

THE NOURISHING CLEANSE:

A Gentle Broth-Based Detox Program



Cathy Sloan Gallagher



The Nourishing Cleanse

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ABOUT

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I am a life-long learner that is usually thinking about food – how to grow it, how to cook it, how to preserve it, and when and where to eat it. My epitaph will undoubtedly read “I’m Hungry”. This love of food eventually provided the motivation to leave a 25-year career in technology and finance in order to start my own nutrition therapy practice. I help people to heal with nourishing food, and to find pleasure and adventure in food, instead of deprivation and confusion.

I believe in the healing power of nutrient-dense real food and have witnessed it change the lives of my clients that are ready and willing to transition to the lifestyle. I approach nutrition consulting as a supportive learning opportunity, helping clients to make the connection between what they eat and how they feel. Healthy eating IS NOT about counting calories, following the latest fad diet, or gourmet eating. It IS about embracing the fact that simple and simply-prepared food is nourishment for the mind, body, and soul.

And that is why I’ve decided to offer my colleague Amanda Love’s Nourishing Cleanse program. The program provides you the inspiration, tools, and recipes to experience just how different simply-prepared, nutrient-dense foods can make you look, feel, and think. On each day of the ten-day cleanse you will eat nourishing, delicious, and healing foods with the sole purpose of detoxifying and restoring. There will be no starving while doing this cleanse. People typically report experiencing an increase in energy level, a clearing of brain-fog, improved digestion, relief from inflammation, aches, and pains, and yes, losing a few pounds.

As your guide, it is my hope that this program will not only help you to realize some of these benefits in the short-term, but that it will ultimately provide you with the foundation and encouragement to sustain a healthy eating lifestyle in the long-term.

Eat Thoughtfully,



Cathy Sloan Gallagher, NTP

Cathy Sloan Gallagher is a board-certified Nutritional Therapy Practitioner and the owner of Eat Thoughtfully LLC, a holistic nutrition therapy and education practice. She is an advocate for sustainable agriculture and is passionate about supporting locally grown food. She is a chapter leader for the Weston A. Price Foundation, a nutrition education foundation dedicated to restoring nutrient-dense foods to the diet. She is a past committee member of the Braintree Farmers’ Market and grows a variety of veggies in the Braintree Community Garden. Cathy also writes about health and nutrition for Edible South Shore Magazine, a quarterly publication with a mission to support the local food community, as well as maintains her own blog. Learn more about Cathy at www.eatthoughtfully.com.



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WELCOME TO THE NOURISHING CLEANSE!

You've have taken a big step toward reclaiming your health by committing to this ten-day cleanse! This guide will support you with the educational and "how-to" tools needed to have a successful, transformational cleansing experience. On each day of the ten-day cleanse, you will eat nourishing, delicious, and healing foods. Enjoy the process of learning to nourish yourself well.

WHAT IS THE NOURISHING CLEANSE?

The Nourishing Cleanse is a simple, delicious, and healing ten-day, broth-based cleanse. It emphasizes eating "real foods," including 1) nourishing broth, to heal and seal the intestinal lining; 2) quality proteins, to balance your blood sugar and banish food cravings; 3) fresh green vegetable juice, to energize the body and cleanse it of toxins; 4) healing fats, to enrich your cells at a deep level; and 5) probiotic-rich foods, to build immunity and strengthen gut health. All foods included in The Nourishing Cleanse are gluten-free, dairy-free, nutrient dense and nourishing.

WHY SHOULD WE CLEANSE?

Humans have been cleansing for centuries. Islamic, Hindu, Jewish, and Christian religious texts each provide different instructions for purifying oneself through food choices, usually as a way to attain greater connection with the divine. Ancient Greek scholars like Plato and Pythagoras advocated cleansing practices to prepare their students for study, and Hippocrates, father of modern medicine,

prescribed cleansing diets as a treatment for a range of ailments. These are just a few examples. Nearly every ancient culture has had guidelines for attaining health and clarity through food. Our ancestors recognized the healing properties of cleansing and allowing the body to rest. In our increasingly toxic modern world, it is especially vital to devote the necessary time to tune in to your body, reconnect with ancient wisdom, and rejuvenate yourself.

Important reasons to cleanse:

- Increase mental clarity and memory
- Boost energy and feel more youthful
- Lose weight and burn fat
- Improve sleep
- Rejuvenate cells and clear cellular debris
- Regenerate the digestive system and improve digestive terrain
- Gain awareness of food sensitivities and how they affect you
- Reduce inflammation, allergies, and pain
- Improve skin

By cleansing, you are setting an intention to return your body to its healthy, intelligent, strong state—how it is designed to be. You will be taking the time to reset old patterns and learn to savor nourishing, healing foods. I am not exaggerating when I say The Nourishing Cleanse is transformative!

Cleansing gives your body a chance to address and release the harmful effects of the many health and environmental stressors we all encounter today, including:

- *Air pollution*
- *Allergens*
- *Animal dander*

- Chemicals
- Electromagnetic pollution
- Food allergies or sensitivities
- GMO foods
- Harsh cleaners
- Heavy metals
- Indoor air pollutants
- Light pollution
- Mold
- New carpet and paint
- Noise pollution
- Parasites
- Pesticides and herbicides
- Stress
- Wi-Fi
- ...And more.

The Nourishing Cleanse can be particularly helpful for healing from any type of gut issue, including digestive disturbances, yeast overgrowth, skin problems, as well as weight, mental, blood sugar, and hormonal imbalances. It may also benefit anyone who wants to release toxins, gain more energy, and feel more vibrant.

It is ideal to cleanse once each season, roughly four times a year. Spring and Fall are the best times to cleanse, but this cleanse can boost your health at any time.

The only time you do not want to cleanse is if you are pregnant or nursing or if you are sick or in a weakened state. If you are uncertain whether or not the cleanse is right for you, please consult your physician. If you have an adverse reaction to anything on the Cleanse, feel free to contact us with questions at: cathy@eatthoughtfully.com.

WHAT MAKES THE NOURISHING CLEANSE DIFFERENT

This cleanse is different than other cleanses because it is centered on time-honored healing foods. These foods specifically help to flush out toxins, detoxify and lighten the load of the liver and gallbladder, clean out the colon, remove yeast and bad bacteria, add enzymes and beneficial bacteria, and heal and seal the intestinal lining. The Nourishing Cleanse is also very gentle. It avoids the extremes many other cleanse programs recommend, like fasting or eating high-glycemic foods (i.e. juice-only diets, high-fruit diets, etc.)

THE PROBLEMS WITH FASTING AND HIGH-GLYCEMIC CLEANSSES

Fasting can be beneficial, but only if done correctly. It is best to fast when you have time and support to be in a retreat-type setting, away from your normal life and free from food temptations. If you have any kind of blood sugar issues (and many people do), fasting can be quite dangerous; it can actually worsen hypoglycemia, hyperglycemia, or other health concerns.

Both high-glycemic diets and fasting can create blood sugar imbalances, which can lead to adrenal fatigue, as well as pancreatic and liver stress. Such cleanses can also increase your cortisol levels, causing you to feel more anxious, ungrounded, and irritable.

What's more, on extreme cleanses you may lose weight in the short-term only to gain it all back—and then some—when you resume normal eating. This is because your body has gone into starvation mode during the cleanse. In the future, you could find it even



harder to lose weight, because your body would stubbornly hold on to those extra pounds, thinking you might starve it again! This is how yo-yo dieting works. Doesn't sound very "cleansing," does it?

WHY IS BROTH ESSENTIAL?

*"Good broth will raise the dead."
—South American Proverb*

Broth (also known as bone broth or meat stock) is one of the most nutritious foods. In many cultures broth is consumed almost daily. Our ancient ancestors would not think of throwing out the bones, the place that holds the essence of the animal: they knew to slowly cook bones with water, herbs, and other ingredients to extract the precious life-giving nutrients the bones contained. Chinese medicine says that the bones hold jing, also thought of as our essence. Once depleted by stress and poor diet, jing is hard to replenish. Consuming foods like broth on a regular basis helps to balance and

replenish jing.

For the purposes of this cleanse, we are using broth to heal and seal the intestinal lining from being hyperpermeable. This condition is also known as 'leaky gut', which can be the root of many digestive issues including food sensitivities, poor absorption, and inflammation. For more information on the healing power of broth, check out:

www.westonaprice.org/food-features/broth-is-beautiful

EAT WELL AND HEAL

There's no starving on The Nourishing Cleanse! In fact, you'll savor delicious, nutritious foods at optimal times throughout the day, every day. This cleanse outlines an eating schedule that helps to normalize blood sugar and hormone levels. If you are carrying extra pounds, this cleanse can help to turn on the fat-burning hormones to shed that unwanted weight. If you are underweight, this cleanse may help you to add needed pounds by enhancing your body's capacity to absorb nutrients and normalize hormone levels. No matter your state of health, The Nourishing Cleanse will be sure to provide you with healing benefits.

THE NOURISHING CLEANSE PILLARS

On each day of the ten-day cleanse, you will eat nourishing, delicious and healing foods which focus on the following six healing pillars: broth, protein, healing fats, green vegetable juices, probiotic-rich foods, and hydration. Read on for a deeper understanding about these healing pillars.

Broth

Broth is an ancient food rich in minerals and gelatin. It is the main food on the Cleanse, and it can heal and seal the gut lining if consumed consistently. Not only does broth stimulate the digestive fire and ready it for food, but it also provides minerals and gelatin. Gelatin, often used only for dessert, is extremely nutritious and healing. It helps to build strong bones, hair, teeth, and fingernails, and is also very good for digestion. It is hydrophilic (literally 'water-loving'), which helps to bring water into the cells and keep the mucosal lining of the intestines in good shape.

Why broth nourishes:



- Contains trace minerals in easily absorbable forms
- Collagen, found in broth, like chondroitin and glucosamine, supports joint health and can ease arthritis, joint pain, as well as reduce inflammation
- Broth contains proline, glycine, glutamine and alanine and a wide range of additional amino acids; amino acids can reduce inflammation, assist the liver in detoxification and have calming effects
- Gelatin can promote hair and nail growth, heal and seal the gut by attracting and holding liquids like digestive juices, and support proper digestion and repairing hyperpermeability also known as 'leaky gut'
- Contains medicinal qualities which can inhibit cold and flu viruses and infections

Protein

Protein is an essential building and detoxifying food. It contains amino acids, which restore your brain chemistry and balance blood sugar.

Why protein nourishes:

- Proteins are found in animal sources (grassfed beef, pastured fowl and eggs, wild fish, organ meats, dairy), whole grains (amaranth, quinoa), beans, lentils, legumes, nuts, seed and nut butters, fruits and vegetables (in small amounts). For

the purpose of this cleanse, dairy (except butter), eggs and grains are left out.

- Proteins are made up of amino acids, that make up different combinations to create thousands of different types of proteins
- Of the twenty amino acids that exist, the body only produces twelve. The remaining 8 'essential' amino acids must be derived from protein food sources.
- Digested proteins break down into amino acids to manufacture and replace worn out proteins
- Two types of proteins—structural and functional
- Structural proteins are necessary for our cells, organs, muscles, connective tissue and bones (ie: collagen in bones)
- Functional proteins support immune function and hormones, regulate chemical reactions, transport molecules, and communicate between cells

Healing Fats

Fats are essential for all cellular function, and are a main nutrient for the heart, brain and hormones. And, no, fat does not make you fat—as long as you eat the right fat (more on that later)! Include “good fats” in your preparations with every meal to aid digestion and nutrition. For example, cook your vegetables in butter, coconut oil, chicken or duck fat, add organic coconut milk to soups, and garnish dishes with avocado and/or olive oil.

Why healing fats nourish:

- Healing fats are found in grassfed, pastured and organic meats and fish, tropical plant oils such as coconut and palm oil, in some other vegetable-based sources such as olive oil and avocado, and organic raw dairy (butter, cheese, milk, and cream). For the purpose of this cleanse, dairy is left out except for butter.
- Provide a concentrated source of energy in your diet and provide the building blocks for cell membranes, as well as a variety of hormones and hormone-like substances
- Slow down food absorption so that you can be satisfied longer without feeling hungry
- Act as a carrier for important fat-soluble vitamins A, D, E and K
- Are necessary for the conversion of carotene to vitamin A, for mineral absorption, and for a host of other biological processes
- Short and medium-chain saturated fatty acids have important antimicrobial properties, which protect you against harmful microorganisms in your digestive tract



Fresh Raw Green Vegetable Juice

Drinking green veggie juice is one of the best ways to quickly detoxify the body and deliver large quantities of vitamins and minerals.

Why green veggie juice nourishes:

- Green veggie juice is an easy way to get 6–8 servings of a variety of vegetables into your body
- Beneficial for people with weak digestion and impaired nutrient absorption
- Enzymes, vitamins and minerals are quickly absorbed into the bloodstream because the fiber does not slow down absorption
- Benefits the immune system, assists in releasing toxins, improves energy levels, digestion, mental clarity, and promotes clear skin
- Highly alkalizing



Probiotic-Rich Foods

Probiotic-rich foods introduce helpful bacteria into your gut to “clean house” and strengthen immunity. Cultured foods, also known as fermented foods, or probiotic-rich foods, are essential for cleansing as they help repair the gut by introducing beneficial microflora and enzymes into the gastrointestinal system. They aid in digestion and help to rid the body of Candida, parasites, viruses and other harmful organisms. These foods are also great for boosting energy. There are many other beneficial cultured foods out there, but for the purpose of this cleanse we have chosen cultured foods that do not contain dairy, whey, soy or grains. Store-bought, raw, unpasteurized preparations (without colors, sugar, or additives!) are cleanse approved if you do not wish to make them yourself. Please check out [RESOURCES](#) for the best sources on where to buy pre-made cultured foods. Stock up on several varieties for your cleanse.



Why probiotic-rich foods nourish:

- Vitamin K2, found in many fermented foods, protects from heart disease, assists in building strong bones, improves brain function, and can help prevent cancer
- The process of fermenting vegetables increases availability of amino acids and preserves vitamin C content
- A good bacteria supply increases the amount of beneficial microorganisms in the intestines, while also preventing growth of pathogenic organisms
- Increases acidity of gastric juices when hydrochloric acid levels are low; alternatively, can protect the stomach and intestines when hydrochloric acid levels are too high
- Short-chain fatty acids created by the beneficial bacteria become a fuel source for intestinal cells to grow new tissue
- Produces the neurotransmitter acetylcholine which facilitates nerve impulses, which in turn improve bowel movements
- Probiotic-rich foods are supportive to pancreas

Hydration

Proper hydration of your cells and body tissues is essential for detoxification! Hydration gives your cells the tools they need to excrete toxic matter and rebuild themselves.

Why water nourishes:

- Assists digestion and enhances metabolism
- Aids nutrient absorption
- Promotes blood circulation and transporting of nutrients
- Supports joint health
- Conditions and moisturizes skin
- Assists in eliminating metabolic wastes
- Energizes
- Regulates body temperature
- Removes toxins



What to know:

- Signs of dehydration include thirst, dry skin, dark colored urine, fatigue
- Signs of chronic dehydration include heartburn, constipation, weight gain, high cholesterol
- Avoid tap water which often contains contaminants such as chlorine, chloramines, arsenic, aluminum, fluoride, prescription and over the counter drugs
- Choose a filtration system for your home that fits your budget

THE NOURISHING CLEANSE PROTOCOL: WHAT TO EAT AND HOW OFTEN

Ideally, eat soup for all of your meals. If you do NOT eat soup for a specific meal, then make sure your meal contains protein, veggies, and good fat along with a serving of broth. The key is to have broth with every meal, whether it is in your soup or on the side. As an example, a wonderful meal would be chicken soup with vegetables with a half an avocado on top and a bite of sauerkraut. Alternatively, you could have a meal of roast chicken (with the skin—eat the fat!), steamed, roasted or sautéed seasonal vegetables with olive oil or coconut oil, avocado on the side, a half cup of broth and a shot of coconut kefir.

A Sample 10-Day Cleanse Calendar and Cleanse Approved Recipes are provided to support you with The Nourishing Cleanse Protocol.

These foods are the foundation of your cleanse:

BROTH:

- *Homemade Chicken or Beef Broth, Bone Broth and Vegetable Mineral Broth*

Serving: 1/4 cup or more, 3–5 times a day with meals or as a liquid in between meals. (Note: If you are having soup made with broth, there is no need for you to have additional broth with a meal). For ideal gut healing, enjoy broth five times throughout the day.

