

Eat Well

NUTRITION & RECIPE GUIDE

Ready
· Set ·
Wellness



Shaklee®

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Where To Start

A healthy lifestyle doesn't mean your diet needs to be perfect. It's not about striving for perfection. It's about making better choices for life-long health. Every little change you make adds up. You don't need to do it all at once. Keep making better choices and eventually all of your small habits will add up to a HUGE change!

This book is filled with education, easy lifestyle tips, and simple swaps you can start implementing today for a healthier life. We've also provided delicious recipes that will help nourish your body while doing the Ready Set Wellness Experience and Cleanse.

Food is Medicine

If you could only do one thing to improve your health, what would it be?

Eat more fruits and vegetables! Why? They are filled with vitamins, minerals, antioxidants, and fiber. A diet rich in fruits and vegetables may help lower blood pressure, reduce the risk of heart disease and stroke, and lower the risk of eye and digestive problems, and have a positive effect on blood sugar, which can help keep appetite in check.

Check the back of the book for recipes filled with fruits and vegetables!



Get Your Protein

Research suggests that increasing your protein intake may have big effects on your appetite, metabolic rate, weight, and body composition. ⁽²⁾ Higher protein intake has been shown to increase muscle mass, reduce muscle loss during aging, strengthen bones, and improve wound healing. ⁽³⁾

Eating more protein may help suppress your hunger and appetite for hours after eating. Protein increases production of hormones like PYY and GLP-1 that help you feel satisfied and full. ⁽¹⁾ Protein also helps reduce levels of ghrelin, also known as the "hunger hormone." ⁽⁴⁾

How Much Protein Do I Need?

Clinical nutrition recommendations suggest a minimum protein intake of 0.27 to 0.36 grams per pound. This would equal roughly 40 to 55 grams of protein a day for a 150-pound adult.

However, your exact protein needs are most closely related to your current muscle mass, how physically active you are, and your fitness goals. The more muscle you have, the more protein you require to maintain it. The more you use your muscles, the more protein you need. To put on muscle, you need more protein to build it. 50 grams of protein a day might not be adequate in maintaining lean mass, building muscle, and promoting better body composition for many—especially active individuals and older adults.

Consider increasing your protein intake to 25-35% of your calories or 0.6-1 gram of protein per pound of body weight for a high-protein diet that benefits overall health. For a 150-pound (68kg) person, this is 90-150 grams of protein daily depending on your goals.

What does 20 grams of protein look like?

TIP: Eat at least 20-30 grams of protein during meals. Research has shown that consuming a minimum of 20 grams of protein at meals may promote weight loss, muscle maintenance, and better overall health. ⁽⁴⁾



Tenderloin Steak
4 oz = 20G



Salmon
4 oz = 20G



Chicken Breast
3 oz = 20G



Tuna Steak
3 oz = 20G



Green Peas
3 oz = 20G



Eggs
4 eggs = 24G Protein



Lentils
1/2 cup = 20G



Kidney Beans
3 cup = 21G



Chickpea
3 oz = 20G



Greek Yogurt
8 oz = 24G



Cottage Cheese
3/4 cup = 24G



Life Shake™
1 Serving = 20G

Did you know Life Shake has 20G of protein in each serving!

CAUTION: If you have kidney or metabolic issues, please discuss increasing your protein with your doctor.

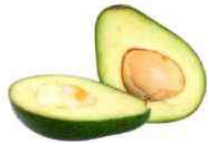


Veggies Have Protein Too!

Pair these high-protein veggies with your favorite protein for a nutrient- and protein-packed meal.



Green Peas
8G Protein- 1 Cup



Avocado
4.6G Protein- 1 Cup



Brussels Sprouts
4G Protein- 1 Cup



Asparagus
4.3G Protein- 1 Cup



Spinach
4G Protein- 1 Cup



Artichokes
4.8G Protein- 1 Cup



Mushrooms
4G Protein- 1 Cup



Kale
3.5G Protein- 1 Cup



Corn
4.7G Protein- 1 Cup



Why You Need Fiber

Increase your fiber

Are you one of the 95% of Americans who don't get enough fiber every day?

We're here to help you change that. According to the American Heart Association, women should try to eat at least 25 grams of fiber a day, while men should get 38 grams a day.

Most Americans on average get 15 grams of fiber per day.⁽¹⁾

- 1 Supports gut health. The good bugs that make up your microbiome feed off fiber and flourish. Fiber is a prebiotic that plays a fundamental role in gut health.
- 2 Helps you maintain a healthy weight.
- 3 Can help with constipation during pregnancy. Research shows that women who ate healthy amounts of fiber during pregnancy had children with lower rates of asthma and respiratory illness.⁽²⁾
- 4 Can help with blood sugar control. Fiber helps slow the absorption of sugar and can help improve blood sugar levels.⁽³⁾



5 May lower your risk of heart disease and may reduce blood pressure and inflammation. Fiber can help lower total cholesterol levels by lowering low-density lipoprotein, or "bad" cholesterol. It soaks up excess cholesterol in your system and takes it out before it can clog your arteries. A Harvard study followed 40,000 men and found that high total dietary fiber intake was linked to a 40% lower risk of coronary heart disease.⁽⁴⁾

6 Helps you stay regular. Fiber makes your stool softer and bulkier, which helps it leave your body quicker.

7 Acts as a natural detox. Fiber naturally scrubs and promotes the elimination of toxins from your GI tract. Soluble fiber soaks up potentially harmful compounds and unhealthy fats before they can be absorbed by the body.



Looking for more gut help?

OptiFlora® Prebiotic Complex is a great supplement that will feed the probiotics in your gut to support a healthy microbiome.* Try adding it to your Life Shake™.

Did you Know Life Shake™ has 6 grams of fiber in addition to 20 grams of protein and 24 essential vitamins and minerals?



*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Reduce Your Sugar Intake

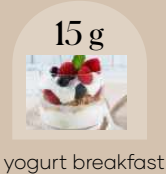
The average American adult consumes **77 grams of sugar per day.**

The American Heart Association recommends no more than 25–35 grams of added sugar for adults and 12–25 grams for kids.

Excessive sugar intake contributes to many chronic health conditions including:

- Insulin resistance (5)
- Weight gain (2)
- Inflammation (9)
- Elevated lipids (9)

How sugar adds up



yogurt breakfast



pb & j sandwich



granola bar snack



pasta sauce with dinner

Nearly 70 grams of added sugar



It's impossible to cut out all sugar if you're going to still eat fruit and vegetables, but it is possible to:

- 1 Reduce your added sugar intake.
- 2 Make simple swaps and use healthy sugar alternatives in moderation.
- 3 Avoid sugar in "hidden" places. Read your food labels and see how much sugar is in your sauces, dressings, condiments, and packaged foods.
- 4 Look for unsweetened or low-sugar options.

Sugar Alternatives

Instead of using artificial sweeteners, try these options: (in moderation)



Stevia



Raw Honey



Coconut Sugar



Date Sugar



Molasses



Maple Syrup

Ditch Refined Carbs for Complex Carbs or Whole Grains

Whole Grains

- May reduce health risks
- Protects against inflammation
- Satisfaction
- Rich in fiber, vitamins, and phytonutrients
- Improves digestion & overall gut health

Hint:

When choosing bread, cereal, or other refined foods, check the list of ingredients to see if whole grain is listed first.

Try to buy options that don't contain enriched wheat or added sugar.

Look for breads that have 3 or more grams of fiber per slice and cereals that have 5 or more grams of fiber per serving. Note that the serving size of cereal is usually 1/2 cup not a full bowl!



Refined carbohydrates are foods like white bread, white flour, white rice, white pasta, cookies, candy, donuts, cake, pastries, soda, etc.

Refined grains tend to be more processed and higher in refined sugars. When the grain is processed or refined, a lot of its nutrition is lost because the outer shell (bran) and germ (seed) are removed from a whole grain, and both of these hold a lot of the protein, fiber, and nutrients.

When choosing grains, choose whole grains over refined grains.

Try adding these whole grains to your diet:



Not All Carbs are Created Equal

Carbohydrates are an essential part of a healthy diet. Even fruits and vegetables have carbohydrates in them, but it's important to know they're not all created equal.

HOT TIP: Focus on getting your simple and complex carbs from natural, unrefined, and unprocessed sources when possible. These include fresh fruits and vegetables, whole grains and products made with them, low-fat dairy products, and legumes. You'll know that you're getting nutrient-rich foods that are high in fiber and low in calories and saturated fat.













Simple

- Easy for the body to digest, but any sugar that isn't used right away is stored as fat.
- Simple sugars can increase blood sugar more rapidly.
- Found in some healthy foods such as fruits and vegetables, but also in processed foods with added sugars
- Fruit
- Added sugars in syrups, cookies, and many other processed foods

Complex

- Unrefined complex carbohydrates are digested slower, so your blood sugars rise and fall more gradually.
- Leave you feeling full and satisfied long after a meal
- Whole grains
- Legumes: lentils, kidney beans, chickpeas
- Starchy vegetables: corn and sweet potatoes
- Non-starchy veggies:

Simple Swaps

White pasta:		→		zucchini noodles, spaghetti squash, or chickpea pasta
White rice:		→		quinoa, amaranth, or brown rice
White flour:		→		whole wheat, almond flour, or coconut flour
White bread:		→		100% whole wheat or sourdough made with whole grain
Chips:		→		roasted sweet potatoes
Granola/cereal:		→		old-fashioned or steel-cut oatmeal

Healthy Fats

Fat is an essential nutrient to support a healthy body. However, not all fat is created equal. Choose foods with "good" unsaturated fats, limit foods high in saturated fat, and avoid "bad" trans fat.

