



HomeGrown Wellness

The Waist Management Cleanse

Module 2 - Action Guide

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Nutrition 101

It is essential that we learn the right foods to consume to properly nourish and fuel our bodies and the information that you will learn during this module of The Waist Management Cleanse and Coaching Program will introduce you to cleansing foods that you can eat during the program and long after the program is over. The foods introduced during this module will help you to properly nourish your body and also help you to shed unwanted weight, increase your energy and get glowing skin. It is important to note that everything that you take into your body should be eliminated in the form of a bowel movement. If the foods that you put in do not come out then you will accumulate an excess amount of waste in your body creating an acidic environment within the body and also contributing towards weight gain and disease. Keeping the body well hydrated through hydrating foods and hydrating drinks will also assist in eliminating weight and maintaining your weight. Hydrating foods are alkaline meaning that they promote a healing environment within the body.

During this module the focus will be adding in dark leafy green vegetables, grains in the form of complex carbohydrates and plant based sources of protein.

Greens Glorious Greens

Green vegetables are the foods most missing in modern diets. Learning to cook and eat greens is essential to creating health. When you nourish yourself with greens, you will naturally crowd out the foods that make you sick. Greens help build your internal rain forest and strengthen the blood and respiratory systems. They are especially good for city people who rarely see fields of green in open countryside. Green is associated with spring, the time of renewal, refreshment and vital energy. In Asian medicine, green is related to the liver, emotional stability and creativity.

Nutritionally, greens are very high in calcium, magnesium, iron, potassium, phosphorous, zinc and vitamins A, C, E and K. They are crammed with fiber, folic acid, chlorophyll and many other micronutrients and phyto-chemicals.

Some of the benefits from eating dark leafy greens are:

- Blood purification
- Cancer prevention
- Improved circulation
- Strengthened immune system
- Promotion of healthy intestinal flora
- Promotion of subtle, light and flexible energy
- Lifted spirit and elimination of depression
- Improved liver, gall bladder and kidney function
- Cleared congestion, especially in lungs, by reducing mucus

There are so many greens to choose from. During The Waist Management Cleanse and beyond find greens that you love and eat them often. When you get bored with your favorites, be adventurous and try greens that you've never heard of before. **Broccoli** is very popular among adults and children. Each stem is like a tree trunk, giving you strong, grounded energy. Rotate between **bok choy, napa cabbage, kale, collards, watercress, mustard greens, broccoli rabe, dandelion** and other leafy greens. **Green cabbage** is great in the form of sauerkraut or raw. **Arugula, endive, chicory, lettuce, mesclun** and **wild greens** are generally eaten raw, but can be consumed in any creative way you enjoy. **Spinach, Swiss chard** and **beet greens** are best eaten in moderation because they are high in oxalic acid, which depletes calcium from bones and teeth, and may lead to osteoporosis. Cook these vegetables with something rich like seeds, nuts, beans, vegan butter, or oil. This will balance the effect of the oxalic acid.

Cooking and Preparing Greens

Try a variety of methods like steaming, boiling, sautéing in oil, water sautéing, waterless cooking or lightly pickling, as in a pressed salad. Boiling makes greens plump and relaxed. Boil for under a minute so that the nutrients in the greens do not get lost in the water. You can also drink the cooking water as a healthy broth or tea if you're using organic greens. Steaming helps vegetables to retain their fiber, causing them to move more easily through the digestive tract. Raw salad is also a wonderful preparation for greens. It's refreshing, cooling and soft, and supplies live enzymes.

When some people hear "leafy green vegetables," they often think of iceberg lettuce, but the ordinary, pale lettuce in restaurant salads doesn't have the power-packed goodness of other greens. Get into the habit of adding these dark, leafy green vegetables to your daily diet. Try it out for a month and see how you feel.

