

30 DAY

MEAL PLAN TO YOUR SUCCESS

-Week 1-



Danette May

PHASE I DAY 1

UPON WAKING

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

Ingredients:

- 1 c. (240 ml) 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. (240 ml) warm water with the apple cider vinegar and a pinch of cayenne pepper.



1-HOUR LATER

Lemon Green Tea

Ingredients:

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

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



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 or 1 scoop Clean Protein Powder*)
- ½ c. (120ml) Water
- ¼ c. (25g) Organic Berries
- ¼ c. (17g) Organic Spinach or Kale or 1 scoop Spring of Life Greens
- 1 tbsp. Chia Seeds (optional)

Put all together in the blender.

*For protein powder, I recommend using Spring of Life Protein brand

Between breakfast and lunch drink as much lemon water as you want, but a minimum of 1 cup.

LUNCH

Detox Piña Colada Smoothie

Ingredients:

- ½ c.(34g) Organic Kale or 1 scoop Spring of Life Greens
- 1 c. (240ml) Water or Coconut Water
- Juice from 1 of Organic Lime
- ½ c. (115g) Organic Cucumber
- ½ c.(115g) Fresh Organic Pineapple
- 1 tsp Coconut Oil

Mix all together in the blender.



1-HOUR LATER

Apple Cider Vinegar Elixir

Ingredients:

- 1 c. (240ml) Warm Water
- 1 tsp. Apple Cider Vinegar with the 'mother' root
- Juice from ½ of Organic Lemon (optional)

DINNER

Fired Up Metabolism Drink

Ingredients:

- ½ c. (120g) Plain Kefir (if you can't get plain Kefir, use plain Greek yogurt or 1 scoop Clean Protein Powder)
- ½ c. (34g) Organic Kale or 1 scoop Spring of Life Greens
- 2 tbsp. Cacao Powder (100% dark chocolate)
- 1 Organic Banana
- ½ Organic Avocado
- 1 c. (240ml) Water
- ½ c.(40g) 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
- 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

UPON WAKING

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

Ingredients:

- 1 c. (240 ml) Warm Water
- Juice from ½ of Organic Lemon
- 1 tsp. Apple Cider Vinegar
- Pinch of Cayenne Pepper

Squeeze ½ fresh lemon in 1 c. (240 ml) warm water with the apple cider vinegar and a pinch of cayenne pepper.

BREAKFAST

Refreshing Mint Drink

Ingredients:

- 2 c. (480ml) Water
- Juice from 1 of Organic Lemon
- 1 Cucumber
- Juice from 1 of 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 1 cup.

LUNCH

Love Smoothie

Ingredients:

- ½ Organic Pear
- ½ Organic Avocado
- ½ Organic Cucumber
- ½ Lemon
- Handful of Cilantro
- ½ c. (34g) Organic Kale or 1 scoop Spring of Life Greens
- ½ in. (1.3cm) Organic Ginger
- ½ c. (120ml) Water or Coconut Water
- ½ c.(120g) Plain Greek Yogurt/ Plain Kefir or 4 tbsp. Chia Seeds/Hemp Seeds or 1 scoop Clean Protein Powder.

You can add more water or coconut water if you need to thin it out.

Blend all ingredients.



DINNER

Coconut Kale

Ingredients:

- 2 tsp. Coconut Oil or Flaxseed or Extra-Virgin Olive Oil
- 1 ½ c. (100g) Fresh Organic Kale
- 1 c. (185g) Pre-made Quinoa
- 2-3 tsp. Bragg's Apple Cider Vinegar
- ¼ tsp. Cumin Powder
- Black Pepper, Sea Salt, and Red Pepper Flakes to taste.

Sauté coconut oil, kale, and 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, pinch of red pepper flakes, and sea salt.

Drizzle on top:

BED

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

Ingredients:

- 1 c. (240ml) Warm Water
- Juice from ½ of Organic Lemon
- 1 tsp. Apple Cider Vinegar
- 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

UPON WAKING

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

Ingredients:

- 1 c. (240 ml) Warm Water
- Juice from ½ of Organic Lemon
- 1 tsp. Apple Cider Vinegar
- Pinch of Cayenne Pepper

Squeeze ½ fresh lemon in 1 c. (240 ml) warm water with the apple cider vinegar and a pinch of cayenne pepper.

1-HOUR LATER

Lemon Green Tea

Ingredients:

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

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



BREAKFAST

Green Goddess Smoothie

Ingredients:

- ½ c. (34g) Organic Kale Leaves, Chopped or 1 scoop Spring of Life Greens
- ½ c. (50g) Organic Berries (Frozen or Fresh)
- 1 c. (240ml) Water or Coconut Water
- ¼ c. (5g) Flat Leaf Parsley, chopped
- ¼ c. (5g) 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 1 cup.