Recipes: Chicken Broth, Beef Broth, Bone Broth, Vegetable Mineral Broth

PROTEIN:

- *Homemade soups with slow cooked pasture-raised/organic meats, game, wild fish and vegetables*
- *Chicken, Turkey, Beef, Bison, Lamb, Wild Game, Wild Fish*
- *Lentils, Mung Beans, and Quinoa*

Serving: Soups: 2 cups, 1–3 times a day or more, as needed. Meat or Vegetarian Protein: 4–6 ounces, 3 times a day or more

Recipes: Classic Chicken Soup, Slow-Cooked Beef Soup with Veggies, Chicken Soup with Ginger, Lemongrass and Coconut Milk, Kitchari, Indian Lentil Stew, Grassfed Beef Pot Roast with Root Vegetables, Alaskan Halibut with Lemon and Artichoke Hearts, Coriander-Crusted Sablefish, Liver Pâté, Nori Wraps

VEGETABLES:

- *Emphasize organic, seasonal, local veggies and lots of them!*
- *Green Veggie Juices—organic green veggies such as celery, cucumber, leafy greens, parsley, cilantro are all approved for The Nourishing Cleanse juices. Small amounts of apple, beet and carrot are acceptable; please limit to 1 green apple, ¼ beet or 1 carrot per juice (these are high in natural sugars which should be limited). Turmeric, ginger, dandelion and fennel are also great juice additions.*
- *Green Savory Smoothies—the savory smoothies are a great way to get your raw veggies into an easily digestible state by puréeing them in the blender*
- *Green veggies are the most detoxifying foods. Emphasize leafy greens—Swiss chard, kale, collards, mustard greens, dandelion, spinach, arugula, dark green lettuces. It is best to steam, blanch or lightly cook winter greens such as kale, collards, chard and mustards.*
- *Other great veggies to emphasize—asparagus, summer squash, cucumbers, green beans, snap and snow peas, broccoli, sprouts, cauliflower, cabbage, kohlrabi*
- *Allowed starchy vegetables—winter squash, root veggies like carrots, parsnips, beets, turnips, rutabagas, celery root, burdock, onions, and garlic. Thin-skinned potatoes like new potatoes or fingerlings are okay, but avoid russet potatoes.*
- *Salads—combine your favorite organic greens and vegetables with a homemade dressing or olive oil and lemon juice*
- *Vegetable soups made with bone broths—make delicious chunky or puréed veggie soups with your pre-made broth*
- *See Master List of Cleanse Approved Foods on page 11 for more info on which veggies to eat*

Serving: Juice or smoothie: 1 cup or more, 1–3 times a day. Soups: 2 cups, 1–3 times a day or more (remember to include protein). Cooked or raw vegetables: 2–4 cups, 1–3 times per day

Recipes: Green Juice, Green Savory Smoothie, Carrot Ginger Soup with Coconut Milk, Carrot Fennel Soup with Ginger, Cream of Asparagus Soup, with Spring Leeks, Cream of Broccoli Soup, Emerald Green Soup with Broccoli, Creamy Burdock, Cauliflower and Wild Mushroom Bisque, Spinach Soup with Garlic and Lemon, Cream of Summer Squash Soup, Cream of Winter Squash Soup, Roasted/Sautéed/Steamed Vegetables, Alkalizing Green Soup, Vitamix Asparagus Soup

PROBIOTIC-RICH FOODS AND/OR DRINKS:

- *Homemade or store-bought raw, cultured vegetables, sauerkraut, kimchi, beet kvass, coconut kefir, miso or cultured veggie juice*

Serving: 1–2 tablespoons (or about 1 ounce) with meals 1–3x/day (serving size is about a big bite or a big sip)

Recipes: Sauerkraut, Beet Kvass, Coconut Kefir, Cultured Coconut Yogurt, Miso Soup

HEALING FATS

- *Organic and unrefined olive oil, coconut oil, butter, ghee, duck fat, lard, beef fat, chicken fat, sesame oil, flax oil (only raw), avocado, chia seeds, cod liver oil (only raw) and any fats from meats in soups or animal skin*

Serving: 1–3 tablespoons fat of choice with each meal, in cooking or added on the side. If you are hungry between meals, increase your fat intake with meals.

HYDRATION

- *Filtered water, broth, veggie juice, lemon liver flush, herbal, non-caFFEinated teas*

Serving: To calculate how much water you need on a daily basis, divide your body weight in half. That number in ounces is the amount of water you need to drink daily. For example, if you weigh 160 pounds, then you would need to drink 80 ounces of liquid daily. Eighty ounces is equivalent to 2.5 quarts (or 10 cups). All drinks mentioned above count towards your daily water intake.

Example: 160 pounds ÷ 2 = 80 ounces of water/day

Focus on consuming water and/or liquids between meals, so as not to dilute your digestive juices at mealtime. Drink a maximum of 1 cup beverage or warm broth with your meal.

Recipes: Chicken Broth, Beef Broth, Bone Broth, Vegetable Mineral Broth, Green Juice, Lemon Liver Flush

Additional Cleanse Approved Foods

- **Fruit** – organic, sour/low sugar fruits like blueberries, blackberries, raspberries, strawberries, cranberries, grapefruit, green apples, and pineapple (maximum ½ cup per day)
- **Good quality salt** – Celtic Sea Salt, Himalayan Sea Salt, Real Salt or any other unrefined sea salt. These quality salts provide minerals that highly refined “table salt” does not, and they have more robust flavors, too. Avoid all refined table salts.
- **Herbal, non-caffeinated teas** – Herbs can enhance your cleanse by adding their mineral-rich and medicinal properties. Some of my favorites are: nettles, red raspberry leaf, horsetail, chamomile, mint, dandelion, red clover, lemon balm, and oatstraw; Dandy Blend™ is a great coffee substitute and is Cleanse Approved. Organic green tea and Yerba Mate are allowed if you must have caffeine. If you absolutely can not live without coffee, drink maximum of 1 cup daily and make sure the coffee is organic.
- **Organic coconut products** – coconut milk, coconut water, coconut butter/manna, coconut powder, coconut oil, and coconut flour are all Cleanse Approved. (Note: read labels and avoid additives or thickeners)
- **Non-gluten grains** – The Cleanse is grain-free, but if you feel like you need to keep grains in your diet, these are acceptable: brown rice, basmati, wild rice, amaranth, quinoa, buckwheat, teff (Read more in the Modifying The Nourishing Cleanse for Energy and Blood Sugar Issues on page 17)
- **Probiotic vinegars** – umeboshi plum vinegar, raw apple cider vinegar, and coconut vinegar
- **Seasonings** – organic vanilla extract, any organic herbs and spices for the recipes or any spices you feel drawn to. See the **RESOURCES** section for recommended online retailers for quality herbs and spices.
- **Sweeteners** – Stevia is allowed if you need a sweetener; my favorite brand is made by Sweetleaf®. You can find it at most health food stores. Use tinctures and avoid white powder versions. This is the only sweetener that is allowed.

Additional Foods to Avoid

- **Alcohol** – no wine, beer or spirits, but extracts and medicinal tinctures are OK
- **All gluten-containing grains** – barley, bulgur, couscous, durum, farro, kamut, oats, rye, semolina, spelt, wheat
- **Any refined foods** – crackers, potato chips, cookies, pasta, cakes, etc., unless made with Cleanse Approved ingredients
- **Bottled juices and sodas** – fruit juices, sport drinks, enhanced waters, carbonated beverages
- **Caffeine** – includes coffee, black tea, chocolate, soda
- **Chocolate** – can be inflammatory
- **Dairy** – raw dairy is a nutrient dense food, but we are removing it during the cleanse
- **Eggs** – while eggs are normally an extremely nutritious food, they are one of the top 5 allergen foods. Avoid them during the cleanse to find out how you feel without eggs
- **“Empty” vinegars** – balsamic, red wine vinegar, white vinegar
- **Fruit** – Although fruit is often considered a health food, it can be very high in sugar and is best avoided on The Nourishing Cleanse, especially if you are battling Candida or other digestive issues, or if you are focusing on rebuilding your intestinal flora. If you absolutely must have fruit, stick to very small quantities (<1/2 cup a day) of organic, sour/low sugar fruits
- **Nightshades** – tomatoes, peppers, eggplant and potatoes (small fingerling, heirloom and new potatoes are Cleanse Approved)
- **Nuts and seeds** (Coconut is Cleanse Approved)
- **Pork** – pastured pork can be a great food, but during the Cleanse it is best to avoid pork as it can easily harbor parasites.
- **Soy products** – soy milk, soy sauce, textured vegetable protein (TVP), isolated soy protein. Gluten-free tamari is Cleanse Approved.
- **Sugar** – in any form, this includes white sugar, brown sugar, agave, honey, corn syrup, maple syrup, xylitol or any other sweeteners.
- **Unfriendly additive** – MSG, artificial sweeteners such as Sweet’N Low®, Splenda™, aspartame, artificial flavors and preservatives or food colorings

CLEANSE APPROVED FOODS REFERENCE LIST

Choose organic, local and seasonal options as much as possible

VEGETABLES

Artichoke
Asparagus
Beets
Broccoli
Brussels sprouts
Burdock
Cabbage
Carrots
Cauliflower
Celery
Chicory
Cucumber
Daikon
Eggplant
Fennel
Garlic
Ginger root
Green beans
Greens & lettuces- *spinach, Swiss chard, collard greens, kale, dandelion, mustard, watercress, arugula, romaine, butter leaf, spring greens, endive, watercress, radicchio*
Hearts of palm
Herbs
Jicama
Kohlrabi
Leeks
Mushrooms—*shiitake, maitake, enoki, oyster, reishi*
Okra
Onions
Pumpkin
Purslane
Scallions
Sprouts
Squash—*acorn, butternut, delicata, kombucha, spaghetti, yellow, zucchini*
Turnips

FRUITS—limit your intake

to ½ cup per day
Berries—*blueberry, blackberry, raspberry, strawberry*
Grapefruit
Green Apples
Lemon
Lime
Pineapple

SEA VEGETABLES

Kombu
Nori
Sea palm
Wakame

NON-GLUTEN GRAINS

(It is recommended to avoid grains on the Cleanse, but if can not avoid them, these are the best grains to eat)

Amaranth
Buckwheat
Rice—*brown, basmati, wild*
Millet
Quinoa
Teff

FATS

Avocado
Beef tallow
Butter (ideally raw, pastured)
Chia seeds and gel
Coconut butter/manna
Coconut milk
Coconut oil
Flax oil
Flax seeds
Ghee
Lard—*pasture-raised*
Olive oil
Red palm oil
Sesame oil

PROTEIN—Pasture-Raised/Organic

Beef
Buffalo
Chicken
Wild game
Wild fish
Lamb
Turkey
Lentils
Mung beans

LIQUIDS/BEVERAGES

Broth—*chicken, meat, bone, vegetable*
Coconut milk—*homemade or canned*
Coconut water
Filtered water
Green vegetable juices
Herbal teas

PROBIOTIC/FERMENTED FOODS

(Choose dairy free ferments)

Beet kvass
Coconut kefir
Coconut milk yogurt
Kombucha
Miso
Raw, cultured vegetables—*sauerkraut, kimchi, etc.*

SEASONINGS

Raw apple cider vinegar
Coconut vinegar
Herbs and spices
Mustard
Pure vanilla extract
Salt—*Celtic Sea Salt, Himalayan, Real Salt*
Umeboshi plum vinegar

SWEETENERS

CLEANSE FOODS TO AVOID REFERENCE LIST

BEVERAGES

Alcohol & spirits—all
Black tea
Caffeinated beverages—
coffee, soda, energy drinks

CHOCOLATE

DAIRY—except for butter and ghee

Cheese
Cream
Frozen yogurt
Gelato
Ice cream
Kefir
Milk
Yogurt

EGGS—all

FRUITS

Apples (except green)
Apricots
Banana
Cherries
Grapes
Kiwi
Mango
Melons
Nectarines
Oranges
Papaya
Peaches
Pears
Plums
Prunes
Tangerines
Watermelon

GRAINS

Barley
Bulgur
Couscous
Durum
Farro
Kamut

Oats
Rye
Semolina
Spelt
Wheat

NUTS AND SEEDS

Almond
Brazil nut
Cashew
Chestnuts
Filbert
Hazelnut
Macadamia
Pecan
Pine nut
Pistachio nut
Walnut
Hemp seeds
Pumpkin seeds
Sesame seeds
Sunflower seeds
**Nut milks, chia seeds,
and flax seeds are Cleanse
Approved*

PORK

Bacon
Ham
Hot dogs
Pork chops
Pork shoulder
Sausage

REFINED FOODS/ SNACK FOODS

Breakfast bars
Cereal
Cookies
Crackers
Chips
Fast food
Frozen meals
Granola
Pasta
Pretzels

SOY

Edamame
Soy milk
Soy sauce
Soy butter and oil
Soy yogurt
Isolate soy protein
Textured vegetable protein (TVP)
Tofu
Tempeh
**Miso, natto and gluten-free
tamari are Cleanse Approved*

SWEETENERS

(Natural and Artificial)

Agave
Aspartame
Brown sugar
Corn syrup
Equal
Honey
Maple
Splenda
Sweet'N Low®
White sugar
Xylitol

VEGETABLES

Eggplant
Peppers
Potatoes—*russets,*
sweet potatoes, yams
Tomatoes

VINEGARS

Balsamic
Champagne
Red wine
Rice wine
White

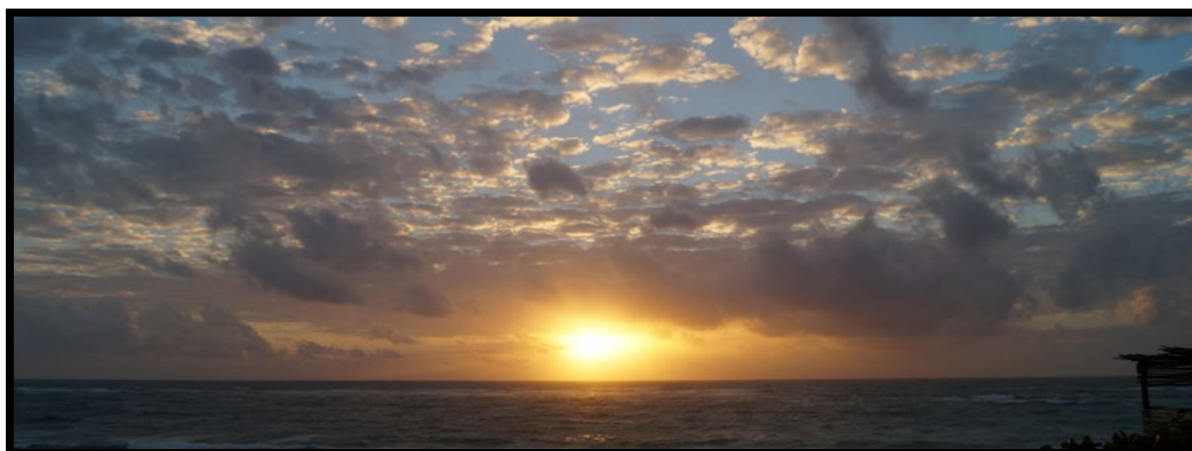
NOURISHING TIPS:

- ◇ Regulate your blood sugar, metabolism and hormone levels by eating three Nourishing Cleanse meals a day and two to three snacks in between meals
- ◇ Include 4–6 ounces of protein, minimum 1 cup of veggies, 1–3 tablespoons fat of choice and 1–2 tablespoons probiotic with every meal
- ◇ Eat breakfast 30 minutes to 1 hour after rising
- ◇ If you are not eating soup during a meal, add a ¼ cup–½ cup of broth, so you are eating broth either in your soups or with your meals
- ◇ Eat dinner no later than 6 PM or at minimum no less than 3 hours before you go to bed
- ◇ Stay well hydrated by drinking the proper amount of water for your body. Remember that all of the liquids you will be consuming in the Cleanse count toward your water intake: broth, veggie juice, lemon liver flush, herbal teas, etc. Focus on consuming water/liquids between meals, so as not to dilute your digestive strength. Drink a maximum of 1 cup beverage or warm broth with your meal so as not to dilute your digestive juices
- ◇ Get extra rest by taking naps and going to bed early (ideally before 10 PM). Aim for a minimum of 8 hours of sleep per night
- ◇ Implement additional detoxification methods for deeper healing (see Additional Detoxification Methods on page 18)
- ◇ Set aside a good time each day to say your affirmations, reaffirm your intentions and visualize your body in a renewed state. Remember why you are doing the Cleanse and how you hope to feel when it's done.
- ◇ Also note that the portion sizes are suggestions based on an average adult. If you are an athlete, are recovering from an injury or illness, or have higher caloric needs, certainly feel free to eat more! The Nourishing Cleanse is about feeding your body well, not depriving yourself in any form. Enjoy balanced meals to your heart's content.
- ◇ As much as possible, eat the produce that is grown locally and in season where you live. In the summer months, take advantage of the lighter, cooling veggies available like summer squash, green beans, snap peas, cucumbers, etc. In the winter months, utilize the grounding and warming veggies such as winter squash and root veggies.
- ◇ Dining out is possible while on The Nourishing Cleanse. Choose simply prepared dishes that contain Cleanse approved ingredients. Bring broth along in a thermos or consume before your meal. Revisit your Cleanse affirmations so you don't fall to the temptation of unhealthy foods.

HOW TO ACCELERATE YOUR CLEANSE

If you have discovered The Nourishing Cleanse, you may already be a high-level health seeker. It is possible that you already eat a diet similar to The Nourishing Cleanse. If you desire a greater cleansing challenge, here are some ways to go to the next level during your Nourishing Cleanse journey.

- Increase fresh green juice consumption to 1–2 quarts per day
- Increase probiotic consumption to ½ cup serving size per meal
- Three or more colonics and/or enemas throughout the cleanse
- Eat organ meats daily with meals (1–2 tablespoons minimum)
- Go to bed by 9 PM
- Wake up with the light
- Avoid EMF's (Electromagnetic Frequencies) and exposure to electronics (computer, cell phone, Wi-fi, etc.)
- Balance your leptin hormone by eating three to four solid meals a day with no snacking. This will help your system to rest and detoxify and will allow the liver, pancreas and adrenals to restore and establish normal functioning.
- Include a few of the following additional detoxification methods: exercise/ yoga, daily sunshine, sauna, hydrotherapy, dry skin brushing, salt baths, deep breathing, colonics or coffee enemas and emotional clearing. Read more about these methods on page 18.
- Create a retreat for yourself where you are the priority and emphasize deep rest, healing and spending time in nature



ADAPTING THE NOURISHING CLEANSE TO DIFFERENT DIETS

GAPS™ (Gut and Psychology Syndrome) - follow Cleanse protocol but avoid all potatoes, grains, and legumes. The cleanse would be compliant with the later stages of The GAPS Diet™.

Body Ecology Diet® - follow Cleanse protocol but avoid legumes. Gluten-free grains, such as quinoa, millet, amaranth, and buckwheat, are allowed and thin-skinned potatoes are permitted.