Unsaturated fats can be found in foods like:



Fish



Avocado



Nuts



Olive and Avocado Oil



Hot tip:

Swap out your vegetable oil for olive oil or avocado oil. No one will know you've made that dessert or dinner with avocado oil because it has such a mild taste. Use it just like you would vegetable oil—bake, grill, fry, roast, or sauté with it up to 520 °F.



OLIVE OIL: Olive oil has two main compounds, hydroxytyrosol and oleuropein, which are powerful antioxidants. These antioxidants can inhibit some genes and proteins that drive inflammation. Epidemiological studies have shown a lower incidence of atherosclerosis and cardiovascular diseases.



AVOCADO OIL: The main fatty acid in avocado oil is called oleic acid. Oleic acid helps fight inflammation. Avocado oil was shown in one study to neutralize free radicals, which prevents them from damaging cell mitochondria.

Get more Omega 3 fatty acids in your diet with our Omega-3 Gellys™. Omega-3 Gellys™ deliver 3x more DHA + EPA than other leading gummies—in a great-tasting Strawberry Lemonade flavor.

A groundbreaking technology developed by Norwegian scientists helps the body more easily absorb the DHA + EPA in Omega-3 Gellys to support growing and developing brains, help maintain a healthy heart and cardiovascular system, help retain healthy triglyceride levels, and help support eye and joint health.*



Take High-Quality Supplements to Fill in the Gaps

Even if you eat a perfect diet filled with fruits and vegetables, you can still be lacking critical vitamins and minerals. Most of us have busy lives, and despite our best efforts to eat healthy, many of our food choices can be less than nutritious. In fact, up to 90% of Americans are lacking key nutrients in our diets.

Ensuring we are getting the nourishment needed to support our bodies' optimal functions can be a challenge, but nutritional supplements can help fill in those gaps. Quality supplements can help fill nutritional gaps left by less-than-optimal food choices, our overworked bodies, depleted soil, and our environment.

Countless research studies and health experts agree that supplementing with key nutrients, including a multivitamin, adequate vitamin D, and omega-3 fatty acids, provides a good nutritional foundation.

To understand the relationship between supplementation and long-term health, the first-of-its-kind Landmark Study was conducted in collaboration with researchers from the University of California, Berkeley, School of Public Health.

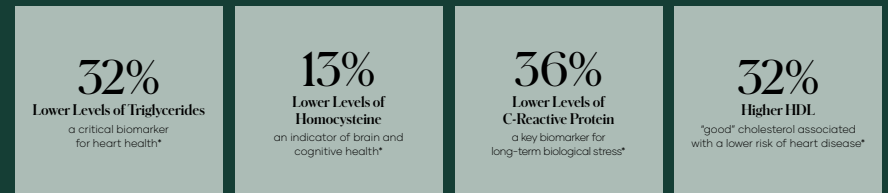
The Landmark Health Studies illustrate The Shaklee Difference®: Safe. Proven. Guaranteed.

Two Studies, a Lifetime of Proven Results

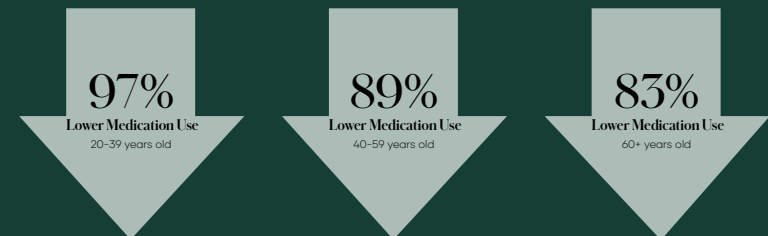
The Landmark Studies comprise the first multi-study, comprehensive look at the health impacts of long-term usage of a broad array of dietary supplements. The two studies, conducted in collaboration with the University of California Berkeley (2005) and, later, Tufts University (2015), compared long-term Shaklee adherents with a control group of US adults who took either no supplements or two or fewer supplements.

The Results Speak for Themselves

In the first study, members of the Shaklee group had healthier biomarkers and higher blood nutrient levels.* These differences generally persisted over the 10 years between the two studies. Additional findings from the 10-year follow-up study included a lower usage of medication in the Shaklee group, who were now an average age of 72.



Shaklee Users Had Lower Medication Usage vs. the US adults sample



*Data for nonusers was obtained from NHANES 2001-2002 and NHANES 1988-1994. Long-term Shaklee users clearly demonstrated lower levels of the most important heart-health biomarkers recognized by the American Heart Association.

Hunger vs Cravings

Are you hungry? Or are you experiencing a food craving?

Being more mindful and aware of your body and its cues can help you eat and fuel your body when it physically needs it. Unlike hunger signals, cravings change over time. They are usually triggered by emotions like stress, boredom, sadness, loneliness, anxiousness, an attachment to food, or love of a certain food.

If your hunger is physical, fuel your body with whole foods like protein or vegetables. If it's an emotional craving, find three words to describe how you feel (bored, frustrated, tired) and address your emotion in other ways like calling a loved one, going on a walk, or reading a book.

Hunger

- Growling stomach
- May cause headache or feelings of weakness
- Desire for any type of food
- Comes on gradually
- Occurs when you haven't eaten for several hours
- Occurs out of physical need
- Stops when you are full
- Doesn't pass with time

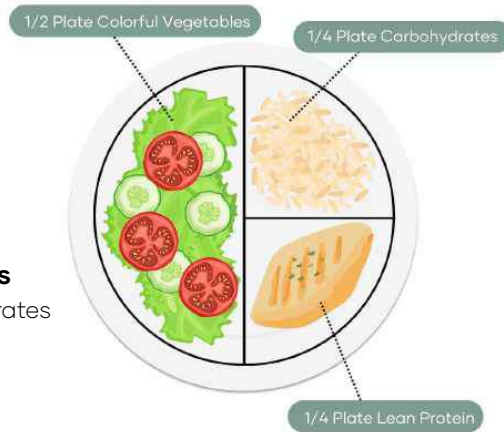
Craving

- No physical cues
- Tied to emotions like stress or loneliness
- Desire for a specific food like chocolate, pizza, or ice cream
- Occurs even after you've eaten and are full, feels urgent
- Occurs out of emotional need
- Hard not to overeat, continues even when full
- Will pass with time



How to Build a Balanced Meal

Creating a healthy, balanced meal doesn't have to be complicated. Try to eat a variety of food groups and colors at each meal and aim to fill half of your plate with vegetables, 1/4 plate with lean protein, and 1/4 plate with grains.



Follow the Acceptable Macronutrient Distribution Ranges

45-65% of your calories from carbohydrates

20-35% from fat

10-35% from protein.

Measure the Correct Proportions

Use the quick guide below to portion your meal. It is suggested that men eat 2 of the portions outlined below and women eat one.

Protein

Palm of Hand



Vegetables

Fist Full



Smart

Cup Full



Healthy

Thumb



Make more than one portion, so that you have leftovers for the next day!

Adjust portions up or down according to:

- How frequently you eat
- Your caloric needs
- How active you are
- Your results
- Appetite and satiety
- The occasion or event



Meal Prep Tips

Cooking meals at home is good for your health and your wallet! The goal is to make the most of the time you spend in the kitchen. With a little planning, squeezing in a few hours to meal prep for the week will save you many hours of cooking in the kitchen. **Healthy eating doesn't have to be hard.**

Here are some meal prep tips and tricks to help get you started!

1

Make a Plan

Start by listing your meals for the week ahead and write a grocery list of the food items you need. Making a plan is one of the most important steps in this process! Check your fridge and pantry for any ingredients you already have and want to use up.



2

Pick a Prep Day

Pick a day of the week to prep as much food as you can. Cooking more food at once makes it easier to put together healthy meals on hectic days. Get your prep done during the weekend so you've got meals for the beginning of the week. If meals for a full week are too much to take on, start with 2 or 3 days' worth and prep again later in the week.

3

Get Organized

Food storage containers are one of the most essential meal prep tools. Glass food storage containers allow you to reheat your meals and eat from them. We recommend buying various shapes and sizes of containers, for salads and snacks like yogurt and fruit, from the same brand so you have coordinating lids. There are many container options out there.

4

Spice It Up

Add spices and flavors to your meals. If you don't like what you're eating, your diet plan will not be sustainable. In addition to being exceptional flavor enhancers, herbs and spices are loaded with plant compounds that provide a variety of health benefits.



5

Keep Basics on Hand

Keep your pantry and freezer stocked with quick go-to items for snacks or to add to a meal: nuts and seeds, washed greens, hard-boiled eggs, or chopped fruit. Quick-fix foods that keep for a long time are also good to keep on hand: rice, oatmeal, canned tuna, beans, chicken broth, and frozen fruits and veggies. They make it easy to throw something together, even when you haven't been to the store in awhile.