Great Grains

Our culture is known for giving carbohydrates a bad wrap. However not all carbs are created equal. There are simple carbohydrates which are refined and chemically processed and wreak havoc on our blood sugar levels causing fatigue and weight gain and there are complex carbohydrates which the body absorbs slowly and provides the body with nourishment and sustained high quality energy. So essentially you want to consume complex carbohydrates. However, if you are unclear of what makes up a simple carb vs. a complex carb here are some examples:

Simple carbohydrates include: white breads, white pasta, wheat, donuts and bagels. All of these are simple carbohydrates that are heavily processed and provide us with a false sense of energy spiking our blood sugar levels but then leaving our blood sugar levels crashing shortly after and hungry for more food and real nourishment

An example of complex carbohydrates include quinoa, millet and amaranth which are unprocessed whole grains that absorb slowly in the body providing the body with maintained blood sugar levels and high quality energy.

Whole grains have been a central element of the human diet since early civilization. Humans ceased being hunter-gatherers and settled down into farming communities when they were able to cultivate grain crops. People living in these communities—on all continents—had lean, strong bodies. In the Americas, corn was the staple grain. In India and Asia, it was rice. In Africa, people ate sorghum. In the Middle East, they made pita bread, tabouli and couscous. In Europe, corn, millet, wheat, rice, pasta, dark breads and even beer were considered health-providing foods. In Scotland, oats were a staple food. In Russia, they ate buckwheat or kasha. Very few people were overweight.

Whole grains are an excellent source of nutrition, as they contain essential enzymes, iron, dietary fiber, vitamin E and B-complex vitamins. Refer to the WAIST MANAGEMENT CLEANSE shopping list for the grains that are recommended for consumption during the program. These grains were selected due to the alkaline affect that they have on the body.

The quickest way to make great grains is to experiment and find what works for you. Here are basic directions.

1. Measure the grain, check for bugs or unwanted material, and rinse in cold water, using a fine mesh strainer.
2. Optional: soak grains for one to eight hours to soften, increase digestibility and eliminate phytic acid. Drain grains and discard the soaking water.
3. Add grains to recommended amount of water and bring to a boil.
4. A pinch of sea salt may be added to grains to help the cooking process, with the exception of kamut, amaranth and spelt (salt interferes with their cooking time).
5. Reduce heat, cover and simmer for the suggested amount of time.

Common grains:			
1 cup grains	Water	Cooking time	Gluten?
Brown rice	2 cups	45-60 minutes	no
Buckwheat (aka kasha)*	2 cups	20-30 minutes	no
Oats (whole groats)	3 cups	75-90 minutes	questionable due to content, contact, or contamination
Oatmeal (rolled oats)	2 cups	20-30 minutes	questionable due to content, contact, or contamination
Alternative grains:			
Amaranth	3 cups	30 minutes	no

Barley (pearled)	2-3 cups	60 minutes	yes
Barley (hulled)	2-3 cups	90 minutes	yes
Bulgur (cracked wheat)	2 cups	20 minutes	yes
Cornmeal (aka polenta)	3 cups	20 minutes	no
Couscous**	1 cup	5 minutes	yes
Kamut	3 cups	90 minutes	yes
Millet	2 cups	30 minutes	no
Quinoa	2 cups	15-20 minutes	no
Rye berries	3 cups	2 hours	yes
Spelt	3 cups	2 hours	yes
Wheat berries	3 cups	60 minutes	yes
Wild rice	4 cups	60 minutes	no

All liquid measures and times are approximate. Cooking length depends on how strong the heat is. It's a good idea, especially for beginners, to lift the lid and check the water level halfway through cooking and toward the end, making sure there is still enough water to not scorch the grains. Be sure to taste the grains to see if they are fully cooked or starting to burn.

Cooking larger grains like brown rice, barley and berries in a pressure cooker speeds up cooking time and creates softer grains. Cooked grains keep very well. Busy people can prepare larger quantities of grains and simply reheat with a little oil or water later in the week. Also, to keep in mind, roasting grains makes them more alkaline.

*The texture of grains can be changed by boiling the water before adding the grains. This will keep the grains separated and prevent a mushy consistency. This is the only way to cook kasha. Do not add kasha to cold water, as it will not cook properly. For a softer, more porridge-like consistency, boil the grain and liquid together.