Paleo Diet - follow Cleanse protocol but avoid all beans, grains, and potatoes.

Vegetarian - I do not recommend a vegan diet, as it is impossible to get fat-soluble vitamins without animal foods. I feel some people can maintain health on a vegetarian diet as long as adequate raw dairy and pastured eggs are consumed. If you are doing The Nourishing Cleanse as a vegetarian, please feel free to add dairy and eggs to obtain enough protein and substitute mineral-rich vegetable broth, vegetable soups and legume-based soups for protein.

Intuitive Eating Diet - Intuitive Eating is eating only what you are intuitively drawn to eat. For the purposes of cleansing while eating intuitively, you will have full access to all of the foods on the Cleanse Approved list and can eat any of them, anytime, and in whatever combination you want.

*(See the **RESOURCES** section for trusted websites and books for more information about these diets)*

MODIFYING THE NOURISHING CLEANSE FOR DIGESTIVE ISSUES

If you are experiencing digestive issues, further modify the Cleanse protocol until your digestion improves.

For Diarrhea or Loose Stools:

- ◇ Avoid raw vegetables, since they can be hard to digest. Instead, cook all of your vegetables very well, and/or enjoy them in soups.
- ◇ Be mindful of fats. Though the “good fats” in the Nourishing Cleanse are nutritional healers, an already compromised digestive system may not be able to handle them. Start with small servings of fats (i.e. use them in cooking), and build up as your system grows stronger.
- ◇ Remember that broths can contain a lot of fat, too. If you are particularly sensitive, strain your broth and refrigerate it. The fat will harden at the top, and you can skim it off before consuming your broth.

For Constipation:

- ◇ Vegetables are your friends. Load up on vegetables, either cooked or raw. They will provide enough roughage to get your bowels moving.
- ◇ Like vegetables themselves, green vegetable juice will help a constipated gut. Increase your juice intake.
- ◇ Emphasize probiotic foods. The helpful bacteria will restore balance and the fiber (especially in fermented veggies, like sauerkraut) keep the bacteria in your intestines, where they can work the best.

MODIFYING THE NOURISHING CLEANSE FOR ENERGY, BLOOD SUGAR ISSUES, AND FOOD ALLERGIES

What are low blood sugar symptoms? Do you feel fatigue, light-headed, irritable, groggy, nervous, shaky, weak, dizzy, anxious, hungry or have headaches more often than not? If so, you may be experiencing blood sugar symptoms. To resolve this issue on the Cleanse, increase protein and fat with meals and lessen the time between meals, even if it means having more snacks. If this still does not resolve the issue, you may add more carbs.

Some people need more carbs for energy while others succeed with a purely protein, fat, veggie and non-starchy diet. If you are new to having a grain-free diet and are experiencing fatigue or blood sugar symptoms, feel free to experiment by adding one or more of the following grains back into the Cleanse: brown rice, basmati rice, wild rice, amaranth, buckwheat, millet, quinoa, teff. For the best digestibility, soak the grains the night before. Suggested serving size is $\frac{1}{4}$ – $\frac{1}{2}$ cup with meals. You may also experiment by adding more starchy vegetables into your diet before trying grains to see if that gives you the needed energy. Those include summer squash, winter squash, carrot, beet, parsnip, turnips and heirloom potatoes.

If you have known or suspected allergies or sensitivities to certain foods that are recommended on the Cleanse, then simply omit them.

MODIFYING THE CLEANSE FOR SIMPLICITY AND CONVENIENCE

The key is to make the Nourishing Cleanse fit your lifestyle. Any cleanse or dietary change can be a big shift, so be kind to yourself and modify it so you feel comfortable. If implementing every element of the Cleanse is too complicated and overwhelming for you, then customize and simplify so that it will work for you. For optimal results, incorporate the 6 pillars of the cleanse, but if this is not realistic, just having broth and soups 2 or more times a day can be very healing.

If making your own soup is too complex, then you can buy soup already made from a trusted source. Ideally, you want to get soup with quality, organic ingredients, free of flour, thickeners and added chemicals.

While not ideal, you can also buy prepackaged, organic broth (Imagine® brand is the best) and add fresh veggies and/or a healthful meat of your choice to the broth. Simmer until all the ingredients are cooked. Prepackaged broth is not medicinal like homemade broth, but making and consuming homemade soups will still offer some healing benefits.

To make your non-homemade broth more medicinal, add one to two tablespoons of gelatin powder. See **RESOURCES** for recommended brands.

SUPPORTING YOUR CLEANSE

The Nourishing Cleanse focuses on healing foods and hydration, but there are other important ways to support yourself during the process.

Note that these are all suggestions, and are optional. The Nourishing Cleanse is powerful on its own—if you can't fit these methods into your schedule or if they seem overwhelming, you may certainly leave them out! I include this section both for your information and to serve as inspiration. The ten days of The Nourishing Cleanse are your time, so make your protocol comfortable and accommodating for you.

ADDITIONAL DETOXIFICATION METHODS:

It is very important that your pathways of detoxification are open to fully allow the release of toxins. These pathways include your skin, liver, colon and kidneys. Following the Cleanse and incorporating a few of the suggestions below will help assist your detoxification process.

- **Exercise/Yoga** – This is a great way to get blood and oxygen flowing through your entire body. If you are feeling weak, be gentle and do not overextend yourself. It is ideal to get moving every day for at least 30 minutes.
- **Get Sunshine Daily** – Be outside and get sun on your body every day for at least 30 minutes. Even if it is not sunny, you will still benefit from solar rays.
- **Sauna** – Ideally, take a sauna at least 1–2 times during your cleanse for at least thirty minutes. Sweating is one of the best ways to release toxins. I recommend FAR infrared saunas.
- **Hydrotherapy** – This is hot-and-cold water therapy. Stand in shower under cold water for thirty breaths and then switch to hot water for thirty breaths. Repeat this five times. Feel your circulation improve immediately. Do not perform this if you have a cold or if you feel weak.
- **Salt Bath** – Add 1–2 cups of epsom salts to your bath and soak for 20–30 minutes.
- **Dry Skin Brushing** – Perform this daily on dry skin to help remove dead skin cells. Using a soft-bristled natural brush, make circular movements towards the heart all over the body (except the face) to slough off old skin.
- **Deep Breathing** – Breathe fifty deep breaths of fresh air once or more a day.

- **Colonics or Coffee Enemas** – Ideally perform three colonics with a certified colon hydrotherapist throughout the Cleanse or a coffee enema every day or every other day to help release toxins. Coffee enemas stimulate the liver to release bile, cleaning the liver and gallbladder. Use organic coffee only. If you are constipated, either of these methods will provide relief. If you already have loose stools, avoid colonics or enemas. For tips on how to perform an enema, see the **RESOURCES** section.
- **Emotional Clearing** - As you cleanse toxins from your cells, bowels, liver and other parts of your body, you may feel old emotions as well. Sadness, anger, fear, grief are all common and normal to feel while cleansing. Compassionately embrace any difficult emotions that arise and breathe through them. Deep breathing and movement can facilitate the emotions making their way on out. EFT, also known as Emotion Freedom Technique, can be very helpful in processing challenging emotions. It may also be supportive to see a counselor.

NOURISHING THOUGHTS

This is a special time for your body, mind and spirit to heal, cleanse and rejuvenate. Make a commitment for 10 days to release unhealthy foods and habits. You can go back to them later if you wish, but for this time, make a commitment to heal and nurture yourself.

Treat this cleanse as a sacred time. Nurture yourself with massage, acupuncture, craniosacral therapy, chiropractic, saunas, meditation or prayer, healing music, extra rest and relaxation, and any other healing practices that you feel would be nurturing to you.

Tell people in your life you are doing this Cleanse and ask for their support. Be around supportive people and avoid situations where you may be tempted to indulge in foods, beverages or habits that will not support your healing.

Enjoy this time. Keep a journal to track your experience. Take a “before” and “after” picture to see the progress you have made.



JOURNAL

You may want to purchase a dedicated journal for this cleanse to write down your affirmations and intentions. This is also a great place to keep track of how you are feeling, changing and growing. You may use your journal to keep track of what you eat or use the Food Journal form on page 26.



AFFIRMATIONS

Cleansing is not just a physical renewal, but a spiritual renewal as well. Set your intention to release or become aware of negative thought and behavior patterns. Create healthy affirmations, intentions and visualization for your cleanse. Take some time to complete this part to deepen in your purpose for doing this cleanse.

Choose or create positive affirmations that resonate with you.

Examples:

"I release all toxins and anything in my body that does not serve me."

"I release old unhealthy eating patterns and welcome new conscious eating habits."

"I enjoy making healthy food choices that serve my body."

"I release food sensitivities and inflammation."

"I invite in radiant health and abundant energy."

"I invite in love, gratitude, prayer, meditation, my guides, angels, God or personal connection to source to assist me with this cleanse."

My personal affirmations for The Nourishing Cleanse:

PERSONAL INTENTIONS

What do you release or cleanse from your life?

Some examples are a break from technology (TV, computer, social media, etc.), addiction to sugar or caffeine, eating unconsciously, unhealthy or excess weight, thinking negative thoughts about yourself, working too much, toxic relationships, low energy, constipation, skin eruptions, mental fog, disease, frowning.

I release/cleanse from my life:

What do you invite in or create in your life?

Some examples are a renewed sense of well-being, feeling energized when you awaken, having a spring in your step, feeling your bowels move easily, clearer skin, mental clarity and greater sense of creativity, stable moods, feeling calm and peaceful, self-care rituals, exercise, smiling, love, gratitude, prayer, meditation, guidance from higher source to assist me with this cleanse.

I invite/create in my life:

For completing this Cleanse, I will give myself this gift:

VISUALIZATION:

Based on the affirmations and intentions you have created, visualize how you would like to feel at the end of this Cleanse. Imagine your body feeling renewed, energetic, refreshed and clean. Feel your digestion working efficiently and all of your bodily processes working with ease. How do you see and feel your body in its renewed state?

Take a few minutes every morning to perform this powerful visualization practice.



COMPLETION ACTION STEPS

Now that your cleanse is complete, it is important to reflect and take action steps in alignment with your own pace, moving back into the world gently, and with renewed health. After undertaking 10 days of this Cleanse, many things may have shifted, some obvious, others subtle. Now is the time to make long-term change easy, weaving what you've learned into the reality of your future.

What results/changes did I experience from this cleanse? What did I learn about myself/my body? What foods offer me healing and which ones do not serve me?

I will continue these healthy actions in my life:

DETOX/HEALING REACTIONS

You may experience healing reactions during this cleanse, feeling worse before you feel better. This is known as the Herxheimer Reaction. A Herxheimer reaction is believed to occur when injured or dead bacteria release their endotoxins into the blood and tissues faster than the body can comfortably handle it. This provokes a sudden and exaggerated inflammatory response. This is completely normal and should not cause alarm.

As you stop eating inflammatory foods and introduce healing foods, toxins may become dislodged from your cells and tissues, liver, skin and organs. You may experience fatigue, nausea, headaches, skin eruptions, loose bowels, or cold and flu-like symptoms. If you do experience these symptoms, know that toxins are being released and do your best to ride it out. Extra saunas, rest, green veggie juice, colonics or enemas, and additional water can help toxins move out faster so detox symptoms are lessened or eliminated. It is also possible you will have none of these reactions—you may just feel amazing!

If you experience detox reactions and are uncomfortable with your experience, please contact cathy@eatthoughtfully.com or your medical provider.

AFTER THE CLEANSE: REINTRODUCING FOODS

After ten days on the Nourishing Cleanse, some people choose to extend their journey for an additional 30–90 days for deeper healing. This is safe to do long term.

If you want to broaden your diet, though, you certainly can! In order to build on the benefits of The Nourishing Cleanse, it's best to be mindful with your eating. You have just completed ten days free of the most common stressor foods. If you want to see which foods work for you and which don't, reintroduce one food at a time, giving yourself two days to notice any unusual symptoms.

For example, eat something with wheat three times in one day and observe how you feel for the next two days. If there is no change, then you are likely fine with wheat. Do the same with sugar, dairy, and other foods on the "avoid" list, but only reintroduce one new food at a time. Do not have breakfast of an omelet, toast and milk, for example, since you will not know which food caused your reaction. (Think about hidden ingredients, too: you may think a piece of bread is just testing wheat, but the bread might also contain eggs, milk, yeast, and sugar.) Add each food (i.e. eggs) by itself and look for a reaction before moving on to the next food. If you already know certain foods are stressors on your system, do not feel the need to reintroduce them.

After your ten days on The Nourishing Cleanse, you will clearly notice how “stressor foods” make you feel if they are not right for your body. Common symptoms of a food allergy or sensitivity include bloating, belching, diarrhea, constipation, gas, skin rashes or eruptions, foggy thinking, rapid pulse, feeling fatigued after eating, and sleep disturbances. You may also experience mood changes like anger, sadness, irritation or other abnormal behaviors.

Once you determine which foods agree with you, feel free to reintroduce these foods into your diet. Continue to have bone broth, pasture-raised animal proteins, quality traditional fats, organic fresh vegetables and seasonal fruits, cultured probiotic-rich foods and plenty of water and healing herbal teas on a daily basis. All of these foods should be the basis for your diet to nourish you for the rest of your life. In addition, I highly recommend adding organ meats from sustainable sources to your diet to give high doses of vitamins.

Congratulations for giving yourself the gift of The Nourishing Cleanse! The Cleanse is a great way to jump-start your health and boost your well-being. It is your birthright to have excellent health so you can thrive and be the full expression of your potential. With this cleanse, you have taken important steps towards creating peace and healing within yourself and restoring your vibrant health.

GET IN TOUCH

We would love to hear about your experience with The Nourishing Cleanse. Please drop us a line and share your transformation with us. Do you have comments or questions? Let us know.

Contact: cathy@eatthoughtfully.com

RESOURCES

The following section is full of helpful resources for you to have a successful cleanse.

- Food journal- print 10 copies to keep track of what you eat during the Cleanse
- Cleanse prep calendar and tips
- 10-Day sample calendar and shopping lists
- Grocery list
- Kitchen supply list
- Resources: books, websites, products and more
- Recipes

THE NOURISHING CLEANSE FOOD JOURNAL

Time of Meal	Length of Meal	Food Type & Amount (note if organic or non-organic)	Liquid Type & Amount	Supplement & Medication Type & Amount	Where & With Whom	Feelings/ Energy Before Meal	Feelings/ Energy After Meal

CLEANSE PREP CALENDAR AND TIPS

This section will help you get organized so your cleanse will be successful. Advance preparation is the key to success with this cleanse. Do not wait until each meal to make your food (unless you have a lot of extra time on your hands)! If you can spend a couple of days in advance stocking your kitchen and making food ahead, you will have a much easier time with The Nourishing Cleanse. See The Sample 10-Day Cleanse Calendar on page 29 for examples on how to implement the protocol daily.

Time Saving Tips:

- Make double quantities of soup and freeze for the entire Cleanse. Each soup should last for about 5 days in your fridge. Broth will last about 7–10 days in your fridge. Soup is best frozen in glass wide mouth pint jars, filled to one inch below the top or in glass storage containers.
- Wash and prep any veggies you plan to use in juicing, soups, salads, etc.
- Have your meals portioned out in containers and ready to grab for on-the-go eating.

Produce Wash:

Add ¼ cup 3% hydrogen peroxide to a sink full of cold water. Wash vegetables and salad greens thoroughly, rinse with cold water and drain. Store in plastic bags or containers with a damp paper towel or cloth to prolong freshness.