LUNCH

Belly Bliss Meal

Ingredients:

- ½ c. (82.5g) Organic Papaya or Mango
- 1 c. (67g) Organic Kale
- 2 tsp. Coconut Oil
- 1 c. (185g) Pre-made Quinoa
- ½ c. (120ml) Pure canned Coconut Milk (optional). If you don't like coconut milk, use almond milk.

Sauté coconut oil, pre-made 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.

DINNER

Sensual Warrior Drink

Ingredients:

- 1-2 tbsp. Cacao Powder
- 1 Organic Banana
- 2 tbsp. Hemp Seeds (or 1 scoop of chocolate clean 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 Appel Cider Vinegar

Ingredients:

- 1 c. (240ml) Warm Water
- Juice from ½ of Organic Lemon
- 1 tsp. Apple Cider Vinegar
- 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 and 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 through out the day as well as try “smooth move” tea, found in most grocery stores.

Days 4-30 Guidelines:

*You can swap out any meals you want from day 4 through out the rest of the 30 days. You can swap breakfast for breakfast, snack for snack and lunch for lunch, dinner for dinner. Do what works for you, your schedule and food preference. I encourage you to try new recipes..you will surprise yourself.

* Drink 3/4-1 gallon ((3.7 l.) of water/day

* *Do not skip your daily meditations. The meditations help with cravings and sticking to your deeper WHY!

* *When referring to 1 scoop of protein powder or greens, understand that all protein powder scoops are different. Please refer to the back of the container for 1 serving size that equals 1 scoop . Also note, not all protein powders bake the same.

**For the remainder of the 27 days on this program, I recommend continuing to start your day with the detox drink:
Lemon Water with Cayenne Pepper and Apple Cider Vinegar.**

This morning drink is perfect for starting each and every day.



EAT EVERY 2-3 HOURS

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

BREAKFAST

Smoothie with a Side of Oatmeal

SMOOTHIE

Ingredients:

- 2 Stalks of Celery
- ½ Organic Cucumber
- ¼ c. (17g) Kale or 1 scoop Spring of Life Greens
- Juice from ½ of Organic Lime
- ½ tbsp. Coconut Oil
- ½ c. (120ml) Almond Milk or Water
- ½ c. (82.5g) Organic Pineapple

Blend all together with ice.

OATMEAL

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



SNACK

Power Smoothie

Ingredients:

- 1 c. (240ml) Water
- 1 tbsp. Flax Seeds or Chia Seeds (or 1 scoop vanilla Clean Protein Powder)
- ½ c. (50g) Organic Raspberries or any other Berry
- ½ Organic Banana
- ¼ c. (17g) Organic Spinach or 1 scoop Spring of Life Greens
- ½ tbsp. Almond Butter
- 2 tsp. Fresh Squeezed Lemon Juice

Blend together. Enjoy!

LUNCH

Hummus Beet Wrap

Ingredients:

- 1 tbsp. Hummus
- 1 6-inch Sprouted Grain Tortilla (Gluten Free)
- 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 Packed c. (5g) Arugula, roughly chopped

Hummus Dip Recipe

1 serving = ½ cup (125g) (store in fridge for snacking the rest of the week)

Ingredients:

- 1 ½ c. (300g) Cooked or canned Chickpeas
- ½ c. (120ml) of the Bean Liquid or Water
- 3 Cloves of Garlic
- ¼ c (62ml) Sesame Tahini (available at -

health food stores, or in the natural food section of supermarkets)

- 2 tbsp. Extra-Virgin Olive Oil
- Juice from 1 of Organic Lemon
- 1 tsp. Sea Salt
- Pinch of Cayenne Pepper

Instructions: Spread hummus on tortilla, leaving a 1 ½ inch (4cm) border. Sprinkle evenly with beets, feta, and arugula. To roll up, fold in 2 opposite sides of tortilla and roll, starting with the end closet to you. Slice each wrap in half on the diagonal. Wrap each 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.)