**Technically not a grain, but a small pasta product.

Protein

Since animal protein is more popular within our culture and you are familiar with a variety of animal based protein. The focus during the program will be on plant based protein. I've found that the question that comes up most when talking about a plant based diet is "Will I get enough protein?" Our culture puts a lot of focus on having enough protein with a specific focus on animal protein consumption. However it has actually been reported that our culture consumes too much animal protein and essentially the focus should be on amino acids which are the building blocks of protein. Find out the real deal on protein below:

What it is: Protein is a component of food made up of amino acids. Amino acids are the building blocks for major parts of a lean human body. They are crucial to the minute-by-minute regulation and maintenance of the body. Your body makes its own supply of amino acids, and also must get some from food. Protein comes in many different forms.

Importance: Protein is the basic building block of cells and tissues that are needed to keep us strong. It is crucial for vital functions, regulation and maintenance of our bodies.

Trends: The current American diet trends encourage an increase in protein consumption (and carbohydrate reduction). There is another belief system that we do not need a lot of protein, and encourages people to eat much less protein. There is a very judgmental attitude in the field of nutrition, i.e., "my way is the only way." However, there must be a way that is not dogmatic. Try experimenting and see what works for you, your body and your lifestyle.

Too little protein: Common symptoms include sugar and sweet cravings, feeling spacey and jittery, fatigue, weight loss, loss of healthy color in facial area, feeling weak, anemia, change in hair color and texture, skin inflammation (in severe cases), pot belly (in severe cases).

Too much protein: Common symptoms include low energy, constipation, dehydration, lethargy, heavy feeling, weight gain, sweet cravings, feeling "tight" or stiff joints, body becomes overly acidic, kidney function declines (stress required to process excess proteins—the kidney faces increased pressure to filter toxins and waste), foul body odor, halitosis and calcium

loss to compensate for acidic status in body.

Things to consider: Your mind may disagree with what your body wants. Trust your body. It is rare for American people in this day and age to be protein deficient. Consider your heritage, ancestry, blood type, activity level and life goals when choosing protein. Protein consumption is a very personal thing -- everyone needs a different amount.

Plant Based Protein Sources

Grains	A staple in all civilizations around the world. Increasing grains often decreases cravings for many foods. Whole grains, such as rice, millet, quinoa, buckwheat, oats and oatmeal, are much different from processed grains. Beware of wheat!! Many people are allergic to wheat but don't know it.
Beans	Contain a more complete set of amino acids than other plant foods. Use fresh beans that are smaller, like split peas, mung and adzuki beans. To make them easier to digest, soak them overnight, add spices or vinegar, skim off cooking foam, pressure cook or puree and eat small amounts
Soy	Soybeans are the most difficult beans to digest. People traditionally ate baby soybeans, known as edamame, or took time to ferment the soybeans and make tofu, tempeh, miso and tamari. These are the best ways to consume soy for most people, unless they have problems with fermented foods.
Protein Bars	Some are much better than others. Many contain a lot of chemicals and unnatural sweeteners. These are not meal replacements.
Protein Powder	Check for high-quality ingredients. Not recommended in large amounts; eat whole, natural foods as much as possible.

Take Action Now

Now is the time to plan for the week ahead. Complete the following worksheet to help you get started with another successful week.

WEEK 2 Goals

1. Incorporate dark leafy green vegetables at each meal
2. Experiment with adding in great grains. (I recommend adding grains either for dinner or for lunch accompanied by a large serving of vegetables)
3. Continue with everything from module 1 (drinking the recommended amount of water, having one large salad a day, incorporating a fresh juice and/or smoothie each day)

Now is the time to plan for the week ahead with the goals listed above in mind.

Given that.....

Create a list of all of the dark leafy green vegetables that you like.

Decide on 2 -3 simple greens to try this week?

Now brainstorm how you can add in dark leafy greens into your diet this week based on the 5 recommended ways of doing so below (see Week 2 Goals and Cleansing Tips)?

Create a list of all of the grains that you like and all of the grains that you have already experimented with.

Decide on 1 to 2 great grains to try this week (I recommend that you experiment with something new. Refer to the Great Grains section of this guide for a list of grains and the recipes section of this guide for optional recipes to choose from)?