6

Cool Your Food

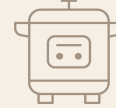
Wait for your food to cool before storing it because it can get soggy, and nobody likes soggy food.



7

Use an Instantpot or Slow Cooker

Slow and pressure cookers can be lifesavers for meal prep, especially if you don't have time to stand over a stove. These appliances allow for more freedom and hands-off cooking, so you can meal prep while simultaneously finishing other chores or running errands.



8

Wash and Prep Fruits and Veggies

If your goal is to eat more fresh fruits and vegetables, try washing and preparing them as soon as you get home from the farmer's market or grocery store. Store all your beautifully prepped produce in your fridge at eye level so you will be more likely to grab them when you are hungry!

9

Portion It Out

Divide large recipes into single servings in glass containers. You'll save time and it can also keep you from eating too much. Try pouring soups, stews, and broths into silicone muffin tins, freeze them, and pop the pieces into a plastic bag after they harden.



10

Learn to Multitask

On prep day, start cooking foods that need the most time on the stove or in the oven (cooking meat, roasting vegetables, soaking or simmering beans, making quinoa) first. Once you have those pots and pans going, you can do quicker tasks like washing lettuce or chopping carrots and celery into handy snack sizes. Having something baking in the oven, cooking on the stove, in the crockpot, and at the counter all at the same time allows you to get more done in a shorter period of time!

11

Batch Cook Versatile Ingredients

Prepare large quantities of individual foods for the purpose of using them in different ways throughout the week. Batch cooking can save you a lot of time. For example, you might use quinoa or rice as a side dish, in a salad, or as part of a grain bowl for lunch. Roast a large tray of vegetables, tofu, or meat at the start of the week to use for salads, stir-fries, scrambles, or grain bowls. A rotisserie chicken can be enjoyed as an entrée, added to a soup, or served in tacos throughout the week. If there's any left over, you can freeze it.

12

Make Extra Dinner

This is the most common meal prep strategy because it's so easy! There's something so nice about a hot, fresh dinner and if you make extra food for dinner, you'll have enough leftovers for lunches AND other dinners during the rest of the week. Example: Make two pounds of taco meat if your family normally eats one.



Should I Buy Organic or Not?

There are many benefits to buying organic foods, but the downside is that they can be more expensive and harder to find in stores.

Every year the Environmental Working Group (EWG) tracks the number of pesticides used on various produce crops and comes up with a list that lets consumers know what produce has the most exposure to pesticides, the "Dirty Dozen," and would be most beneficial to buy organic. The EWG also releases another list called the "Clean 15," which indicates the produce that has the least amount of chemical exposure and may not be as necessary to buy organic.



Dirty Dozen

If you want to reduce your exposure to pesticides, these are the best items to buy organic:

1. Strawberries
2. Spinach
3. Kale, collard, and mustard greens
4. Nectarines
5. Apples
6. Grapes
7. Bell and hot peppers
8. Cherries
9. Peaches
10. Pears
11. Celery
12. Tomatoes

Clean 15

1. Avocados
2. Sweet corn
3. Pineapple
4. Onions
5. Papayas
6. Sweet peas (frozen)
7. Asparagus
8. Honeydew melon
9. Kiwi
10. Cabbage
11. Mushrooms
12. Cantaloupe
13. Mangoes
14. Watermelon
15. Sweet potatoes



Recipes

Try these delicious recipes to fuel and nourish your body! The first 4 weeks are approved for the Ready Set Wellness Experience and Cleanse. If you aren't doing the 7-Day Cleanse or have already finished, feel free to eat any recipe at any time. Modify any recipe by adding protein or grains if needed.

Make sure to check the Appendix on page 86 for more recipes.

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Ready Set Wellness Week 1 Cleanse Recipes

These recipes are approved for the 7-day cleanse and beyond.

- 30 Maple Roasted Sweet Potato and Apple Salad
- 31 Tropical Kale Salad with Coconut, Strawberries, and Mango
- 32 Lemon Garlic Zucchini Noodles
- 33 Cauliflower Tabbouleh
- 34 Portobello Mushroom Burger
- 35 Raw Cauliflower "Popcorn"
- 36 Cleansing Green Vegetable Soup

Maple Roasted Sweet Potato and Apple Salad

4 Servings



INGREDIENTS

- | | |
|---|---------------------------------|
| 5 cups Sweet potatoes, peeled and cubed | 1/4 cup Dried cranberries |
| 1 Tbsp Coconut oil | 2 tbsp Cilantro, chopped |
| 6 cups Spinach | 2 Tbsp Apple cider vinegar |
| 1/2 cup Red onion, diced | 2 Tbsp Lemon juice |
| 2 cups Apples, diced | 3 Tbsp Olive oil |
| 1 Large avocado, diced | 1/2 tsp ea. Salt & black pepper |



DIRECTIONS

1. Preheat oven to 400 °F. Mix sweet potatoes, coconut oil, salt, and pepper. Place on baking sheet and roast for 30 minutes or until soft. Allow the potatoes to cool.
2. Make dressing by mixing apple cider vinegar, lemon juice, olive oil, salt, and pepper in a bowl. Whisk until smooth.
3. To assemble salad, mix together sweet potatoes, spinach, red onion, apples, avocado, cranberries, cilantro, and dressing.
4. Garnish with more chopped cilantro.



MACROS

Calories	575.25
Fat	19.25 g
Protein	6.5 g
Carbohydrates	94 g



Tropical Kale Salad with Coconut, Strawberries, & Mango

4 Servings



INGREDIENTS

- | | |
|--|-----------------------------|
| 5 cups Kale, stemmed and thinly sliced | Dressing |
| 2 cups Strawberry, diced | 1/4 cup Passion fruit juice |
| 2 cups Mango, diced | 1/4 cup Guava juice |
| 1/2 cup Coconut, shredded and toasted | 1 cup Pineapple juice |
| | 2 Tbsp Coconut oil, warmed |
| | 2 Tbsp Olive oil |
| | 1 Tbsp Honey |
| | 1 tsp ea Salt & pepper |



DIRECTIONS

1. Make dressing by placing passion fruit juice, guava juice, pineapple juice, coconut oil, olive oil, honey, salt, and pepper in a blender. Blend until smooth and emulsified.
2. Add kale and dressing to a bowl. Massage kale with the dressing to absorb as much dressing as you can.
3. Add strawberries, mango, and coconut to the bowl. Mix together.
4. To serve, place salad in a bowl. Top with extra fruit if desired.



MACROS

Calories	443.87
Fat	25.82 g
Protein	4.83 g
Carbohydrates	48.06 g

Lemon Garlic Zucchini Noodles



INGREDIENTS

- 2 medium zucchini, spiralized
- 2 cloves garlic, minced
- 2 Tbsp. olive oil
- 1 lemon, halved
- 1 tsp. chopped parsley



DIRECTIONS

To a small saucepan over low heat, add garlic and oil. Cook until garlic is lightly browned. Squeeze in the juice from half a lemon, add parsley, and mix.

To a large pot over medium-high heat, add zucchini noodles and cook until zucchini is just tender, stirring as needed to cook evenly. To make this dish healthier, you don't need to add any oil while cooking the zucchini. Drain any water produced by zucchini noodles from pan. Add in sauce and toss until noodles are evenly coated. Squeeze juice from remaining lemon half over noodles. Serve immediately.

Cauliflower Tabbouleh



INGREDIENTS

- 1 head cauliflower, pulsed in food processor to size of rice grains
- 1 English cucumber, diced small
- 1 tomato, seeded and diced
- 1/2 to 1 cup chopped parsley
- 1/2 cup chopped mint
- 2 spring onions, diced small



DRESSING

- Juice of 2 lemons
- 6-7 Tbsp. olive oil
- 1 tsp. diced garlic
- 1/4 tsp. pepper



DIRECTIONS

Break the cauliflower into smaller pieces and place in the food processor. Pulse 5-10 times depending on desired size. Add all ingredients up to dressing and toss. Put all dressing ingredients into a jar and shake well. Dress salad and taste. Add more pepper and lemon as needed.



Cleanse Week One

Portobello Mushroom Burger



INGREDIENTS

- 2 large Portobello mushroom caps
- 3 Tbsp. balsamic vinegar (no sugar added)
- 1 clove fresh garlic, minced
- 2 tsp. dried basil
- 1 tsp. dried oregano
- 1/2 tsp. ground black pepper
- 1 large tomato, sliced
- 1 avocado, sliced
- 1 cup pea shoot sprouts
- 1 Tbsp. yellow mustard



DIRECTIONS

Slice off mushroom stems (save for dressing if desired). Slice off about 1/2 of the mushroom cap (as if slicing a bun). Combine the balsamic vinegar, garlic, basil, oregano, and pepper in a small bowl and mix well.

Place both halves of all the mushroom caps on a cookie sheet lined with foil, and add a little olive oil (to prevent sticking). With a large spoon, pour the marinade over each mushroom cap and let sit for about 10 minutes.

Preheat the oven to 425°F. Bake mushrooms for about 10 minutes. Check to see if they are done—if not, flip them and bake another 10 minutes.

Place the bottom half of the mushroom cap on a plate. Add your choice of toppings, and cover with the top half of the baked mushroom cap.



