



30 DAY NEW YOU

CHALLENGE

MEAL PLAN
WEEK 1



DANETTE MAY

Welcome

to week one!

In order to be successful, please read the following informational pages thoroughly prior to the meal plan.

These will be valuable in answering most questions and concerns regarding the plan.

You will refer back to these often to gain a better understanding, as well as find them to be useful tools in making choices during the 30 Day New You Challenge.

Disclaimers

Risks Of Product Use:

This content is not a substitute for direct, personal, professional medical care and diagnosis. None of the diet plans or exercises (including products and services) mentioned by Mindful Health LLC or from Danette May should be performed or otherwise used without clearance from your physician or health care provider. The information contained within is not intended to provide specific physical or mental health advice, or any other advice whatsoever, for any individual or company and should not be relied upon in that regard. We are not medical professionals and nothing herein should be misconstrued to mean otherwise.

There may be risks associated with participating in activities contained herein for people in poor health or with pre-existing physical or mental health conditions. Because these risks exist, you will not participate in such diet plans if you are in poor health or have a pre-existing mental or physical condition. If you choose to participate in these risks, you do so of your own free will and accord, knowingly and voluntarily assuming all risks associated with such dietary activities. These risks may also exist for those who are currently in good health right now.

In addition, many of our programs include training on how to perform bodyweight exercises. This activity is inherently risky, and especially so if done with poor form. You may experience muscle tears, pulls, sprains, dislocations, or other undesirable health consequences from such activities. Meal plans are also included in most of our programs. Users assume all risks inherent with cooking and preparing the foods.

Generally Expected Results From Mindful Health LLC And Other Danette May Products:

We work very hard to make sure our customers achieve the best results possible. However as with most things, results are determined by the amount of effort put in. We've given you a clear blueprint to getting the best results possible, but in order to see results, you must follow the plan we give you each week. This program is designed to show you how to live a healthy lifestyle, and it's our goal to help you not only look better, but feel better on a daily basis. Results can't be guaranteed, because everyone is different and responds in a different way.

Testimonials Disclaimer:

Testimonials found on a Mindful Health LLC web site are results that have been forwarded to us by users of Danette May's programs, and may not reflect the typical purchaser's experience, may not apply to the average person and are not intended to represent or guarantee that anyone will achieve the same or similar results. If we have disclosed typical results based on information provided to us by a manufacturer or other reputable third party source, you should presume that the typical results as stated are more reliable than the testimonials and other examples found on our web sites. However, you should always perform due diligence and not take such results at face value. We are not responsible for any errors or omissions in typical results information supplied to us by manufacturers or other reputable third parties. If a product or service is new, you understand that it may not have been available for purchase long enough to provide an accurate results history. Again, it is possible that even with perfect use of the program, you will not achieve the results described in testimonials. They are meant to be a showcase of the best results the program has produced, and should not be taken as the results a typical user will get.

[Full Health Disclaimer](#)



FAQs

Getting Accepted in the Private Facebook Group?

If you have not been accepted in the private Facebook group and it has been over 24 hours since your request, Please email our team at support@danettemay.com

- Introduce yourself in the private group! The more involved you are, the more successful you will feel. Say hi, where you're from, and your deep "why" that you made you sign up for the 30 Day NEW YOU Challenge
- Read all your emails! I will be emailing you 2-3x/week, helping you stay successful.
- Every Friday, you will receive your new meal plan, workout and meditation for the week.
- Check spam, junk or even promotional folders for these emails.

Here are the health disclaimers for this program: [Click Here >>](#)

What are the Rules to Be in the Private Facebook Group?

There are a few community guidelines to honor the intention and safety of the space for every member. Joining the Facebook group means that you agree to these guidelines. Read them [here](#).

Who Can I Tag Or Reach Out To For Help Within This Group?

Please review the PDF in full, including the FAQs. If you still can't find your answer, search the Facebook group to see if someone else has already asked this question during a previous challenge. If you still need some help, write your question and tag #help in a new post. Please note, we're unable to review food labels to approve/reject foods. Use your approved foods and foods to avoid checklists within this document.

What Products Are Used And Recommended?

SUPERFOOD POWDER SUPPLEMENTS

Earth Echo Cacao Bliss: [CLICK HERE](#)

Earth Echo Golden Superfood Bliss: [CLICK HERE](#)

Earth Echo Chai Bliss: [CLICK HERE](#)

Earth Echo Island Bliss: [CLICK HERE](#)

CLEAN PROTEIN POWDER

I personally use [Earth Echo Collagen Peptides](#) in place of protein powder. It has no taste, so you can put it in anything you'd like. However, if you prefer a protein powder, these are some options that are good. Please use the list of recommended foods and foods to avoid to determine if the protein powder you prefer is on plan if it is not listed below.

Earth Echo Collagen Peptides: [CLICK HERE](#)

Other protein powder options: Organic Protein; Spring of Live Protein Powder; Jay Robb Protein; Nutiva Protein Powders; Dr. Axe Bone Broth; and Tera's Whey

NOTE: If you aren't using one of these approved brands you'll want to check the ingredients on the product to make sure it is using clean/compliant ingredients. You can refer to the "Ingredients To Avoid" section below for reference. As I review and make additional recommendations in the future, those recommendations will be added into the program.

Ingredients You Want To Avoid In Products Are:

Artificial colors/flavors, aspartame, canola oil, carrageenan, dextrose, fructose, maltodextrin, rapeseed oil, *soy, soy lecithin, Splenda, sucralose, sugar, sugar substitutes/fillers, vegetable oil, *wheat, basically any chemical looking name (if you can't pronounce it it's probably not real, feel free to google it to make sure.)

NOTE: sprouted grains such as wheat, soy and barley are okay in products as they are in their raw and vulnerable form preventing inflammation in the gut. (You'll typically find these in sprouted bread products such as Ezekiel bread, tortillas, etc..)" Danette's blog and nutritional articles: Danette's website: <http://danettemay.com/>

Why Don't I Have Any Emails From Danette?

Make sure to check your Spam/Junk email folders.

You can also star or mark Danette's emails as "important" (so you don't miss anything).

If you are a Gmail user or any other web-based email user, "drag" any emails from "Danette May" into your Priority Inbox.

If you are still having issues email support@danettemay.com

Who Can I Reach Out To For Technical Or Support Issues?

Please email one of our Client Happiness Specialists at support@danettemay.com

Below Are The Top FAQ's And Links Full Of Information For You:

ACV (Apple Cider Vinegar): What is the "mother" in ACV?

<http://danettemay.com/apple-cider-vinegar-and-the-big-deal-about-the-mother/>

Will ACV give me heartburn?

<http://danettemay.com/2-acidic-foods-that-are-actually-good-for-heartburn/>

Why do we drink dandelion tea?

