

Directions for 21 day Detoxification/Weight Loss Program

There are SP supplements involved in the program they cost \$185 and Mike can get them for you if you would like. It is possible to not use these supplements, but you need a multi vitamin, protein powder, green food supplement, and fiber supplement. These help keep your energy levels up and it keeps your digestion track healthy.

Week One and two:

- Wake up and drink **protein shake** number 1
- 3 protein shakes a day
- Only raw fruits and vegetables
- Eat fresh, raw, organic fruits and Vegetables, particularly green, leafy vegetables.
- Red, yellow, and green peppers, along with onions, tomatoes, mushrooms, spinach, mixed greens etc., can also be added to your salads.
- Salads can have unlimited fruits and vegetables.
- NO SALAD DRESSING OR NUTS, SEEDS, BEANS ETC.
- Condiments: Lemon juice, Sea Salt, Spices, Fresh Salsa, Pepper, Olive Oil, Balsamic Vinegar
- Steamed vegetables are recommended along with your salad at dinner:
 - Kale
 - Broccoli
 - Swiss chard
 - Brussels sprouts
 - Asparagus
 - Cabbage & Onions
 - Red Beets-Steam for 20-25 minutes, until soft. Use beet greens in salad after washing.
- **Water** is the **only** beverage

Week Three:

- On days you work out you may have one serving of chicken or fish

ALWAYS Avoid:

- Hydrogenated oils
- High Fructose Corn Syrup
- Glutamate
- Pasteurized Milk
- Soy Milk, soy powder, soy protein isolate
- Soft Drinks

Cheats: (Begin day 5)

- **Only on days your work out with us**
- Organic Food Bars (original, vegan, omega 3)
- Lentil Soup

Additional recommendations:

- Exercise and sweat daily
- Drink plenty of water each day
- Protein Shakes can be taken as a meal replacement

Daily Food Variety Chart

(Stay away from the acidic starches fats and oils as much as possible!)

Proteins

Acids

(Digests in 2-8 hours)

COCONUT (Fresh)
EGGS
FISH
FOWL (Chicken, Turkey, Duck, etc.)
MEAT (Cow, Goat, Soy, Almond)
NUTS (Raw form)
NUT BUTTERS (Almond, Peanuts, etc.)
OLIVES
SEEDS (Pumpkin, Sesame, Sunflower, etc.)
SEED BUTTERS (Tahini, Humus, etc.)
SHELLFISH
SOYBEANS (or Japanese Edamame)
TOFU (Soybean Curd)
YOGURT (Cow, Goat, Soy)

Starches

Acids

(Digests in 2-4 hours)

BEANS (Garbanzo, Kidney, White, etc.)
LENTILS (Red, Green, Yellow)
SQUASH (Acorn, butternut, etc.)
SPLIT PEAS
GRAINS (Couscous, Quinoa, Rice, etc.)
BAGELS (All types)
BREAD (All types)
CAKES AND COOKIES
CEREALS (All Hot and Cold)
CHIPS (Corn, Potato, etc.)
CRACKERS (All types)
GRITS (Cornmeal)
MUFFINS (All types)
PASTA (All types)
PIES AND TARTS
POLENTA (cornmeal boiled in water)
POTATOES (White, Sweet, etc.)
RISOTTO

Fats and Oils

Acid

(Digests in 2-4 hours)

AVOCADO
BUTTER
CANOLA OIL
CORN OIL
FISH OILS
FLAX SEED OIL
GHEE (Type of butter)
GRAPE SEED OIL
MARGARINE
MAYONNAISE
NUT OILS
OLIVE OILS
SAFFLOWER OIL
SESAME OIL
SOY OIL

Vegetables

Alkaline

(Digests in 1-2 hours)

ARTICHOKES
ASPARAGUS
BEETS AND BEET GREENS
BROCCOLI
BRUSSEL SPROUTS
CABBAGE (Green, Purple)
CARROT
CAULIFLOWER
CELERY
CHARD
CHINESE CABBAGE
CILANTRO
COLLARD GREENS
CORN
CUCUMBER
DANDELIONS GREENS
EGG PLANT

Vegetables Continued...