SNACK

Vital Nutrients Smoothie:

Ingredients:

- ½ c. Organic Papaya (you can use mango or leave out if you can't get it)
- ¼ c. (17g) Organic Kale or 1 scoop Spring of Life Greens

- ¼ c. (17g) Organic Spinach
- ½ Organic Banana
- ½ Organic Green Apple
- 1/8 tsp. Turmeric Spice

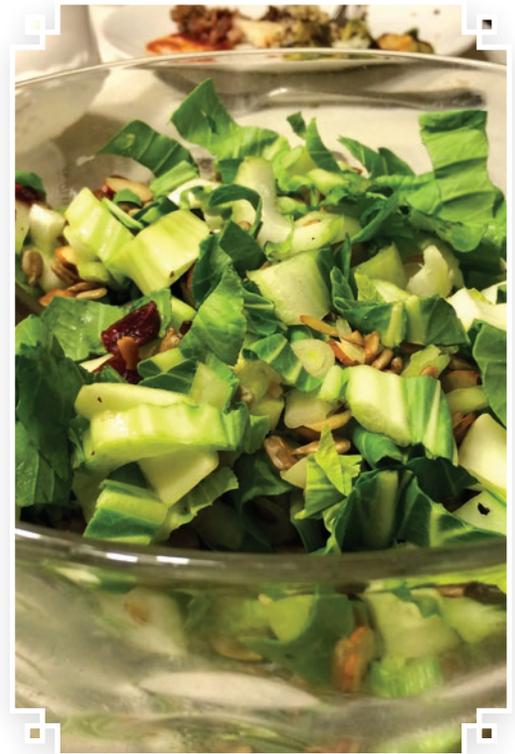
Mix all together in juicer or blender (ice optional). If using a blender, add around ½ - 1 c. (120 - 240ml) water.

DINNER

Turkey Bacon and Bok Choy Salad

Ingredients:

- 1 Organic Carrot, thinly sliced
- 1 Bunch Baby Bok Choy stem cut into thin ½ in. long slices and leaves cut into 1 in. pieces.
- 3 oz. (85g) cooked Turkey Bacon
- ½ c. (90g) BPA-free Canned Cannellini (aka White Kidney) or Navy Beans, drained and rinsed.
- ¼ c. (50g) Organic Grape Tomatoes, halved
- 1 tbsp. Shaved Parmesan Cheese
- 1 tbsp. Chopped Fresh Basil



Toss all ingredients together for an amazing salad.

Vegetarian Option: Leave out the bacon or you can add 1 tbsp. hemp seeds in place of bacon.

Dressing:

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

1. In a large steamer basket set over top of a pot of gently simmering water, add carrots and steam for 4 minutes. Add bok choy stem and leaves and steam for 1 minute.
2. 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.
3. Prepare dressing: In a blender, blend dressing ingredients or whisk and add up to ¼ c (60ml) water until smooth.

SNACK

2 hard boiled or scrambled eggs and 3 strawberries.

Vegetarian Option: 1 c. (240g) Plain Greek yogurt with 3 strawberries diced on top.

BREAKFAST

Coconut Quinoa Cereal

Ingredients:

- ¾ tsp. Extra-Virgin Coconut Oil
- 1 tsp. Ground Cinnamon
- ¼ c.(42.5g) Quinoa, rinsed
- ¾ c. (180ml) Light Coconut Milk (canned)
- 1 tbsp. Pure Maple Syrup
- 1 tbsp. Shredded Unsweetened Coconut
- 1 tbsp. Chopped Unsalted Almonds
- ¼ c.(50g) Fresh Sliced Organic Strawberries or Figs



1. In a medium saucepan on medium, Add cinnamon, stirring constantly, until fragrant, about 1 minute. Add quinoa and stir until evenly coated. Add coconut milk and cover and bring to a boil, then remove lid and reduce to a simmer until milk has been absorbed, (about 12 minutes.) Add maple syrup and stir to combine.
2. Top with shredded coconut, almonds and strawberries.

SNACK

Flush out Fat Smoothie:

Ingredients:

- ½ c. (34g) Chopped Organic Kale Leaves or 1 scoop Spring of Life Greens
- ½ c. (82.5g) Frozen or Fresh Organic Mango
- 1 Celery Stalk, chopped
- ½ c. (120ml) Fresh Orange Juice or Coconut Water
- 1/8 c. (5g) Chopped Flat-Leaf Parsley
- 1/8 c. (5g) Chopped Fresh Mint
- Handful Ice (optional, but I love cold smoothies)

Blend all together in blender.

LUNCH

Choose between **Hummus Beet Wrap** or **Turkey Bacon Bok Choy Salad** (use left over ingredients for either meal)

SNACK

Flavorful Yogurt

Ingredients:

- ½ c. (120g) Plain Greek Yogurt
- ¼ c. (25g) Fresh or Frozen Organic Berries
- 1 tbsp. Hemp Seeds or Crushed Raw Nuts, sprinkled over the top

DINNER

Energy Boosting Smoothie

Ingredients:

- 1 tbsp. Cocoa Powder
- 1 tbsp. Peanut Butter
- 1 Organic Banana
- 4 oz. (113g) Plain Greek Yogurt or 1 scoop Clean Protein Powder
- ¼ c. (17g) Fresh Organic Spinach or Kale or 1 scoop Spring of Life Greens
- Sprinkle as much cinnamon as you like
- Dash of Cayenne Pepper



SNACK (OPTIONAL)

Choose your favorite smoothie from above.