PREP WEEK AHEAD

- Start eating up or getting rid of tempting foods so they will not be around while you are cleansing
- If you have family or loved ones that will continue to eat these foods, create a special place in the fridge and pantry for your foods alone and ask for support around this
- Equip your kitchen with the necessary supplies (see Supply List on page 33)
- Look over all the recipes. Create a menu plan that works for you—it can either be very simple or complex depending on your available time and cooking expertise
- Write a grocery list (see Grocery Guide on page 32)

Prep Day 1	Prep Day 2	Prep Day 3	Prep Day 4	Prep Day 5
Clean out and organize kitchen; get rid of tempting foods Purchase cooking supplies and/or any foods that are ordered online Ask for support from your family/friends/roommates Make fermented veggies	Get familiar with recipes Create menu plan that works for you or follow sample 10-Day Cleanse Calendar Create your shopping list	Shop for groceries Make broth (reserve meat for supplementing protein in vegetable soup meals)	Wash and prep vegetables for juices and smoothies Make: 1 meat soup 1 veggie soup Make Lemon Liver Flush	Make: 1 meat soup 1 veggie soup Create affirmations & intentions

A FEW DAYS BEFORE

- Shop for enough food to get you through 5 days of the Cleanse. This will be different for each person based on quantity of food intake or if you are doing the Cleanse alone or with a partner.
- Make or buy chicken, beef or bone broth, or vegetable mineral broth. If you are making bone broth, you will need to make it one day in advance of making the soups which have broth as the base. (Also available for sale online, see [RESOURCES](#))
- Wash and chop your veggies for green savory smoothies, green juices and vegetables soups. If making kitchari, soak your beans the night before.
- Make two meaty soups and two veggie soups in advance, or whatever recipes you have chosen
- Start or purchase a cultured beverage, vegetable, coconut water kefir or cultured coconut yogurt
- Make 1 quart Lemon Liver Flush
- Create your affirmations, intentions, visualization for the Cleanse

SAMPLE 10-DAY CLEANSE CALENDAR				
Day 1	Day 2	Day 3	Day 4	Day 5
B: Classic chicken soup with avocado, green juice L: Carrot ginger soup with coconut milk, roast chicken, green salad with lemon juice and olive oil D: Beef soup with veggies, sautéed greens with olive oil and umeboshi plum vinegar AT: Broth, green juice, savory smoothie, herbal teas, water, lemon liver flush Probiotic: 1 bite/oz each meal	B: Classic chicken soup, add spinach and squeeze of lemon juice, green juice L: Beef soup with veggies, sautéed greens with olive oil and umeboshi plum vinegar D: Cream of broccoli soup, roast chicken, green salad with lemon juice and olive oil AT: Broth, green juice, savory smoothie, herbal teas, water, lemon liver flush Probiotic: 1 bite/oz each meal	B: Beef soup with veggies, add fresh minced rosemary, green savory smoothie L: Carrot ginger soup with coconut milk, roast chicken, green salad with lemon juice and olive oil D: Classic chicken soup - Mexican style - add cumin, cilantro and lime, ½ avocado, roasted squash with coconut oil AT: Broth, green juice, savory smoothie, herbal teas, water, lemon liver flush Probiotic: 1 bite/oz each meal	B: Beef soup with veggies, green savory smoothie L: Classic chicken soup with herbs - add fresh minced parsley, sage, rosemary, thyme, sautéed greens with coconut oil D: Cream of broccoli soup, roast chicken, green salad with lemon juice and olive oil AT: Broth, green juice, savory smoothie, herbal teas, water, lemon liver flush Probiotic: 1 bite/oz each meal *Shop for remaining groceries	B: Beef soup with veggies, green juice L: Cream of broccoli soup, roast chicken, green salad with lemon juice and olive oil D: Classic chicken soup - Mexican style - add cumin, cilantro and lime, ½ avocado, sautéed greens with coconut oil AT: Broth, green juice, savory smoothie, herbal teas, water, lemon liver flush Make 1-2 new soups
Day 6	Day 7	Day 8	Day 9	Day 10
B: Beef soup with veggies, add fresh minced rosemary, green juice L: Classic chicken soup, add spinach and squeeze of lemon juice, ½ avocado D: Cream of summer squash soup, coriander crusted sablefish, green salad with lemon juice and olive oil AT: Broth, green juice, savory smoothie, herbal teas, water, lemon liver flush Probiotic: 1 bite/oz each meal Make 1-2 new soups	B: Classic chicken soup with herbs - add fresh minced parsley, sage, rosemary, thyme, green savory smoothie L: Cream of asparagus soup with spring leeks, leftover fish, green salad with lemon juice and olive oil D: Beef soup with veggies, sautéed greens with olive oil and umeboshi plum vinegar AT: Broth, green juice, savory smoothie, herbal teas, water, lemon liver flush Probiotic: 1 bite/oz each meal	B: Beef soup with veggies, add fresh minced rosemary, green savory smoothie L: Cream of summer squash soup, roast chicken, green salad with lemon juice and olive oil D: Classic chicken soup, ½ avocado, roasted cauliflower AT: Broth, green juice, savory smoothie, herbal teas, water, lemon liver flush Probiotic: 1 bite/oz each meal	B: Classic chicken soup - Mexican style - add cumin, cilantro and lime, ½ avocado, green juice L: Beef soup with veggies, steamed cauliflower with lemon juice and butter D: Cream of asparagus soup with spring leeks, roast chicken, sautéed greens with umeboshi plum vinegar and olive oil AT: Broth, green juice, savory smoothie, herbal teas, water, lemon liver flush Probiotic: 1 bite/oz each meal	B: Beef soup with veggies, green juice L: Cream of summer squash soup, roast chicken, sautéed greens with umeboshi plum vinegar and olive oil D: Classic chicken soup, ½ avocado, steamed cauliflower with lemon juice and butter AT: Broth, green juice, savory smoothie, herbal teas, water, lemon liver flush Probiotic: 1 bite/oz each meal
B = Breakfast L = Lunch D = Dinner AT = Anytime				

SAMPLE 10-DAY CLEANSE SHOPPING LIST

This list covers all meals for **days 1–5** in the Sample 10-Day Cleanse Calendar

You will likely need to personalize your grocery list according to which recipes you plan to make, but this sample grocery list will get you started with ingredients for the basic cleanse. Depending on how much veggie juice and soup you consume, this list could last you for a few days or a week. The Nourishing Cleanse can be very economical, costing about \$100-\$150 a week. You may need to shop again during the week to stock up on more veggies for juicing.

This sample shopping list is for the following menu:

- Chicken Broth
- Slow-cooked Beef Soup with Carrots, Celery Root and Green Beans
- Classic Chicken Soup
- Carrot Ginger Soup with Coconut Milk
- Cream of Broccoli Soup
- Roast Chicken
- Green Savory Smoothie
- Green Juice (x2)
- Green Salads with Lemon Juice and Olive Oil
- Lemon Liver Flush
- Roasted Squash
- Steamed Broccoli
- Simple Sauerkraut

Produce - Choose organic when possible

Avocados- 3
 Broccoli- 1 head
 Cabbage- 1–2 heads
 Carrots- 3 pounds
 Celery- 3 bunches
 Celery root- 1½ pounds
 Cucumbers- 3
 Ginger- small hand
 Greens of choice (collards, dandelion, kale, mustards, romaine, Swiss chard)- 4 bunches
 Onions (yellow, red, or white)- 4
 Green apples- 2
 Green beans- ¾ pound
 Lemons- 4
 Limes- 3
 Scallions- 1 bunch
 Spinach- 1 bunch
 Spring mix- 1 bag
 Squash (any variety)- 1 pound

Meat - Organic, pastured, grassfed if possible

3 (3-4 pound) whole, pasture-raised chickens
 3 pounds grassfed beef shanks with bones

Herbs

Bay leaves
 Cilantro- 1 bunch
 Parsley- 2 bunches
 Rosemary
 Sage
 Thyme

Spices

Coriander
 Nutmeg
 White pepper

Grocery

Raw apple cider vinegar
 Coconut milk- 1 can (13.5 oz)
 Coconut oil
 Extra virgin olive oil
 Salt- Celtic Sea salt, Himalayan or Real salt
 Umeboshi plum vinegar
 Liquid stevia extract
 Vanilla extract
 Filtered water- 4 gallons

SAMPLE 10-DAY CLEANSE SHOPPING LIST

This list covers all meals for **days 6–10** in the Sample 10-Day Cleanse Calendar

You will likely need to personalize your grocery list according to which recipes you plan to make, but this sample grocery list will get you started with ingredients for the basic cleanse. Depending on how much veggie juice and soup you consume, this list could last you for a few days or a week. The Nourishing Cleanse can be very economical, costing about \$100–\$150 a week. You may need to shop again during the week to stock up on more veggies for juicing.

This sample shopping list is for the following menu:

- Chicken Broth
- Slow-cooked Beef Soup with Carrots, Mushrooms and Heirloom Potatoes
- Classic Chicken Soup
- Cream of Asparagus Soup
- Cream of Summer Squash Soup
- Roast Chicken
- Coriander-crusted Sablefish
- Green Savory Smoothie
- Green Juice (x2)
- Green Salads with Lemon Juice and Olive Oil
- Lemon Liver Flush
- Steamed Cauliflower

Produce - Choose organic when possible

Asparagus-1 bunch
 Avocados- 3
 Carrots- 3 pounds
 Cauliflower- 1 head
 Celery- 3 bunches
 Cucumbers- 3
 Ginger- small hand
 Green apples- 2
 Greens of choice (collards, dandelion, kale, mustards, romaine, Swiss chard)- 4 bunches
 Heirloom potatoes- ½ pound
 Onions (yellow, red, or white)- 4
 Leeks- 3-4 medium
 Lemons- 4
 Limes- 3
 Mushrooms- ½ pound
 Scallions- 1 bunch
 Spinach- 1 bunch
 Spring mix- 1 bag
 Summer squash- 4 large or 8 small

Meat - Organic, pastured, grassfed if possible

3 (3-4 pound) whole, pasture-raised chickens
 3 pounds grassfed beef shanks with bones
 2 (6 ounce) sablefish, cod, halibut or white fish

Herbs

Bay leaves
 Cilantro- 1 bunch
 Kaffir lime leaves
 Parsley- 2 bunches
 Rosemary
 Sage
 Thyme

Spices

Coriander
 Cumin
 Nutmeg
 White pepper

Grocery

Coconut milk- 1 can (13.5 oz)

GROCERY GUIDE

This is a list of Cleanse Approved foods to use as a guide when at the supermarket.

Choose organic options as much as possible

VEGETABLES

- ___ Artichoke
- ___ Asparagus
- ___ Beets
- ___ Broccoli
- ___ Brussels sprouts
- ___ Burdock
- ___ Cabbage
- ___ Carrots
- ___ Cauliflower
- ___ Celery
- ___ Cucumber
- ___ Daikon
- ___ Fennel
- ___ Garlic
- ___ Ginger root
- ___ Green beans
- ___ Greens & lettuces-
spinach, Swiss chard,
collards, kale, arugula,
romaine, butter leaf, spring
greens
- ___ Leeks
- ___ Mushrooms- *shiitake,*
maitake, enoki, oyster
- ___ Onions
- ___ Scallions
- ___ Sprouts
- ___ Squash- *acorn, butternut,*
delicata, kombucha,
spaghetti, yellow, zucchini
- ___ Turnips

FRUITS

- ___ Avocado
- ___ Blackberries
- ___ Blueberries
- ___ Green Apples
- ___ Lemon
- ___ Lime
- ___ Pineapple
- ___ Raspberries
- ___ Strawberries

HERBS

- ___ Basil
- ___ Cilantro
- ___ Dill
- ___ Oregano
- ___ Parsley
- ___ Rosemary
- ___ Sage
- ___ Thyme

PROTEIN—Pasture-Raised/ Organic

- ___ Beef
- ___ Buffalo
- ___ Chicken/Turkey
- ___ Fish
- ___ Lentils/Mung beans (optional)

NON-GLUTEN GRAINS (optional)

- ___ Basmati rice
- ___ Brown rice
- ___ Millet
- ___ Quinoa
- ___ Wild rice

FATS

- ___ Butter
- ___ Chia seeds
- ___ Coconut milk
- ___ Coconut oil- *Virgin,*
Unrefined
- ___ Duck, goose and chicken
fat
- ___ Beef tallow and lard
- ___ Flax oil
- ___ Flax seeds
- ___ Ghee
- ___ Olive oil- *Extra-Virgin, First*
Cold Pressed
- ___ Sesame oil

PROBIOTIC/FERMENTED FOODS

- ___ Coconut kefir
- ___ Coconut milk yogurt
- ___ Miso
- ___ Sauerkraut

LIQUIDS/BEVERAGES

- ___ Coconut milk
- ___ Coconut water
- ___ Filtered water
- ___ Herbal teas

SEASONINGS

- ___ Raw apple cider vinegar
- ___ Coconut vinegar
- ___ Sea salt
- ___ Spices
- ___ Umeboshi plum vinegar

SWEETENERS

- ___ Stevia (SweetLeaf)

SEA VEGETABLES

- ___ Kombu
- ___ Nori
- ___ Wakame

OTHER

KITCHEN SUPPLY LIST

These are all the kitchen supplies you will need to make all the recipes on the cleanse.

- ___ Stock pot- 8 quart/2 gallon stock pot is good size to have
- ___ Soup pot- 4 quart
- ___ High-powered blender or Vitamix® or Immersion blender
- ___ Vegetable juicer - (Breville or Omega 2003 are my favorites)
- ___ Slow-cooker- 6 quart
- ___ Chef's knife
- ___ Cutting board
- ___ Large glass measuring cup or bowl for straining broth and measuring veggies
- ___ Measuring spoons
- ___ Steamer basket

- ___ Thermos
- ___ Metal tongs
- ___ Vegetable peeler
- ___ Wooden spoon
- ___ Ladle
- ___ Glass jars for storage- 1 case quart Mason jars, 1 case pint Mason jars, one 2 quart mason jar (or Pyrex or Anchor glass storage containers)
- ___ Colander, sieve
- ___ Can opener
- ___ Canning funnel (optional, but very helpful)
- ___ Microplane (optional)



RESOURCES: BOOKS, WEBSITES, PRODUCTS AND MORE

BOOKS

Gut and Psychology Syndrome- Dr. Natasha Campbell-McBride

Art of Fermentation- Sandor Ellix Katz

Eat Fat, Lose Fat- Dr. Mary Enig & Sally Fallon

Know Your Fats: The Complete Primer Understanding the Nutrition of Fats, Oils, and Cholesterol- Mary G. Enig, PhD

Body Ecology Diet- Donna Gates

The Detox Diet- Elson M. Haas, MD

Wild Fermentation- Sandor Ellix Katz

Nourishing Broth- Sally Fallon Morell & Kaayla T. Daniel, PhD, CCN

Nourishing Traditions- Sally Fallon Morell

Nutrition and Physical Degeneration- Weston A. Price, DDS

Practical Paleo- Dianne Sanfilippo

Traditional Foods are your Best Medicine- Ronald M Schmid, ND

Probiotics- Nature's Internal Healers- Natasha Trenev

Intuitive Eating- Evelyn Tribole, MS, RD & Elyse Resch, MS, RDN, CEDRD, Fiaedp, FADA

The New Whole Foods Encyclopedia- Rebecca Wood

WEB

Weston Price Diet- Westonaprice.org

Body Ecology Diet- Bodyecology.com

GAPS Diet (Gut and Psychology Syndrome)- Gaps.me

Paleo Diet- Marksdailyapple.com or Chriskresser.com

Dr. Mercola- Mercola.com

Radiant Life Catalog- radiantlifecatalog.com

VIDEO

[Amanda Love YouTube Channel](#)- has many The Nourishing Cleanse cooking videos that will support you in your cleansing journey.

https://www.youtube.com/channel/UCWn7mnQXu6UbzX3IAk8_0Cg

PRODUCTS

BONE BROTH

BareBonesBroth.com

GrowandBehold.com (Kosher)

SaltFireandTime.com

Wisechoicemarket.com

COCONUT MILK

Native Forest brand is BPA Free

FERMENTED FOODS

Wisechoicemarket.com

Culturesforhealth.com

Bodyecology.com- Kefir starter

Cocokefir.com- Pre-made coconut water kefir and coconut yogurt

GELATIN

Bernard Jensen

Great Lakes

Vital Proteins

HERBS & SPICES

Mountainroseherbs.com– for dried herbs and spices

Dandyblend.com- herbal coffee substitute

FILTERED WATER

Friendsofwater.com

ENEMAS

Stainless steel enema bucket

For tips and how-to visit Purelifeenema.com

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CHICKEN BROTH

Yield: 3 ½ quarts
Prep Time: 30 minutes

Serving: ¼–½ cup
Cook Time: 2 hours

Ingredients

- 3–4 pound whole organic or pasture-raised chicken
- 2 tablespoons raw apple cider vinegar
- 1 tablespoon good salt
- 1 medium yellow onion, halved
- 2–4 carrots, halved
- 3–4 celery stalks, halved
- 5 sprigs parsley
- Bouquet garni (recipe below)
- 4 quarts filtered water (16 cups)

Bouquet garni

- Fresh bay leaf
- Fresh sage, rosemary, thyme

Tie herbs to carrot or celery stalk with cooking twine for easy removal.



Instructions

1. Rinse chicken in purified water. Place in large soup pot or slow-cooker.
2. Add vinegar, salt, onion, carrot, celery, parsley and bouquet garni.
3. Cover with water and let stand for 30 minutes, allowing the cider vinegar to draw minerals out of the bones.
4. Bring to a boil. Skim off any scum that may float to surface.
5. Reduce heat to simmer and cook for 1 ½ to 2 hours, or until chicken is very tender and falls apart.
6. Remove chicken and vegetables to a large dish. When cool, separate the meat from bones. Reserve bones for future bone broth.
7. Strain the broth through a sieve and pour into glass jar. Let come to room temperature before storing in the refrigerator.
8. The fat will harden at the top which you can leave intact to help preserve the soup. When you are ready to consume, remove and discard the fat.

BEEF BROTH

Yield: 4 quarts Serving: ¼–½ cup
Prep Time: 5 minutes Cook Time: 4–6 hours

Ingredients:

- 3–4 organic or grass-fed beef shanks, with marrow bone
- Salt and pepper, for seasoning
- 2 tablespoons fat of choice
- 4 quarts filtered water (16 cups), plus additional if necessary
- 1 tablespoon good salt

Instructions:

1. Season meat liberally on all sides with salt and pepper.
2. Heat a heavy-bottomed pot with fat of choice until very hot but not smoking.
3. Place meat in pot and sear until browned, about 5 minutes for each side.
4. Pour water and salt over the meat and bring to boil. Skim scum occasionally throughout cooking.
5. Once it reaches boil, quickly reduce to simmer. Cook partially covered for 4–5 hours or overnight at low heat, adding more water if the level appears low.
6. When meat is very tender and falling apart, the connective tissue ribbon will easily pull away from meat, and interior gelatin melts away. Remove shanks from broth. Let meat cool and reserve for other use. Save bones in refrigerator or freezer for future bone broth.
7. Strain the broth through a sieve and pour into glass jar. Let come to room temperature before storing in the refrigerator.



BONE BROTH

In addition to making chicken broth, beef broth & vegetable mineral broth, you can also make bone broth, which is a more time-intensive process that extracts all of the minerals out of the bones. Making bone broth is optional, but is a great way to use leftover bones from soup and broth-making and roasted meats. It is ideal to use fresh, raw bones as well .

Traditionally, beef and chicken bones are most commonly used, but you may also use lamb, turkey, fish, seafood, duck, venison, buffalo, or any combinations. You will need a large stock pot or soup pot that can hold at least 1 gallon of water. Make sure to avoid using any aluminum or Teflon cookware. You can also use a slow cooker.

