



Everyday cleansing tips and tricks for body bliss.



detox dictionary



cleanse your body



cleanse your life



recipes & juices



brides & "bumps"

## 7-Day Wedding Cleanse

### A Gentle Detox With Whole Foods

Build on your pre-cleanse prep work with this 7 day whole foods detox plan.

#### Goals of this 7-day whole foods detox

- Introduce more whole foods for detoxification (see Appendix A)
- Incorporate more naturally cleansing foods (including leafy greens, fruit, uncooked veggies)
- Reduce intake of foods that are believed to slow your bod's cleansing work (including soy, dairy, refined flours and sugars)



#### Wedding Cleanse: Grocery List

- 1 box quinoa (I like the Ancient Harvest brand) or steel cut oatmeal
- 2 bananas, 1 pound of strawberries
- 1 package blanched almonds (~10 oz)
- 1 half gallon container almond milk (I like the Blue Diamond brand)
- 4 apples (organic if possible)
- 1 loaf sprouted grain bread (I like the Food for Life brand; Grocer's freezer) or good quality whole wheat bread
- 2-3 lemons
- 2 bags pre-washed mixed greens or baby spinach leaves
- 3 bell peppers (any color)
- 1 package brown rice tortillas (I like the Food for Life brand; Grocer's freezer) or good quality whole wheat tortillas
- 1 6 oz container plain Greek yogurt or 1 avocado (for taco bites, optional)
- 1 small bunch broccoli crowns, 1 handful green beans, 2 plum tomatoes
- 6 organic eggs
- 1 pack frozen veggie burgers
- 1 can chickpeas
- 1 medium leek
- 1 small jar/tube tomato paste
- 1 28 ounce can of crushed tomatoes
- 1 bunch cilantro
- 1 medium butternut squash
- 1 medium yellow squash
- 1 bunch asparagus
- 1 bag frozen peas

For more cleansing tips and tricks visit [GreenLemonade.com](http://GreenLemonade.com).

- 2 medium white potatoes
- Lara bars (5)

### Pantry Items

- butter (organic if possible)
- 1 jar organic almond butter or organic peanut butter
- 1 jar tomato sauce
- 1 jar of salsa
- extra virgin olive oil
- coconut oil (optional for the veggie stir-fry)
- few tablespoons dried coconut
- sea salt + black pepper
- 2 16 ounce cartons veggie stock
- 1 box herbal tea
- spices: cinnamon, cumin, red pepper, turmeric
- better for you sweeteners: honey, maple syrup or Stevia
- 1 box Dr. Ohhira's probiotics



### 7-Day Wedding Cleanse: Menu Plan

(All recipes follow.)

#### Wake Up

Glass of water with lemon and a probiotic.

#### Breakfast (~400 calories each)

Enjoy one of the following for breakfast.

- Creamy hot cereal with nut butter. Use either quinoa or steel cut oatmeal. (3 days)
- Strawberry + banana cereal with strawberry milk (2 days)
- 2 apples sliced with 2 tablespoons of almond butter (1 day)
- 2 well toasted pieces of sprouted grain toast (or whole grain toast) with butter and cinnamon. (1 day)

Note: 1 small cup of coffee ok with breakfast. (Upgrade options: Decaf coffee or tea).

#### Mid Morning

- Herbal tea with lemon.

#### Lunch (~400 calories each)

- Baby spinach salad with vegetable burger and salsa (2 days)
- Taco Bites (3 days)
- Raw crunchy orange + yellow pepper salad with sautéed eggs (2 days)

### Afternoon Snack (~200 calories each)

- Lara Bar or an apple or a few carrots

### Dinner (~400 calories each)

Enjoy 1-2 cups of baby spinach or mixed greens with each meal. Top your salad with salsa, hummus, a mustard vinaigrette or simply extra virgin olive oil and lemon.

- Medium baked potato with veggie chili (2 days)
- Vegetable ~~Detox~~ Pizza (2 days)
- Veggie stir fry + 1 slice sprouted grain bread or whole wheat bread (toasted) (2 days)
- 2 eggs (or 1 veggie patty) prepared your way with a leafy green raw salad topped with salsa (1 day)



### Wedding Cleanse: Recipes

#### Creamy Quinoa Cereal with Nut Butter

## Creamy Quinoa Cereal with Nut Butter

**Serving Size: 2, ~230 calories per serving**

### Ingredients

*1/2 cup quinoa, dry*

*1 cup almond milk (I like the **Blue Diamond** brand, Original)*

*1 tablespoon **almond butter** or organic peanut butter*

*2 teaspoons honey*

### Directions

Prepare quinoa according to the instructions on the box. You might also make a little extra quinoa and store it in your refrigerator for busy mornings.