BREAKFAST

Egg Scramble with Oatmeal

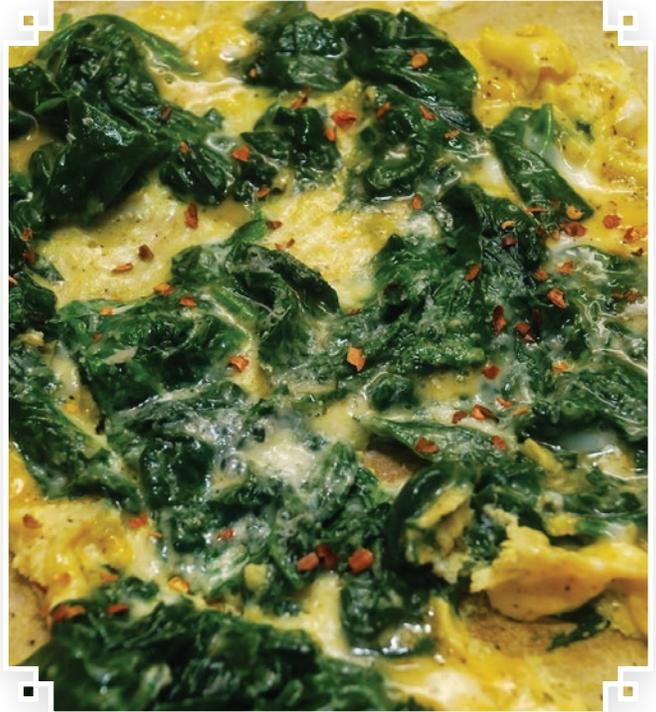
Ingredients:

- 3 Eggs, scrambled
- ¼ c. (17g) Organic Spinach
- 1 tbsp. Chopped Onion or Leek
- Sweet Basil

* Oatmeal

* fruit of choice

1. Place spinach & onion in skillet, cook until wilted, then add eggs. Cook until done and top w/ sweet basil
2. -¼ c. (25g) oatmeal (not instant oatmeal) topped w/ ¼ c. (25g) blueberries (or berries of choice) and sprinkle w/ 1 tsp. cinnamon.
3. Place ¼ c. (25g) oatmeal w/ 1/ 2 c water. Cook on stove top for approx. 7 minutes. If you like creamier oatmeal, add water to desired consistency, top w/ berries and cinnamon.



SNACK

Veggies and Dip

Ingredients:

- ½ c. (120g) Plain Greek Yogurt with Crushed Pepper, Rosemary & Dill
- ½ c. (90g) Sliced Organic Red Peppers or Veggie of choice from veggie list

LUNCH

Turkey Burger with Warm Fruit

Ingredients:

- 3 oz. (85g) Ground Turkey Burger
- handful of Greens
- Warm Fruit Dessert



1. Pre-heat oven to 350 deg.
2. Take 3 oz. (85g) ground turkey, cook in skillet until fully cooked, add taco seasoning spice, sprinkle turkey meat on ½ c. (40g) of greens. Top w/ fresh cilantro.
3. Slice an apple or a pear, sprinkle w/ cinnamon or nutmeg. Place on pan in oven for 15 min. at 350 deg. (175 Cel.)

Vegetarian Option: (use in place of the turkey burger)

Creamy Avocado and White Bean Wrap

Ingredients:

- 2 tsp. Apple Cider Vinegar
- 1 tsp. Extra-Virgin Olive Oil
- Dash of Sea Salt
- 1/2 c. (50g) Shredded Red Cabbage
- 1 Small Organic Carrot, shredded
- 1/8 c. (5g) Chopped Fresh Cilantro
- 1/4 c. (50g) White Beans, rinsed
- 1/2 Ripe Organic Avocado
- 1 tbsp. Minced Red Onion
- 1 8-10-inch (20-25cm) Sprouted Wheat (Gluten Free) Wraps, 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 in a separate bowl remaining ingredients. Assemble all of it on the wrap, roll up and cut in half. Enjoy!