Cleanse Week One

Raw Cauliflower "Popcorn"



INGREDIENTS

- 1 large head cauliflower
- 1 Tbsp. extra-virgin olive oil

Option #1

- 1–2 Tbsp. chili powder, depending on strength of flavor desired
- Juice of 1 lime

Option #2

- 1 Tbsp. Spike seasoning
- 1 Tbsp. nutritional yeast



DIRECTIONS

Trim the leaves from the cauliflower and pull off large pieces of the head. Break them down until they are in florets not larger than the tip of your thumb. Wash and drain well. Transfer florets to a large mixing bowl and toss with the remaining ingredients.



Cleanse Week One



Cleansing Green Vegetable Soup



INGREDIENTS

1 Tbsp. olive oil	1/2 tsp. dried parsley
1 yellow onion	1/4 tsp. dried thyme
4 garlic cloves	2 bay leaves
2 cups broccoli florets	10 oz. baby spinach or kale, roughly chopped
2 cups diced zucchini	1/2 cup chopped fresh parsley
2 cups shredded green cabbage	Juice of 1 lemon (about 3 Tbsp.)
2 stalks celery, diced	1 avocado
6 cups water	1/2 tsp. black pepper
1/2 tsp. dried basil	



DIRECTIONS

In a large soup pot, sauté onion and garlic in 1 Tbsp. olive oil over medium heat until onions are translucent, about 3–5 minutes. Stir occasionally so the garlic doesn't burn. Add dried parsley, basil, pepper, and thyme, and stir for 1 minute.

Add remaining veggies and water, plus bay leaves.

Cover, bring to a low boil, and reduce heat. Simmer for 15 minutes. Turn off heat and add baby spinach or kale. Stir to incorporate, and cover pot with the lid to let wilt, about 5 minutes.

Meanwhile, in a blender or food processor, add avocado, lemon juice, and 1/4 cup of broth from the pot, and blend until smooth.

Stir the avocado and lemon mixture into the broth until completely incorporated, and add the chopped fresh parsley.

Taste and season with additional pepper if necessary. Serve hot!

Post Cleanse Week 2 Recipes

These recipes are approved for week 2 of the Ready Set Wellness Experience and beyond. This week you will be eating 7-Day Cleanse approved foods and adding in clean proteins like:

- Seeds, hemp, chia, flax, sunflower
- Organic chicken or turkey
- Wild-caught fish (salmon especially) and seafood
- Grass-fed organic beef
- Non-GMO/organic tofu
- Healthy fats

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Grilled Lemon Chicken with Green Salad

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Seared Halibut with Cucumber and Radish Slaw

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Southwest Beef, Summer Squash, and Corn Salad

Post Cleanse Week Two

Post Cleanse Week Two



Grilled Lemon Chicken with Green Salad

4 Servings



INGREDIENTS

2 Tbsp	Garlic, minced	1/2 cup	Red onion, sliced
1	Lemon, juiced and zested	1/3 cup	Kalamata olives, pitted and halved
2 Tbsp	Olive oil	1/2 cup	Cucumber, deseeded and sliced
1 tsp ea	Salt & black pepper	2 Tbsp	Olive oil
4	4-oz chicken breast cutlets	2 Tbsp	Balsamic vinegar
4 cups	Mixed greens	1 Tbsp	Dijon mustard
2 cups	Cherry tomatoes, halved	2 Tbsp	Honey



DIRECTIONS

1. Marinate chicken by placing garlic, lemon, olive oil, salt, pepper, and chicken in a bag or bowl. Marinate for 30 minutes or overnight in the refrigerator.
2. Preheat grill or grill pan to medium high.
3. Cook chicken for 3–4 minutes per side or until fully cooked. Remove from grill. Allow to cool slightly and slice.
4. Make dressing by placing olive oil, balsamic vinegar, Dijon mustard, honey, salt, and pepper in a bowl and whisking until smooth.
5. To serve, place mixed greens in a bowl. Top with tomatoes, onions, olives, cucumber, and chicken. Drizzle dressing over top or serve on the side.



MACROS

Calories	456.5
Fat	27.5 g
Protein	26 g
Carbohydrates	26.25 g

Korean Chicken Bowl with Kimchi

4 Servings



INGREDIENTS

1 lb	Boneless skinless chicken thighs
4 Tbsp	Coconut aminos
2 Tbsp	Honey
2 tsp	Sesame oil
2 Tbsp	Olive oil
1-1/2 cups	White rice
2	Green onions, sliced
2	Small cucumbers, seeded and sliced
1/2 cup	Red cabbage, shredded
1 cup	Kimchi
1 Tbsp	Toasted sesame seeds



DIRECTIONS

1. Cook white rice according to package directions.
2. Marinate chicken in a bowl with coconut aminos, honey, and sesame oil for 30 minutes or overnight in the refrigerator.
3. Heat large skillet with olive oil and cook chicken for 4–5 minutes per side or until fully cooked. Remove from heat and slice.
4. To assemble bowls, place rice in a bowl. Top with sliced chicken, green onions, cucumbers, kimchi, and toasted sesame seeds. Serve with extra coconut aminos if desired.



MACROS

Calories	579.42
Fat	18.53 g
Protein	27.39 g
Carbohydrates	75.79 g

Grilled Trout Salad with Avocado Lime Dressing

4 Servings



INGREDIENTS

4	4-oz trout fillets	1 cup	Cherry tomatoes, halved
2 Tbsp	Olive oil	4 cups	Mixed greens
1 tsp ea	Salt & pepper	2 Tbsp	Lime juice
1 tsp	Paprika	1	Medium avocado, sliced
1 tsp	Dried dill	3 Tbsp	Olive oil
1/4 tsp	Red chili flakes	2 Tbsp	Coconut sugar
2 cups	Broccoli florets	1/2 tsp ea	Salt & pepper
2	Yellow pepper, julienned		



DIRECTIONS

1. Brush trout with olive oil, then sprinkle on salt, pepper, paprika, dill, and red chili flakes. Let marinate for 30 minutes.
2. Preheat grill or grill pan to medium high.
3. Grill trout for 2–3 minutes per side or until fully cooked. Allow to cool.
4. Steam broccoli in microwave, or in colander over boiling water.
5. Make dressing by putting lime juice, avocado, olive oil, coconut sugar, salt, and pepper in a blender. Blend until smooth.
6. To serve, place salad greens in a bowl. Top with steamed broccoli, yellow peppers, and cherry tomatoes. Place trout on top and drizzle with dressing or serve on the side.



MACROS

Calories	424.36
Fat	30.60 g
Protein	15.01 g
Carbohydrates	22.24 g



Grilled Ahi Tuna Salad

4 Servings



INGREDIENTS

1 lb	Ahi tuna steak	1 cup	Carrots, shredded
2 Tbsp	Olive oil	2	Green onions, sliced
2 Tbsp	Coconut aminos	1 Tbsp	Sesame oil
1 Tbsp	Ginger, minced	2 Tbsp	Olive oil
1 Tbsp	Garlic, minced	1 Tbsp	Coconut aminos
4 cups	Mixed greens	2 Tbsp	Rice wine vinegar
1	Cucumber, seeded and cut into strips	2 Tbsp	Maple syrup
1	Red bell pepper, julienned	1/2 Tbsp	Garlic, minced
1	Large avocado, sliced	1/2 Tbsp	Ginger, minced



DIRECTIONS

1. Marinate tuna steak in a bowl with coconut aminos, ginger, and garlic. Cover for 15 minutes. Then flip and marinate for another 15 minutes. Don't marinate too long or tuna will discolor.
2. Heat oil in large skillet. Cook tuna steaks for about 3 minutes per side depending on how thick they are. Remove from heat and let rest for 5 minutes. Slice into 1/4" pieces.
3. Make the dressing by placing the sesame oil, olive oil, coconut aminos, rice wine vinegar, maple syrup, garlic, and ginger in a bowl. Whisk until smooth.
4. Assemble the salad by placing the mixed greens in a bowl. Top with cucumber, red bell pepper, avocado, carrots, green onions, and tuna slices.
5. Drizzle the dressing over top or serve on the side.



MACROS

Calories	434.99
Fat	25.04 g
Protein	30.26 g
Carbohydrates	22.16 g

Post Cleanse Week Two

Chicken Cobb Kale Salad with Poblano and Cashew Vinaigrette

4 Servings



INGREDIENTS

1/2 cup	Raw cashews	2	Large avocado, sliced
2 cups	Hot water		
1 lb	Chicken, cooked and sliced	1/2 cup	Poblano pepper
		1 Tbsp	White miso
4	Large eggs, hardboiled and sliced	2 Tbsp	Lemon juice
		1 tsp	Onion powder
3 cups	Kale, destemmed and chopped finely	1 tsp	Garlic powder
		1 tsp ea	Salt & black pepper
1 cup	Cherry tomatoes, halved	2 Tbsp	Chives
1-1/2 cups	Radish, sliced thin		



DIRECTIONS

1. Soak cashews in hot water for 10 minutes. Drain and set aside.
2. Make dressing by placing soaked cashews, poblano pepper, miso, lemon juice, onion powder, garlic powder, salt, and black pepper in a blender. Blend until smooth.
3. To assemble salad, place kale in bowl. Top with chicken, egg, cherry tomato, radish and avocado. Garnish with chive. Drizzle with dressing or serve on the side.