Meanwhile, place almond milk and almond butter into a **Blendtec**, or good powerful blender until smooth and creamy.

When quinoa is finished cooking divide between two bowls and top with nut butter, milk and honey. Serve warm. It's delicious!

Strawberry + Banana Cereal (Valentine's Day Cereal)

## Valentine's Day Cereal

**Serving Size: 1 (~350 calories per serving)**

### Ingredients

*1 banana, sliced*

*1 cup strawberries, sliced*

*1 cup **dairy free strawberry milk***

*1 tablespoon shredded coconut*

### Directions

Prepare the dairy free strawberry milk. Learn how below. Place bananas, strawberries, coconut and milk into a bowl. Eat with delight!

Dairy Free Strawberry Milk

## Dairy Free Strawberry Milk

**Serving Size: 2, 8 ounces (120 calories per serving)**

### Ingredients

*2 cups water*

*3/4 cup strawberries, frozen*

*1/4 cup blanched almonds*

*2-3 ice cubes*

*1/8th TEAspoon Stevia\**

### Directions

Place water, strawberries, almonds, ice and Stevia into a **Blendtec**, or good powerful blender until smooth and creamy.

Veggie Chickpea Chili (~~Detox~~ Friendly Chickpea Chili)

## Detox Friendly Chickpea Chili

**Serving Size: 4, ~300 calories per serving**

### Ingredients

*1 cup chickpeas (canned and rinsed is fine)*

*1 cup leeks, chopped*

*2 tablespoons extra virgin olive oil*

*2 tablespoons tomato paste*

*1 1/2 teaspoons ground cumin*

*1 teaspoon sea salt*

*1/2 teaspoon freshly ground black pepper*

*1/2 teaspoon ground red pepper*

*1/2 teaspoon ground cinnamon*

*1/4 teaspoon ground turmeric*

*2 1/2 cups vegetable broth*

*1/2 cup water*

*1 (28 ounce) can crushed, whole tomatoes*

*4 cups peeled and chopped butternut squash (~1/2 medium squash)*

*2 cups frozen peas, thawed*

*1/2 cup fresh cilantro, chopped*

### Directions

Heat a frying pan over medium heat. Add olive oil and leeks. Sauté until slightly browned. Stir in tomato paste, cumin, salt, red pepper, cinnamon and turmeric. Stir occasionally for next 3-4 minutes.

Place a medium cast iron pot over medium heat. Add vegetable stock, water, crushed tomatoes, peas and butternut squash. Transfer ingredients from the frying pan to the pot. Bring chili to a boil and then reduce flame and allow simmering until butternut squash is fork tender. This should take about 40-50 minutes. Serve chili with freshly chopped cilantro on top.

Taco Bites

## Yummy Taco Bites

**Serving Size: 1-2, ~600 calories total**

### Ingredients

*1 brown rice tortilla\* (I recommend [Food For Life Brown Rice Tortillas](#))*

*2 cups of romaine lettuce, chopped and packed*

*1/2 cup quinoa, cooked*

*small handful cilantro, chopped*

*1 taco seasoning packet*

*1 plum tomato, diced*

*1/4 cup good salsa*

*1/4 cup greek yogurt, optional*

*dash cayenne pepper, optional*

*dash red pepper flakes, optional*

### Directions

In a pot on the stove, add 1 cup of water and 1/2 cup of (pre-rinsed) quinoa and bring to a boil. Once the water is boiling, reduce to a simmer and cook the quinoa until the water evaporates (~5-10 minutes). Turn off the flame when there is just a mist of water at the bottom of the pot. Cover and let stand.

Meanwhile, place romaine lettuce on a plate along with diced tomato and cilantro. Fold brown rice tortilla in half and place the 2 pieces in the toaster. When quinoa is done cooking, add 1 tablespoon of taco seasoning and 2 tablespoons of salsa. If you like heat, add a dash of cayenne pepper and red pepper flakes. Combine well.

Place the quinoa meat on top of the salad. Add remaining salsa and Greek yogurt on top. Break brown rice tortilla into four pieces and add to the plate. Load each tortilla chip with salad, cilantro, fresh tomato, quinoa, extra salsa and Greek yogurt. Each bite is so delicious!

Note\*: If you don't have access to [Food For Life Brown Rice Tortillas](#) use a whole-wheat tortilla, well toasted.

Vegetable ~~Detox~~ Pizza

## Gluten-Free, Low Calorie Detox Pizza

**Serving Size: 1-2 people, ~270 calories each**

### Ingredients

*2 Brown rice tortillas (I recommend the **Food For Life** brand)*

*½ cup tomato sauce*

*2 cups yellow squash, sliced in thin rounds*

*2 cups asparagus (20 stalks)*

*1/2 tablespoon of olive oil*

*A few large shards of parmesan cheese (optional)*

*Sea salt and pepper, for taste*

### Directions

Take two brown rice tortillas from your freezer and break them each in half. Place them in the toaster, one at a time. You may need to rotate the slices around half way through so they toast evenly on both ends (they are somewhat large).