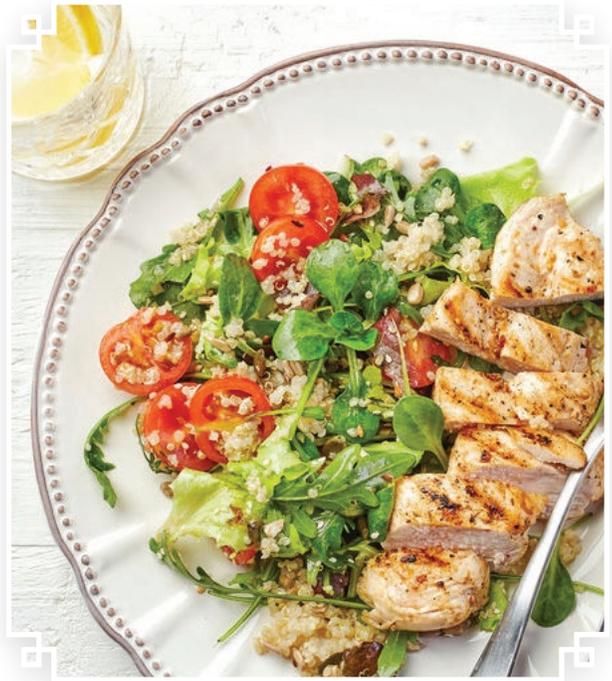
SNACK

Savory Chicken Quinoa

Ingredients:

- ¼ c. (42.5g) Quinoa
- 3 oz. (85g) Cooked cubed Chicken
- 1 tbsp. Extra-Virgin Olive Oil
- Top with Desired Spices and Herbs.

Prepare a batch of quinoa as package states. Add in 3 cooked chicken breasts (cubed). Place in refrigerator and take out ¼ to ½ cup (30 to 65g) for a snack on the go. Drizzle 1 tbsp. of extravirgin olive oil and fresh spices and herbs to your desire.



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

DINNER

Lemon-Infused Salmon and Veggies

Ingredients:

- 3 oz.(85g) Salmon
- ½ c. (90g) Steamed Veggies
- ½ c. (97.5g) Brown Rice
- Juice from ½ of Organic Lemon
- 1 tsp. Extra-Virgin Olive Oil
- Black Pepper, to taste

1. Pre-heat oven to 350 deg.
2. Take 3 oz. (85g) salmon and place in tin foil. Squeeze ½ lemon juice on it and top w/black pepper. Secure in tin foil and bake at 350 (175 Cel.) for 30 min.
3. Cook brown rice according to package directions. Add any spice you would like. I love curry spice.
4. Steam ½ c. (90g) of veggies, top w/ black pepper & 1 tsp. of extra-virgin olive oil

Vegetarian Option: (use in place of Salmon)

Creamy Avocado and White Bean Wrap

Makes 2 servings. Eat half and save for lunch or dinner the next day

Ingredients:

- 1 Shallot, sliced
- 2 Garlic Cloves, sliced
- 1 Pinch Red Pepper Flakes
- 1 Bunch Swiss Chard coarsely chopped without the stem
- 1/3 c. White Wine Vinegar or Regular White Wine
- 2 Slices Ezekiel or Gluten Free Bread
- ¼ c. (85g) Low-Fat Ricotta Cheese
- 1 tbsp. Extra-Virgin Olive Oil
- 1 15 oz. can (420g) of Chickpeas, just a bit of the liquid poured out
- Sea Salt
- Black Pepper

1. In a medium skillet over medium heat, sauté the shallot and garlic in the oil until translucent and fragrant, about 2 minutes. Stir in the red pepper flakes. Add the chard, stems removed and coarsely chopped, to the skillet, tossing to coat.
2. Turn the heat up and add the white wine, bringing it quickly to a boil. Turn the heat down to medium and simmer, stirring occasionally, until the chard is wilted, about 4 minutes.
3. 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.
4. To serve as an easy meal, slather each piece of toast with 2 tablespoons of ricotta. Top each with a big portion of the chard and chickpea mixture.

SNACK

Fruit Delight

Ingredients:

- ½ c. (120g) Plain Greek Yogurt topped w/ ¼ c.(25g) fruit of choice
- sprinkle w/ cinnamon
- sprinkle w/ 1 tsp. of stevia

Place all ingredients in a bowl.



BREAKFAST

Turkey Bacon and Hot Cereal

Ingredients:

- 2 Slices Turkey Bacon
- ¼ c. (45g) Sliced Organic Cucumber or Veggie of Choice
- ½ c. (50g) Buckwheat Cereal or Oatmeal or Quinoa
- berries or fruit of choice
- raw walnuts or raw nuts of choice

1. Prepare creamy buckwheat/oatmeal/or quinoa according to package directions. Top with 1/8 c. (20g) raw walnuts, ¼ c. (25g) berries, 1 tsp. stevia or honey for sweetness (optional).