Optional: Place raw bones in a large baking pan or casserole dish and bake at 425 degrees for about 1 hour or until browned. You can skip this first step to save time, but it provides more robust flavor.

Ingredients:

- 3–4 pounds chicken, beef, fish or any wild game bones—preferably soup, shank, ribs, marrow, oxtail or knuckle bones. (If using chicken, try to salvage the feet and head along with the other bones for an extra rich broth.) Tough cuts of meat will give extra flavor as well. It is beneficial if your bones have little bits of meat on them: the meat will create a tastier and more nutritious broth.
- Filtered cold water to cover
- 1 tablespoon good salt
- 1 tablespoon raw apple cider vinegar
- Optional: onions, carrots, celery, parsley, thyme, rosemary, raspberry leaf, nettles or any other medicinal herb. You may also use vegetable peelings.

Instructions:

1. Transfer bones to a large stock pot or slow cooker and cover with cold water. Let sit for 30 minutes with salt and vinegar. Bring to a boil and skim off the scum that will rise to the top. Turn down to a simmer or low heat. If you can, let this broth cook for 24 hours. You may need to add more water as it evaporates. The minimum amount of cooking time would be 6–12 hours.
2. Strain your broth through a sieve or a fine mesh strainer into a large bowl or measuring cup. Place in the refrigerator. After a few hours, your broth will have gelled and the fat will harden at the top. The gelatin will liquefy when heated. (If your broth does not gel, do not worry - it will still be beneficial). Do not eat this layer of fat as it has cooked for a very long time.
3. The longer you cook the bones, the more medicinal your broth will be. Store the broth in pint or 1-quart mason jars with the fat layer intact. This will help preserve the broth. The broth will keep for about 1 week in the refrigerator or may be frozen for 6 months. You can freeze glass wide-mouth pint jars as long as you leave 2 inches of air space at the top. Defrost and use to make soups, stews and sauces, or to drink between and with meals.

VEGETABLE MINERAL BROTH

Recipe from www.NourishingTheWhole.com

Including seaweed adds a good amount of minerals and also iodide to your broth.

Yield: 4 quarts

Serving: $\frac{1}{4}$ – $\frac{1}{2}$ cup

Prep Time: 20 minutes

Cook Time: 1 hour

Ingredients:

- 3 medium yellow onions, large dice
- 2 cloves garlic, smashed
- 3 stalks celery, chopped
- 3 carrots, chopped, can include tops
- Sweet potato or yam, unpeeled and chopped
- 1 pound green beans
- 1 bunch greens of choice: kale, chard, mustard or collards, chopped
- 1 bay leaf
- 1 bunch parsley
- 2 large pieces kelp, kombu or wakame
- 4 quarts filtered water (16 cups)
- $\frac{1}{4}$ – $\frac{1}{2}$ cup gelatin (optional)

Instructions:

1. Wash and scrub vegetables.
2. Place all ingredients in stock pot and cover with 4 quarts of water, or enough to cover all vegetables.
3. Bring to a boil with lid on, then reduce to simmer. Simmer 45 minutes.
4. Remove from heat and cool. Strain into a large bowl or pot.
5. If you would like to add gelatin to your vegetable broth, add $\frac{1}{4}$ to $\frac{1}{2}$ cup of gelatin to 2 cups of broth in a small sauce pan. Heat to medium low and whisk until lumps are dissolved. Add back to large pot of broth, and stir well.
6. Store in quart size jars.



CLASSIC CHICKEN SOUP

This is the recipe for basic chicken soup, which can be a cornerstone of your cleanse diet. Use all organic veggies. This recipe can be adapted to be made in a slow cooker. To save time on clean up, skip steps 4 and 5 and simply cook your vegetables in the broth once the meat has been removed.

Yield: 5 quarts

Serving: 10 (2 cup) servings

Prep Time: 15 minutes

Cook Time: 2 hours

Ingredients:

- 3–4 pound whole organic or pasture-raised chicken
- 4 quarts filtered water (16 cups)
- 2 tablespoons plus ½ teaspoon good salt, divided
- 1 onion, diced – red, white or yellow (about 2 cups)
- 4 carrots, peeled and sliced into rounds about ½" thick (about 2 ½ cups)
- 4 stalks celery, ends trimmed and sliced about ½" thick (about 1 ¾ cups)
- 1 ½ tablespoons fat of choice, divided

Instructions:

1. Rinse off whole chicken and discard bag of gizzards (or save for later use), if included. Place whole chicken in large stock pot or slow cooker. Cover with water and add 2 tablespoons salt. Water should cover the chicken completely depending on size of your pot, but know the chicken may float as it is cooking until it begins to break down and get tender.
2. Turn the heat on high and partially cover to bring the soup up to heat. Skim off any scum or foam that may rise to the top and discard. As soon as it boils, bring it down to a very low simmer. It should be bubbling very slowly.
3. Simmer very slowly for 1 ½–2 hours until it begins to fall apart easily when you poke it with a fork, or drumstick or wing is easily pulled from joint.
4. Melt 2 tablespoons of fat of choice in skillet over medium heat. Add onion and ¼ teaspoon salt; cook and stir until onion is tender and slightly brown, about 10 minutes.
5. Add remaining ½ tablespoon fat, carrots, celery and ¼ teaspoon salt to skillet; cook and stir until carrots are lightly browned and slightly fork tender, about 10–15 minutes. Set aside.
6. Once chicken is tender, remove from pot (or slow cooker). Let cool and then process by hand and remove all bones and skin.
7. Turn heat off and add meat back into pot along with the sautéed veggies. Season to taste with salt and pepper and additional spices or herbs. Serve and enjoy.

Variations:

Mexican Soup. Add 1 tablespoon each of cumin and chili powder, 2 cloves of minced garlic, juice of one lime. Garnish with sliced avocado and cilantro.

Mediterranean Soup. Add 1 tablespoon each fresh minced basil, thyme, oregano and rosemary.

Note: Any other veggies you desire are welcome in this soup. Winter greens, green beans, asparagus, zucchini or yellow squash, winter squash, and parsnips are all great options, but feel free to experiment. For even cooking, cut vegetables in similar sizes.

Note: Save bones and skin in a freezer bag for future use in broth making.



SLOW-COOKED BEEF SOUP WITH VEGGIES

The idea is to sear the meat and then cook very slowly on low heat so it is tender and digestible. Add veggies at the end and cook them until tender. A slow cooker works great to cook your meats, or you can cook them in a large pot on low heat with water.

Yield: 5 quarts

Serving: 10 (2 cup) servings

Prep Time: 20 minutes

Cook Time: 5 hours



Ingredients:

- 3 pounds beef shanks with marrow bone
- Good salt and pepper for seasoning
- 2 tablespoons fat of choice
- 4 quarts filtered water (16 cups), plus additional if necessary
- 1 tablespoon good salt
- 1 medium red onion, diced (about 2 cups)
- 5 medium carrots, peeled and cut into ½" rounds (about 2 cups)
- ¾ pound green beans, ends trimmed and cut into 1" pieces (about 2 cups)
- 1 ½ pound celery root, peeled, cut into ½" cubes (about 4 cups)
- Herbs to taste such as parsley, sage, rosemary and thyme (optional)

Instructions:

1. Season meat on all sides with salt and pepper. Heat a heavy-bottomed pot with fat of choice until very hot but not smoking. Place meat in pot and sear until browned, or about 5 minutes for each side.
2. Pour water and salt over the meat and bring to a boil. Skim scum occasionally throughout cooking. Once boiling reduce heat to low and simmer 4–5 hours, partially covered with lid. Add more water if the level appears low. Meat is ready to be removed when it is very tender and falling apart, the connective tissue ribbon will easily pull away from meat, and interior gelatin melts away.
3. Remove shanks from pot to sheet pan or bowl. Let cool and extract marrow from bones. Separate and discard connective tissue. Break meat into small pieces with tongs and fork or fingers.
4. Increase heat to medium-high and bring to light boil. Add onion, carrots, green beans and celery root and cook until vegetables fork tender, about 10 minutes.
5. Decrease heat to low and return meat and marrow to pot. Season to taste with additional salt, pepper and herbs of your choosing. Serve.

Variations:

This recipe lends itself to inspiration. Use any combination of vegetables: carrots, onions, celery, turnips, parsnips, rutabagas, greens (Swiss chard, kale, mustard, collards, spinach), garlic, green beans, summer squash, winter squash and any other fibrous or root veggies. For even cooking, cut vegetables in similar sizes.

Note: Save shank bones for future broth making.

CHICKEN SOUP WITH GINGER, LEMONGRASS & COCONUT MILK

Of all the soups I make, folks ask me for this recipe most often. The combination of slow-cooked chicken, creamy coconut milk and unique Asian flavors makes for a soup that leaves people wanting more. This is one of the most popular soups in Thailand, known as Tom Kha Gai, and typically contains galangal root. Galangal root can be hard to find; substitute fresh ginger instead. This soup is nourishing and delicious—I make a big pot and eat it for lunch throughout the week. Lemongrass, lime leaves, and fish sauce can usually be found at health food stores or Asian markets.



Yield: 6 quarts

Serving: 12 (2 cup) servings

Prep Time: 20 minutes

Cook time: 4-5 hours

Ingredients:

- 3-4 pound whole organic or pasture-raised chicken
- 2 tablespoons good salt (or more to taste)
- 4-6 quarts filtered water (16 cups)
- 6 lemongrass stalks, sliced in half lengthwise and then in thirds down the stalk
- 2 inches fresh ginger root, peeled, sliced thinly (less if you don't like ginger as much as I do)
- 8 lime leaves – kaffir lime leaves are ideal but any leaves from a lime tree will do
- 8 carrots, peeled and sliced into 1" circles (about 4 cups)
- 2 yellow or white onions, diced (about 4 cups)
- 4 celery stalks, sliced into 1" slices (about 2 cups)
- 2 (13.5 ounce) cans organic coconut milk (Native Forest brand is BPA Free)
- ½-1 cup fresh squeezed lime juice (4-8 limes)
- 2 tablespoons fish sauce (optional). This fermented food is common in Asian cuisine and adds flavor and enzymes.
- Cilantro, chopped and added last for garnish

Instructions:

1. Place chicken in pot, add salt and cover with water. Bring to a boil. Remove any scum that floats to surface. Once boiling, quickly reduce to a simmer.
2. Add lemongrass, ginger, and lime leaves. Simmer on low for 2-3 hours until chicken is tender and falling apart.
3. Once tender, remove chicken from pot and place on platter or in bowl. Set aside and let cool.
4. Add carrots, onion, and celery and simmer for about 15-30 minutes, or until fork tender. Turn off heat.
5. When chicken is cool enough to handle, take meat off bone, shred and add back into pot. Reserve bones for future broth making.
6. Stir in coconut milk, lime juice, fish sauce, and salt to taste. Serve with cilantro garnish.

GARLIC SOUP

Recipe from *Nourishing Traditions* by Sally Fallon

My favorite soup for boosting the immune system. Garlic is rich in sulfur-containing compounds, a common deficiency in our diet, yet a key part of our overall health. It is a wonderful anti-inflammatory as well as an excellent source of manganese and B6 and a very good source of vitamin C and selenium. Some studies have shown that garlic may even be able to improve our iron metabolism. All that and it's delicious.

Yield: 2 quarts

Serving: 4 (2 cup) servings

Prep Time: 15 minutes

Cook Time: 1 hour 10 minutes

Ingredients:

- 2 medium onions, peeled and chopped
- 16 gloves garlic, peeled and coarsely chopped
- 2 stalks celery, chopped
- 4 tablespoons butter
- 1 ½ quarts chicken broth, preferably homemade
- 2 medium fingerling, heirloom, or new potatoes, washed and cut up
- Several sprigs thyme, tied together
- 1 teaspoon dried green peppercorns, crushed
- 3 yellow summer squash, sliced
- Salt and pepper

Instructions:

1. Heat butter in a stock pot over medium-high heat.
2. Add onion, garlic and celery; cook and stir until brown and soft.
3. Add chicken broth and potatoes. Bring to a boil and skim.
4. Add thyme and crushed peppercorns. Reduce heat to low and simmer, covered, until potatoes are tender.
5. Add squash and simmer 10 minutes more or until squash is tender.
6. Purée soup with an immersion blender or high-powered blender.
7. Season to taste with salt and pepper.
8. Ladle into bowls and serve.

Note: If too thick, thin to desired consistency by adding more broth or water.

CARROT GINGER SOUP WITH COCONUT MILK

This is a creamy soup rich in carotenoids and digestive warming spices. Swap winter squash for carrots for a delicious change. The addition of lime juice and minced cilantro adds a delicious twist to this soup.

Yield: 2 quarts

Serving: 4 (2 cup) servings

Prep Time: 15 minutes

Cook Time: 1 hour 10 minutes

Ingredients:

- 2 tablespoons fat of choice
- 1 large yellow onion, chopped (about 2 cups)
- 2 tablespoons fresh ginger root, peeled and minced
- 1 teaspoon good salt
- 10 carrots, cut into 1" slices (about 4 cups)
- 1 teaspoon ground nutmeg
- 1 teaspoon ground white pepper
- 1 teaspoon ground coriander
- 1 quart chicken broth (4 cups)
- 1 (13.5 ounce) can organic coconut milk



Instructions:

1. Heat fat of choice in stock pot over medium-high heat.
2. Add onion, ginger and salt; cook and stir until brown and almost caramelized, about 12 minutes.
3. Mix in carrots; cook until they begin to brown, about 16 minutes. If your pan gets too dry, add an additional one tablespoon of fat to the pan.
4. Stir nutmeg, white pepper and coriander into carrots. Sauté for one minute.
5. Add chicken broth and coconut milk; simmer for 5 minutes or until carrots are fork tender.
6. Purée in high-powered blender or with an immersion blender until smooth. Taste for seasoning.

Note: If too thick, thin to desired consistency by adding more broth.

CARROT FENNEL SOUP WITH GINGER

Recipe from www.NourishingTheWhole.com

This is a creamy carrot soup that is not too sweet, but rich in digestive warming spices. You could substitute winter squash for carrots, for a nice change.

Yield: 4 ½ quarts
Prep Time: 20 minutes

Serving: 9 (2 cup) servings
Cook time: 45 minutes

Ingredients:

- 4 tablespoons fat of choice
- 1 large yellow onion, chopped (about 2 cups)
- 2 cloves garlic, minced
- 3 tablespoons fresh ginger, minced
- Good salt & white pepper, to taste
- 10 carrots, chopped (about 4 cups)
- 3 fennel bulbs, chopped (about 4 cups)
- 1 teaspoon ground nutmeg
- 2 tablespoons fennel seeds
- 2 tablespoons coriander seeds
- 2 quarts chicken broth (8 cups)
- 3 (13.5 ounce) cans organic coconut milk
- 2 tablespoons fennel fronds, minced

Instructions:

1. Melt fat of choice over medium heat in a large pot.
2. Add onion, garlic, ginger, salt and pepper, and sauté for about 10–12 minutes until caramelized.
3. Add carrots and fennel, sauté for about 15 minutes, until they start to brown but not burn. You may need to add a little water if your pan gets dry.
4. Add nutmeg, fennel and coriander seeds, and sauté for 2 more minutes, mixing well.
5. Add chicken broth and coconut milk and simmer for 5 minutes. Purée in a high-powered blender in batches, or with an immersion blender.
6. Taste and adjust seasoning. Add reserved fennel fronds. Thin to desired consistency by adding more broth.



CREAM OF ASPARAGUS SOUP WITH SPRING LEEKS

Yield: 6 cups
Prep Time: 10 minutes

Serving: 3 (2 cup) servings
Cook Time: 45 minutes

Ingredients:

- 3-4 medium sized leeks (about 1 pound)
- 2 tablespoons fat of choice
- 1 teaspoon salt
- 1 bunch of asparagus, sliced into 1" pieces (about 2 ½ cups)
- ½ teaspoon nutmeg
- ½ teaspoon white pepper
- 1 quart chicken broth (4 cups)
- 1 cup organic coconut milk
- Garlic chives or scallions (optional)

Instructions:

1. Trim leeks of root tip and dark green tops. Halve lengthwise and wash thoroughly between each layer, removing sand and dirt. Slice leeks into ½" pieces.
2. Melt fat of choice over medium-high heat in a soup pot.
3. Add leeks and salt to pot; cook and stir for 5–10 minutes until leeks soften and begin to caramelize.
4. Add asparagus pieces; sauté for 5 minutes more.
5. Stir in nutmeg and white pepper, combining with leeks and asparagus.
6. Add chicken broth and coconut milk. Cover and bring up to simmer. Let simmer for 5 minutes.
7. Purée with hand-held immersion blender or in high-powered blender.
8. Return to pot with heat on low. Season to taste. Serve with minced garlic chives or scallions.



CREAM OF BROCCOLI SOUP

Yield: 6 cups

Serving: 3 (2 cup) servings

Prep Time: 15 minutes

Cook Time: 40 minutes

Ingredients:

- 8 cups broccoli florets and stems (about 2 medium broccoli heads)
- 2 tablespoons fat of choice
- 1 large yellow onion, roughly chopped (about 2 cups)
- 1 ¼ teaspoons good salt
- ¼ teaspoon ground white pepper
- 1 ½ teaspoons ground nutmeg
- 1 quart chicken broth (4 cups)
- 2 teaspoons umeboshi plum vinegar



Instructions:

1. Place steamer basket into sauce pan and fill with one inch water. Place on stove top on high heat.
2. When the water is boiling, place florets and stems into sauce pan and cover with lid. Steam until florets and stems are fork tender, about 10 minutes.
3. While the broccoli is steaming, heat fat of choice in stock pot over medium-high heat.
4. Add onion and salt; sauté until brown and almost caramelized, about 12–15 minutes.
5. Add white pepper and nutmeg; stir for 1 minute.
6. Add steamed broccoli, chicken broth, and umeboshi plum vinegar to onion mixture; simmer for 5 minutes.
7. Purée in high-powered blender or with an immersion blender until smooth. Adjust seasoning to your taste.