“IF IT’S NOT SCHEDULED IT’S NOT REAL”

The time is NOW to get committed and make healthy eating a priority and the only way that it will become a priority is if it scheduled. Given that, realistically answer the questions below being true to yourself and schedule it in your phone or through GOOGLE calendar or whatever system you use to remind you of important events. Don’t skip this step as this is the step that will hold you accountable to the goals that you said that you want to accomplish.

What day will you plan your meals for the week? *(This step requires selecting recipes to make and writing down the ingredients needed to prepare your healthy drinks and dishes. You will use this list to know exactly what to buy from the grocery store. Refer to the WAIST MANAGEMENT CLEANSE shopping list and recipes as a resource and for additional guidance)*

What day will you go to the grocery store?

When are you going to cook?

When are you going to prep your salads, smoothies and weekly meals?

Once you have answered the questions above make the commitment to do the things above based on the day and time that you choose and by doing so you will set yourself up for success both NOW and in the FUTURE. The WAIST Management Cleanse is all about incorporating small changes each week. What you put into the program is what you will get out of the program. Here’s to a successful week!!!!!!

Week 2 Cleansing Guide

DAY	ACTION
THURSDAY	<ul style="list-style-type: none"> • Start your day with water and continue to drink water throughout the day based on the amount you should be drinking from your action worksheet in module 1 • Review Jumpstart Guide just to refresh your memory on the guidelines of the cleanse • Continue with everything from week 1 • Review Module 2 Materials. • Get started with incorporating dark leafy green vegetables and grains
FRIDAY	<ul style="list-style-type: none"> • Start your day with water and continue to drink water throughout the day based on the amount you should be drinking from your action worksheet in module 1 • Continue to review Module 2 Materials • Should have completed the Action Worksheets from Module 2 • Decide on 2-3 juice or smoothie recipes that you will try from THE ULTIMATE JUICE DETOX ebook or create your own or use the recipes provided during week 1. Do you need some inspiration in making your own check out the link provided for THE PERFECT GREEN SMOOTHIE FORUMULA. • Decide what meal you will add in your large salad and plan accordingly and get it in. • Prepare shopping list to purchase ingredients for fresh juices, smoothies and salads, and weekly meals to include grains and incorporating greens at each meal.
SATURDAY	<ul style="list-style-type: none"> • Start your day with water and continue to drink water throughout the day based on the amount you should be drinking from your action worksheet. • Decide what meal you will add in your large salad and plan accordingly and get it in. • If you haven't done so already prepare shopping list to purchase ingredients for juice, smoothies, salads, greens and grains • Go grocery shopping for juice, smoothie, salads, greens and grain ingredients • Start prepping for the week ahead. (Prepare smoothies up to 3 days in advance. Chop and prep desired salad ingredients for the week ahead) • Cook 2-3 meals that you can have throughout the week. Use the recipes provided in this Action Guide or use your own recipes that follow the guidelines of the cleanse.
SUNDAY	<ul style="list-style-type: none"> • Start your day with water and continue to drink water throughout the day based on the amount you should be drinking from your action worksheet in week 1

	<ul style="list-style-type: none"> • Decide what meal you will add in your large salad and plan accordingly and get it in. • Last day to go grocery shopping for juice, smoothie, salad, greens and grains • Last day to start prepping for the week ahead. (Prepare smoothies up to 3 days in advance. Chop and prep desired salad ingredients for the week ahead) • Cook 2-3 meals that you can have throughout the week and enough for leftovers so you only have to cook one day. Use the recipes provided in this Action Guide or use your own recipes that follow the guidelines of the cleanse. • Pack cleansing meal to take for lunch tomorrow • Consume cleansing meal for dinner with large serving of greens
MONDAY	<ul style="list-style-type: none"> • Start your day with water and continue to drink water throughout the day based on the amount you should be drinking from your action worksheet. • Make fresh juice or smoothie • Prepare large salad for lunch or dinner • Decide what meal you will add in your large salad and plan accordingly and get it in. • Pack cleansing meal to take for lunch tomorrow • Consume cleansing meal for dinner with large serving of greens • Complete journal exercise
TUESDAY	<ul style="list-style-type: none"> • Start your day with water and continue to drink water throughout the day based on the amount you should be drinking from your action worksheet. • Make fresh juice or smoothie • Prepare large salad for lunch or dinner • Decide what meal you will add in your large salad and plan accordingly and get it in. • Pack cleansing meal to take for lunch tomorrow • Consume cleansing meal for dinner with large serving of greens • Pack cleansing meal to take for lunch tomorrow
WEDNESDAY	<ul style="list-style-type: none"> • Start your day with water and continue to drink water throughout the day based on the amount you should be drinking from your action worksheet. • Make fresh juice or smoothie • Prepare large salad for lunch or dinner • Decide what meal you will add in your large salad and plan accordingly and get it in. • Pack cleansing meal to take for lunch tomorrow • Consume cleansing meal for dinner with large serving of greens • Pack cleansing meal to take for lunch tomorrow