MACROS

Calories	406.75
Fat	15.75 g
Protein	32.5 g
Carbohydrates	33.75 g



Post Cleanse Week Two

Seared Halibut with Cucumber and Radish Slaw

4 Servings



INGREDIENTS

1/4 cup	White wine vinegar
2 Tbsp	Olive oil
2 Tbsp	Fresh dill, chopped
3 Tbsp	Coconut sugar
1 tsp	Salt & black pepper
16 oz	Radish, sliced thin
16 oz	English cucumber, sliced thin
8 oz	Red onion, sliced thin
1/4 cup	Parsley, chopped & loosely packed
2 Tbsp	Olive oil
4	6-oz skinless halibut fillets



DIRECTIONS

1. In a small bowl, mix together white wine vinegar, fresh dill, coconut sugar, salt, pepper, radish, cucumber, red onion, and parsley.
2. Heat oil in a large nonstick pan to medium high. Season halibut with salt and pepper. Add to pan and cook for 3-4 minutes per side.
3. To serve, place halibut on plate and top with cucumber and radish slaw.



MACROS

Calories	405.25
Fat	19.25 g
Protein	36.25 g
Carbohydrates	21.75 g



Post Cleanse Week Two

Southwest Beef, Summer Squash, and Corn Salad

4 Servings



INGREDIENTS

Dressing

1-1/2 Tbsp	Tahini	1 tsp	Paprika
2 Tbsp	Olive oil	1 Tbsp	Lime juice
1 Tbsp	Lime juice	1 tsp ea	Salt & black pepper
2 Tbsp	Chipotle peppers, blended	1 cup	Cherry tomato, halved
1 Tbsp	Garlic	1/2 cup	Red onion, chopped
1 tsp	Salt	2 Tbsp	Cilantro, chopped
3 Tbsp	Orange juice	4 cups	Romaine, chopped
		2 Tbsp	Olive oil

Salad

1 lb	Lean ground beef	2	Zucchini, chopped
1 tsp	Chili powder	2	Yellow squash, chopped
2 tsp	Cumin	1 cup	Corn
		15 oz	Black beans
		1	Large avocado



DIRECTIONS

1. Prepare dressing by placing tahini, olive oil, lime juice, chipotle peppers, garlic, salt, and orange juice in a bowl. Whisk until combined.
2. Heat medium skillet over medium heat. Add ground beef and cook until browned, about 5 minutes. Add chili powder, cumin, paprika, lime juice, salt, and pepper. Stir until mixed. Remove and set aside.
3. Add olive oil to pan and add zucchini and yellow squash. Cook 4 minutes until soft. Remove from heat.
4. Prepare salad by placing lettuce in bowl. Top with ground beef, squash mixture, tomato, onion, cilantro, corn, black beans, and avocado. Drizzle with dressing or serve on the side.



MACROS

Calories	582.75
Fat	27.75 g
Protein	34.25 g
Carbohydrates	49 g

Post Cleanse Week 3 Recipes

These recipes are approved for week 3 of the Ready Set Wellness Experience and beyond. This week you will be eating 7-Day Cleanse approved foods, clean proteins, and gluten-free grains like:

- Amaranth
- Gluten-free oats
- Non-GMO corn
- Buckwheat
- Rice (black, purple, brown, red varieties)
- Millet
- Quinoa
- Teff

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Chicken Kabob

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Honey Lime Shrimp Fajita Bowls

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Citrus Chicken Quinoa Salad

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Asparagus and Cherry Tomato Tabbouleh Quinoa Salad

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Chicken Street Tacos

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Pan Seared Greek Shrimp over Lemon Brown Rice

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Salsa Chicken

Post Cleanse Week Three

Chicken Kabob



DIRECTIONS

1. Preheat broiler. To make the marinade, combine garlic, 1 Tbsp oil, lemon or lime juice, worcestershire sauce, and pepper in a bowl.
2. Cut chicken lengthwise into thin 3/8 inch strips. Add to marinade, toss to coat evenly and let chicken marinate in refrigerator 10-20 minutes, turning at least once.
3. Slice onion and pepper into thin 1/8 inch strips. In a nonstick skillet, heat 2 teaspoons oil over medium-high heat. Add onion and bell pepper slices and saute, stirring constantly, about 5 minutes or until onion is slightly brown.
4. Wrap tortillas in foil and place in the lower shelf of oven. Heat thoroughly. Line broiler pan with foil.
5. Place chicken on foil covered pan about 3 inches from the broiler for 4 minutes.



INGREDIENTS

- 1 Clove garlic, finely minced
- 1 Tbsp Olive Oil
- 1 1/2 Tbsp Fresh lemon or lime juice
- 3 Tbsp Worcestershire sauce
- 1/8 tsp Ground pepper, or to taste
- 1 1/4 lbs Boneless chicken breasts, skinned and all visible fat removed
- 1 Large Onion
- 1 Large green bell pepper
- 1 tsp Olive oil
- 8 Corn tortillas



Post Cleanse Week Three

Honey Lime Shrimp Fajita Bowls

4 Servings



INGREDIENTS

Shrimp

- 1 Tbsp Olive oil
- 1 Tbsp Lime juice
- 1 tsp Chili powder
- 1 tsp Cumin
- 1 tsp Dried oregano
- 1/2 tsp Paprika
- 1/2 tsp ea Salt & black pepper
- 1 tsp Garlic powder
- 1 tsp Onion powder
- 1 lb Large shrimp, peeled and deveined

Veggies

- 2 Medium red bell peppers, sliced

- 2 Medium green bell peppers, sliced
- 1 Medium red onion, sliced
- 1 Tbsp Olive oil
- 1/2 tsp ea Salt & black pepper

Rice

- 2 cups Brown rice
- 2 tbsp Cilantro, chopped
- 1 Lime, juiced and zested

Salsa

- 1 cup Tomatoes, diced
- 1/3 cup White onion, diced
- 2 Tbsp Cilantro, chopped
- 1 tsp ea Salt & black pepper
- 1 Large avocado, sliced



DIRECTIONS

1. Cook rice according to package directions. Let cool and gently mix in cilantro, lime juice, and lime zest.
2. In a bag or a bowl, mix together olive oil, lime juice, chili powder, cumin, oregano, paprika, salt, pepper, garlic powder, onion powder, and shrimp. Let marinate for 10 minutes.
3. Heat large skillet over medium heat. Add red bell pepper, green bell pepper, red onion, olive oil, salt, and pepper. Cook for 4-5 minutes or until vegetables are soft.
4. Remove vegetables and set aside. Heat skillet back up to medium heat. Add the shrimp to the pan. Cook 2-3 minutes per side. Remove from pan.
5. Make salsa by mixing together tomatoes, onion, cilantro, salt, and pepper.
6. To assemble, place rice in a bowl. Top with veggies and shrimp. Top with salsa and sliced avocado.



MACROS

Calories	592.25	Protein	25.5 g
Fat	16.25 g	Carbohydrates	86 g



Citrus Chicken Quinoa Salad

4 Servings



INGREDIENTS

- 1 1/2 cups Cooked Quinoa
- 1 lb Chicken- skinnless, boneless, cut in small pieces
- 2 Tbsp Olive Oil
- 2 Cloves roasted garlic, finely chopped
- 1/2 tsp Salt and papper, to taste
- 1/2 tsp Smoked paprika
- 2 Large oranges, peeled and segmented
- 1 Apple, chopped
- 1 Ripe avocado, peeled and cubed
- 1/3 cup Baby spinach
- 1/4 cup Fresh lime juice
- 1/3 cup Fresh cilantro, chopped
- 1 Tbsp Honey
- 1 Tbsp Chia seeds
- Roasted almonds, optional



DIRECTIONS

1. Cook quinoa according to package directions. Transfer cooked quinoa to a large bowl and let it cool.
2. Pour olive oil into a large skillet over medium heat. Add chicken and roasted garlic. Sprinkle with smoked paprika, salt and pepper. Stir and cook until chicken is done, about 8-10 minutes.
3. Add cooked chicken, oranges, apples, baby spinach, and avocado to the quinoa. Stir to combine.
4. Add cilantro, lime juice and honey. Top with chia seeds and enjoy.



Asparagus and Cherry Tomato Tabbouleh Quinoa Salad

4 Servings



INGREDIENTS

- 1 cup Quinoa
- 1 lb Asparagus, cut into bite-size pieces
- 1 cup Cherry tomato, halved
- 4 cups Arugula, chopped
- 1/4 cup Toasted pecans
- 4 oz Feta, crumbled
- 2 Tbsp Red onion, minced
- 4 Tbsp Olive oil
- 2 Tbsp Garlic, minced
- 1 Tbsp Lemon juice
- 1 tsp ea Salt & black pepper



DIRECTIONS

1. Cook quinoa according to package directions. Remove from pan and transfer to another bowl. Let cool.
2. Heat large skillet over medium heat. Add oil and cook garlic for 30 seconds. Add asparagus and cook for another 2 minutes. Remove and let cool.
3. Make the dressing by whisking the olive oil, lemon juice, garlic, salt, and pepper in a bowl.