<http://danettemay.com/4-reasons-to-sip-dandelion-tea/>

Why do we put cayenne with our ACV?

<http://danettemay.com/heat-up-your-health-and-weight-loss-with-cayenne-pepper>

Why do we drink so much water and is it safe?

<http://danettemay.com/how-much-water-should-you-really-drink-every-day/>

What can I do if I'm bloated?

<https://www.facebook.com/TheDanetteMay/videos/1371278342946777/>

What exactly is "clean" eating?

<http://danettemay.com/what-exactly-is-clean-eating/>

Why don't we count calories in this lifestyle?

<http://danettemay.com/forget-counting-calories-count-these-instead/>

If I can't buy everything organic what are the best foods to get organic?

<https://organic.org/what-to-do-when-organic-isnt-an-option/>

Why are we to avoid soy/tofu?

<http://danettemay.com/4-reasons-why-i-wont-touch-tofu/>

Why can't we have carbonated drinks?

<http://danettemay.com/avoid-this-common-drink/>

What kinds of sweeteners can I use and what's the difference between sugars?

<http://danettemay.com/honey-sugar-or-agave-heres-the-scoop-on-sweeteners/>

What is the difference between whole wheat and sprouted wheat/grain bread?

<http://danettemay.com/sprouted-grains-versus-whole-wheat/>

What If I can't find Ezekiel/sprouted grain bread or tortillas?

Make your own sandwich rounds: <http://danettemay.com/sandwich-rounds>

Make your own tortillas: <http://danettemay.com/tasty-trim-tortillas/>

Make your own bread: <http://danettemay.com/6-simple-steps-to-make-your-own-bread>

What do I do if I overindulge?

<https://www.youtube.com/watch?v=WJGC7Wg8Fw4>

What do you suggest if I'm traveling?

<http://danettemay.com/tips-for-eating-healthy-while-on-vacation-what-not-to-do/>

<http://danettemay.com/5-tips-for-making-smoothies-on-the-go/>

Now that I've cleaned my system from the inside what products do you recommend for my skin? Yes! Check out [this brand](#).

Is This Program Safe If I Am Breastfeeding Or Pregnant?

Always consult your doctor if you have concerns. If you are pregnant or breastfeeding, skip the detox and start on day 4 and repeat days 4-7 until the next week starts.

Can Men Do This Program?

Yes, men can do this program with great success. Men should double their serving for breakfast and dinner each day. Lunch and snacks will remain the same. *If the doubled portions are too much to begin with, he doesn't need to finish the entire meal. He can follow the meal plan as laid out and once his metabolism kicks in and he feels he needs to add more nutrients he can begin doubling the breakfast and dinner portions.

Can I Drink Coffee And Wine On This Program?

You can drink 1 cup of organic coffee or my Super Healthy Coffee starting on Day 4, but I recommend waiting until day 7. Super Healthy Coffee is a snack replacement.

Here's the link: <https://www.youtube.com/watch?v=IYC9hAhCfhM>

You can drink 1 glass of wine per week starting after Day 7.

Why Am I Drinking Dandelion Tea And Is It Safe To Drink After The Challenge?

<http://danettemay.com/4-reasons-to-sip-dandelion-tea/>

Is Maca Powder/Cacao Powder And Other “Health Foods” Safe Even If They Have A Warning Label?

[https://en.wikipedia.org/wiki/California_Proposition_65_\(1986\)](https://en.wikipedia.org/wiki/California_Proposition_65_(1986))

Before You Begin

Take your weight and measurements and then we're going to ditch the scale. I don't encourage using a scale as it doesn't accurately measure what's truly going on with your body and can get in your head. Weigh yourself today and then get off the scale (maybe even hide it) until Day 30. Be sure that you take your before photos now and save them. This is something that you'll regret if you skip it. Take a full body, front facing photo, a full body side facing photo, and a full body back view photo. You may want to share these later so I encourage you to take the photo in snug fitting clothing or workout gear - not your underwear! It's best to wear the same outfit in your before and after pictures and keep the backdrop the same, with a blank or light colored wall or door behind you when possible. Use a soft measuring tape to measure your arms, waist, hips, and thighs. Record these in a journal where you won't lose them. Remember, **ditch the scale.**

Recommended Food

What you put in your mouth is 80% of how you are going to look and feel.

This is a broad shopping list and gives you an idea of foods that you can exchange with, order at restaurants or buy at the grocery store. You do NOT have to buy everything on this list at one time.

Protein*

- Chicken
- Turkey
- Extra lean ground turkey
- Lean hamburger
- Lean steak
- Beef filet
- Buffalo
- Tuna
- Egg whites
- Whole eggs
- Salmon
- Cod or any white fish
- Shrimp
- Scallops
- Cottage cheese – look for one without a lot of fillers and added ingredients
- Protein powder (serving size listed on back of container)
- Lobster
- Venison
- Plain greek yogurt (full fat recommended)
- Kefir
- Chia seeds
- Hemp seeds
- [Collagen Peptides](#)

*Be sure to only buy wild caught fish and organic, grass fed meat with no added antibiotics or hormones.

Carbohydrates

- Slow cooked oatmeal
- Lentils
- Beans (kidney, red, black, cannellini)
- Sweet potatoes
- White potatoes
- Red potatoes
- Quinoa
- Millet
- Amaranth
- Buckwheat
- Slow cooked brown rice
- Pumpkin
- Winter squash: butternut, acorn, spaghetti, etc.
- Ezekiel bread (may contain gluten)
- Gluten free bread
- Hummus (preferably homemade)

*Most rices and grains come in flour form at the grocery store for baking. Good flours to use for baking pancakes, muffins, waffles, and other desserts are: coconut flour, buckwheat flour, brown rice flour, and almond meal/flour.

**Coconut flour is very absorbent so you will want to be sure to use $\frac{1}{3}$ - $\frac{1}{2}$ the amount of other flours.

Cheese

- Feta
- Cottage
- Goat

* Cheese should be eaten in moderation.

Fruits & Veggies

All are acceptable, but go for a variety and lots of color.

Good Fats

- Avocado
- Coconut oil
- Flax oil
- Grape seed oil
- Hummus
- Olives
- Olive oil
- Nut butter
- Almonds
- Pecans
- Walnuts

*All nuts/nut-butter consumed should be raw and unsalted.

Condiments, Herbs & Spices

- Mustard
- Chili peppers
- Chives
- Cilantro
- Dill
- Ginger
- Turmeric
- Garlic
- Lemon Verbena
- Mint
- Orange mint
- Oregano
- Parsley
- Rosemary
- Sweet basil
- Tarragon
- Thyme

The above lists of herbs are healing properties and are considered FREE FOODS!

NOTE: If you love ketchup on everything, find ketchup that uses maple syrup, honey or stevia, as opposed to high fructose corn syrup. Always use sparingly.