While the tortillas are toasting, place the asparagus and yellow squash into a frying pan with the olive oil. You may also use a splash of water instead of the olive oil if you prefer. Sauté the veggies until they are just tender and golden. At the very end of the cooking, add the tomato sauce to the vegetables in the pan just to warm it up.

Take the two toasted tortillas and place them on two plates.

Remove the vegetables and sauce from the frying pan and place them evenly on the two tortillas. Top with a few large shards of Parmesan cheese if you like. Enjoy!

Vegetable Stir Fry with Coconut

## Vegetable Stir Fry with Coconut

**Serving Size: 2, ~470 calories per serving**

### Ingredients

*2 cups broccoli florets, sliced into bite sized pieces*

*1 cup green beans, trimmed and sliced into thirds*

*2 plum tomatoes, sliced into quarters*

*1 bell pepper, sliced into strips*

*4 pieces sprouted grain bread*

*3 tablespoons coconut oil*

*2 tablespoons water*

*2 tablespoons dried coconut*

*sea salt and pepper to taste*

### Directions

Place sliced veggies into a frying pan over medium heat. Add 1 tablespoon of coconut oil and 2 tablespoons of water. Let veggies sauté until slightly soft and caramelized.

Meanwhile, toast sprouted grain bread and distribute 2 tablespoons of coconut oil across the four slices of toast.

On two plates, distribute the four toast slices. Remove the roasted veggies from the pan and distribute them evenly across the two plates. Finish with two tablespoons of dried coconut. Serve!

### Baby Spinach Salad with Vegetable Burger and Salsa

Place 2 cups of baby spinach leaves on a plate. Toast up your vegetable burger and place it on top of your greens with a few tablespoons of salsa.

### Orange and Yellow Pepper Salad with Sautéed Eggs

Slice up half of an orange pepper and half of a yellow pepper. Serve topped with two sautéed eggs and a drizzle of extra virgin olive oil, sea salt and pepper.



## Appendix A

### Basic detox-diet principles to keep in mind

- **Gentle cleansing with whole foods.** Liquid only days filled with nutritious vegetable juices and smoothies are just one way to cleanse. This type of juice rich cleansing is on the more progressive end of the cleansing spectrum. Raw foods and even cooked foods have a place in a healthy detox. Quality protein and dairy also have a place in a healthy cleanse. This seven day whole foods detox includes these foods. Learn more about the broad cleansing spectrum. <http://www.greenlemonade.com/raw-organic-food/whole-body-cleansing-a-broad-spectrum/>.
- **Shift away from calorie counting.** Calorie counting is not part of a detox lifestyle. However, portion awareness is always in vogue. Moderate sized meals ease your digestive load and keep your body's energy focused on detoxification (and ultimately slimming) work. This Buddha Bowl (<https://www.flavourdesign.com/>) may be a great tool as you look to set reasonable portion sizes. In the meantime, I realize many of you will look to calories as a guide as you begin to transition to a whole-food centric diet. Therefore, as a point of reference, calories on this wedding cleanse will be kept below 1600 per day.
- **Vegetarian-centric meals.** The meals on this gentle seven day wedding cleanse will have a vegetarian focus. Simple vegetarian meals require slightly less energy to digest. The benefit to you is that more of your body's energy can be spent on rejuvenating work.

### Learn More

#### Cleansing 101

<http://www.greenlemonade.com/detoxes-cleanses/cleansing-101-2/>

#### Juice Fasting 101

<http://www.greenlemonade.com/detoxes-cleanses/juice-fasting-101/>

#### Why take a probiotic?

<http://www.greenlemonade.com/supplements-vitamins/boost-your-immune-system-dr-ohhira's-probiotics/>

#### Learn more about Stevia

<http://www.greenlemonade.com/supplements-vitamins/sweeteners-health-stevia-splenda/>

#### Why eat more cleansing foods?

<http://www.greenlemonade.com/raw-organic-food/eat-clean-cleansing-foods/>

**Why eat more enzyme rich/raw foods?**

<http://www.greenlemonade.com/raw-organic-food/eat-raw-foods/>

**Easy to digest foods**

<http://www.greenlemonade.com/detoxes-cleanses/easy-to-digest-foods/>

**Tips for whole body detoxification**

<http://www.greenlemonade.com/detoxes-cleanses/tips-for-whole-body-detoxification/>

Learn more cleansing tips and tricks at [www.greenlemonade.com](http://www.greenlemonade.com).



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