MACROS

Calories	428
Fat	23 g
Protein	14.75 g
Carbohydrates	40.5 g

Post Cleanse Week Three

Chicken Street Tacos

4 Servings



INGREDIENTS

Marinated Chicken

- 2 lbs Boneless, skinless chicken thighs
- 1 Orange, squeezed
- 1 Lime, squeezed
- 6 Cloves garlic, minced
- 2 tsp Ancho chili powder
- 2 tsp Onion powder
- 2 tsp Smoked paprika
- 2 tsp ea Salt and pepper

Mango Slaw

- 2 Mangos, diced small
- 1 Small red onion, diced
- 1 cup Red cabbage, shredded
- 1/4 cup Fresh cilantro, chopped
- 2 Limes, squeezed
- Salt and pepper, to taste

For Tacos

- 12-18 Small corn tortillas
- 2 Avocados, sliced



DIRECTIONS

1. Mix all the marinade ingredients in a medium container fitted with a lid. Whisk or shake with lid on until fully incorporated. Add the chicken thighs and marinate at least 30 minutes or overnight if possible.
2. Heat oven to 425°F. Place the marinated chicken on a baking rack set on top of a rimmed baking sheet. Roast the chicken until the internal temperature reaches 165°F, about 20 minutes.
3. While the chicken is baking, mix the mangos, red onion, red cabbage, cilantro, juice of two limes, and salt to taste in a bowl. Set aside.
4. Assemble the tacos by adding sliced chicken to warm tortillas and topping with mango slaw and sliced avocado. Serve with extra lime and tomatillo salsa if desired.



Post Cleanse Week Three

Pan Seared Greek Shrimp over Lemon Brown Rice

4 Servings



INGREDIENTS

- 2 Tbsp Olive oil
- 2 Tbsp Lemon juice
- 1 Tbsp Garlic, minced
- 1 tsp Paprika
- 1 tsp Oregano
- 2 tsp ea Salt & black pepper
- 1 lb Shrimp, raw, peeled and deveined
- 1 lb Broccoli florets
- 2 cups Brown rice
- 2 Fresh lemon, juiced and zested
- 1 Tbsp Garlic



DIRECTIONS

1. In a bowl, mix together olive oil, lemon juice, garlic, paprika, oregano, 1 tsp salt, and 1 tsp pepper. Mix, then add the shrimp and marinate for 10 minutes.
2. Cook the brown rice according to package directions, then stir in lemon juice, lemon zest, garlic, 1 tsp salt, and 1 tsp pepper.
3. Heat a large skillet with oil, then add shrimp and cook 2 minutes per side. Remove and cook broccoli for 4-5 minutes or until soft.
4. To serve, place lemon rice in a bowl, then top with shrimp and broccoli.



MACROS

- Calories 535.5
- Fat 11.5 g
- Protein 32.25 g
- Carbohydrates 75.75 g



Post Cleanse Week Three

Salsa Chicken

6 Servings



INGREDIENTS

1/3 cup	Lime juice
2 tsp	Fresh chives, minced
2 tsp	Fresh ginger, minced
2	Garlic cloves, minced
2 Tbsp	Olive oil
2 tsp	Chili powder
1 cup	Salsa
1 1/2 lbs	Chicken breast, boneless, skinless



DIRECTIONS

1. In a small pan, mix together lime juice, chives, ginger, and garlic.
2. Add olive oil and chili powder and heat to boiling over medium heat. Stir in salsa.
3. Allow sauce to cool. Place chicken in plastic bag. Add the sauces and let marinate in the refrigerator for at least 2 hours or up to 24 hours.
4. Prepare outside grill with an oiled rack set 4 inches above the heat source. If using a gas grill, set heat to high setting.
5. Grill chicken breasts for 3-34 minutes on each side, turning once and basting with extra marinade until the chicken is thoroughly cooked.



Post Cleanse Week 4 Recipes

Reintroduction week: Introduce a new food every 2 or more days. Make sure to reintroduce one food group at a time.

Here is an example of how you could reintroduce the foods throughout the week. You can go slower or in a different order if you choose.

The most important thing is to not overload your body with multiple foods reintroduced in the same day.

Monday and Tuesday add nuts

Wednesday and Thursday add beans, legumes, and lentils

Friday and Saturday add dairy

Sunday add wheat and gluten

Post Cleanse Week 4 Recipes

Monday and Tuesday - Reintroduce nuts

*skip this if you are allergic or sensitive to nuts

55 Thai Broccoli Beef and Chickpea Salad

56 Brussels Sprouts Salad with Shallots and Greek Yogurt Dressing

57 Vegan Kale Caesar Salad with Chickpea Croutons

58 Grilled Peach and Burrata Salad with Raspberry Balsamic Dressing

59 Grilled Chicken Coconut Curry with Vegetables and Peanut Satay Sauce

60 Curry over Cilantro Coconut Rice

61 Macadamia Nut Encrusted Mahi-Mahi with Mango Salsa and Cilantro Cauliflower Rice

Reintroduce Nuts

Thai Broccoli Beef and Chickpea Salad

4 Servings



INGREDIENTS

Dressing		15 oz	Chickpeas
1/4 cup	Peanut butter	1 cup	Carrots, shredded
2 tbsp	Rice vinegar	1 lb	Flank steak, cut into bite-size pieces
1-1/2 Tbsp	Coconut aminos	3 Tbsp	Coconut aminos
1 Tbsp	Honey	1 Tbsp	Hoisin sauce
1 tsp	Ginger, minced	1 Tbsp	Sweet chili sauce
1 tsp	Garlic, minced	2 tsp	Cornstarch
2 Tbsp	Coconut milk	1 tsp	Garlic powder
Salad		1 tsp	Ginger powder
16 oz	Broccoli slaw		



MACROS

Calories	406.75
Fat	15.75 g
Protein	32.5 g
Carbohydrates	33.75



DIRECTIONS

1. Make dressing by combining rice vinegar, peanut butter, coconut aminos, honey, ginger, garlic, and coconut milk in a bowl. Whisk until smooth. If it's too thick, add a little bit of water. Set aside.
2. Cut flank steak into bite-size pieces. Mix together coconut aminos, hoisin, sweet chili sauce, cornstarch, garlic powder, and ginger powder. Pour over steak in a bag or bowl and let marinate for 30 minutes or up to 8 hours in the refrigerator.
3. Heat nonstick skillet over high heat until very hot. Add oil and then add the marinated beef (drain off any excess marinade).
4. Cook in a single layer, and work in batches if needed. Cook the beef for 3 minutes per side or until brown. Remove beef and let cool.
5. To serve, mix together broccoli slaw, chickpeas, and carrots in a bowl. Top with beef and drizzle dressing over the top or serve on the side.



Reintroduce Nuts

Brussels Sprouts Salad with Shallots and Greek Yogurt Dressing

4 Servings



INGREDIENTS

4 cups Brussels sprouts, shredded
 6 Bacon strips, cooked and crumbled
 1 cup Pomegranate arils (seeds)
 1/4 cup Pecorino Romano cheese, shredded
 1/3 cup Almonds, sliced

Dressing

1 Shallot, minced
 1 Tbsp Orange juice
 1 Tbsp Lemon juice
 1/2 tsp ea Salt & black pepper
 1 Tbsp Honey
 2 Tbsp Greek yogurt, plain
 2 Tbsp Olive oil



DIRECTIONS

1. Make the dressing by combining shallots, orange juice, lemon juice, salt, black pepper, honey, Greek yogurt, and olive oil in bowl. Whisk until smooth. If too thick, thin with water.
2. Make the salad by combining the shredded Brussels sprouts with 1/2 the dressing, 1/2 the bacon, 1/2 the pomegranate seeds, and 1/2 the cheese. Place in bowls. Top with remaining ingredients. Drizzle extra dressing on top or serve on the side.



MACROS

Calories 401.75
 Fat 21.75 g
 Protein 21.75 g
 Carbohydrates 29.75 g



Reintroduce Nuts

Vegan Kale Caesar Salad with Chickpea Croutons

4 Servings



INGREDIENTS

4 cups Romaine lettuce, chopped
 2 cups Baby kale
 1 cup Cherry tomatoes, halved
 2 each Large avocado, diced

1 Tbsp Garlic
 1 tsp Dijon mustard
 1 Tbsp Lemon juice

Chickpea Croutons

15 oz Chickpeas, rinsed and drained
 1 Tbsp Olive oil
 1 tsp Onion powder
 1 tsp Garlic powder
 1/4 tsp Red chili flakes
 1/2 tsp ea. Salt & black pepper

Dressing

1/3 cup Macadamia nuts
 1/4 cup Water
 2 Tbsp Olive oil
 1 Tbsp Nutritional yeast



DIRECTIONS

1. Make dressing by combining macadamia nuts, water, olive oil, nutritional yeast, garlic, Dijon mustard, and lemon juice in a blender. Blend until smooth. Add more water to thin if needed.
2. Make croutons by placing the chickpeas, olive oil, onion powder, garlic powder, red chili flakes, salt, and pepper in a bowl. Mix and spread out on a baking sheet. Bake at 350 °F for 15 minutes. Chickpeas will start to dry out and become crunchy.
3. To assemble, mix romaine and baby kale and place in bowls. Top with tomatoes and avocado. Drizzle dressing on top or serve on the side. Place chickpea croutons on top.