Week 2 Goals and Cleansing Tips

The goal for this week is to continue with everything from week 1 and to incorporate dark leafy green vegetables at each meal and experiment with adding in grains. Nutrition 101 of The Waist Management Cleanse is the foundation of a cleansing lifestyle. Here are some tips to help you get started:

DARK LEAFY GREEN VEGETABLES

If there is one food that will completely change and impact your health it is the addition of dark leafy green vegetables into your diet. I consider dark leafy green vegetables to be the foundation of a healthy diet and ideally you want to incorporate some form of dark leafy green vegetables at each meal. If you are eating cooked green vegetables they should make up 50% of your plate. Here are this week's cleansing tips for getting in more greens:

- Juice your greens (some cleanup required but well worth it)
- Blend your greens to make smoothies. If you are new to drinking your greens be sure to add in some fruit as covered in week 1. Smoothies can replace a meal are great to have for breakfast.
- Eat your greens raw and have them in a form of a salad (2nd quickest and easiest way to get in your greens). This can be continued from week 1. Eat a large salad for one of your meals for weight loss.
- Cook your greens by lightly steaming them, quickly sautéing them using water or oil (refer to recipes in this guide)
- Green supplements (Spirulina and chlorella are my favorite) but should be used in addition to consuming greens and not in place of. Spirulina also helps to curb the appetite. It is considered a whole food and is high in protein and other vitamins and minerals.

GREAT GRAINS

The grains that are recommended during The Waist Management Cleanse are complex carbohydrates and the recommended grains for the program can be found on The Waist Management Cleanse Shopping List. If you are trying to lose weight I recommend consuming a small amount of grains and only having them approximately 2 to 3 times per week and not every meal. They are ideal to consume if you are doing intense workouts so that they can provide you with long lasting energy.

Week 1 Goals and Cleansing Tips

Be sure to continue with everything from week 1. Week 1's cleansing tips are below just to refresh your memory:

DRINK MORE WATER

Drinking more water is one of the most important things that you can begin to do for your health. Water and oxygen are essential to our existence. Water is **LIFE** and our bodies are made up of over 70% water. Water is also essential in aiding the body in carrying out all of its necessary bodily functions. Drinking an adequate amount of water keeps things moving and it helps in moving waste and toxins out of the body. It also hydrates the body often times eliminating cravings that show up as hunger. Here are this weeks cleansing tips for getting in more water.

- Drink room temperature water (Ice cold water shocks the system and the body has to work hard to bring the body back into balance)
- Keep a gallon of water next to your bed so that you can drink it upon rising. I recommend drinking 16oz – 24oz of water upon rising in the morning and before eating any food. This will get things moving and foster a morning bowel movement. The goal is to eliminate in the morning before taking in any food.
- Keep a water bottle with you at all times throughout the day so that you can get in the recommended amount that you should drink based on your response from the action worksheet above.
- As a reminder set a timer for yourself to help you to get in the recommended amount of water. This is only if you think you will forget but it will get you in the routine of doing so.
- Don't resist drinking water due to it causing frequent trips to the bathroom. During each trip to the bathroom you will be flushing out toxins and eliminating waste from your body. If you are eliminating waste you are eliminating weight so be sure to drink up. Drinking water also does wonders for your skin and for your hair.
- If you need more support in getting in water. I recommend adding fresh squeezed lemon juice to your water and a few drops of stevia (plant based sweetener that can be found at your local health food store)