Random Foods

- Almond milk
- Coconut milk
- Rice milk
- Stevia for sweetener
- without dextrose
- [Raw, unfiltered honey](#)
- Maple syrup (100%)
- Ground flax seed
- Teas (try to choose mainly decaffeinated)
- Mushrooms (free food)
- [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- Unsweetened coconut flakes
- [Golden Superfood Bliss](#)
- [Island Bliss](#)
- [Chai Bliss](#)

Fluids

Drink $\frac{3}{4}$ of a gallon to a gallon of water per day. Does not include smoothies or teas.

- Probiotic
- Turmeric + Ginger
- Multivitamins

Fish oil (must be USP certified or pharmaceutical grade quality) [ACV capsules](#) (Use only if you are unable to tolerate the ACV + lemon water drink)

Foods to Avoid

- Diet soda
- Carbonated drinks
- Creamy based salad dressings
- Deli meats
- Processed soy products
- Alcohol
- Cheesy products
- Frozen food dinners
- Cream in coffee (use almond or coconut milk)
- Artificial sweeteners



Food Exchanges

You can use this to exchange certain foods in the recipes that you may not love for foods that you do love. This will give you an idea of how much of what food you can exchange to stay in correct portions of fats, proteins, veggies, fruits, and carbs.

Carbs

- ½ Gluten Free Pita
- 1 Sprouted Grain or Gluten Free Tortilla
- 1 Slice Ezekiel Bread (whole grain bread product) or 1 Slice Gluten Free Whole Grain Bread
- ½ Cup Cooked Oatmeal, All Variety Rice, Amaranth, Beans, Quinoa
- ¼ Cup Hummus (hummus will also be added as a fat)
- ½ Cup of Cottage Cheese, Kefir or Greek Yogurt (Full Fat Recommended)
- 3 Egg Whites or 2 Whole Eggs
- 2-3 Tbsp Of Chia/Hemp/Ground Flax Seeds

NOTE: I would go sparingly on the sugars and milks. 2 tsp. per day on sugars and ⅛ - ¼ cup of almond or coconut milk per day. These are in addition to what is already called for in your meal plan.

Recipes should stay within their categories, except lunch and dinner are interchangeable.

Fats

- 1 Handful Of Raw Unsalted Nuts (Approx. 1/8 Cup)
- 1 Tbsp. Almond/Peanut Butter
- 1 Tbsp. Oil
- ½ Avocado
- 1 Tbsp. Hummus

Proteins

- Approximately One Deck of Cards Worth of Meat
- 1 Serving of Protein powder (serving size on back of protein container) or [Collagen Peptides](#).

Free Foods

- Mustard
- Mushrooms
- Salsa (Homemade Preferably)

Mustard and Salsa can be added as condiments to your dishes as often as you want (not to be consumed in large amounts). Mushrooms can be eaten whenever you want.

Fruits & Veggies

¼ C fruit, ½ C Vegetables

Shopping List

For Detox Days 1-3

You will make your own shopping lists for days 4-30.

	Need	Have	Buy
Organic Lemons	9		
Kefir/Plain Greek Yogurt (Full Fat Recommended)	1½ cups (360g)		
Organic Spinach (optional, can use Kale instead)	¼ cup (17g)		
Organic Kale (can use Spinach instead)	4½ - 4¾ cups (306-323g)		
Chia Seeds	2tbsp. - 7 tbsp.		
Apple Cider Vinegar	10 tsp.		
Organic Cucumber	½ cups (345g)		
Organic Pineapple	½ cup (115g)		
Cacao Bliss or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)	3tbsp. - 4 tbsp.		
Organic Banana	2		
Organic Avocado	1		
Organic Limes	2		
Fresh Ginger	1 tbsp. and ½ inch (1.3cm)		
Fresh Mint	½ cup (12g)		
Fresh Cilantro	Handful		
Organic Pear	½ pear		
Quinoa	3 cups cooked (555g)		

For Detox Days 1-3

	Need	Have	Buy
Fresh Parsley ¹ / ₄ cup (6g)	¹ / ₄ cup (6g)		
Organic Papaya or Mango	¹ / ₂ cup (82.5g)		
Almond or Coconut Milk (pure canned)	¹ / ₂ cup - ¹ / ₂ cups (120-360ml)		
Organic Berries of Your Choice	³ / ₄ cup (111g)		
Hemp Seeds (Hearts)	2tbsp. - 6 tbsp.		
Maca Powder (Optional) 1 tsp.	1 tsp.		
Coconut Water (Optional)	³ / ₂ cups (840ml)		
Cayenne Pepper	7 pinches		
Green Tea	2 bags of tea		
Flax Seed Oil/Extra Virgin Olive Oil/Coconut Oil	4 tsp. - 5 tsp.		
Black Pepper	To taste		
Sea Salt	To taste		
Red Chili Pepper Flakes	To taste		
Earth Echo Collagen Peptides , Protein Powder (Optional: can be used instead of the Kefir/Greek Yogurt (Full Fat Recommended)/Hemp Seeds referred to above)	¹ / ₂ cup (12g)		
Island Bliss (Optional: can be used instead of the Kale/Spinach referred to above)	Handful		
Cumin Spice	¹ / ₄ tsp.		
Dandelion Tea	3 cups cooked (555g)		

Workout Schedule

Day 1

"I AM LOVE"

Pilates Workout

"I AM WORTH IT"

15 Minute
Walk Outside

Day 2

"I AM LOVE"

Pilates Workout

Day 3

"I AM LOVE"

Pilates Workout

"I AM WORTH IT"

15 Minute
Walk Outside

Day 4

"I AM LOVE"

Pilates Workout

Day 5

"I AM WORTH IT"

15-20 Minute
Walk Outside

Day 6

"I AM LOVE"

Pilates Workout

Day 7

Rest Day

CLICK HERE FOR WEEK ONE
workout video

Meditations

CLICK HERE FOR **INTRO** TO
meditation

CLICK HERE FOR **WEEK 1**
meditation

3 Day Detox

Phase one goal

The first 3 days are about specific foods that detox, renew and regenerate cells, and reset the metabolism. Most foods are superfoods that renew cells and build trust within the body, mind, and spirit.

These foods are non-inflammatory and will create a hormonal balance; which can be summed up as more unwanted, stubborn body fat gone!



