7. Return the beef to the skillet and cook for 1 minute, just enough to warm it up.
8. Add the beef to the serving bowl with arugula and carrots.
9. Mix and serve warm.

Pureed White Bean or Chickpea Dip

Perfect no-fuss party snack that you can quickly whip up with pantry staples.

INGREDIENTS

1 (15 oz.) can cannellini or garbanzo beans,
drained and rinsed 1 garlic clove
2 tbsp fresh lemon juice*
1/3 cup olive oil, plus 4 tbsp
1/4 cup fresh Italian flat-leaf parsley leaves
salt and pepper

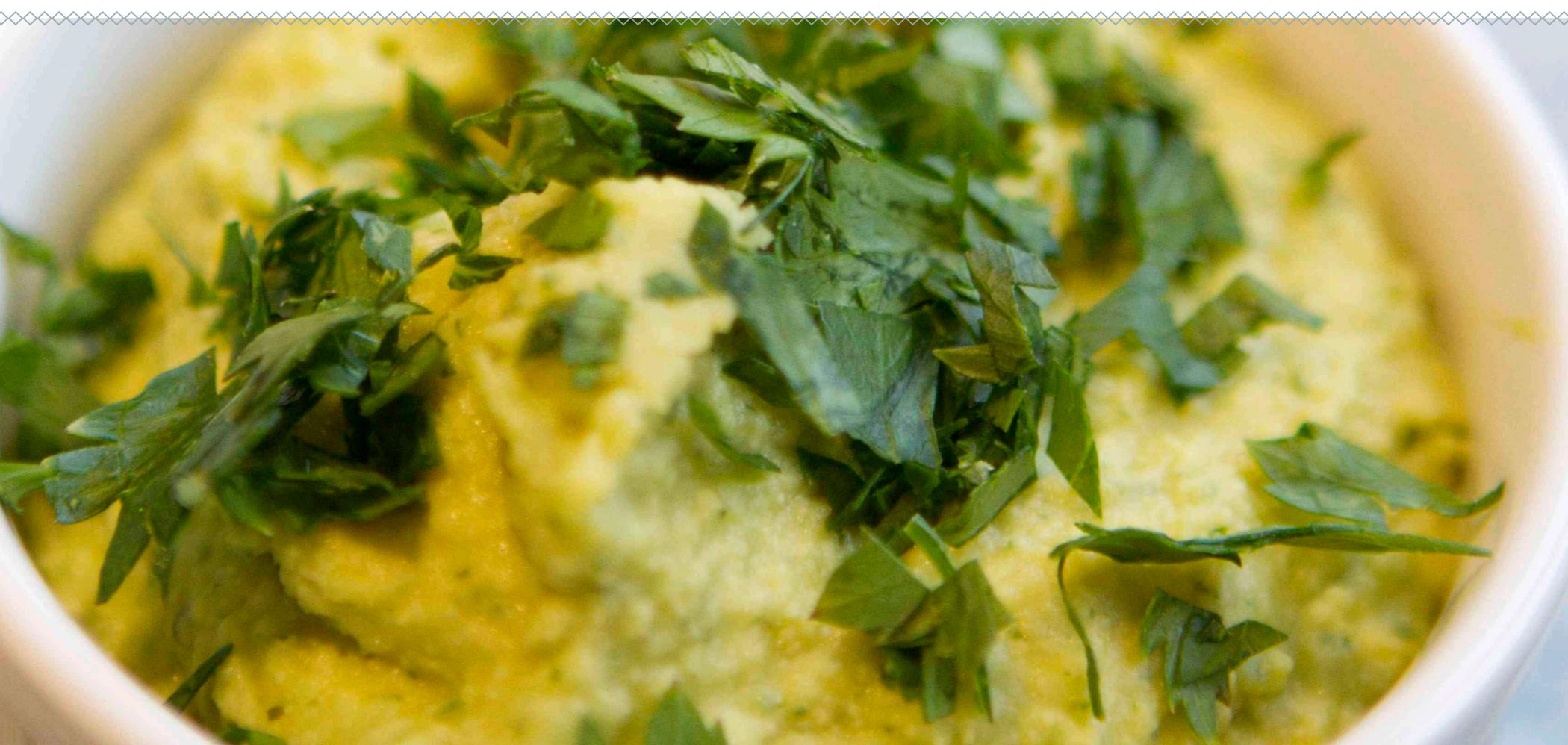
DIRECTIONS

1. Place beans, garlic, lemon juice, olive oil, and parsley in food processor.
2. Pulse until mixture is coarsely chopped. Season with salt and pepper to taste.
3. Transfer puree to a small bowl. Serve with crostini, fresh vegetable sticks (like carrots or celery), or pita chips.

VARIATIONS

This can also be served in a gluten-free wrap or wrapped in a Collard green leaf with grilled vegetables or with grilled chicken and greens.

* Skip if this is your first time cleansing or if you know you are sensitive to citrus.



Kalamata Olive Tapenade

with Endive

Great appetizer for parties or gatherings - use endive leaves as crunchy dippers instead of crackers or crostini.

INGREDIENTS

1 1/2 cups pitted Kalamata olives
1 garlic clove
Fresh Italian flat-leaf parsley, about 1/4 cup
1/4 cup extra virgin olive oil
sea salt
freshly ground black pepper

DIRECTIONS

1. Get out your food processor. Add olives, garlic, and parsley. Slowly pour in the extra virgin olive oil as you pulse the food processor until all ingredients are minced. Taste and add salt and pepper if necessary - the olives are very salty so you may not need any salt at all.
2. Transfer to a serving bowl and garnish with more parsley. Enjoy with something crunchy like Belgian endive or celery.

Refreshing Nori Wraps

INGREDIENTS

Toasted nori sheets
(the stuff they wrap sushi rolls in)

TOOLS

Cutting board
Chef's knife

ANY COMBINATIONS OF THE FOLLOWING:

2-3 grated carrots
leftover brown rice or quinoa
sliced avocado
sliced cucumber

DIRECTIONS

1. Place nori sheet on a flat, dry surface. At the end closest to you, lay the veggies, rice, or any combination of the above ingredients flat along the width of nori sheet.
2. Roll up the ingredients. Slice roll in half and enjoy!



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2. Transfer to a serving bowl and garnish with more parsley. Enjoy with something crunchy like Belgian endive or celery.

Thank you so much for coming on this journey with me.

I deeply hope you enjoyed and benefited from it.



xo,

Caroline

I am continuously looking to learn and improve what I can bring to women. I would love to hear your thoughts and feedback on your experience with this cleanse. Please feel free to share how you liked this course and what you'd like to see more of with me at caroline@carolinezwickson.com. Thank you!

RECIPES FROM
Heather



Heather Pierce Giannone is a certified holistic health coach and Creator of *Go Feed Yourself* - a digital program teaching you how to make fast, healthy meals that keep you focused and productive.

She also shares free recipes and easy cooking how-to videos on her website and on her YouTube show, *The Feed with HPG*.

www.heatherpierceinc.com