Vegetarian option: 1 c. Plain Kefir (240g)



SNACK

Hardboiled Eggs and Cherry Tomatoes

Ingredients:

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

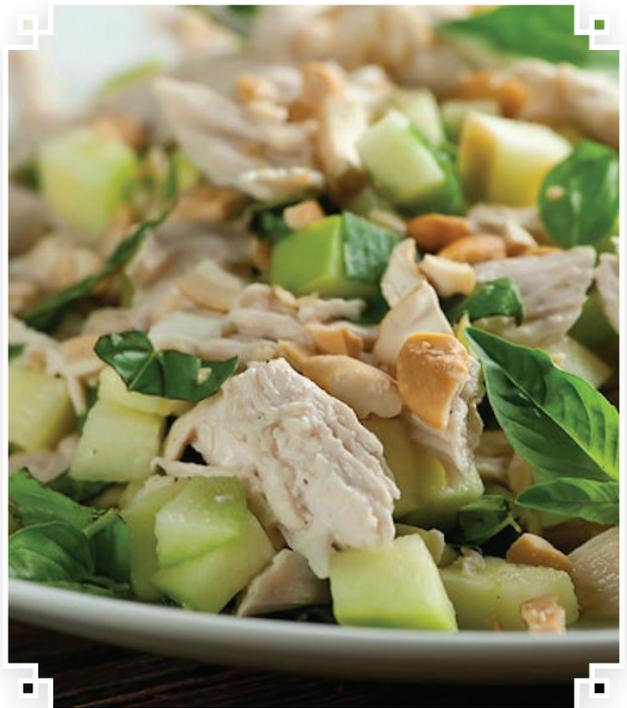
Place all ingredients together for a tasty snack.

LUNCH

Ginger Chicken

Ingredients:

- 1 c. (125g) Chopped, Cooked Chicken Breast
- 1/8 c. (20g) Chopped Organic Red Onion
- 1/4 c. (55g) Celery, chopped
- 1/8 tsp.(5g) Fresh or Dried Ginger
- 1 tsp. Extra-Virgin Olive Oil
- 1/2 c. (60g) Chopped Red or Green Apple
- 1 tbsp. Fresh Lemon Juice
- 1 c. (68g) Organic Spinach or (75g) Romaine Lettuce



Mix all together and place on a bed of spinach or romaine lettuce.

Vegetarian Option:

Meatless Taco Salad

Ingredients:

- 1/2 c. (100g) Chickpeas
- 1/2 c. (65g) Raw Walnuts
- 1/2 tsp. Corriander
- 1/2 tsp. Chili Powder
- 1/2 tsp. Garlic Powder or Fresh Garlic
- 1/2 tsp. Onion Powder
- 1/2 tsp. Paprika

Pulse all the above ingredients in a food processor. Don't over process. You want it to have a chunky texture.

Chili Lime Dressing

- 1/4 Lime
- Pinch Garlic, Chili, Onion & Parsley Powder
- 1 tbsp. Plain Greek Yogurt
- 1/2 tsp. Corriander

Mix all together.

1c.(75g) chopped romaine lettuce. Top with 1/4-1/2 c. (65g- 130g) fresh salsa, and then take your chickpea taco meat and put it on top and top with 1/2 c.(75g) avocado and chili lime dressing.



SNACK

Chocolate Chip Cookie Dough

Ingredients:

- ½ Scoop Clean Protein Powder (can substitute for Almond Meal)
- 1 tbsp. Almond or Peanut Butter
- 1 tsp. Vanilla Extract
- ½ tsp. Stevia
- raw nuts or raw cacao nibs

Mix all together for a very yummy treat. Sprinkle with nuts or cacao nibs into the mixture.

DINNER

Salmon with Rice and Sugar Snap Peas

Ingredients:

- 3 oz. (85g) Salmon
- ½ c (150g) Pkg. cooked rice
- ½ c. (75g) Organic Sugar Snap Peas

1. Cook Salmon or fish of choice in 1 tsp. extra-virgin olive oil and with a dash of sea salt and black pepper for approx. 3 mins. on each side. Then prepare rice as directed on pkg.
2. Cook sugar snap peas in same skillet as fish for about 3 minutes.



Vegetarian Option: (use in place of Fish)

Lemon Quinoa with Cilantro, Dried Fruit and Almonds

Ingredients:

- 1 tbsp. Extra-Virgin Olive Oil
- 1 Garlic Clove, minced
- ¼ tsp. Turmeric Spice
- 1 c. (185g) Pre-Cooked Quinoa
- 1 tsp. Finely Grated Lemon Peel
- 1/8 c. (5g) 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. Mix in the quinoa. Top with dried fruit and almonds.



SNACK

Berry Delight:

Ingredients:

- ½ c. (120g) Plain Greek Yogurt
- ¼ c. (25g) Organic Berries
- 1 tsp. Stevia (optional)

Mix all together for a delicious treat.