- If you are drinking all of your water and tea and still having trouble having a bowel movement, you can take 'Smooth Move Tea'. You can get this at most grocery stores.
- Please follow days 1-3 as closely as possible. If you are allergic or simply cannot have an item in the recipe, please refer to your recommended food and exchange list.
- It is very important to drink $\frac{3}{4}$ -1 gallon (3.7 L) of water per day! (Does not include smoothies or teas)
- Every day for 30 days straight, you will start your day with warm lemon water, apple cider vinegar, and cayenne pepper.
- Drink 2 cups of dandelion tea each day.
- Optional: If you are feeling low on energy and need an afternoon pick-me-up on days 2 and 3 of the detox, you can make a cup of "Sacred Hot Chocolate". This recipe calls for [Cacao Bliss, click here](#) to order yours today.
- Additional liquid can be added to any smoothie to get a more desired consistency or ice to make it colder.
- This first week involves detoxifying the body, no strenuous exercise is advised as you release toxins which can be taxing on your energy. You know your body and fitness level and can add more movement at your discretion.

Day 1

Drink 2 servings of dandelion tea.

Remember to drink 3/4 - 1 gallon (3.7L) of water every single day.

Upon waking

Lemon Water with Cayenne Pepper & Bragg's Apple Cider Vinegar

Ingredients:

- 1 c. (240ml) Warm Water
- Juice from ½ of Organic Lemon
- 1 tsp. Apple Cider Vinegar with the “Mother” Root
- Pinch of Cayenne Pepper
- Squeeze ½ fresh lemon in 1 c. (240ml) warm water with the apple cider vinegar and a pinch of cayenne pepper.



One hour later

Lemongrass Tea

- Green Tea (flavor of your choice)
- Juice from ½ of Organic Lemon
- 1 c. (240ml) Hot Water
- Squeeze ½ fresh lemon in 1 c. (240ml) hot water and steep green tea to taste.

Between breakfast and lunch, drink as much lemon water as you want but a minimum of one cup.

Breakfast

Wake Me Up & Shrink Me Down Smoothie

Ingredients:

- ½ c. (120g) Plain Kefir (if you can't get plain Kefir, use plain Greek Yogurt (Full Fat Recommended) or 1 Serving Protein Powder or [Collagen Peptides](#))
- ½ c. (120ml) Water
- ¼ c. (37g) Organic Berries
- ¼ c. (17g) Organic Spinach or Kale or 1 scoop of [Island Bliss](#)
- 1 tbsp. Chia Seeds (optional)
- Put all together in the blender.



Lunch

Detox Pina Colada Smoothie

- ½ c. (34g) Organic Kale or 1 scoop of [Island Bliss](#)
- 1 c. (240ml) Water or Coconut Water
- Juice from 1 Organic Lime
- ½ c. (115g) Organic Cucumber
- ½ c. (115g) Fresh Organic Pineapple
- 1 tsp. Coconut Oil
- Mix all together in the blender.



One Hour Later

Apple Cider Vinegar Elixir

Ingredients:

- 1 tsp. Apple Cider Vinegar with the “Mother”
- Root Juice from ½ of Organic Lemon (optional)
- 1 c. (240 ml) Warm Water

Dinner

Fired Up Metabolism Drink

Ingredients:

- ½ c. (120g) Plain Kefir (if you can't get plain Kefir, use plain Greek Yogurt (Full Fat Recommended)) or 1 Serving Protein or [Collagen Peptides](#))
- ½ c. (34g) Organic Kale or 1 scoop of [Island Bliss](#)
- Greens2 tbsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- 1 Organic Banana
- ½ Organic Avocado
- 1 c. (240ml) Water
- ½ c. (40g) Ice
- Blend all together in the blender.



Before Bed

Lemon Water with Cayenne Pepper & Bragg's Apple Cider Vinegar

Ingredients:

- 1 c. (240ml) Warm Water
- Juice from ½ of Organic Lemon
- 1 tsp. Apple Cider Vinegar with the "Mother" Root
- Pinch of Cayenne Pepper
- Squeeze ½ fresh lemon in 1 c. (240ml) warm water with the apple cider vinegar and a pinch of cayenne pepper.

Day 2

Drink 2 servings of dandelion tea.

Remember to drink 3/4 - 1 gallon (3.7L) of water every single day.

Upon waking

Lemon Water with Cayenne Pepper & Bragg's Apple Cider Vinegar

Ingredients:

- 1 c. (240ml) Warm Water
- Juice from ½ of Organic Lemon
- 1 tsp. Apple Cider Vinegar with the “Mother” Root
- Pinch of Cayenne Pepper
- Squeeze ½ fresh lemon in 1 c. (240ml) warm water with the apple cider vinegar and a pinch of cayenne pepper.



Breakfast

Refreshing Mint Drink

- 2 c. (480ml) Water
 - Juice from 1 Organic Lemon
 - ½ c. (115g) Organic Cucumber
 - Juice from 1 Organic Lime
 - 1 tbsp. Fresh Ginger, grated
 - 10-15 Leaves Fresh Mint
- Blend all together. Enjoy!

Between breakfast and lunch, drink as much lemon water as you want but a minimum of one cup.

Lunch

Love Smoothie

Ingredients:

- ½ Organic Pear
- ½ Organic Avocado
- ½ c. (115g) Organic Cucumber
- Juice from ½ Organic Lemon
- Handful of Cilantro
- ½ c. (34g) Organic Kale
- ½ in. (1.25cm) Organic Ginger
- ½ c. (120ml) Water or Coconut Water
- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended)/Plain Kefir or 2 tbsp.
- Chia seeds/Hemp seeds, 1 Serving Protein Powder or [Collagen Peptides](#)
- You can add more water or coconut water if you need to thin it out.
- Blend all ingredients.



Snack

Sacred Hot Chocolate (Optional)

Ingredients:

- ½ c. (82.5g) Boiling Water
- ¼ c. (68g) Unsweetened Almond or Coconut Milk • 1 tsp. Coconut Oil
- 2 tbsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)

Whisk together or blend for a more frothy brew.

Enjoy!

Dinner

Coconut Kale

- 2 tsp. Coconut Oil or Flaxseed or Extra-Virgin Olive Oil
- 1½ c. (102g) Fresh Organic Kale
- 1 c. (185g) Quinoa, cooked
- 2-3 tsp. Bragg's Apple Cider Vinegar
- ¼ tsp. Cumin Powder
- Black Pepper, Sea Salt and Red Pepper Flakes to taste

Cook quinoa according to package directions. Saute coconut oil, kale and cooked quinoa on medium-high heat in skillet until kale starts to wilt. Approximately 5 minutes. Mix together 2-3 tsp. Bragg's apple cider vinegar, ¼ tsp. cumin powder, black pepper, red pepper flakes and sea salt. Drizzle on top.



Before Bed

Lemon Water with Cayenne Pepper & Bragg's Apple Cider Vinegar

Ingredients:

- 1 c. (240ml) Warm Water
- Juice from ½ of Organic Lemon
- 1 tsp. Apple Cider Vinegar with the “Mother” Root
- Pinch of Cayenne Pepper
- Squeeze ½ fresh lemon in 1 c. (240ml) warm water with the apple cider vinegar and a pinch of cayenne pepper.