Note: Use a vegetable peeler to remove the tough outer layer of the broccoli stem. Chop into pieces similar in size to the floret for even steaming. Thin soup to desired consistency by adding more broth if too thick for your liking.

EMERALD GREEN SOUP WITH BROCCOLI

Recipe from www.NourishingTheWhole.com

So tasty, and so easy. If you don't overcook the broccoli and kale, it is a bright emerald green.

Yield: 3 quarts

Serving: 6 (2 cup) servings

Prep Time: 5 minutes

Cook time: 5 minutes

Ingredients:

- 1 ½ quarts chicken broth (6 cups)
- 2 pounds broccoli, cut into florets, stems shaved and cut into ¼" pieces
- 3 tablespoons fat of choice
- ½ large white onion, chopped (about 1 cup)
- 1 teaspoon good salt
- 3 cloves garlic, minced
- Red pepper flakes
- 1 bunch kale, chopped, stems removed
- 2 tablespoons ghee
- ½ lemon, juiced
- Cardamom (optional)
- Celery seed (optional)
- Oregano (optional)

Instructions:

1. Bring broth to a boil in a large soup pot.
2. Add broccoli and stems. Cook 4–5 minutes until just tender and bright green. Do not overcook. Turn off heat.
3. While broccoli is cooking, heat fat of choice over medium heat in a pan. Sauté onions, salt, garlic and red pepper flakes for 10 minutes.
4. Add kale to onion mixture and cook an additional minute, until kale turns bright green.
5. In high-powered blender, combine broccoli and kale mixtures; purée well.
6. Add ghee, lemon, optional herbs and spices and taste to adjust seasoning. Add more broth to thin to desired consistency.

CREAMY BURDOCK, CAULIFLOWER & WILD MUSHROOM BISQUE

Recipe from www.NourishingTheWhole.com

Burdock is a medicinal root that is high in inulin, a fiber that is a prebiotic. Burdock is known for cleansing the liver and blood, and for skin ailments. It has an earthy flavor. Look for it in your health food grocery, or at an Asian market. It looks like a long brown whip, or sometimes is found in shorter sizes. If you can't find it, substitute more medicinal mushrooms!

Yield: 6 quarts

Serving: 12 (2 cup) servings

Prep Time: 20 minutes

Cook time: 60 minutes

Ingredients:

- 6 tablespoons fat of choice
- 2 yellow onions, chopped (about 4 cups)
- 2 leeks, root and green tops removed, cleaned and chopped (about 2 cups)
- 6 stalks celery, chopped (about 3 cups)
- 1 burdock root, chopped
- 1 pound shiitake mushrooms, chopped
- 1 pound baby bella mushrooms, chopped
- 1 pound blue oyster mushrooms, chopped
- 1 head small cauliflower, chopped (about 6 cups)
- 1 (13.5 ounce) can organic coconut milk
- 3 quarts chicken broth (12 cups), or more to thin
- Good salt
- Black pepper
- Dulse flakes
- Dried herbs

Instructions:

1. Heat fat of choice in a soup pot over medium heat.
2. Add the onions, leeks and celery and cook for 10–12 minutes, until onions are soft and transparent.
2. Add the burdock root and chopped mushrooms and cook until brown and caramelized, 10–15 minutes.
3. Add cauliflower, coconut milk and chicken broth and cook for another 25 minutes.
4. Sprinkle with salt, pepper, dulse and dried herbs.
5. Blend with an immersion blender or in a high-powered blender until smooth. Taste and adjust flavors—looking for a very earthy flavor, not bright with acid.

KITCHARI

This dish is not GAPS, SCD or Paleo Diet friendly but will serve as a protein source for vegetarians and vegans. It's important to get split moong dal beans because they are easy to digest and due to their cleansing qualities, pull toxins from the body. They are available at Asian or Indian grocery stores. Different spellings include "mung" and/or "dahl." Please note that you do not want the whole moong dal beans, which are green, or yellow split peas.

Yield: 1 ½ quarts

Serving: 3 (2 cup) servings

Prep Time: 15 minutes

Cook Time: 1 hour 10 minutes

Ingredients:

- 1 teaspoon black mustard seeds
- 1 teaspoon cumin seeds
- 1 teaspoon turmeric powder
- ½ teaspoon coriander powder
- ½ teaspoon fennel seeds
- ¼ teaspoon ground cloves
- 1 tablespoon fresh grated ginger root
- 1 cup split yellow mung dal, rinsed well, soaked overnight and drained
- ½ cup white basmati rice, rinsed well and drained
- 7 cups chicken or vegetable broth, or water
- 3 bay leaves
- ¾ teaspoon salt
- 1 small handful fresh cilantro, chopped
- Lime juice

Instructions:

1. Heat a large pot on medium heat. Add mustard seeds, cumin seeds, turmeric, coriander, fennel seeds, and ground cloves and dry roast for 2 minutes, stirring constantly.
2. Add grated ginger, dal and rice to spices and stir well to combine, about 1 minute.
3. Add broth and bay leaves and bring to a boil.
4. Boil for 10 minutes.
5. Turn heat to low, cover pot and continue to cook until dal and rice become soft, about 40 minutes.
6. Add salt and additional broth, if desired, for a soupier kitchari.
7. Garnish with cilantro and a squeeze of lime juice before serving.

INDIAN LENTIL STEW

Yield: 6 cups

Prep Time: 20 minutes

Serving: 3-2 cup servings

Cook time: 60 minutes

Ingredients:

- 2 tablespoons fat of choice
- 1 large onion, small dice (about 2 cups)
- 1 tablespoon salt
- 1 tablespoon fresh minced ginger (from 2"x2" piece)
- 1 ½ teaspoon curry powder
- 1 teaspoon turmeric
- ½ teaspoon cumin
- ½ teaspoon coriander
- 1 ½ cups red lentils
- 7 cups chicken broth, vegetable broth or water
- 2-3 bay leaves
- 3 carrots, quartered lengthwise, then cut crosswise into ½-inch pieces (about 1 ½ cups)
- 1 cup frozen peas
- 3 cups spinach (about 3 ounces)
- ¼ cup chopped cilantro, plus additional for garnish

Instructions

1. Heat fat of choice in a pot over medium heat.
2. Add onion and salt; cook and stir until soft and slightly golden brown, about 10-12 minutes.
3. Add ginger, curry powder, turmeric, cumin, and coriander to onion, stir to combine, about 1 minute.
4. Add lentils to onion spice mixture. Stir to combine, about 30 seconds.
5. Pour in broth and add bay leaves. Simmer, covered, for 30 minutes.
6. Add carrots, stir to combine into lentils, and continue to simmer 20 minutes, until carrots are tender.
7. Stir in frozen peas and spinach and simmer for 3 minutes.
8. Stir in ¼ cup chopped cilantro and taste for seasoning.
9. Garnish with additional cilantro and squirt of lime juice.

MISO SOUP

Recipe from www.NourishingTheWhole.com

Traditionally, miso soup is made with a dashi, a Japanese stock of simmered kombu with bonito flakes. Making your miso from a base of broth gives you more nutrition. This is a very basic recipe- consider simmering diced vegetables in your broth before adding miso- carrots, daikon, greens, bean sprouts or herbs.

Remember: miso is a live cultured/fermented soy product, which means, it is never boiled. Make sure to add your miso to a hot pot of broth , not a boiling one!

Yield: 1 quarts

Serving: 2 (2 cup) servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Ingredients:

- 1 quarts chicken or vegetable broth (4 cups)
- 2-3 tablespoons miso paste
- 1 piece wakame soaked, tough rib removed, cut into 1" pieces
- 2 tablespoons scallions, sliced thinly
- 1 cup spinach (optional)
- ½ teaspoon lemon juice or nama shoyu or tamari (optional)

Instructions:

1. Heat broth to a simmer. Turn off heat.
2. Add ½ cup of broth into a bowl, and mix together with miso to make a slurry.
3. Return miso mix back to broth in pot. Add wakame, scallions, optional spinach, lemon and/or tamari.

SPINACH SOUP WITH GARLIC AND LEMON

This is a very thin, brothy and simple soup. If you prefer you can purée the soup but it is nice served as is. You will likely need to add some protein to this if you have this as your meal.

Yield: 5 cups

Serving: 2 (2 ½ cup) servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients:

- 2 tablespoons fat of choice
- 1 large yellow onion, chopped (about 2 cups)
- 1 teaspoon good salt
- 16 cups raw spinach (10 ounces)
- 1 quart chicken broth (4 cups)
- ¼ teaspoon white pepper
- 1 clove of garlic, minced (1 teaspoon)
- Juice of ½ of a lemon (1 tablespoon)
- ½ teaspoon fresh lemon zest (small lemon)

Instructions:

1. Melt fat of choice in a stock pot over medium-high heat.
2. Add onion and salt; cook and stir until brown and almost caramelized, about 12 minutes.
3. Add spinach to the pot and sauté until wilted, about 5 minutes.
4. Once wilted, add chicken broth and white pepper and simmer for 5 minutes.
5. Turn off the heat and stir in the garlic, lemon juice, and lemon zest. Season to taste.

Note: Depending on the depth of your pot you may need to add the spinach in batches.

CREAM OF SUMMER SQUASH SOUP



Yield: 1 quart
Prep Time: 10 minutes

Serving: 2 (2 cup) servings
Cook Time: 30 minutes

Ingredients:

- 2 tablespoons fat of choice
- 1 white onion, chopped (about 2 cups)
- 1 teaspoon good salt
- 8 small or 4 large summer squash, sliced
- 2 garlic cloves, rough chopped
- 1 tablespoon cumin
- 2 kaffir lime leaves (optional)
- 1 quart chicken broth (4 cups)

Instructions:

1. Melt fat of choice over medium heat in a large stock pot.
2. Add onion and salt; cook and stir until brown and almost caramelized, about 10–12 minutes.
3. Add sliced squash, garlic, cumin and kaffir lime leaves to skillet and continue to sauté until squash is softened, about 10 minutes.
4. Add chicken broth and simmer for an additional 5 minutes.
5. Using an immersion blender or high-powered blender, purée soup until creamy. If using blender, return soup to pot and keep warm.

CREAM OF WINTER SQUASH SOUP

You can use any kind of winter squash in this soup in place of butternut squash. I love delicata squash the best, but would also use acorn or kabocha squash as well.

Yield: 2 quarts

Serving: 4 (2 cup) servings

Prep Time: 25 minutes

Cook Time: 35 minutes

Ingredients:

- 6 cups peeled, cubed butternut squash (from approx. 2 pound squash)
- 2 tablespoons fat of choice
- 1 large white onion, chopped (about 2 cups)
- 2 medium to large shallots, chopped (about ½ cup)
- 1 teaspoon good salt
- 1 ½ teaspoon ground coriander
- 1 ½ teaspoon ground nutmeg
- ¼ teaspoon ground white pepper
- 10 strands saffron (optional)
- 2 ½ cups chicken broth
- 1 (13.5 ounce) can organic coconut milk



Instructions:

1. Place steamer basket into sauce pan and fill with one inch water. Place on stove top on high heat.
2. When the water is boiling, add cubed butternut squash and steam until fork tender, about 10 minutes.
3. Remove from steamer to cool and then purée in food processor or mash with fork.
4. Meanwhile, heat fat of choice in stock pot over medium-high heat.
5. Add onion, shallots and salt; cook and stir until onions are brown and almost caramelized about 15 minutes.
6. Stir in coriander, nutmeg, white pepper, and saffron to onions. Sauté for 1 minute.
7. Combine 2 cups squash purée with onion spice mixture, and stir for 1 minute.
8. Stir in chicken broth and coconut milk; simmer for 5 minutes.
9. Purée in a high-powered blender or with an immersion blender until smooth. Season to taste.

Note: Freeze remaining squash purée for future soups.

SIMPLE ROAST CHICKEN

Roasting a chicken is something every cook should know how to do. It may seem intimidating at first, but it really is easy once you get the hang of it. I am going to give you the formula for making it work every time.

But, first, let us talk about quality. Not every chicken is created equal, folks. If you go to the grocery store and buy a chicken, you can pretty much count on the fact that you are buying a creature that has lived a crowded, miserable existence, has eaten GMO, pesticide laced food, been given hormones to grow faster and bigger and antibiotics to cure sickness. Most of these factory farm raised chickens never get to express their “chickenness” as Joel Salatin is fond of saying and are stuck in a small pen with five or six other chickens instead of being outside, scratching around for worms and bugs and being in the sunshine.

I don't have enough room in this article to mention all the negative things that eating a conventional raised chicken will lead to. However, you can do the research – the taste bud research and test the difference yourself. I bet you will find that the pasture- raised chicken is much more tender and delicious than the confinement raised chicken and something you can actually feel good about eating! Vote with your pocketbook and support pasture-raised animals instead of CAFO (Confinement Animal Factory Operation) raised animals.



Yield: 1 chicken

Servings: 4

Prep Time: 15 minutes

Cook Time: 2 hours

Ingredients

- 3–4 pound whole organic or pasture-raised chicken
- 2–4 tablespoons of fat of choice
- Fresh herbs – rosemary, thyme, sage, lavender (any or all)
- 3–4 cloves of fresh garlic
- 1 teaspoon each of good salt and pepper
- 1 lemon, halved

Instructions

1. Preheat oven to 375 degrees F.
2. Wash your chicken and pat dry. Remove any organs or gizzards.
3. Mince herbs and garlic and mix together with fat of choice. Add salt and pepper to mix. Rub all over chicken, inside cavity and under skin. To get under skin, you will have to wrestle the skin loose from the meat and slide your hands inside. Place lemon inside cavity.
4. Place chicken in a glass baking dish and roast uncovered for 2 hours. Chicken is done when a thermometer registers 180 degrees F. Once it is fully cooked, remove chicken and let rest for about 10 minutes before carving.

CHICKEN IN COCONUT MILK WITH LEMONGRASS

Recipe from www.TheKitchn.com

Yield: 1 chicken

Serving: 4 servings

Prep Time: 10 minutes

Cook Time: 30 minutes

Ingredients

- 3–4 pound whole organic or pasture-raised chicken
- Good salt and freshly ground black pepper
- 4 tablespoons (½ stick) butter
- 1 tablespoon olive oil
- 1 cinnamon stick
- 2 whole pieces star anise
- ½ cup roughly chopped cilantro stems
- 1 large lemon, cut into eighths
- 1 stalk lemongrass, 5 inches of white part only, chopped into ¼-inch pieces
- 6 to 8 garlic cloves, peeled and smashed
- 1 (13.5 ounce) can organic coconut milk
- 3 cups torn greens (spinach, kale, chard, etc)
- 2 green onions, chopped into 1/4-inch pieces
- Chopped cilantro, to garnish



Instructions

1. Preheat the oven to 375° F.
2. Pat the chicken dry and sprinkle it liberally with salt and pepper.
3. Melt the butter in a large Dutch oven over medium heat, then add the oil. Put in the chicken, breast side up, and let it sizzle for about 30 seconds. Carefully flip the bird and crisp the other side for another 30 seconds. Remove the pan from the heat, put the chicken on a plate, and pour off the fat in the pot.
4. Transfer the chicken back into the pot, breast side up, and add the cinnamon stick, star anise, chopped cilantro stems, lemon, lemongrass, garlic and coconut milk. Cook, uncovered, in the preheated oven for 60 to 90 minutes (depending on size). Spoon the sauce over the top of the bird to baste every 20 minutes or so. The chicken is done when an instant-read thermometer inserted into the thigh reads 165° F.
5. Remove chicken from the pot and put it on a plate. Pull out and discard the cinnamon stick and star anise. Put the pot with the sauce back on the stovetop over medium heat, add the spinach and stir until just wilted, about 10 seconds.
6. Carve the chicken and serve each piece with sauce spooned over the top. Garnish with chopped scallions and cilantro leaves.

SLOW COOKER PULLED TURKEY

Serving: 4-6 servings

Prep Time: 15 minutes

Cook Time: 5–6 hours

Ingredients

- 1 tablespoon chili powder
- 1 teaspoon cumin
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 onions, thinly sliced
- 4 turkey thighs, bone-in or boneless (approximately 4 pounds)
- 2 tablespoons whole grain mustard
- ¼ teaspoon smoked paprika
- ½ teaspoon garlic powder
- 1 tablespoon apple cider vinegar
- 2 cloves minced garlic (or more to taste)

Instructions

1. Mix chili powder, cumin, salt and black pepper in small bowl.
2. Spread onions on bottom of slow cooker.
3. Rub turkey thighs with seasoning and lay on top of onions.
4. Mix together mustard, paprika, garlic powder and apple cider vinegar in small bowl and pour over turkey.
5. Add minced garlic.
6. Cover and cook on low for 5–6 hours.
7. Uncover and stir. Shred meat, discard bones (if bone-in), and season to taste.