FRESH JUICES AND SMOOTHIES

Fresh pressed juices and smoothies are a great way to easily increase your consumption of fresh fruits and vegetables and they are also ideal because they are easy on the digestive system and don't require the body to work hard to break them down. Fresh juices and smoothies also flood the body with vitamins and minerals that gently nourish the body and that also helps in fostering elimination. Remember the goal is to usher waste out of the body and fresh juices and smoothies help us to do so effortlessly. Green juices help to gently rejuvenate and restore your body at the cellular level while fruit juices help to cleanse and purge your body of unwanted toxins.

- In order to prepare fresh juices you will need a juicer and in order to prepare fresh smoothies you will need a blender. Choose which one will work best for you this week and go for it.
- Smoothies are much quicker than juices and they can also be made in advance and stored up to 3 days

- Purchase frozen fruit for smoothies if you are concerned about fruit going bad. Frozen fruit is also great because your smoothie will already be chilled and you won't have to add any ice to it.
- Purchase pre-washed spinach or kale to add to smoothies in order to save time.
- To save time prepare your smoothies during the day that you identified as your food prep day and they will be ready to grab and go during the week.
- Another time saving tip is to use plastic baggies and separate your fruit out for each day of the week (example: add to your plastic bag fresh strawberries, banana, pineapple and spinach). You can later use those ingredients to throw into the blender along with your liquid base and blend and go.
- Glass mason jars are excellent for storing juices and smoothies but if you don't have them available and not ready to purchase them use what you have on hand.

SALADS

Eating one large salad a day will change your life. There is a huge variety to choose from (arugula, kale, cabbage, romaine, mixed greens, collards, spinach, wild greens). Mix it up and make it fun and then just add in any additional vegetables that you like. If you are just starting out you can purchase an organic dressing from your local health food store or if you are feeling creative you can make your own. A simple dressing can be made quick and easy with olive oil, lemon juice, apple cider vinegar and minced garlic and a little agave nectar or coconut nectar. I always recommend for people to have your large salad at lunch but whatever you decide be sure to get it in make it colorful.

- Choose one or two types of leafy greens that you will incorporate this week
- Make your salad colorful. Refer to the detox shopping list for additional vegetables that you can add to your salad
- Purchase an organic salad dressing from your grocery store.
- Opt for a vinaigrette salad dressing over a dairy based salad dressing.
- Prep salad toppings in advance to save time
- Plastic sealable containers are great to package your salad ahead of time so that you can grab and go during the week.
- New to incorporating salads start off with a mixed greens or romaine lettuce.

Week 2 Cleanse Recipes

The goal for the first two is to continue with everything from week one but also to incorporate dark leafy greens at each meal and also began to introduce grains. Here are some recommended recipes that you can use for this week. However, if you have recipes that you would like to use that fall within the guidelines of the cleanse as outlined in the jumpstart guide then feel free to use those recipes or experiment with making a healthier options of the foods that you love most by choosing a healthier alternative from the table in the jumstart guide

Greens

Green Elixir

¼ to ½ cup fresh squeezed lemon juice

2 to 3 apples – Fuji, Gala, Pink Lady

1 bunch Kale Greens

1 bunch Romaine Lettuce

Combine in juicer and enjoy!!!!

Green Smoothie

½ - 1 cup frozen mango

½ - 1 cup frozen pineapple

1 banana

1 bunch organic spinach

1 cup to 2 cups organic apple juice

Add ingredients to blender. Blend and enjoy

Steamed Green Beans

2 lbs of fresh French green beans (regular green beans will do)

3 tbsps olive oil

1 tbsp minced garlic

¼ cup minced red onion (can be done in the food processor)

4 tbsp apple cider vinegar

4 tbsp braggs liquid aminos or nama shoyu or tamari

1 to 2 tsp raw agave nectar

Steam green beans for approx 9-11 minutes. Remove green beans from steamer and set a side. Next add olive oil to a pan and heat oil for approximately 3 to 4 minutes. Next add garlic and onions and sautee until brown. Add green beans to pan and mix thoroughly with until garlic and onions are mixed all the way through. Remove from heat to a bowl. Add remaining ingredient. Add salt and pepper to taste. Mix well and enjoy!!!!