Day 3

Drink 2 servings of dandelion tea.

Remember to drink ¾ - 1 gallon (3.7L) of water every single day.

Upon waking

Lemon Water with Cayenne Pepper & Bragg's Apple Cider Vinegar

Ingredients:

- 1 c. (240ml) Warm Water
- Juice from ½ of Organic Lemon
- 1 tsp. Apple Cider Vinegar with the “Mother” Root
- Pinch of Cayenne Pepper
- Squeeze ½ fresh lemon in 1 c. (240ml) warm water with the apple cider vinegar and a pinch of cayenne pepper.

Breakfast

Lemon Green Tea

Ingredients:

- Green Tea (flavor of your choice)
- Juice from ½ of Organic Lemon
- 1 c. (240ml) Hot Water

Squeeze ½ fresh lemon in 1 c. (240ml) hot water and steep green tea to taste.

Breakfast

Green Goddess Smoothie

Ingredients:

- ½ c. (34g) Organic Kale leaves, chopped or 1 scoop of [Island Bliss](#)
- ½ c. (74g) Organic Berries (Fresh or Frozen)
- 1 c. (240ml) Water or Coconut Water
- ¼ c. (6g) Flat Leaf Parsley, chopped
- ¼ c. (6g) Fresh Mint, chopped
- 2 tbsp. Chia Seeds

Combine all ingredients in blender.



Between breakfast and lunch, drink as much lemon water as you want but a minimum of one cup.

Lunch

Belly Bliss Meal

Ingredients:

- ½ c. (82.5g) Organic Papaya or Mango
- 1 c. (68g) Organic Kale
- 2 tsp. Coconut Oil
- 1 c. (185g) Quinoa, cooked
- ½ c. (120ml) Pure Canned Coconut Milk (optional). If you don't like coconut milk, use almond milk

Cook quinoa according to package directions. Sauté coconut oil, cooked quinoa, kale and coconut milk (if used) together in skillet until kale starts to wilt. Top with fresh papaya or mango. Sprinkle black pepper to taste.

Snack

Sacred Hot Chocolate (Optional)

- ½ c. (82.5g) Boiling Water
- ¼ c. (68g) Unsweetened Almond or Coconut Milk
- 1 tsp. Coconut Oil
- 2 tbsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)

Whisk together or blend for a more frothy brew. Enjoy!



Dinner

Sensual Warrior Drink

Ingredients:

- 1-2 tbsp. [Cacao Bliss](#) or Raw Unprocessed Cacao (Not Hershey's, Not Cocoa)
- 1 Organic Banana
- 2 tbsp. Hemp Seeds (or 1 serving chocolate protein powder)
 - 1 c. (240ml) Water or Coconut Water (can substitute coconut milk for creamier texture)
 - 1 tsp. Maca Powder (optional)
 - Handful of Ice
- Blend all together in blender.



Before Bed

Lemon Water with Cayenne Pepper & Bragg's Apple Cider Vinegar

Ingredients:

- 1 c. (240ml) Warm Water
- Juice from ½ of Organic Lemon
- 1 tsp. Apple Cider Vinegar with the "Mother" Root
- Pinch of Cayenne Pepper
- Squeeze ½ fresh lemon in 1 c. (240ml) warm water with the apple cider vinegar and a pinch of cayenne pepper.

Days 4 & 5 are meant to transition your body from the detox phase into eating whole foods.

Adding gentle cleansing foods throughout the day, such as detox smoothies, will aid your body for this transition. If you feel you need help having a bowel movement, drink warm water throughout the day as well as try Smooth Move tea which can be found in most grocery stores.

Day 4 to 30

Guidelines

- You can swap out any meals you want from day 4 throughout the rest of the 30 days.
- You can swap breakfast for breakfast, snack for snack, lunch and dinner are interchangeable.
- Do what works for you, your schedule and food preference. I do encourage you to try new recipes, you will surprise yourself.
- Drink $\frac{3}{4}$ -1 gallon (3.7L) of water per day. (Does not include smoothies or teas)
- Do not skip your daily meditations. The meditations help with cravings and sticking to your deeper WHY!
- When referring to 1 serving of protein powder or **Collagen Peptides** or greens, understand that all powder scoops are different.
- Please refer to the back of the container for 1 serving size. Also note that not all protein powders or Collagen Peptides bake the same.
- Drink 2 cups of Dandelion Tea per day.
- Liquids can be added to any recipe to get a more desired consistency or ice can be added to any smoothie to make it colder.
- For the remainder of the 27 days on this program, it's recommended to start your day with the detox drink, this morning drink is perfect for starting each and every day.



Day 4

Be sure to eat every 2-3 hours. AM: lemon, cayenne, apple cider vinegar drink
Drink 2 servings of dandelion tea.
Remember to drink 3/4 - 1 gallon (3.7L) of water every single day.

Breakfast

Smoothie with a Side of Oatmeal

Ingredients:

- 2 Stalks of Celery
- ½ c. (115g) Organic Cucumber
- ¼ c. (17g) Kale or 1 scoop of [Island Bliss](#)
- Juice from ½ an Organic Lime
- ½ c. (120ml) Almond Milk or Water
- ½ c. (115g) Organic Pineapple

Blend all together with ice.

Oatmeal:

Prepare ¼ c. (25g) oatmeal with ½ c. (120ml) water on stove. Cook for approximately 5 minutes on medium heat. Add 1/8c. (20g) raisins or cut up banana and sprinkle with cinnamon.



Snack

Power Smoothie

- 1 c. (240ml) Water
- 1 tbsp. Flax Seeds or Chia Seeds (or 1 serving vanilla protein powder)
- ½ c. (74g) Organic Raspberries or Any Other Berry
- ½ Organic Banana
- ¼ c. (17g) Organic Spinach or 1 scoop of [Island Bliss](#)
- ½ tbsp. Almond Butter
- 2 tsp. Fresh Squeezed Lemon Juice

Blend all together. Enjoy!

Lunch

Hummus Beet Wrap

Ingredients:

- 1 tbsp. Hummus (See below for recipe)
- 1 6-inch Sprouted Grain Tortilla or Gluten Free Tortilla
- ½ c. (75g) Peeled and Grated Organic Beet (Tip: Cut beet into 3 or 4 big chunks and grate using the grating disk for a food processor or large holes of box grater.)
- 2 tbsp. Feta (½ oz.) (15g)
- ¼ c. Packed (5g) Arugula, roughly chopped



Spread hummus on tortilla leaving 1½ inch (4cm) border.

Sprinkle evenly with beets, feta, and arugula.

To roll up, fold in 2 opposite sides of the tortilla and roll, starting with the end closest to you.

Wrap tightly in foil or parchment paper and refrigerate in an airtight container or zip-top bag.