ENDIVE (Belgian, Curly)
 ESCAROLE
 GREEN BEANS
 JICAMA
 KALE
 KOHLRABI
 LETTUCE (Romaine, Red, Butter, etc.)
 OKRA
 PARSNIPS
 PARSLEY (Curley, Italian, etc.)
 PEAS (Sweet, Snow, Pods)
 RAPPINI (Broccoli Rabe)
 RUTABEGA
 SPINACH
 SPROUTS (Alfalfa, Broccoli, Clover, etc.)
 SUMMER SQUASH
 SWEET PEPPERS (Bell, Red, Yellow, etc.)
 TOMATOES
 TURNIPS
 WATERCRESS
 ZUCCHINI

Use Sparingly with Chronic Digestive Problems:

DIAKON, GARLIC, LEEKS, ONIONS, CAYENNE PEPPERS, MILD AND HOT PEPPERS, RADISHES, SCALLIONS, AND SHALLOTS

Fruit-Melons

Alkaline
 (Digests in 15 minutes)

CANTALOPE
 CASABA MELON
 CRENSHAW MELON
 WATERMELON
 HONEY DEW
 PERSIAN

Fruit

Alkaline
 (Digests in 1-2 hours)

Acid

BLACKBERRIES
 CRANBERRIES
 GRAPEFRUIT
 LEMON
 LIME
 ORANGE
 PINEAPPLE
 PLUMS
 POMEGRANATE
 RASPBERRIES
 SOUR APPLES
 STRAWBERRIES
 TANGERINES
 TANGELOS

Mild

APPLE
 APRICOT
 BLUEBERRIES
 CHERIMOYA
 CHERRIES
 FRESH FIG
 GRAPES
 HUCKLEBERRIES
 KIWI
 MANGO
 NECTARINE
 PAPAYA
 PEACH
 PEAR
 SWEET PLUMS

Sweet

BANANAS
 DATES
 DRIED FRUIT
 PERSIMMONS
 RAISIN

Additional Suggestions

- Fruits can be broken down into acid and alkaline categories.
- Do not drink acidic juices if you are in an acidic state. You can eat oranges, but do not drink orange juice until you have become more alkaline in your daily diet.
- For easiest digestion, eat melon alone. I suggest using melon as a snack food. Melon can be mixed with acidic or mild fruits. It should never be mixed with other foods or at the end of a meal, because it ferments, which contributes to gaseousness.
- Sweet fruits should be eaten after other fruits.
- Do not eat fruit with any other food if you have digestive problems.
- Seeds are the food combining exception, because they can be eaten with any food or fruit
- Avocados are best combined with acidic or mild fruit, or green vegetables.
- Tomatoes are best eaten with non-starchy vegetables and protein.

Recipes

Butternut Squash

- 2 Squash
- Sea Salt

Put whole squash into microwave for 6 minutes or until squash can be cut in half. Add ½ inch of water to large microwavable dish and lay squash halves, flesh side down. Zap 3-5 min at a time until flesh is scoop able. Scoop out seed. Whip until smooth with food processor or hand blender. Add sea salt to taste.

Salad

Read Leaf Lettuce or Spring Field Greens

- Cabbage
- Pico de Gallo
- Frozen corn
- Limejuice or Trader Joe's White Balsamic Vinegar

Kale

- 6 oz. Turkey bacon (Trader Joe's)
- 4-5 bunches of kale
- 2-3 cloves of chopped garlic
- Olive oil

Brown bacon in pan, remove bacon and set aside. Coarsely chop top third of kale and then shear the leaves from the stems. Discard the stems. In the same skillet sauté garlic in olive oil for 30 seconds then add kale. Stir until kale is wilted and toss in shredded bacon.

Cauliflower

- Cauliflower
- Garlic
- Olive Oil

Sauté with garlic and olive oil. Season with sea salt

Grilled Asparagus

- Asparagus
- Olive Oil
- Sea Salt

Toss Asparagus in a little Olive Oil. Grill and season with Sea Salt. If Asparagus are thick, Steam for 3 min first.

Dill Broccoli

- Broccoli
- Dill
- Lemon Juice
- Sea Salt

Steam Broccoli in microwave. Season with dill, lemon juice and sea salt.

Mixed Veggies

- Yellow Crookneck Squash (Summer Squash)
- Red Bell Pepper
- Cauliflower
- Broccoli
- Sugar Snap Peas
- Olive Oil
- Fresh Thyme
- Sea Salt

Sauté veggies in olive oil and season with thyme and sea salt

Brussels Sprouts

- Brussels Sprouts
- Olive Oil
- Balsamic Vinegar
- Sea Salt

Cut Brussels sprouts in sixths or eighths. Sauté in olive oil. Brown a little and then turn heat to lowest setting and simmer until soft. (10 min?) Add balsamic and sea salt.

Broiled Asparagus

- Asparagus
- Olive Oil
- Sea Salt

Place asparagus on a cookie sheet. Drizzle olive oil on top. Roll the asparagus in the oil with your palm. Broil (3-6 min?). Add sea salt. If asparagus are thick, steam for 3 min first.