GRASSFED BEEF POT ROAST WITH ROOT VEGETABLES

Yield: about 2 ¼ pounds

Servings: 4-6

Prep Time: 1 hour

Cook Time: 3- 5 hours

Ingredients:

- 4–5 pounds grassfed beef chuck eye or rump roast
- 2 cloves garlic
- 2 tablespoons fresh parsley
- 2 tablespoons fresh rosemary
- 2 tablespoons fresh sage
- 1 tablespoon fresh thyme
- 2 teaspoons good salt, divided
- 3 tablespoons organic butter, divided
- 1 tablespoon organic extra virgin olive oil
- 2 cups beef or chicken broth or water
- 2 teaspoons fresh ground white pepper
- 6 carrots, sliced in half and then lengthwise
- 6 medium heirloom potatoes, quartered
- 1 onion, large dice
- 1 turnip, cut into large chunks (optional)
- 1 parsnip, sliced in half and then lengthwise (optional)
- 1 rutabega, sliced into large chunks (optional)

Instructions

1. Preheat oven to 300 degrees F. Wash meat and pat dry with paper towel. Mince together garlic and fresh herbs and mix together with 1 teaspoon of salt. Slice 10 deep slits into the roast and rub herb mixture inside the slits and all around the roast. Let meat rest at room temperature for about 1 hour.
2. Heat butter and olive oil in a Dutch oven, flameproof casserole dish or heavy wide bottomed skillet over medium-high heat. Brown the roast on all sides. This will take about 8-10 minutes total. After browning, remove roast from pan and set aside. Deglaze pan with broth and remaining salt and pepper and simmer for 2 minutes. Add roast back to pan and simmer for 1 minute longer. Make sure juices get spooned onto all sides of roast.
3. Place roast in 300 degree oven for 2 hours.
4. Ten minutes before the 2 hour mark, sauté vegetables at medium-high heat in 1 tablespoon of butter for 10 minutes or until browned on all sides. Then add vegetables to roasting pan with meat and roast an additional hour longer or until tender.
5. Once roast and vegetables are both tender and the internal temperature reaches 145 degrees F, remove from oven and let sit 20 minutes. Slice in ½ inch thick slices and transfer to warm bowls or to serving platter and spoon sauce over top.

Variation: Place all vegetables and herbs in crock pot and place meat on top. Pour broth and wine over meat. Add salt and pepper and cook on low for 10 hours or until fork tender

GARLIC & ROSEMARY MARINATED LAMB CHOPS

Yield: 1 pound
Prep Time: 30 minutes

Servings: 4
Cook Time: 8 minutes

Ingredients:

- 1 garlic clove, minced
- ½ teaspoon salt
- 1 teaspoon lemon zest
- 1½ teaspoons fresh rosemary, chopped or ½ tsp dried
- 1 tablespoon olive oil, extra virgin, cold-pressed
- 4 (1¼-inch-thick) loin lamb chops (about 1 pound)

Instructions

1. Mash minced garlic and salt into a paste.
2. In a small bowl stir together the lemon zest, garlic & salt paste, rosemary and olive oil.
3. Rub lamb chops with marinade. Marinate for 20 minutes.
4. Move oven rack down to approximately 6 inches below broiler. Preheat broiler on high.
5. Place lamb chops on a rimmed baking sheet and broil 4 inches from heat for 4 minutes on each side for medium rare.

ALASKAN HALIBUT WITH LEMON AND ARTICHOKE HEARTS

Vital Choice Alaskan Halibut is utterly delicious. Since you can not get fresh halibut all year long in your local markets, you can order this fish frozen over the Internet and have it delivered. It's not ideal (not local) but I'm thankful for the option to choose. I endorse Vital Choice because they have a superior standard for quality. Their fish are tender and amazingly yummy.

Yield: 2 fillets

Servings: 2

Prep Time: 10 minutes

Cook Time: 7 minutes

Ingredients

- Good salt and pepper
- 1 teaspoon ground coriander
- 2 (5 ounce) halibut fillets
- 2 tablespoons butter, divided
- 1 tablespoon olive oil
- ½ cup chicken broth
- ½ cup artichoke hearts
- 1 garlic clove, minced
- Lemon zest from one lemon
- 2 tablespoons parsley, minced
- Garnish- lemon wedges

Instructions

1. Heat oven to broil.
2. Sprinkle salt, pepper, and coriander on both sides of the fillets.
3. Heat oven-proof skillet over medium-high heat with 1 tablespoon each butter and olive oil. When fat is very hot but not smoking, place fillets in pan and sear fish for about 4 minutes on flesh side.
4. Turn fish over and sear on skin side for 1 minute. Pour chicken broth into pan and let simmer for 2 minutes. Place artichoke hearts, garlic and lemon zest around fish.
5. Add 1 tablespoon of butter. Add a dash of salt and pepper.
6. Place pan in oven under broiler for 2 minutes and let fish and artichokes brown.
7. Garnish with parsley and serve with lemon wedges.

CORIANDER-CRUSTED SABLEFISH

Sablefish, also known as black cod, is one of my favorite fish. It is rich in good Omega 3 fats (containing EPA and DHA) and tastes buttery and delicious. Sometimes I am lucky enough to find it in the seafood section of my market place. If not, I order it from my favorite online seafood market, Vital Choice.

Sablefish boasts many of the same nutrients found in wild salmon such as vitamin B12. Its rich, succulent taste and texture are often compared to sea bass. Since it is an oily, fatty fish, it is much less likely to contain heavy metals. Muscle fish like tuna and mahi mahi are more prone to accumulating heavy metals especially if they originate in polluted waters. If you cannot find sablefish, you can substitute any other fish instead. This coriander crust also goes great with any meat.

Yield: 2 fillets

Servings: 2

Prep Time: 5 minutes

Cook Time: 8 minutes

Ingredients

- 2 tablespoons whole coriander seeds
- 1 tablespoon good salt
- 2 fillets (6–8 ounces) sablefish, black cod, halibut, cod or other mild (wild) white fish
- 3 tablespoons fat of choice, divided
- ¼ cup chicken broth
- 2 tablespoons parsley, minced
- Garnish- lemon wedges

Instructions

1. Place coriander seeds and salt in a mortar and pestle. If you do not have this old fashioned device, you can use a coffee grinder, blender or food processor. Grind up seeds and salt until smooth.
2. Rub mixture all over flesh side of fillets.
3. Heat 2 tablespoons fat of choice in a skillet over medium-high heat.
4. Place fish in skillet and sauté on flesh side first for about 4–5 minutes until fish is no longer opaque on the sides. Flip over and cook on skin side for one minute longer. (You can also check for doneness by inserting a fork or knife into the center of the fish. If there is no give, it is done. If it still feels bouncy, it needs more time).
5. Remove from skillet once tender and set aside. (I prefer my fish slightly undercooked). Add broth to pan and let simmer for 2–3 minutes while scraping up any browned bits from the pan. Whisk in remaining tablespoon of fat to finish the sauce.
6. Serve fish with remaining sauce from the pan, some parsley, a lemon wedge and a seasonal veggie of your choice.

COOL SEASON STEAMED GREENS

Hardy greens are one of the most nutritious vegetables. They are full of fiber and rich in vitamins and minerals. Try this recipe or make up your own. Eating them regularly will help prevent SAD (Seasonal Affective Disorder) in the low light winter months. Enjoy!

Yield: 1½ cups

Serving: 2-3

Prep Time: 10 minutes

Cook Time: 5–10 minutes

Ingredients:

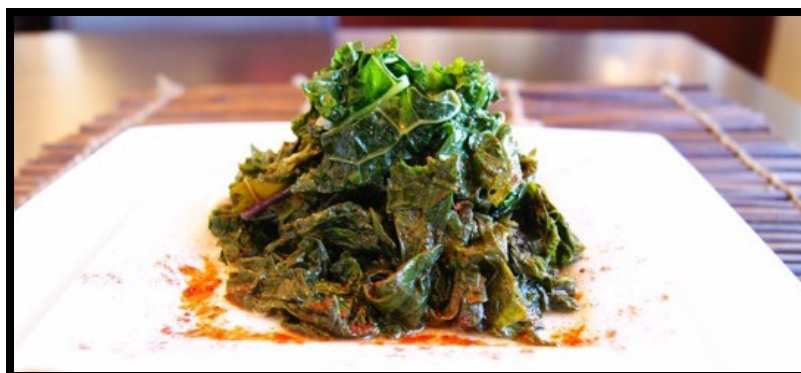
- Seasonal Greens such as Swiss chard, kale, collard greens, mustard greens, dandelion, or winter spinach (about 4 cups)
- 1–2 tablespoons fat of choice
- 1–2 tablespoons umeboshi plum vinegar, raw apple cider vinegar, or lemon juice

Instructions:

1. Bring 1 inch of water to a boil in a medium size pot. Place steamer insert into pot.
2. Wash greens and cut center stems out. (You can cook the stems; just add them to the pot first and allow more cooking time).
3. Place three or more leaves on top of each other and slice horizontally in long 1 inch strips. Slice once more lengthwise until all the greens are cut.
4. Once water has come to a boil add greens to pot and place lid on top. Steam until the greens are bright green and tender, anywhere from 2–10 minutes. When a fork or knife pokes through greens easily, the greens are ready.
5. Remove from pot and place in bowl. Toss with 1–2 tablespoons fat and umeboshi plum vinegar or sour condiment to taste.

Variations:

- Toss the greens with organic butter, minced garlic and lemon zest and juice.
- Toss greens with sun-dried tomatoes and black olives.
- Toss with organic butter, white pepper and nutmeg.



ROASTED VEGETABLES

Yield: 3–4 cups
Prep Time: 10 minutes

Servings: 4
Cook Time: 30–60 minutes

Ingredients:

- 1 pound vegetable of choice, washed, trimmed, cut into equal size pieces
- 2 tablespoons fat of choice
- Salt and black pepper
- Herbs and spices: fresh thyme, rosemary, coriander, cumin, etc

Instructions:

1. Preheat oven to 425 degrees F.
2. Cut vegetables into equal size pieces. Smaller pieces equal quicker cooking time. Larger pieces equal longer cooking time.
3. Add vegetables to a bowl and toss well with oil, salt and pepper, and optional herbs, using your hands. Make sure all pieces are well coated with oil.
4. Line a rimmed baking sheet with parchment paper. Arrange vegetables in a single layer and do not crowd, or they won't brown well.
5. Roast for 30–60 minutes depending on vegetable and size. Halfway through, toss vegetables and check for doneness. Check every 5 minutes after that. Vegetables are done when they are golden brown on the outside and soft on the inside. Taste for additional seasonings.



SAUTÉED VEGETABLES

Sautéing is a great technique used to bring out the flavor and sweetness in many vegetables. If sautéing multiple vegetables at once, add them in order of their cooking times: hardest vegetables will take longest, softest vegetables will take least time, and you may just want to wilt greens in last seconds of the sauté. Remember that leafy greens will shrink to at least half their size.

Yield: 3–4 cups

Servings: 4

Prep Time: 5 minutes

Cook Time: 10–15 minutes

Ingredients:

- 2 tablespoons fat of choice
- 1 pound vegetables of choice: washed, trimmed and cut into equal size pieces (onions, asparagus, zucchini, carrots, kale, beets, butternut squash, broccoli, green beans, cauliflower, etc)
- Seasonings: garlic, ginger, good salt, pepper, lemon, herbs

Instructions:

1. Heat fat of choice in sauté pan over medium heat. Choose a pan that is large enough to avoid over crowding of vegetables. Do not heat the fat to smoking—if this happens, toss out fat, wipe pan, and begin again.
2. Add vegetables, sauté 3–7 minutes, or until fork tender.
3. Add minced garlic, ginger or other seasonings to pan. Sauté 30 seconds.
4. Add salt and pepper to pan; stir to thoroughly combine. Serve.

STEAMED VEGETABLES

Steaming is an easy technique for preparing vegetables while doing other things in the kitchen. Remember to add 1-3 tablespoons of fat to your delicious finished product!

Yield: 3–4 cups

Servings: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

- 1 pound vegetables of choice: washed, trimmed and cut into equal size pieces, broccoli, cauliflower, carrots, green beans, etc
- Seasonings: good salt, pepper, fat of choice, herbs
- Filtered water, enough to produce steam throughout the cooking time

Instructions:

1. Bring 1–2 inches of water to a boil in a medium size pot. Place steamer insert into pot. Place vegetables in steamer. Cover.
2. Steam to desired doneness. I usually like my green vegetables to remain bright green, and a bit al dente. You can test doneness by piercing the vegetable with a knife or fork. You will want to feel slight resistance, not mushy vegetables.
3. Transfer to bowl or plate and toss with salt and pepper, fat of choice, lemon, herbs and spices.



GARLIC DRESSING

Yield: 1 cups

Prep Time: 10 minutes

Ingredients:

- ¼ cup fresh lemon juice
- 1 teaspoon dijon mustard, smooth or grainy
- ¾ cup olive oil (unfiltered, organic, cold pressed)
- 1 clove of garlic (or more to taste), peeled and mashed to paste
- ½ teaspoon salt

Instructions:

1. Mix lemon juice and mustard in a small bowl.
2. Add olive oil in a thin stream, while continually whisking, until oil is emulsified.
3. Add garlic and salt. Blend thoroughly.
4. Let sit for 20 minutes to allow flavor to blend. Refrigerate.

GINGER TEA

Yield: 3 servings

Cook Time: 20 minutes

Ingredients:

- ¼ cup fresh ginger, peeled, coarsely chopped
- 2 tablespoons fresh turmeric root, peeled, coarsely chopped (optional)
- 4 cups filtered water
- ¼ cup fresh squeezed lemon juice
- Coconut oil (optional)

Instructions:

1. Place ginger and turmeric (if using) in medium saucepan with 4 cups water.
2. Bring to a boil. Reduce heat and simmer for 20 minutes (or until the tea is to your preferred strength).
3. Strain the ginger and turmeric. Pour tea into mugs.
4. Divide lemon juice among mugs. Add 1 tablespoon coconut oil, if preferred.

LEMON LIVER FLUSH

This drink is a mild version of the Liver-Gallbladder cleanse which consists of days of preparation and then a final cleansing day of drinking ½ cup of olive oil and about equal parts of lemon juice. The result is usually the release of many gallstones. Of course, doctors never tell you there is a \$10 cure for reducing inflammation of the gallbladder and releasing gallstones that is much cheaper and less painful than removing your gallbladder (which you have for a reason, by the way!). But this natural remedy, which I have performed many times on myself, does exist and works! If you are not up for such an extreme cleanse, try this beverage which is a much milder version of the Liver-Gallbladder flush and is great to keep your liver and gallbladder just a little happier.

Yield: 1 quart

Serving: 4 (1 cup) servings

Prep Time: 5 minutes

Ingredients:

- 1 whole lemon, quartered
- 1 quart room temperature or cool filtered water (4 cups)
- 2 tablespoons olive oil (unfiltered, organic, cold pressed – the best you can find)
- 1 teaspoon vanilla extract (optional)
- 5 drops or more to taste of liquid stevia extract (optional)

Instructions:

1. Place lemon (with peel) in a high-powered blender. Add water. Blend on high for 60 seconds. After 60 seconds, add olive oil, vanilla and blend 5 seconds longer.
2. Strain through a fine mesh wire strainer. The drink will be creamy and tart.
3. Blend in vanilla and stevia if you wish to round out the flavor. Drink and enjoy.

Note: This drink is best enjoyed in the morning, as the morning is the natural time of the day to cleanse.



GREEN JUICE

Fresh green vegetable juice is a great way to quickly detoxify the body, add mega amounts of nutrients, and boost your energy. The idea here is to juice mostly green veggies. You may still want to add 1–2 carrots and ¼–½ beet for extra nutrition and flavor, but beware of adding too many of these veggies as they are very sweet and will add too much sugar to your diet.

Be creative and try new juices! This is just a template. Use all organic veggies and make sure they are well washed. My two favorite juicers are Breville and Omega 2003.

If you do not wish to drink all of this juice at once, you can save it in a glass jar. If you fill the jar to the top, the juice is less likely to oxidize. Drinking fresh juice is ideal, but you are welcome to drink it later or during the next few days if you cannot juice every day. Drinking some veggie juice every day, even if it is not freshly made, is better than not drinking it at all. If you are unable to make your own juice, you can find fresh juices at your local health food store or local juice bar. Odwalla, V8, Tropicana, or any other packaged juices do not count as fresh, raw vegetable juices.

Yield: approx. 4 cups
Prep Time: 10 minutes

Serving: 2 (2 cup) servings

Ingredients:

- 4–8 stalks of celery
- 1 whole cucumber
- 1 whole lemon including peel
- 1 inch fresh ginger root (this is spicy and is optional)
- ¼ bunch of parsley
- ¼ bunch cilantro
- 1 bunch of kale*, spinach, collards, or dandelion (dandelion is very bitter – beware)
- ½ green apple
- ½–1 avocado

Instructions:

1. Juice all ingredients except avocado.
2. Place veggie juice in high-powered blender with avocado and blend until smooth.
3. Enjoy immediately or store in a glass jar with tight fitting lid.



*Kale is best consumed after it has been steamed or blanched.

HIGH KICK

Yield: 3 cups

Serving: 3 (1 cup) servings

Prep Time: 5 minutes

Ingredients:

- ½ cup pineapple chunks
- ½–1 jalapeño
- 5 celery stalks
- 3 kale leaves*
- ¼ parsley bunch
- 1 green apple
- ½ lemon
- Pinch good salt

Instructions:

1. Juice all ingredients.
2. Enjoy immediately or store in a glass jar with tight fitting lid.

GREEN GINGER ADE

Yield: 2 cups

Serving: 2 (1 cup) servings

Prep Time: 5 minutes

Ingredients:

- 1 green apple
- 4 kale leaves*
- 3 romaine leaves
- ½ cucumber
- ½ lemon
- 1 inch fresh ginger root

Instructions:

1. Juice ingredients and finish with a pinch of salt.



*Kale is best consumed after it has been steamed or blanched.

GREEN SAVORY SMOOTHIE

This is not only delicious but also easy to digest. You will basically be putting your salad in the blender and blending it up smooth and then drinking as if you were drinking a soup. I normally eat this cold, but you could also add hot liquid to make it hot or warm it up in a pot for a few minutes. My soup salads always taste different depending on the veggies and spices I use. This is delicious eaten alone or with other dishes.