(Make ahead: May be made up to 1 day in advance.)

Hummus Deep

Ingredients:

- 1½ c. (300g) Cooked or Canned Chickpeas
- ½ c. (120ml) Bean Liquid or Water
- 3 Garlic Cloves
- ¼ c. (34g) Sesame Tahini (Available at health food stores or in the natural food section of most supermarkets or Google an easy way to make your own)
- 2 tbsp. Extra Virgin Olive Oil
- Juice from 1 Organic Lemon
- 1 tsp. Sea Salt
- Pinch of Cayenne Pepper



Put all ingredients into a blender or food processor and pulse together. Hummus can be stored in the refrigerator for snacking the rest of the week or can be frozen for later.

1 serving is ½ cup (125g) if eating as a snack.

Snack

Vital Nutrients Smoothie

Ingredients:

- ½ c. (82.5g) Organic Papaya (You can use mango or leave it out if you can't get it)
- ¼ c. (17g) Organic Kale or 1 scoop of [Island Bliss](#)
- ¼ c. (17g) Organic Spinach
- ½ Organic Banana
- ½ Organic Green Apple
- ⅛ tsp. Turmeric Spice

Mix all together in juicer or blender (ice optional).
If using a blender, add ½-1 c. (120-240ml) water.

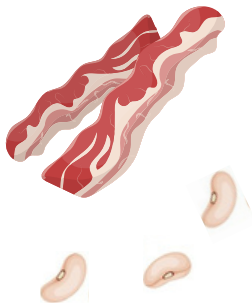


Dinner

Turkey Bacon & Bok Choy Salad

Ingredients:

- 1 Organic Carrot, thinly sliced
- 1 Bunch Baby Bok Choy (3 stalks of regular Bok Choy) stem cut into thin ½ in. long slices, leaves cut into 1 in. pieces
- 3 oz. (85g) cooked Turkey Bacon (approximately 3-4 slices)
- ½ c. (60g) Canned Cannellini (aka White Kidney) or Navy Beans, drained and rinsed
- ¼ c. (50g) Organic Grape Tomatoes, halved
- 1 tbsp. Chopped Fresh Basil
- Vegetarian Option: Leave out the bacon or add 1 tbsp. hemp seeds



See next page for dressing.

Dressing:

- 1 Garlic Clove
- ½ tbsp. Balsamic Vinegar
- ½ tbsp. Extra Virgin Olive Oil
- 1 tbsp. Chopped Fresh Basil
- tsp. Fresh Lemon Juice
- ¼ tsp. Ground Black Pepper



In a large steamer basket set over the top of a pot of gently simmering water, add carrots and steam for 4 minutes.

Add bok choy stem and leaves for 1 minute.

Meanwhile, mist a nonstick skillet with coconut oil spray and heat on medium-high. Add bacon and cook, turning once, until lightly browned, about 1 minute per side.

When cool enough to handle, slice thinly.

Prepare dressing in a blender.

Blend ingredients or whisk and add up to ¼ c. (60ml) of water until smooth.

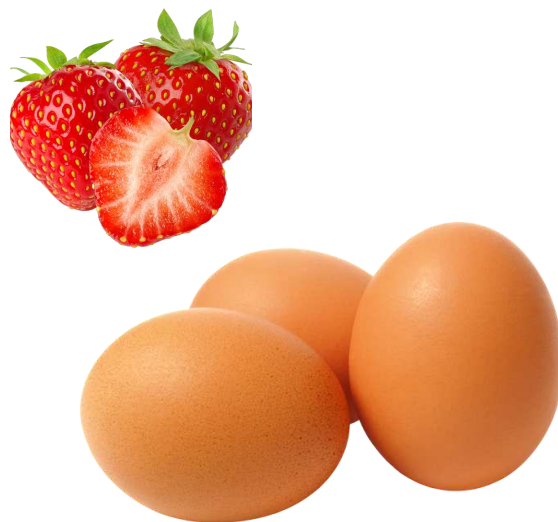
Toss all ingredients together for an amazing salad!

Snack

Eggs & Berries

Ingredients:

- 2 Hard Boiled or Scrambled Eggs
- 3 Strawberries
- Vegetarian Option: 1c. (240g) Plain Greek Yogurt (Full Fat Recommended) with 3 strawberries diced on top.



Day 5

Be sure to eat every 2-3 hours. AM: lemon, cayenne, apple cider vinegar drink
Drink 2 servings of dandelion tea.

Remember to drink ¾ - 1 gallon (3.7L) of water every single day.

Breakfast

Veggie Scramble

Ingredients:

- 1 Whole Egg or 2 Egg Whites
- Handful of Spinach
- Handful of Mushrooms, sliced
- ¼ of a Red Onion, diced
- ¼ of an Avocado
- Salt & Pepper to taste
- 1 tbsp. Butter or Coconut Oil



Add a tablespoon of butter or coconut oil to a pan and let melt on low heat.

Add diced red onion and mushrooms, cook until soft (about 3-4 minutes).

While onions are cooking, crack 1 whole egg or 2 egg whites into a small bowl and whisk until fully mixed.

When onions are ready, add egg mixture and stir. As the egg starts to cook, add in the handful of spinach. Continue to stir all ingredients until eggs are fully cooked.

Top with salt and pepper. Serve with ¼ of an avocado.

Option: Add your favorite salsa or hot sauce on top for an extra kick!



Snack

Flush Out Fat Smoothie

Ingredients:

- ½ c. (34g) Chopped Organic Kale Leaves or 1 scoop of [Island Bliss](#)
- ½ c. (82.5g) Fresh or Frozen Organic Mango
- 1 Celery Stalk, chopped
- ½ c. (120ml) Fresh Orange Juice or Coconut Water
- 2 tbsp. (3g) Chopped Flat-Leaf Parsley
- 2 tbsp. (3g) Chopped Fresh Mint
- Handful Ice (Optional, but I love cold smoothies)
- Blend all together in blender.

Lunch

Your Choice!

Choose between the Hummus Beet Wrap or Turkey Bacon Bok Choy Salad.

(Use left over ingredients for either meal)

Snack

Flavorful Yogurt

Ingredients:

- 4 oz. (113g) Plain Full Fat Greek Yogurt or 1
- Serving Protein or [Collagen Peptides](#)
- ¼ c. (37g) Fresh or Frozen Organic Berries
- 1 tbsp. Hemp Seeds or Crushed Raw Nuts, sprinkled on top

Dinner

Energy Boosting Smoothie

Ingredients:

- 1 tbsp [Cacao Bliss](#) or Raw
- Unprocessed Cacao (Not Hershey's, Not Cocoa)
- 1 tbsp. Peanut Butter
- 1 Organic Banana
- 4 oz. (113g) Plain Greek Yogurt (Full Fat Recommended) or 1 Serving Protein powder or 1 serving of [Collagen Peptides](#)
- ¼ c. (17g) Fresh Organic Spinach or Kale or 1 scoop of [Island Bliss](#)
- Cinnamon to taste
- Dash Cayenne Pepper

Blend all together in blender. This smoothie can be fairly thick. You can eat with a spoon or use water or almond milk to thin it out to your preferred consistency.