Roots

- Parsnips
- Turnips
- Carrots
- Onions
- Beets
- Yams

- Garlic
- Olive Oil
- Rosemary
- Sea Salt

Cut into ¼ inch cubes and place in baking dish. Toss in olive oil and fresh rosemary. Bake 40 min or so, tossing once. Season with sea salt

Zucchini Basil Soup

- 2lb Zucchini, trimmed and cut into thirds
- ¾ Cup Chopped Onion
- 2 Garlic Cloves
- ¼ Cup Olive Oil
- 4 Cups Water, divided
- 1/3 Cup Packed Basil Leaves

Julienne skin from half of zucchini; toss with ½ tsp salt and drain in a sieve until wilted, at least 20 min. Coarsely chop remaining zucchini. Cook onion and garlic in oil in a 3 or 4 qt saucepan over medium heat, stir occasionally until softened, about 5 minutes. Add chopped zucchini and 1 tsp salt and cook, stirring occasionally, 5 min. Add 3 cups water and simmer, partially covered, until tender, about 15 min. Puree soup with basil in 2 batches in a blender. Bring the remaining cup of water to a boil in a small saucepan and blanch julienned zucchini 1 min. Drain in sieve set over bowl, use liquid to thin soup if necessary. Season with salt and pepper. Serve with julienned zucchini on top.

Swiss Chard

- 5 Swiss Chard
- 2 Garlic Cloves
- 1 T Olive Oil
- 1 T Red Wine Vinegar

Boil in salted water for 5 min, sauté in garlic and oil, 1 min. Toss in red wine vinegar and serve.

Tomato Basil Soup

- 2 T Olive oil
- 4 Cloves Garlic
- 1 Medium Onion
- 2 Cans Crushed Tomatoes
- 1 Can Vegetable Broth
- Salt and Pepper
- 20 Leaves Fresh Basil, torn

Heat a pot over medium heat; add olive oil, garlic and onion. Sauté onions until soft and sweet, 8 to 10 min. Add crushed tomatoes and both. Season with salt and pepper to taste. Bring to a boil; reduce heat, simmer, 5 min. Remove from heat, Stir in basil and serve.

Veggie Spaghetti

- Spaghetti Squash
- Canned Tomato Sauce and Crushed Tomatoes
- Favorite Veggies (Spinach, Squash, Bell Peppers, Onions...)
- Garlic
- Fresh Basil

Pre-Heat oven to 350. Cut spaghetti squash in half and place in baking dish face down with about inch of water. Bake for about 45 min and then flip face side up and bake for another 45 minutes (time depends on the size of squash.) Let spaghetti squash cool. SAUCE- Cut up onions and sauté till soft add in any other vegetable you desire. Mince about 4 cloves of garlic into vegetables. Add tomato sauce/crushed tomatoes to vegetable mix. Cut up fresh basil and put in sauce to taste. Pour sauce over spaghetti squash. (Texture a problem? Add half a bag of vegetable based pasta to soften the texture.)

Broccoli Puree

- 3 lbs Broccoli
- 1/3 Cup Parmesan
- ¼ tsp Nutmeg

Boil Broccoli, stems first for about 6 min. Then boil florets for another 6 min. Drain boiled broccoli blend in food processor, mixer, or blender. Blend in nutmeg, Parmesan and serve.

Roasted Veggies

- 3 Zucchini sliced lengthways
- 1 Fennel Bulb cut into wedges
- 1lb butternut squash cut in chunks
- 12 Shallots
- 2 Red Bell Peppers, seeded
- 3 T Olive Oil
- 2 Garlic Cloves, Crushed
- 1tsp Balsamic Vinegar
- Salt and Pepper

Pre-heat oven at 425. Toss zucchini, fennel, squash, shallots, peppers and tomatoes in the olive oil, garlic and balsamic vinegar. Leave for 10 min. Place all the vegetables except squash and tomatoes, on a baking tray, brush with half the olive oil and vinegar mixture and season. Roast for 25 min in the oven at 425. Remove, turn over and brush with the rest of the mixture, add squash and tomatoes, and cook for another 20 to 25 min until tender.

Kale Chips

- Kale
- Salt
- Olive Oil

Cut Kale into bite size pieces. Put on cookie sheet. Spray liberally with olive oil. Sprinkle with salt. Bake until crispy, watch closely so they don't burn. Bake at 400 for about 15 min.