Yield: 7½–8 cups Serving: 4 (2 cup) servings

Prep time: 15 minutes

Ingredients:

- 1 carrot, cut into large chunks (about ½ cup)
- 1 celery rib, cut into large chunks (about ½ cup)
- ½ cucumber, end trimmed and skin peeled, cut into large chunks (about 1 cup)
- ½–1 avocado
- 2–3 scallions, root and ends trimmed, chopped into large chunks (about 1 cup)
- 4–6 cups of lettuce or spinach or any other fresh greens of choice, rough chopped (winter greens don't make the best tasting soup salad)
- 4 tablespoons organic, cold pressed, extra virgin olive oil
- 3 tablespoons umeboshi plum vinegar (or lemon juice or raw apple cider vinegar)
- 3 cups of water, veggie or chicken broth

Instructions:

1. Add largest vegetables first, followed by smaller vegetables and greens. Pour in water or broth, spices, oil and vinegar.
2. Blend until smooth and creamy. Taste to adjust seasonings.

ALKALIZING GREEN SOUP

Recipe from www.NourishingTheWhole.com

This soup is uplifting and puts a zing in your step! Alkalizing, blood purifying and energizing. The whole soup is raw and made best in the Vitamix, or another high-powered blender. Garnish with 'kraut or olive oil.

Yield: 1 quart

Serving: 2 (2 cup) servings

Prep Time: 10 minutes

Ingredients:

- 2/3 cup broth
- 1/3 cup fresh lemon or lime juice
- 1 teaspoon lemon or lime zest
- 2 cups kale*, chopped with stems removed
- 1 large celery stalk, chopped
- 1 cup romaine lettuce, chopped
- 1/2 large avocado
- 1 tablespoon miso paste
- 1 clove garlic
- Dash of chili pepper

Instructions:

1. Place all ingredients in your high-powered blender.
2. Blend on low, then on high for a minute until completely smooth.
3. Add more broth to desired consistency. Season to taste with salt.

*Kale is best consumed after it has been steamed or blanched.

VITAMIX ASPARAGUS SOUP

Recipe from www.TheSageTable.com

This is a versatile recipe and many variations can be made depending what you desire and have on hand. Quick and easy!

Yield: 1 quart

Serving: 2 (2 cup) servings

Prep Time: 5 minutes

Ingredients:

- 1 bunch asparagus, chopped (about 2 ½ cups)
- 2–3 scallions
- Handful fresh herbs: cilantro, basil, parsley
- 1 tablespoon miso paste
- 1 clove garlic
- 1 inch fresh ginger root
- 3 cups broth of choice
- 1 cup coconut milk, to thin to desired consistency
- Good salt and black pepper, to taste
- Lemon juice or raw apple cider vinegar, to taste

Instructions:

1. Place all ingredients in high-powered blender.
2. Blend on low, then on high for one minute until smooth. Season to taste.



CULTURED VEGGIES

There are many different ways to make sauerkraut and cultured/fermented veggies. The old fashioned method involves pounding with a wooden spoon or mallet. You can also massage and squeeze the kraut with your hands. Or you can do a little of both. Go with what works best for you! The ideal fermenting temperature is 60-65 degrees. When fermented in a jar, this process will take about 7-10 days before they have completed the initial fermenting phase. However, it is even more ideal if you let your cultured veggies cure for 6-8 weeks. Enjoy this ancient method of preserving vegetables and enhancing your health! Use 1-2 tablespoons of sauerkraut, kimchi, or any other cultured veggie with each meal to add enzymes and beneficial bacteria to diet. Store bought, raw, unpasteurized preparations (without colors, sugar, or additives!) are fine if you do not wish to make it yourself. WiseChoiceMarket.com is a great place to get some of the best cultured veggies. Stock up on several varieties for your cleanse.



Yield: 1 quart

Serving: 32 (1 ounce) servings

Prep Time: 30 minutes

Ingredients

- 1 green cabbage, core removed and cut into thin slices; (about 10 cups), reserve some whole, large outer leaves for packing
- 1 tablespoons good salt
- Starter culture (optional-Caldwell is the best)

The following ingredients are optional; cut all veggies into thin slices or shred:

- 2 carrots
- 1 daikon radish
- 1 turnip
- 1 burdock root
- 1 bunch scallions
- 2 tablespoons fresh grated, peeled ginger root
- 2 cloves garlic, sliced
- Dried red chili (this will make it a little spicy)
- Spices: a tablespoon or more of cumin, coriander, fennel, dill, caraway, mustard seeds

Instructions:

1. Mix vegetables together in a large mixing bowl. Sprinkle with salt.
2. Massage mixture with your hands for 5–10 minutes until juices are released and vegetables are softened. Stir in desired spices.
3. Place mixture into glass jar and press down so veggies are tightly packed. Allow juice to cover the veggies while leaving 1 inch of space from the top of the jar.
4. Fold the large cabbage leaves and press them down over your vegetable mixture, allowing juice to cover the large cabbage leaves as well. If you do not have enough liquid to cover your sauerkraut, add some filtered water. Cover with a tight fitting lid. Allow 7–10 days for fermentation.
5. Check on them once a week, making sure not to contaminate the jar with your hands or a fork you have used. You know your 'kraut is fermenting when you see tiny bubbles and hear a fizz or slight pop when you open the jar. You can stop the process anytime by placing your fermented veggies in the fridge. They will continue to ferment, but much more slowly.

Note: If any of the veggies are exposed to air, they will rot and may turn brown. If this happens, simply remove this part and press your veggies down again under the brine.

BEET KVASS

This is a healing drink rich in iron and probiotics and is valuable for its medicinal qualities and as a digestive aid. Beets are loaded with nutrients. One 4 ounce glass, morning and night, is an excellent blood tonic, promotes regularity, aids digestion, alkalizes the blood, cleanses the liver, and is a good treatment for kidney stones and other ailments. Beet kvass may also be used in place of vinegar in salad dressings and as an addition to soups. This does not work with water kefir grains.

Yield: 2 quarts

Serving: 64 (1 ounce) servings

Prep Time: 10 minutes

Ingredients:

- 3 medium or 2 large organic beets, peeled and coarsely chopped
- 2 tablespoon good salt
- About 2 quarts filtered water (8 cups)

Instructions:

1. Place beets and salt in a sterilized 2-quart glass container and fill with filtered water. Stir well and screw lid on tightly.
2. The lid should have a little give (but not screwed on tight) to allow carbon dioxide to release, but covered to keep out microbes. Keep at room temperature for 5–6 days before transferring to the refrigerator. You will know it is ready when it is sour and slightly effervescent.
3. When most of the liquid has been drunk, you may fill up the container with water and keep at room temperature another 5–6 days. The resulting brew will be slightly less strong than the first. After the second brew, compost the beets and start again with a new batch.

Note: Do not use grated beets in the preparation of beet tonic. When grated, beets exude too much juice resulting in too rapid of fermentation that favors the production of alcohol rather than lactic acid.



COCONUT MILK

Yield: 1 quart
Prep Time: 2 hours

Serving: 4 (1 cup) servings
Cook Time: 5 minutes

Ingredients:

- 2 cups organic unsweetened shredded coconut
- 1 quart filtered water (4 cups)
- 1 teaspoon vanilla extract (optional)
- 6 drops liquid stevia extract (optional)

Instructions:

1. Soak shredded coconut in hot water for 1–2 hours.
2. In a high-powered blender, combine coconut, soaking water, vanilla and stevia and process on highest speed.
3. Strain liquid through a fine mesh paint strainer bag or a fine mesh strainer, discarding solids.

COCONUT WATER KEFIR

To purchase pre-made coconut water kefir, visit www.cocokefir.com.

Yield: 1 quart
Prep Time: 10 minutes

Serving: 32 (1 ounce) servings
Cook Time: 24-48 hours

Ingredients:

- 1 quart coconut water (4 cups) from 3-4 young Thai coconuts or store-bought coconut water (Harvest Bay or Zico is good – less ideal, but OK)
- 1 packet kefir starter (Body Ecology or Cultures for Health)

Instructions:

1. Cut open fresh coconuts and strain coconut water into a glass jar (or place contents of store-bought coconut water into a jar.)
2. Dissolve one packet of kefir starter into coconut water.
3. Cover and let this mixture ferment at 72° to 75°F for about 24–48 hours. It will become cloudy, sour and effervescent.
4. Refrigerate once fermented. It will last 2–3 weeks.

CULTURED COCONUT YOGURT

Coconut yogurts are available in stores like Whole Foods, but they are loaded with sugar, stabilizers, and other additives. If you are buying your probiotics pre-made, skip these yogurts. To purchase pre-made coconut yogurt that is Cleanse Approved, visit cocokefir.com.

Yield: 1 quart

Serving: 8 (½ cup) servings

Prep Time: 10 minutes

Cook Time: 24–48 hours

Ingredients:

- 1 young Thai coconut
- ¼ cup coconut water kefir

Instructions:

1. Cut open a fresh young coconut. Drain coconut water into a separate container and reserve for other use.
2. With a spoon, scrape out the coconut meat. Rinse and remove any pieces of hard shell. Place into a high-powered blender or food processor and blend until smooth and creamy. Transfer to a jar or a bowl.
3. Add coconut water kefir and stir together.
4. Place lid onto jar loosely or place towel over top of bowl. Let sit out for about 24–48 hours until sour and slightly fizzy.
5. Transfer to fridge and eat a few spoonfuls daily.

GUACAMOLE

Enjoy with crudités, as a spread on meats or topping on soup or salad.

Ingredients

- 1 lemon or lime, juiced
- 2 cloves garlic, crushed
- ½ teaspoon salt
- 1 small shallot, minced (optional)
- ½ cup red onion, minced (optional)
- 2 avocados, pitted
- Freshly ground pepper, to taste

Instructions:

1. Combine juice, garlic, salt, and shallot and onion, if using.
2. Take flesh from one avocado and mash in bowl with a fork.
3. Pour lemon mixture into bowl and combine with mashed avocado.
4. Dice flesh from second avocado into cubes and gently incorporate into mixture in bowl. Add pepper to taste.

LIVER PÂTÉ

Recipe adapted from www.NourishingTheWhole.com

Ingredients

- 8 tablespoons unsalted butter, divided
- 1 cup chopped shallot
- ¼ pound mushrooms, shiitake or other, chopped
- 1 teaspoon minced fresh thyme or ¼ teaspoon dried
- 1 teaspoon minced fresh sage or ¼ teaspoon dried
- ¾ teaspoon good salt
- ¼ teaspoon black pepper
- ⅛ teaspoon ground allspice
- 1 pound livers trimmed (chicken, duck, beef or buffalo)
- 1 pint bone broth
- ¼ cup ghee

Instructions:

1. Melt 2 tablespoons butter in a large skillet over moderately low heat.
2. Add shallots, stirring, until softened, about 5 minutes.
3. Add mushrooms, herbs, salt, pepper, allspice and livers and cook, stirring, until livers are cooked outside but still pink when cut open, about 6 minutes.
4. Remove from heat. Purée mixture in a food processor with remaining 6 tablespoons of softened, cubed butter until smooth, then transfer pâté to half pint jars and smooth top.

NORI WRAPS

Try wild smoked salmon or Vital Choice canned mackerel, salmon, tuna or crab in this dish.

Yield: 4 rolls

Serving: 4 servings

Prep Time: 20 minutes

Ingredients:

- 4 sheets of toasted nori wrappers
- 1 package smoked salmon, cut into strips
- 1 cucumber, peeled and cut into matchsticks
- 1 red bell pepper, cut into matchsticks
- 1 carrot, peeled and cut into matchsticks
- 1 avocado, sliced into wedges
- sunflower sprouts, handful
- pea shoots, handful
- mint leaves, sliced into thin strips
- basil leaves, sliced into thin strips



Instructions:

1. Place the sushi mat with the slats running crosswise directly in front of you on a clean work space.
2. Lay a sheet of nori shiny-side down and lined up with the closest edge of the mat.
3. Line up the fillings in row about 1-inch from the closest near edge. Leave 4-5-inches of nori uncovered at the far edge.
4. Beginning with the near edge of the mat, tightly roll up the nori and fillings into a cylinder.
5. Firmly tug on the rounded mat over the roll as you pull on the far edge of the mat to tighten the roll.
6. Open the mat, dab unsealed edge of nori with a bit of water and roll the sushi forward to seal.
7. Transfer the sushi to a plate and cover with damp paper towels. Repeat with remaining salmon and fillings.
8. Cut each sushi roll, crosswise, into 8 pieces with a sharp wet knife. Wipe off knife between rolls and re-wet.

Note: If you do not have a sushi mat, you can easily make a cone roll instead. Place a halved piece of nori in your left hand. Add smoked salmon, vegetables and herbs. Grab the bottom corner with your free hand and lift it up and across the filling, cupping the filling in your palm as you fold to create the beginning of a cone shape. Continue to roll into a tight elongated cone until just the far edge remains. Dab water on last corner of nori and finish rolling.

SPICED VANILLA CHIA PUDDING

Yield: 3 ½ cups
 Serving: 7 (½ cup) servings
 Prep Time: 10 minutes
 Chilling Time: 2 hours

Ingredients:

- 2 (13.5 ounce) cans organic coconut milk
- 2 tablespoons vanilla extract
- 1 whole vanilla bean (optional)
- 1½ teaspoons cinnamon
- Pinch of good salt
- 5–10 drops liquid stevia extract
- ½ cup chia seeds
- Topping: cacao nibs and orange zest



Instructions:

1. Blend coconut milk, vanilla extract, whole vanilla bean, cinnamon, and good salt in a high-powered blender.
2. Taste for sweetness and add stevia to your liking. Blend for 5 seconds.
3. Place chia seeds in a large bowl, pour the coconut milk mixture over them, and begin to whisk. Keep whisking periodically to be sure the pudding does not clump.
4. It takes about an hour and a half for the pudding to set.
5. Serve in small ramekins and top with teaspoon of cacao nibs and zest of orange.

CHIA COCONUT PORRIDGE

This is a great recipe to get your bowels moving as chia has a lot of good fiber. It is soothing to the gut. Both chia and coconut contain good fats. This recipe can be eaten with breakfast or as a snack or dessert anytime.

Ingredients:

- ½ cup chia seeds
- ½ cup shredded coconut
- Pinch of good salt
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- Any other spices and seasonings you like
- Butter, coconut oil, ghee and/or coconut milk
- 2–3 drops liquid stevia to taste when serving

Instructions:

1. Place chia, shredded coconut, salt, nutmeg and cinnamon into a storage container and mix together. You may also pulse this mixture in the food processor or blender for about 10 seconds so it becomes a finer consistency.
2. When you are ready to eat some porridge, place about ½ cup dry mixture into a bowl and cover with 1 cup of hot water. Add more water if it becomes too thick for your liking. Stir and let sit for a few moments. It will thicken up.
3. Add butter, coconut oil, ghee and/or coconut milk if you like. Sweeten to taste with liquid stevia.

COCONUT BARK

Recipe adapted from www.RadiantLifeCatalog.com

Consider adding a few drops essential oil, like orange, or spices, spirulina, maca, mesquite, goji berries, sprouted nuts, etc.

Serves: 25

Ingredients:

- 2 cups unsweetened coconut flakes or chips
- ½ cup cold-pressed coconut oil
- ½ tsp vanilla extract
- 1–3 drops of liquid stevia extract (optional)

Instructions:

1. Place shredded coconut, coconut oil, vanilla and stevia in food processor and blend until smooth.
2. Line a glass pan or cookie sheet with parchment paper and spread mixture evenly to about ¼" thickness.
3. Sprinkle with sprouted nuts or dried fruit as desired.
4. Transfer to the freezer and leave to set. After about 45 minutes, remove and break into small pieces. Serve right away or store in a container in refrigerator for future use.



COCONUT MILK GELATIN DESSERT

Recipe from www.NourishingTheWhole.com

I love having some Coconut Milk Gelatin around, because it is the perfect after-meal treat, and it is so nutritious with all the gelatin. I personally like to make it very firm with 5 tablespoons gelatin. And, sometimes I like to serve a softer, more panna cotta like dessert for my friends, in individual ramekins. For an easy grab-and-go snack, pour into silicon cubes before chilling.

Yield: 3 cups

Serving: 12

Prep Time: 10 minutes

Cooking Time: 60 minutes

Ingredients:

- 2 (13.5 ounce) cans organic coconut milk
- 2–5 tablespoons gelatin (Great Lakes or Bernard Jensen's, beef or porcine)
- Pinch good salt
- ½ cup filtered water
- A few drops liquid stevia extract, to taste
- Optional: toasted coconut, using rose or orange water, essential oils, spices, adding extra coconut oil

Instructions:

1. Put coconut milk in a bowl.
2. Add gelatin and salt to water in a small sauce pan, let stand for 3 minutes. Gently heat up, whisking to dissolve the gelatin. Once it is fully dissolved and the water is clear, mix well with coconut milk. Add stevia and taste for sweetness.
4. Pour into a glass container and refrigerate for at least an hour.

Note: If you use 2 tablespoons of gelatin, the dessert is going to be very soft like panna cotta. Use as much as you would like, gelatin heals the intestinal lining and is full of protein in the form of collagen. Be aware, the dessert can't travel far from the fridge without melting, so don't bring it to a day at the beach.



WANT A MORE CUSTOMIZED CLEANSE?

I am happy to offer customized one-on-one or group cleanses. Please let me know if that is something that interests you. I work with clients in-person at my Braintree and W. Bridgewater, MA. offices or from anywhere via phone or Skype. You can reach me at cathy@eatthoughtfully.com or by phone 781-626.2215.

Like me on Facebook: facebook.com/eatthoughtfully or follow me on [Twitter](#) @csloangallagher.

Eat Thoughtfully,

A handwritten signature in black ink, appearing to read 'Cathy'.

Cathy Sloan Gallagher