Snack

Your Choice!

Choose your favorite smoothie from all options you have had to date.

Day 6

Be sure to eat every 2-3 hours. AM: lemon, cayenne, apple cider vinegar drink
Drink 2 servings of dandelion tea.
Remember to drink 3/4 - 1 gallon (3.7L) of water every single day.

Breakfast

Egg Scramble with Oatmeal

Ingredients:

- 3 Eggs, scrambled
- 1 tbsp. Coconut Oil
- ¼ c. (17g) Organic Spinach
- 1 tbsp. Chopped Onion or Leek
- Fresh Basil to taste
- ¼ c. (25g) Oats
- ½ c. (120ml) Water
- 1 tsp. Cinnamon
- ¼ c. (37g) Fruit of Choice



Place coconut oil, spinach and onion in skillet, cook until wilted, then add eggs. Cook until done and top with fresh basil.

Place ¼ c. (25g) oats with ½ c. water. Cook on stove top for approximately 7 minutes. If you like creamier oatmeal, add water to desired consistency. Top with ¼ c. (25g) blueberries (or fruit of choice).

Sprinkle with 1 tsp. cinnamon.



Snack

Veggies & Dip

- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended) with Crushed Red Pepper, Rosemary and Dill
- ½ c. (90g) Sliced Organic Red Pepper or Veggie of Choice

Lunch

Turkey Salad with Warm Fruit

Ingredients:

- 3oz. (85g) Ground Turkey Meat
- Taco Seasoning Spice
- ½ c. (40g) Lettuce of Choice
- Fresh Cilantro to taste
- 1 Pear or Apple

Take 3 oz. (85g) ground turkey, cook in a skillet until fully cooked and add taco seasoning spice. Place turkey meat on lettuce and top with fresh cilantro.

Preheat oven to 350°F (175°C). Slice an apple or pear, sprinkle with cinnamon or nutmeg. Place in oven safe dish and bake for 15 minutes.

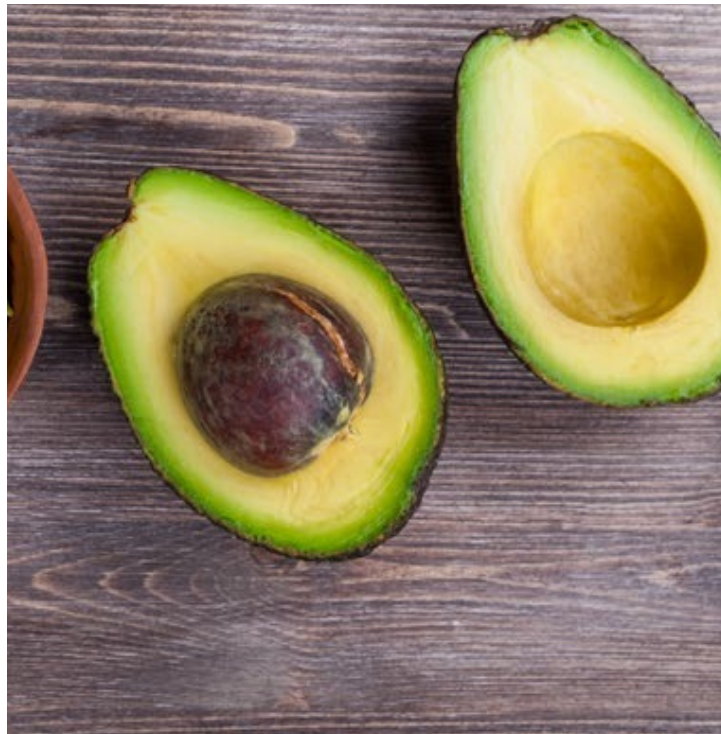


Vegetarian Option: Creamy Avocado & White Bean Wrap

Ingredients:

- 2 tsp. Apple Cider Vinegar
- 1 tsp. Extra Virgin Olive Oil
- Dash of Sea Salt
- ½ c. (60g) Shredded Red Cabbage
- 2 tbsp. (3g) Chopped Fresh Cilantro
- ¼ c. (30g) White Beans, rinsed
- ½ of a Ripe Organic Avocado
- 1 tbsp. Minced Red Onion
- 16-inch Sprouted Grain or a Gluten Free Wrap or Tortilla (You can also use a green like collard, kale or lettuce leaf to wrap)

Mash together the avocado and white beans with a fork or potato masher. Mix the remaining ingredients together in a bowl. Scoop mixture on to wrap, roll it up and cut it in half. Enjoy!



Snack

Savory Chicken Quinoa

Ingredients:

- ¼-½ cup (46.25-92.5g) Quinoa (Cooked)
- 3 oz. (85g) Cooked Cubed Chicken
- 1 tbsp. Extra Virgin Olive Oil
- Top with Desired Spices and Herbs



Prepare a batch of quinoa as the package states. Place in refrigerator and take out ¼-½ cup (46.25-92.5g) for a snack on the go. Add in 3 oz. cooked cubed chicken breasts. Drizzle 1 tbsp. of Extra Virgin Olive Oil and fresh spices and herbs.

Vegetarian Option: Leave out the chicken and add 3 oz. cooked artichoke hearts, cut or diced.



Dinner

Lemon Infused Salmon and Veggies

Ingredients:

- 3 oz. Salmon
- ½ c. (90g) Steamed Veggies
- ½ c. (125g) Brown Rice, cooked
- Juice from ½ an Organic Lemon
- 1 tsp. Extra Virgin Olive Oil
- Black Pepper, to taste
- Preheat oven to 350°F (175°C). Take 3 oz. (85g) salmon and place in foil.

Squeeze the lemon juice over salmon and top with black pepper. Secure in the tin foil and bake for 30 minutes.

Cook brown rice according to the package directions. Add any spices you'd like. My favorite is curry spice!

Steam ½ cup (90g) of your favorite veggies, top with black pepper and 1 tsp. of Extra Virgin Olive Oil.

Vegetarian Option: **Luscious Chickpea Wrap**

Makes 2 servings. Eat 1 and share the other or save for later.