MACROS

Calories 406.75
 Fat 15.75 g
 Protein 32.5 g
 Carbohydrates 33.75 g

Reintroduce Nuts

Grilled Peach and Burrata Salad with Raspberry Balsamic Dressing

4 Servings



INGREDIENTS

3	Medium peaches	2 Tbsp	Balsamic vinegar
3 Tbsp	Olive oil	3 Tbsp	Olive oil
2 Tbsp	Harissa paste	1 Tbsp	Coconut sugar
2 Tbsp	Honey	3 cups	Mixed greens
2 Tbsp	Lime juice	1/2 cup	Fresh raspberries (topping)
1 tsp ea	Salt & black pepper	1/4 cup	Almonds, toasted
1	Shallot, minced	8 oz	Burrata, torn into pieces
8 oz	Raspberries	1 tsp ea	Salt & black pepper



DIRECTIONS

1. Cut peaches in half and remove pit. Mix together olive oil, harissa paste, honey, lime juice, salt, and pepper and coat peaches.
2. Preheat grill or grill pan to medium heat.
3. Make dressing by combining shallots, raspberries, balsamic vinegar, olive oil, salt, black pepper, and coconut sugar in blender. Blend until smooth.
4. Grill peaches for 3–4 minutes per side. You want them slightly soft but not mushy. Cool peaches and then slice.
5. To assemble salad, place mixed greens in a bowl. Top with peaches, fresh raspberries, almonds, and burrata. Drizzle with dressing or serve on the side.



MACROS

Calories	569.25
Fat	38.25 g
Protein	12 g
Carbohydrates	44.25 g



Reintroduce Nuts

Grilled Chicken Coconut Curry with Vegetables and Peanut Satay Sauce

4 Servings



INGREDIENTS

Marinade	
1 lb	Chicken breast
13 oz	Coconut milk
3 tbsp	Red curry paste
1/4 cup	Peanut butter
Vegetables	
2 tbsp	Olive oil
2	Zucchini, medium
2	Yellow squash, medium
2	Red bell pepper
1	Eggplant, medium
1/2	Yellow onion

Curry

5 Tbsp	Red curry paste
13 oz	Coconut milk
2 Tbsp	Ginger, minced
2 Tbsp	Garlic, minced
2 cups	Water

Garnish

1/4 cup	Chopped peanuts
1/4 cup	Mint Leaves, loosely packed
1/4 cup	Cilantro leaves, loosely packed
2	Limes, cut into wedges



DIRECTIONS

1. Butterfly-cut chicken so that it is thin and even. Whisk together other ingredients in marinade. Add chicken and marinade to a 1-gallon ziplock bag. Let marinate for 30 minutes or up to 8 hours in the refrigerator.
2. Preheat grill.
3. Dice vegetables. Add oil to a hot pan. Add the vegetables and cook 4–5 minutes until soft.
4. Add red curry paste, garlic, and ginger. Cook for another minute. Add coconut milk and water. Let simmer while chicken is cooking.
5. Grill chicken for about 3–4 minutes per side. Let chicken cool slightly, then cut into bite-size pieces. Add to curry.
6. Continue simmering curry for another 10 minutes.
7. Add curry to bowl and top with garnishes.



MACROS

Calories	557.5
Fat	27.5 g
Protein	37.25 g
Carbohydrates	40.25 g

Reintroduce Nuts



Curry Over Cilantro Coconut Rice

4 Servings



INGREDIENTS

2 Tbsp	Olive oil	2 cups	Vegetable broth
2 Tbsp	Garlic, minced	3 Tbsp	Peanut butter
1 Tbsp	Ginger	1 cup	Corn
2 Tbsp	Green curry paste	1/4 cup	Fresh basil
1	Medium zucchini, diced	2 cups	Basmati rice
1	Medium yellow squash, diced	1 Tbsp	Olive oil
2	Large carrots, diced	3 cups	Chicken broth
1	Red bell pepper, diced	2 Tbsp	Honey
1/2 tsp	Salt	1	Lime, zested juiced
1/2 tsp	Black pepper	2	Green onions, chopped
		2 Tbsp	Cilantro, finely chopped



DIRECTIONS

- Heat large skillet and add olive oil. Add garlic and ginger and cook 30 seconds. Add the green curry paste and continue cooking for another minute.
- Add the zucchini, yellow squash, carrot, red bell pepper, and cook for 3–4 minutes. Add the salt, pepper, coconut milk, vegetable broth, peanut butter, and corn. Let simmer for 10 minutes.
- To a hot saucepan, add oil and rice, and cook for 2 minutes. Add the broth, honey, lime zest, lime juice, salt, pepper, cilantro, and green onions. Bring to a boil. Reduce to simmer, cover, and cook for 15–20 minutes or until the rice is tender.
- To serve, put rice in a bowl, top with curry, and add sliced fresh basil.



MACROS

Calories	599.5	Protein	16.75 g
Fat	18.5 g	Carbohydrates	91.5 g

Reintroduce Nuts

Macadamia Nut Encrusted Mahi-Mahi with Mango Salsa and Cilantro Cauliflower Rice

4 Servings



INGREDIENTS

Salsa		1/2 cup	Macadamia nuts
1	Mango, diced	1/2 cup	Panko
1/4	Red onion, diced	1/4 cup	All-purpose flour
1	Jalapeno, seeded and finely diced	1	Large egg
2 Tbsp	Cilantro, chopped	2 Tbsp	Olive oil
2 Tbsp	Lime juice	Cauliflower Rice	
	Salt & pepper to taste	4 cups	Cauliflower rice
Fish		2 Tbsp	Olive oil
4	4-oz mahi-mahi fillets	1 Tbsp	Cilantro
		1 Tbsp	Garlic
			Salt & pepper to taste



DIRECTIONS

- Chop all the salsa ingredients and mix in a bowl. Let sit in refrigerator while you prepare everything else.
- Dry the fish with a paper towel. Set aside.
- Blend the macadamia nuts and panko in a food processor. Pulse until finely ground. Place into a bowl.
- Place the flour in a bowl and whisk the egg in another bowl. You should now have 3 different bowls.
- Take each piece of fish and place in flour bowl first, making sure to coat entire fish, then tap the fish to remove extra flour. Place fish next in egg bowl, and then in bowl with breadcrumbs and macadamia nuts.
- Heat 2 tbsp oil in a large sauté pan on medium heat. Once the pan is hot, add fish and cook 3–4 minutes per side, or until brown.
- Cook the cauliflower rice by heating a sauté pan with oil, then adding the garlic and then cauliflower rice. Cook for 2–3 minutes until soft. Turn off heat and add cilantro and salt.
- Serve by placing cauliflower rice in bowl, and topping with fish and salsa.



MACROS

Calories	520.79	Protein	28.43 g
Fat	31.62 g	Carbohydrates	30.62 g



Post Cleanse Week 4 Recipes

Wednesday and Thursday

Reintroduce Beans, Legumes, and Lentils

63 Mediterranean Sweet Potato Buddha Bowl

64 Fiesta Black Bean and Mango Quinoa Bowl

65 Southwest Beef, Summer Squash, and Corn Salad

66 Mushroom Bolognese with Chickpea Pasta

67 Stuffed Eggplant with Mediterranean Salsa

68 Kale Pesto with Grilled Chicken

69 Spaghetti Squash with Marinara and Vegan Meatballs

Reintroduce Beans, Legumes, and Lentils

Mediterranean Sweet Potato Buddha Bowl

4 Servings



INGREDIENTS

20 oz	Sweet potatoes, peeled and diced	1 cup	Kale, stems removed and sliced
2 Tbsp	Olive oil	1/2 cup	Edamame, shelled
1 tsp ea	Salt & black pepper	Dressing	
1 cup	Quinoa	2 Tbsp	Balsamic vinegar
2 Tbsp	Parsley, chopped	2 Tbsp	Apple cider vinegar
2 cups	Arugula, loosely packed	4 Tbsp	Olive oil
1/2 cup	Red onion, diced	2 Tbsp	Lemon juice
1 cup	Cherry tomato, halved	1 tsp ea	Salt & black pepper



DIRECTIONS

1. Cook the quinoa according to package directions. Allow to cool. Mix in parsley.
2. Preheat oven to 400 °F. Toss sweet potatoes in olive oil, salt, and pepper and roast for 25 minutes or until soft.
3. Make dressing by placing balsamic vinegar, apple cider vinegar, lemon juice, salt, and pepper in a blender and blending until emulsified. You can put in everything besides the olive oil, and slowly add the oil while blending to help emulsify.
4. To assemble bowls, place quinoa at bottom of bowl. Top with sweet potatoes, arugula, red onion, cherry tomato, kale, and edamame. Drizzle the dressing on top or serve on the side.



MACROS

Calories	571
Fat	23.75 g
Protein	12 g
Carbohydrates	77.25 g



Reintroduce Beans, Legumes, and Lentils

Fiesta Black Bean and Mango Quinoa Bowl

4 Servings



INGREDIENTS

1 cup	Quinoa	Chili-Lime Dressing
2 cups	Vegetable broth	3 Tbsp Olive oil
15 oz	Black beans	2 Tbsp Lime juice
1 cup	Corn	2 tsp Honey
1	Medium red pepper, diced	2 tsp Chili powder
1	Mango, peeled and diced	1/2 tsp Ground cumin
1/2 cup	Red onion, finely chopped	3/4 tsp Salt
1/3 cup	Cilantro leaves, roughly chopped	
1	Jalapeno pepper, finely chopped	



DIRECTIONS

1. In a medium saucepan, combine the quinoa and vegetable broth. Bring to a boil, reduce heat, cover, and cook for about 10 minutes or until all the liquid is absorbed. Transfer to another bowl and let cool.
2. Prepare dressing by combining, olive oil, lime juice, honey, chili powder, cumin, and salt in a bowl. Whisk until combined.
3. To assemble bowls, place quinoa in a bowl and top with black beans, corn, red pepper, mango, red onion, cilantro, and jalapeno. Drizzle dressing over entire bowl or serve on side.