Quick and Easy Brussels Sprouts

1 pound of brussels sprouts rinsed and cut in half

4-6 tbsp olive oil

1 ½ tsp garlic powder

2 ½ tsp dried onion flakes

½ tsp sea salt or to taste

½ tsp to 1 tsp black pepper

1 tbsp of white wine (optional)

Bring to a boil a large pot water. It should be enough for the brussell sprouts to be fully submerged. Cook brussell sprouts for approximately 7-9 minutes. Remove from water using a colander. Transfer brussell sprouts to a large bowl. Add remaining ingredients and ENJOY!!!!

Quick and Easy Sautéed Spinach

2-3 bunches of organic spinach (rinsed)

2 tbsp olive oil

2-3 tsp minced garlic

½ tsp sea salt

½ tsp black pepper

Red pepper flakes (optional and to taste)

1 tsp vegan butter

Heat olive oil in a large pan. Add minced garlic and sautee until brown. Add spinach and sautee until wilted (approximately 3-5 minutes). Remove from heat. Add remaining ingredients. Mix well and enjoy!!!!

Grains

Millet Croquettes

- 1 cup millet rinsed and drained
- 2 tbsp olive oil
- 1 tsp salt
- 3 cups water
- ½ cup chopped onions
- 1-2 tbsp fresh thyme
- ½ cup chopped spicy red peppers (can use food processor to break down to a good consistency)
- ½ cup chopped broccolini (chop off the stalk and can use food processor to break down the crown to a good consistency)
- ½ cup quinoa flour

Heat olive oil in pot, saute onions until soft, next add millet and water and bring to a boil. Lower heat and simmer for 30 minutes. Next add veggies, re-cover and simmer 5 more minutes (this will help to cook the veggies slightly). Remove from heat, add quinoa flour and stir until flour is well combined. Let stand for 15 – 20 minutes before forming patties. Shape into relatively thick patties and bake patties on 425 for 10 to 15 minutes then oil a pan with coconut or olive oil and brown croquettes golden (turning halfway through) top with mushroom wine gravy (below) or eat alone.

Mushroom Wine Gravy

- ½ cup olive oil
- ¼ pound mushrooms cleaned and sliced
- ½ cup shallots chopped
- Pinch of sea salt
- 1 ½ cup almond milk or hempseed milk
- ¼ cup nama shoyu or bragg liquid aminos
- 1 tbsp arrowroot powder (dissolve in 4 tbsp water)
- 2 tbsp white wine (optional)

In a small pan heat olive oil. Add mushrooms and shallots and saute until soft. Next add remaining ingredients and heat until gravy becomes thick (a few minutes)

Black Bean Chili (35 Minute Meal)

2 cups of cooked black beans (can use organic can beans – rinse well)

2 tsp olive oil

½ cup onions chopped

2 tsp sea salt

1 large green pepper chopped

3 to 4 cloves of garlic

3 tsp cumin

2 tsp dried oregano

½ tsp cinnamon

¼ to ½ tsp cayenne (or to taste)

2/3 cups rinsed quinoa

2 cups frozen yellow corn

2 cups organic tomato sauce

1 cup water

Heat oil in a pan on medium heat. Add onion, garlic and green pepper and sauté until soft. Next add salt and spices and mix well. Saute for 5 to 8 minutes. Add in rinsed quinoa and stir in. Add corn, tomato sauce and water to onion quinoa mixture. Simmer together for 20 minutes covered. Add cooked beans to other ingredients; simmer for another 10 minutes. Top bowl with grated vegan cheese (daiya cheddar is delicious)

Quinoa Stir-Fry (35 Minute Meal)

1 cup cooked quinoa based on instructions (add 2 tsp garlic ½ tsp salt while cooking quinoa)

½ cup shredded carrots

1 tbsp minced ginger (minced in food processor)

