



WHAT TO EAT

FRUITS

Fresh, frozen, dried, cooked or juiced. Try to avoid added sugar or preservatives.

COMMON CHOICES:

apples, apricots, avocados, bananas, blackberries, blueberries, cantaloupe, cherries, grapefruit, grapes, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangerines, watermelon

VEGETABLES

Fresh, frozen, dried, cooked or juiced. Try to avoid added sugar or preservatives.

COMMON CHOICES:

artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cilantro, corn, cucumbers, eggplant, greens, green beans, garlic, ginger root, mushrooms, okra, onions, parsley, peppers, potatoes, radishes, spinach, sprouts, squash, sweet potatoes, tomatoes, zucchini

WHOLE GRAINS

Many people also include whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

COMMON CHOICES:

barley, brown rice, grits, millet, quinoa, oats

NUTS & SEEDS

Many people also eat nut butters including peanut butter and almond butter. Try to avoid choices with added sugar, artificial sweeteners, and preservatives.

COMMON CHOICES:

unsalted almonds, cashews, chia, flax, pine, pumpkin, sesame, sunflower, peanuts, pecans, pistachios, walnuts

LEGUMES & BEANS

If you use canned beans, look for organic and/or low-sodium

COMMON CHOICES:

black beans, black-eyed peas, kidney beans, lentils, pinto beans, split peas, white beans

BEVERAGES

Water & fresh pressed fruit or vegetable juice

In the following pages we're providing **21 recipe ideas**. Remember, you can always choose a simple meal of fresh fruits or vegetables, or a serving of nuts or berries. Using dinner leftovers for lunch is also a fast, easy solution. Prepare your meal plan ahead of time for a successful fast!

1. VERY BERRY SMOOTHIE

- ½ - ¾ cup mixed berries (any combination of raspberry, blackberry or blueberry)
- 2 scoops whey protein powder (optional)
- ½ cup fresh squeezed orange juice (you may combine juice if you like. Such as ¼ cup orange and ¼ cup pomegranate)
- ⅓ avocado
- 4-5 ice cubes

Combine all ingredients in blender until smooth, enjoy!

2. STEEL CUT OATS & APPLE MUFFINS

- 1 ½ cups whole wheat flour
- 1 cup steel cut oats
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 1 (12-ounce) can apple juice concentrate (no added sugar), thawed
- 1 teaspoon vanilla extract
- 1 ½ cups apples, chopped and peeled
- 2 large ripe bananas, sliced
- 4 large dates

Preheat oven to 350. Blend the bananas, dates and ½ cup of the apple juice concentrate in a blender or food processor until smooth. Then mix this with the rest of the apple juice concentrate, vanilla and apples in one bowl. Combine the dry ingredients in another bowl. Add the dry ingredients to the wet ingredients and stir just until moistened. Pour into lined or greased muffin pan and bake for 20-25 minutes or until toothpick inserted in the center comes out clean.

3. TROPICAL TANGO SMOOTHIE

- ¾ cup pineapple and/or mango combined chunks
- ⅓ banana
- 2 scoops whey protein powder (optional)
- ½ cup fresh squeezed orange juice
- ⅓ avocado
- 4-5 cubes ice

Combine all ingredients in blender until smooth, enjoy!

4. APPLE RINGS

- 1 apple
- ¼ cup natural peanut butter
- ¼ cup almonds, sliced
- ¼ cup walnuts, chopped
- ¼ cup shredded coconut
- ¼ cup raisins

Remove core and slice apple into thin rings. Spread peanut butter over one side of apple ring. Top with almonds, walnuts, coconut and raisins (or any combination of those).



5. CROCK POT OATMEAL

- 1 cup steel cut oats
- 3 ½ cups water
- 1 cup apples, peeled and chopped
- ½ cup raisins
- 1 tablespoon cinnamon
- 1 teaspoon vanilla extract

Combine all ingredients in slow cooker and stir to combine. Cover and cook on low for 6-8 hours. The longer it cooks, the softer the texture will be. Top with almond milk when serving if desired, or use to thin if needed.