Ingredients:

- 1 Shallot, sliced
- 2 Garlic Cloves, sliced
- 1 Pinch of Red Pepper Flakes
- 1 Bunch Swiss Chard, coarsely chopped without the stem
- ⅓ c. (80ml) White Wine Vinegar or Regular White Wine
- 2 Ezekiel or Gluten Free Tortillas or Wraps
- ¼ c. (85g) Cottage Cheese
- 1 tbsp. Extra Virgin Olive Oil
- 1 15 oz. can (400g) Chickpeas, just a bit of the liquid poured out
- Sea Salt, to taste
- Black Pepper, to taste



In a medium skillet over medium heat, sauté the shallots and garlic in the oil until translucent and fragrant, about 2 minutes. Stir in red pepper flakes. Add the chard, stems removed and coarsely chopped, to the skillet, tossing to coat.

Turn the heat up and add the white wine bringing it to a quick boil. Turn the heat down to medium and simmer, stirring occasionally, until the chard is wilted, about 4 minutes.

Add the chickpeas and most of their liquid to keep the mixture moist.

Continue to cook until the chard is tender, another minute or so.

Season with sea salt and black pepper to taste.

To serve as an easy meal, slather each tortilla or wrap with cottage cheese.

Top each with a big portion of the chard and chickpea mixture.



Snack

Fruit Delight

- ½ c. (120g) Plain Greek Yogurt (Full Fat Preferred)
- ¼ c. (37g) Fruit of Choice
- Cinnamon, to taste
- 1 tsp. Stevia

Top Greek Yogurt (Full Fat Recommended) with your fruit of choice. Sprinkle cinnamon and stevia on top. Enjoy!

Day 7

Be sure to eat every 2-3 hours. AM: lemon, cayenne, apple cider vinegar drink
Drink 2 servings of dandelion tea.
Remember to drink 3/4 - 1 gallon (3.7L) of water every single day.

Breakfast

Chia Bowl with Berries

Ingredients:

- 3 tbsp. Chia Seeds
- ½ c. (120ml) Coconut or Almond Milk
- 1 Serving Protein Powder Flavor of Your Choice (optional)

Mix chia seeds with the milk and protein powder.

Let it sit for 15 minutes or you can make it the night before and store it in the refrigerator.

Toppings (Optional - You can choose all or just the ones you like. Have fun with these!)

- 1 tbsp. Raw Coconut Flakes
- 1 tbsp. Raw Nuts
- ¼ c of either Blueberries/Strawberries/Blackberries
- Sprinkle of Hemp Seeds, Goji Berries, Cacao Nibs & Cinnamon

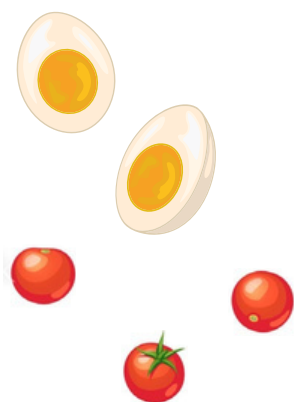


Snack

Hardboiled Eggs & Cherry Tomatoes

- 2 Hardboiled Eggs Sea Salt
- Black Pepper
- A Pinch of Cayenne Pepper
- 4 Cherry Tomatoes

Place all ingredients together for a tasty snack!



Lunch

Ginger Chicken

Ingredients:

- 1 c. (140g) Chopped, Cooked Chicken Breast
- 2 tbsp. (20g) Chopped Organic Red Onion
- ¼ c. (30g) Celery, chopped
- 2 tbsp. Fresh or Dried Ginger
- 1 tsp. Extra Virgin Olive Oil
- ½ c. (60g) Red or Green Apple, chopped
- 1 tbsp. Fresh Lemon Juice
- 1 c. (68g) Organic Spinach or (75g) Romaine Lettuce

Mix all together.



Vegetarian Option: Meatless Taco Salad

Ingredients:

- ½ c. (100g) Chickpeas
- ½ c. (65g) Raw Walnuts
- ½ tsp. Coriander
- ½ tsp. Chili Powder
- ½ tsp. Garlic Powder or Fresh Garlic
- ½ tsp. Onion Powder
- ½ tsp. Paprika

Pulse all ingredients in a food processor. Don't over process, you want it to have a chunky texture.

Chili Lime Dressing

- 1 tsp. Fresh Lime Juice
- Pinch of Garlic, Chili, Onion and Parsley Powder
- 1 tbsp. Plain Greek Yogurt (Full Fat Recommended)
- ½ tsp. Coriander

Mix all together

Additional Ingredients

- 1 c. (75g) Romaine, chopped
- ¼-½ c. (65-130g) Fresh Salsa
- ½ c. (75g) Organic Avocado

Place 1 c. (75g) chopped romaine lettuce in a bowl.

Top with ¼-½ c. (65-130g) fresh salsa. Add chickpea taco meat, ½ c. (75g) of organic avocado and drizzle chili lime dressing over the salad.

Mix together and enjoy!

Snack

Chocolate Chip Cookie Dough

Ingredients:

- 1 tbsp. Protein Powder or [Collagen Peptides](#) or 2 tbsp. Almond Meal
- 1 tbsp. Almond or Peanut Butter
- ¼ tsp. Vanilla Extract
- 1 tsp. Stevia
- Handful of Raw Nuts or Raw Cacao Nibs

Mix all together for a very yummy treat. Sprinkle with nuts or cacao nibs. You can add a little bit of water for a creamier texture.



Dinner

Salmon with Rice & Sugar Snap Peas

Ingredients:

- 3 oz. Salmon
- ½ c. (125g) Cooked Brown Rice
- ½ c. (75g) Organic Sugar Snap Peas
- Sea Salt, to taste
- Black Pepper, to taste

Cook brown rice according to the package directions. Sprinkle fish with black pepper and sea salt. In a skillet, heat up 1 tsp. Extra Virgin Olive Oil. Cook salmon 3 minutes on each side. When the salmon is done cooking, remove from pan. Add sugar snap peas to the same skillet and cook for about 3 minutes.



Vegetarian Option: Lemon Quinoa with Cilantro, Dried Fruit & Almonds

- 1 tbsp. Extra Virgin Olive Oil
- 1 Garlic Clove, minced
- ¼ tsp. Turmeric Spice
- 1 c. (185g) Quinoa, cooked
- 1 tsp. Finely Grated Lemon Peel
- 2 tbsp. (3g) Fresh Cilantro, chopped
- 1 tbsp. Fresh Lemon Juice
- 1 tbsp. Raisins or Dried Fruit of Choice
- 1 tbsp. Crushed Raw Almonds

Mix all spices and wet ingredients together. Stir in the quinoa. Top with dried fruit and almonds.

Snack

Berry Delight

Ingredients:

- ½ c. (120g) Plain Greek Yogurt (Full Fat Recommended)
- ¼ c. (37g) Organic Berries
- 1 tsp. Stevia (Optional)
- Mix all together for a delicious treat.



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Follow me on my social channels for behind-the-scenes peeks into my world, plus tips, tricks, and inspiration for healthy living.