- 2-3 bunches of bok choy
- 2 heads of broccoli or broccolini (head cut off and steamed)
- ¼ cup red onion
- 1 cup corn
- ½ bunch green onions
- 1 to 2 tbsp of minced garlic
- ¼ cup nama shoyu (unpasteurized soy sauce) or tamari
- 2 -3 tbsp Toasted sesame oil

Steam broccoli for 7 to 10 minutes. Heat 2tbsp of toasted sesame oil in a pan, add carrots, green onions, and garlic and corn and sautee for 2 to 3 minutes. Add quinoa and ginger and sautee for an additional 2 minutes. Add broccoli and bok choy and stir fry for an additional 2 minutes. Lastly add nama shoyu and stir fry for an additional minute. Mix well and enjoy!!!!

Quinoa and Kale Pesto Bowl (35 minute meal)

Hempseed and Thai Basil Pesto

- 2 cups hulled hemp seeds
- 6 to 8 cloves of garlic
- 1 cup of thai basil
- ½ cup olive oil
- 1 ½ sea salt
- 2 tbsp fresh squeezed lemon juice

Add all of the ingredients to a food processor and blend until smooth.

Quinoa

1 cup of cooked quinoa prepared based on package instructions (add 2tsp garlic and ½ tsp salt while cooking)

Sauted Kale

½ bunch lacinato kale washed, de-stemmed and cut into thin shreds.

½ bunch green onion

1 tsp minced garlic

1 tbsp olive oil

Add olive oil to heated pan, next add green onion and garlic and saute until soft. Next add in the kale and saute until wilted, not longer than 5 to 6 minutes.

Add kale to the bottom of the bowl, add desired amount of quinoa on top and add 2 to 4 tbsp of pesto or desired amount and mix well with quinoa and kale and enjoy.

Week 2 Sample Menu Plans

Menu Plan #1

Pre Breakfast Drink – 16 to 24 oz Green Elixir

Breakfast – 2 – 3 cups of fresh pineapple

Morning Snack – Ginger Snap or Cherry Pie or Apple Pie Lara Bar

Lunch – Large Basic Mixed Green Salad (see week 1 recipes)

Afternoon Snack – Organic Popcorn (not the whole bag)

Dinner – Black Bean Chili topped w/ Vegan Cheese (Daiya Brand) and Steamed Green Beans

Menu Plan #2

Pre Breakfast Drink – 16oz to 24 oz Raspberry Cooler

Breakfast – Coconut Yogurt w/ Berries and Ezekial Toast with Earth Balance Butter or Organic Jam

Morning Snack – Apples and Almond Butter

Lunch – King Kale Salad w/ Veggie Burger or Veggie Wrap (Recommend Hillary's Brand Veggie Burger) Add lettuce, tomato, avocado, sprouts and your favorite condiments w/ Gluten Free Bread

Afternoon Snack – Organic Dark Chocolate (not the whole bar ☺)

Dinner – Vegetable Soup and Sautéed Spinach

Menu Plan #3

Pre Breakfast Drink – 16oz to 24 oz Lean Green Machine

Breakfast – Whole Grain Cereal w/ Almond Milk and Banana

Morning Snack – Apple Sauce w/ Cinnamon and Flaxseed Meal (for extra fiber)

Lunch – Large Classic Mixed Green Salad w/ Balsamic Dressing (add fish – optional try to eat it with out by adding chopped nuts and fruit)

Afternoon Snack – Kale Chips (recommend Brads Brand)

Dinner – Quinoa Stir Fry w/ Brussels Sprouts

Journal Exercise

CLEANSE YOUR LIFE

“THOUGH NO ONE CAN GO BACK AND MAKE A BRAND NEW START, ANYONE CAN START FROM NOW AND MAKE A BRAND NEW ENDING” – CARL BARD

What is one thing that you want to accomplish during your lifetime?

Why do you want to be healthy?

What is holding you back?

List all unfinished projects that drain your energy and keep you from focusing on your present and future. These may include cluttered closets, piles of paper, incomplete projects, degrees, travel plans or unkept promises.

How can you get these parts of your life cleaned up?