Shopping List for Detox Days 1-3

Cleanse Days 1-3	Need	Have	Buy
Lemon	6+		
Plain Greek Yogurt	1/2 Cup		
Kefir	1 Cup		
Spinach	1 Cup		
Kale	5 Cup		
Chia Seeds opt			
Apple Cider Vinegar			
Cucumber	2		
Pineapple	1/2 Cup		
Honey			
Cacao or unsweetened cocoa			
Banana	2		
Avacado	1		
Lime	2		
Fresh Ginger			
Fresh Mint			
Cilantro			
Pear			
Quinoa (pre made)	2 Cups		
Cumin (spice)			
Fresh Parsley			
Papaya or Mango	1/2 Cup		
Almond or Coconut Milk			
Berries your choice	1 Cup		
Coconut Oil			
Hemp seeds (hearts)			
Maca powder (opt)			
Coconut Water			
Cayenne pepper			
Green Tea			

Kale, spinach, mint , cilantro and fresh fruit can be chopped and and frozen for quick use in smoothies so they don't go to waste

Shopping List & Exchange List

SHOPPING LIST

“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.*

PROTEIN

- CHICKEN
- TURKEY
- EXTRA LEAN GROUND TURKEY
- LEAN HAMBURGER
- LEAN STEAK
- BEEF FILET
- TILAPIA
- BUFFALO
- TUNA
- EGG WHITES
- WHOLE EGGS
- HADDOCK
- COLD OR ANY WHITE FISH
- SHRIMP
- SCALLOPS
- BISON
- COTTAGE CHEESE – LOOK FOR ONE WITHOUT A LOT OF FILLERS
- AND ADDED INGREDIENTS
- WHEY PROTEIN POWDER
- EGG WHITE PROTEIN POWDER
- LOBSTER
- VENISON
- PLAIN GREEK YOGURT
- KEFIR
- CHIA SEEDS
- HEMP SEEDS

CARBOHYDRATES

- SLOW COOKED OATMEAL – YOU CAN BUY GLUTEN FREE IF YOU ARE SENSITIVE TO GLUTEN
- LENTILS
- BEANS (KIDNEY, RED, BLACK, CANNELLONI)
- SWEET POTATOES
- WHITE POTATOES
- RED POTATOES
- QUINOA
- MILLET
- AMARANTH
- BUCKWHEAT
- SLOW COOKED BROWN RICE
- PUMPKIN
- EZEKIEL BREAD (MAY CONTAIN GLUTEN)
- 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, spelt flour, brown rice flour, and almond meal/flour.*

FRUITS AND VEGGIES

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

GOOD FATS

- FLAX OIL
- PECANS (ALL NUTS CONSUMED RAW AND UNSALTED)
- OLIVE OIL
- ALMONDS
- WALNUTS
- RAW/NATURAL PEANUT BUTTER
- RAW/NATURAL ALMOND BUTTER
- AVOCADO
- COCONUT OIL
- GRAPE SEED OIL
- OLIVES
- HUMMUS

CONDIMENTS

All herbs and spices

- MUSTARD
- CHILI PEPPERS
- CHIVES
- CILANTRO
- DILL
- GINGER
- GARLIC
- LEMON VERBENA
- MINT
- ORANGE MINT
- OREGANO
- PARSLEY
- ROSEMARY
- SWEET BASIL
- TARRAGON
- THYME
- TURMERIC

The above lists of herbs are the ones I like using when I cook. They also have many 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
- HONEY
- MAPLE SYRUP (100%)
- GROUND FLAX SEED
- TEAS (TRY TO CHOOSE MAINLY DECAFFEINATED)
- MUSHROOMS (FREE FOOD)
- 100% RAW COCOA POWDER
- UNSWEETENED COCONUT FLAKES

MULTIVITAMINS

- MULTIVITAMINS
- FISH OIL (MUST BE USP CERTIFIED OR PHARMACEUTICAL GRADE QUALITY)

FLUIDS

- DRINK $\frac{3}{4}$ OF A GALLON TO A GALLON OF WATER PER DAY

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

NOTE: 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 tortilla size pizza crust recipe
- 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
- ¼ cup hummus (hummus will also be added as a fat)

FATS:

- 1 handful of raw unsalted nuts (approx. 1/8 cup)
- 1 tbsp. almond/peanut butter
- 1 tbsp. oil
- ½ avocado
- 1 tbsp. hummus
- 4 Edamame shells or 1/8 cup

VEGGIES / FRUITS:

I am considering them in raw uncooked form.

PROTEINS:

- Approximately one deck of cards worth of meat
- 1 scoop of whey protein
- ½ cup of cottage cheese, kefir or Greek yogurt
- 3 egg whites or 2 whole eggs

NOTE: I would go sparingly on the sugars and milks, 2 tsp./day on sugars and 1/8- 1/4 cup of almond/coconut milk/day.