MACROS

Calories	460
Fat	13.75 g
Protein	14.25 g
Carbohydrates	69.75 g



Reintroduce Beans, Legumes, and Len-

Southwest Beef, Summer Squash, and Corn Salad

4 Servings



INGREDIENTS

Dressing		1 tsp	Paprika
1-1/2 Tbsp	Tahini	1 tbsp	Lime juice
2 Tbsp	Olive oil	1 tsp ea	Salt & black pepper
1 Tbsp	Lime juice	1 cup	Cherry tomato, halved
2 Tbsp	Chipotle peppers, blended	1/2 cup	Red onion, chopped
1 Tbsp	Garlic	2 tbsp	Cilantro, chopped
1 tsp	Salt	4 cups	Romaine, chopped
3 Tbsp	Orange juice	2 tbsp	Olive oil
Salad		2	Zucchini, chopped
1 lb	Lean ground beef	2	Yellow squash, chopped
1 tsp	Chili powder	1 cup	Corn
2 tsp	Cumin	15 oz	Black beans
		1	Large avocado



DIRECTIONS

1. Prepare dressing by placing tahini, olive oil, lime juice, chipotle peppers, garlic, salt, and orange juice in a bowl. Whisk until combined.
2. Heat medium skillet over medium heat. Add ground beef and cook until browned, about 5 minutes. Add chili powder, cumin, paprika, lime juice, salt, and pepper. Stir until mixed. Remove and set aside.
3. Add olive oil to pan and add zucchini and yellow squash. Cook 4 minutes until soft. Remove from heat.
4. Prepare salad by placing lettuce in bowl. Top with ground beef, squash mixture, tomato, onion, cilantro, corn, black beans, and avocado. Drizzle with dressing or serve on the side.



MACROS

Calories	582.75
Fat	27.75 g
Protein	34.25 g
Carbohydrates	49 g

Reintroduce Beans, Legumes, and Lentils

Mushroom Bolognese with Chickpea Pasta

4 Servings



INGREDIENTS

12 oz	Chickpea pasta	unsweetened
1/4 cup	Olive oil	14 oz
1 lb	Button mushrooms, cleaned and finely chopped	Crushed tomatoes, canned
		2 Tbsp
		Tomato paste
		2 Tbsp
		Soy sauce
1	Medium onion, diced	1 tsp
		Dried thyme
2	Medium carrot, diced	1 tsp
		Dried basil
		1/2 tsp
		Dried oregano
2	Celery stalks, diced	1/4 tsp
		Red Chili flakes
2 Tbsp	Garlic, minced	1/2 tsp
		Salt
3/4 cup	Dry red wine	1/2 tsp
		Black Pepper
1/2 cup	Almond milk,	



DIRECTIONS

1. Bring a large pot to a boil. Cook the pasta according to package directions. Rinse with cool water and let sit. Toss with a small amount of olive oil to prevent sticking.
2. Heat a large skillet and add 3 tbsp olive oil. Add mushrooms, cook for 5 minutes, and remove mushrooms from pan.
3. Add 1 tbsp olive oil to pan. Add onions, carrots, and celery. Cook for 10 minutes. Add the garlic and cook 1 minute. Return the mushrooms to the pan and add the red wine.
4. Let boil, then lower heat and let the liquid reduce by half, about 5 minutes.
5. Add the almond milk, tomatoes, tomato paste, soy sauce, thyme, basil, oregano, red chili flakes, salt, and pepper. Let boil. Reduce heat and simmer 20 minutes.
6. To serve, add the pasta to a bowl and top with sauce.



MACROS

Calories	573.25	Protein	29 g
Fat	17.25 g	Carbohydrates	75.5 g



Reintroduce Beans, Legumes, and Lentils

Stuffed Eggplant with Mediterranean Salsa

4 Servings



INGREDIENTS

2	Large eggplants	1	Green onion
1 Tbsp	Salt	1 Tbsp	Parsley chopped
2 Tbsp	Olive oil		Salsa
3/4 tsp	Allspice	1/4 cup	Kalamata olive, chopped
1/2 tsp	Coriander	1/4 cup	Tomato, diced
1/2 tsp	Paprika	1	Shallot, minced
1/2 tsp	Ground cinnamon	1 Tbsp	Fresh basil chopped
		1 Tbsp	Capers
		1/4 tsp	Orange zest
		1 tsp	Lemon juice
		1 tsp	Olive oil
		1 tsp	Salt



DIRECTIONS

1. Cut eggplant in half lengthwise and hollow out cavity. Sprinkle salt on the eggplant and let sit for 20 minutes. Pat dry with paper towels.
2. Preheat oven to 425 °F.
3. Mix olive oil, allspice, coriander, paprika, and ground cinnamon together in small bowl. Rub on eggplant flesh and roast in oven for 35–45 minutes.
4. While the eggplant is cooking, make the Israeli couscous according to package directions. After cooked, add chickpeas, tomato, green onion, and parsley. Mix well.
5. Place all salsa ingredients in a bowl and mix.
6. To serve. Put eggplant on plate. Stuff with filling. Place salsa over eggplant.



MACROS

Calories	566.5
Fat	14.5 g
Protein	19.25 g
Carbohydrates	89.75 g

Kale Pesto with Grilled Chicken

4 Servings



INGREDIENTS

Pesto

3 cups Kale, stems removed
 1-1/2 Tbsp Garlic
 2 Tbsp Olive oil
 2 Tbsp Nutritional yeast
 1/4 cup Vegetable broth
 2 Tbsp Walnuts
 2 Tbsp Lemon juice
 1/2 Tbsp Salt

Pasta

12 oz Chickpea pasta

Chicken

16 oz Chicken
 1 Tbsp Olive oil
 1/2 Tbsp Garlic powder
 1 Tbsp Salt
 1 tsp Pepper

Garnish

2 Tbsp Vegan parmesan



DIRECTIONS

1. Place chicken in a bag with oil, garlic powder, salt, and pepper. Marinate for 30 minutes or overnight in the refrigerator.
2. Bring a pot of water to boil. Place kale in for 20 seconds, then remove and place in ice water.
3. Preheat grill or grill pan.
4. Blend all ingredients for pesto in a blender until the sauce comes together.
5. When grill is hot, grill chicken until fully cooked, about 3–4 minutes per side.
6. Boil pasta according to box directions. Drain but reserve some pasta water to add to the pasta if needed.
7. Mix together cooked pasta and kale pesto. Add some pasta water if the pesto needs to be thinned out.
8. Slice the grilled chicken and place on top of the pasta. Sprinkle vegan parmesan over pasta.



MACROS

Calories 588.88
 Fat 23.55 g
 Protein 43.55 g
 Carbohydrates 50.70 g



Spaghetti Squash with Marinara and Vegan Meatballs

4 Servings



INGREDIENTS

2	Medium spaghetti squash	2 Tbsp	Water
2 Tbsp	Olive oil	1-1/2 Tbsp	Garlic, minced
1 tsp ea	Salt & black pepper	1	Shallot, minced
1 Tbsp	Thyme, fresh	1/2 tsp ea.	Salt & black pepper
2 Tbsp	Garlic, minced	1 tsp	Dried oregano
1	Shallot, minced	1/2 tsp	Red chili flakes
14 oz	Diced tomato, fresh or canned	1/2 tsp	Ground fennel
2 oz	White wine	1/2 cup	Vegan parmesan cheese
1 tsp ea	Salt & black pepper	2 Tbsp	Tomato paste
1 cup	Cooked quinoa	2 Tbsp	Dried basil
15 oz	Black beans, rinsed and drained	2 Tbsp	Fresh basil, sliced



DIRECTIONS

1. Preheat oven to 400 °F. Slice each spaghetti squash in half and scoop out insides. Brush insides with olive oil, salt, and pepper. Place cut side down on a baking sheet and bake for 40 minutes.
2. Make marinara by heating oil in a pan. Add the thyme, garlic, and shallot and cook for 2 minutes. Add the wine, tomatoes, salt, and pepper. Cook for another 8 minutes until the liquid is reduced.
3. Add oil to a pan on medium-high heat. Sauté shallot and garlic for 2 minutes. Add quinoa, black beans, oregano, red chili flakes, fennel, vegan parmesan, tomato paste, and basil. Cook for 2 minutes until warm. Transfer to food processor and pulse.
4. Mixture should be able to form into meatballs. Make as many meatballs as you can. Place on oven sheet and bake at 375 °F for 20 minutes.
5. To serve, shred spaghetti squash with a fork to resemble noodles. Mix in marinara sauce. Put in a bowl and top with meatballs and fresh basil.



MACROS

Calories 569.75
 Fat 22.75 g
 Protein 19.5 g
 Carbohydrates 71.75 g