Butternut Squash and Leek Soup

- 2 T Olive Oil
- 1 Red or White Onion, Chopped
- 3 Leeks, washed and thinly sliced
- 2 tsp ground cumin
- 2 tsp Ground Coriander
- 3 ½ cups diced Butternut Squash
- 5 Cups Vegetable Stock
- Salt and Pepper
- Chopped fresh Cilantro or Parsley to garnish

Heat olive oil in large pan; add onion and leeks, sauté for about 5 minutes, until softened. Add spices and cook for about 1 min, stirring. Stir in squash, stock, and seasoning. Cover, bring to a boil, then reduce heat and simmer for about 25 min, until vegetables are tender, stirring occasionally. Remove from heat and let cool slightly, then process using handheld mixer, blender, or food processor, under smooth and combined. Garnish and serve.

Emerald Sesame Greens

- 2 Bunches of Kale
- ½ tsp Sesame Oil
- ½ tsp Canola Oil
- 1 tsp Minced Garlic
- 1tsp Minced Ginger
- 1 T Water
- 1 tsp Sesame Seeds
- 1 tsp Low Sodium Tamari or Soy Sauce
- ¼ tsp Ground Red Pepper

Wash kale, but do not pat it dry. Coarsely chop it. In a 12-inch nonstick skillet, warm the sesame and canola oil over medium high heat. Add garlic and ginger, and sauté until garlic is lightly browned. Add the kale with the water that clings to it and sauté, sprinkling water as needed until tender, 5 to 7 min. Transfer kale to a bowl and toss with tamari or soy sauce, sesame seeds, and ground red pepper.

Butternut Squash Soup

- 5 Bags Diced Butternut Squash (Trader Joe's)
- 1 Tub Mirapoix (Trader Joe's)
- 3 Cups Chicken Stock
- Sea Salt

Sauté Mirapoix in large pan for about 5 min. Stir in squash, cook until onions brown and squash softens. Add chicken stock; bring to a boil for 15 min, stirring occasionally. Remove from heat and let cool slightly, then process using handheld mixer, blender, or food processor, until smooth. Salt to taste and serve.

Chicken Tortilla Soup

- 3 Chicken Breast
- Onion
- 2 Celery
- 2 Carrots
- 7 Cups Broth
- 1 Bell Pepper, Diced
- ¼ Cup Tomato Paste
- 1 Bay Leaf
- 2 Garlic Cloves
- 1 tsp Oregano
- Salt and Pepper
- 7 Zucchini
- 3 Tomatoes
- 2 Bags of Spinach
- Cilantro

(Onions, carrots, celery can be replaced with 2 tubs of Mirapoix at Trader Joe's)

In large pot add onion, broth, carrots, celery, pepper, tomato paste, bay leaf, garlic, oregano, salt and pepper and bring to a boil. Let simmer for 25 min. Add zucchini, tomato, and chicken and bring to a boil, let simmer for 10 min. Season to taste, garnish with cilantro and serve.

Lentil Soup

- 2 cups Green Lentils
- 16oz. Pureed Tomato Can
- 32 oz. Low Sodium Chicken Broth
- 2 or 3 Carrots
- Medium Onion
- 4 Stalks of Celery (Keep the leaves and place in a bowl)
- 2 Garlic Cloves
- 2 tsp. Cumin
- 4 Bay Leaves
- Salt and Pepper

Rinse lentils and boil for about 10 minutes. Strain and put aside while you cut up vegetables. Dice carrots, onion, and celery. Place the celery leaves in a small bowl and chop up into small pieces for seasoning. In a large pot combine Lentils, Pureed Tomato Can, Chicken broth, and Vegetables. Mince 2 cloves of garlic and add in the 4 bay leaves, cumin and celery leaves stir into soup. Salt and pepper to taste. Let cook on low for about an hour for best taste. (If short for time cook on Med-High until vegetables and lentils are soft.)

Roasted Red Pepper Soup

- 10-12 Medium Red Bell Peppers
- 3 tbsp. Olive Oil
- Medium Chopped Yellow Onion

- Large Chopped Carrot
 - Medium Sweet Potato
 - 2 tsp. basil
 - 4c. Vegetable stock
 - 2 bay leaves
 - 2 tsp. Red Wine Vinegar
 - 1/8 tsp. Cayenne Pepper
1. Preheat Broiler. Cut peppers in ½ and place on baking tray. Coat each side with pepper and oil. Cook in broiler till skin blackens. Remove and put peppers in bowl and cover with plastic wrap immediately!!! Remove skins from peppers. Put Skinned peppers in a bowl and set aside.
 2. In Dutch oven (large pot), heat 1 tbsp. Olive oil and medium heat and add onion and carrot until soft. Add garlic and sauté briefly. Add sweet potato, herbs, stock, and skinned peppers. And bay leaves. Simmer until all vegetables are soft. Remove bay leaves. Puree soup until smooth add vinegar and cayenne to taste.