In addition, if the recipe is in the snack area, do not eat it for dinner or lunch, as those items tend to have more sugars and you will go over your limit for the day.

Recipes should stay within their categories.

FREE FOODS:

These can be eaten as often as you want:

- dijon mustard
- mushrooms
- salsa (homemade preferably)



Frequently Asked Questions

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

Link to get accepted in the Private Facebook group:

First Steps for your Success!

- 1. 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!*
- 2. Please take your Before picture and measurements. Trust me, You will be so glad you did when you see all the results at the end! Click here to turn in your starting measurements. <http://danettemay.com/before-pics-submission/>*
- 3. 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.*
- 4. Here is the health disclaimers for this program: <http://danettemay.com/health-disclaimers/>*

WHAT PRODUCTS ARE USED AND RECOMMENDED?

*You can switch out any meals that you want and use the exchange list to substitute foods that you do not like or cannot get easily. You do not have to buy any of these products listed below to be successful, but I personally use them to enhance recipes and make my life a whole lot easier.

Spring of Life Whey Protein Powder (*Only ships in the US*): [Click Here](#)

Biotrust Whey (*ships outside the US*): [Click Here](#)

Spring of Life Plant Based Protein Powder: [Click Here](#)

Spring of Life Greens Powder packed with 70 superfoods: [Click Here](#)

1 month free + 25% off your first order + free shipping

<http://thrv.me/DanetteMay1m25p>

OTHER SOURCES OF CLEAN PROTEIN: Vega, Vega One, Jay Robb, Nutiva, Bone Broth, Shakeology and Garden of Life. *If you aren't using one of these approved brands and you aren't sure if it's a good/clean source you can post a picture of the ingredients (not the nutrition label info) and tag Chelsea May, Danette or use #mentor in that picture.

- Ingredients you want to avoid in products are: Wheat, Soy, Sugar, sugar substitutes/fillers such as; Maltodextrin, Sucralose, Aspartame, Splenda. If you're not sure about a product take a picture of the ingredients and tag a #mentor

Danette's blog and nutritional articles: Danette's Website: Danettemay.com

WHY DON'T I HAVE ANY EMAILS FROM DANETTE?

Make sure to check your Spam/Junk email folders.

Click below for white-listing instructions >> <http://goo.gl/YOvRKn>

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.

How to whitelist your emails: <http://www.eatdrinkshrinkplan.com/email-whitelist.html>

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 Specialist at Support@danettemay.com

WHO CAN I TAG OR REACH OUT TO FOR HELP WITHIN THIS GROUP?

There are a few veterans to this program, we call them Mentors. Feel free to tag them or use this symbol in your post: #mentor

HOW DO I MAKE SURE MENTORS/SPECIALISTS SEE MY QUESTIONS?

If you tag a mentor and their name doesn't highlight put an @ symbol in front of their name and it should tag them so they are notified and directed to your post/question. You can also put #mentor in your post/comment to get your questions answered more quickly.

What are the Rules to Be in the Private Facebook Group

1. *No negativity! If you have a concern, please reach out to our support team at support@danettemay.com We are here to support one another, so if you need guidance, motivation etc we are here for you. Absolutely no slandering the program or anyone in the group or you will be removed from the group.*
2. *No marketing of any type to group or group members. Anyone who is perceived to be marketing for a product or business of any type will be removed from the group.*
3. *. Forming "side groups" or any additional Facebook groups with other members of this group is strictly off limits. Danette has your best interest at heart here and wants to be sure if you are in a group of people who are on her programs that you get direct support from Danette and her mentors. She feels it will cause misinformation that could slow or prevent you from reaching your goals.*

Anyone who is found to have created their own separate group for 30 Day Challengers in this group will be asked to delete the group or leave this group.

4. *Have fun and be open to receiving all of the love and support for the many changes your body, mind and spirit are about to enjoy!*

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/>

What 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?

<http://www.organic.org/articles/showarticle/article-214>

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? <https://www.annmariegianni.com/danette>

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. Double 2 main meals/day. Keep all snacks the same.

Can I drink coffee and wine on this program?

- You can drink my superfood coffee starting on Day 4, but I recommend waiting until day 7. Here's the link: <https://www.youtube.com/watch?v=1YC9hAhCfhM>
- You can drink 1 glass of wine/week starting after Day 7

Why am I drinking dandelion tea and is it safe to drink after the 30 Day 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? http://navitasnaturals.com/prop65_cacao.html

How do I order Danette's Shirts?

www.sunfrog.com/danettemay

Follow Danette on her social platforms