6. FRUIT SALAD

- 1 apple (any type), cored and thinly sliced
- 1 banana, sliced
- 1 cup fresh blueberries or blackberries
- 6 clementines (halos, tangerines, tangelos would all work) peeled and divided
- 1 pound grapes (any type) cut in half
- 2 pounds strawberries, hulled & sliced
- ¼ cup fresh squeezed lemon juice
- ¼ cup fresh squeezed orange juice
- ½ heaping teaspoon poppy seeds
- Sprig of fresh mint leaves (optional)

Mix all fruit together, add lemon & orange juice, top with poppy seeds and toss together.

7. BREAKFAST OATMEAL COOKIES

- 3 ripe bananas
- ½ cup raisins
- ¼ cup almond milk
- ⅓ cup applesauce, no sugar added
- 2 cups steel cut oats
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract

Preheat oven to 350 degrees. Mix all ingredients and drop by the spoonful onto cookie sheet. Bake for 15-20 minutes.



1. LEMON AND GARLIC POTATO SALAD

- 2 ½ pounds red potatoes, quartered
- ½ cup chopped parsley
- 1 clove garlic, minced
- 2 lemons, juiced
- 1 tablespoon extra virgin olive oil
- Salt and pepper to taste

Boil potatoes, and cool. Add remaining ingredients and mix well. Serve chilled.

2. BLACK BEAN SOUP

- 1 tablespoon olive oil
- 1 medium onion, diced
- 4 cloves garlic, minced
- 1 (14.5 ounce) can garlic fire roasted diced tomatoes
- 4 (15 ounce) cans black beans, (2 undrained, 2 drained and rinsed)
- 2 (14.5 ounce) cans low-sodium vegetable broth
- 1 (4 ounce) can diced green chilies
- 1 cup frozen corn, thawed
- 1 ½ teaspoons cumin
- 1 teaspoon chili powder
- 1 tablespoon fresh squeezed lime juice
- 1 bunch cilantro, for topping

Add two cans of undrained black beans to a food processor or blender and pulse until thickened. Set aside. Heat oil in a large dutch oven or pot. Stir in onion, sauté for 3-4 minutes. Add in garlic and cook for an additional minute.

Stir in tomatoes, all of the black beans, vegetable broth, green chilies, corn, cumin and chili powder.

Bring to a simmer and cook for 10-15 minutes. If the soup is too thick add more broth. Remove from heat, stir in lime juice, and salt and pepper to taste. Serve warm with fresh chopped cilantro.

3. PINK & GREEN SALAD

- 1 pink grapefruit
- 2 tablespoons extra-virgin olive oil
- Black pepper
- 8 cups thinly sliced kale
- 1 avocado, pitted, sliced into 1/2-inch wedges

Cut and peel grapefruit placing segments into bowl. Squeeze juice from membranes and strain into another small bowl (there should be about 1/4 cup juice total). Whisk oil into juice and season to taste with pepper.

Place kale in a large bowl and drizzle 3 tablespoons of your grapefruit/oil dressing over top. Toss to combine and let stand for 10 minutes while kale wilts slightly. Toss again. Then top with grapefruit segments and avocado slices. Drizzle with remaining dressing and enjoy!

4. ROASTED VEGETABLES

- 1 large head of broccoli, florets chopped off from the stalk
- 1 large zucchini, chopped into half moons
- 1 large yellow squash, chopped into half moons
- 1 large sweet potato chopped to 1-inch squares
- 1 cup cherry tomatoes, sliced in half
- 3 carrots, chopped
- 8 ounces baby bella mushrooms, sliced
- ¼ cup olive oil
- 2 teaspoons ground black pepper

Preheat oven to 425 degrees. In a large bowl, toss all the vegetables together with olive oil, salt and pepper. Divide the vegetables between two sheet pans.

Roast vegetables for 35-40 minutes, removing the vegetables from the oven every 15 minutes to stir around.

You can roast any type of vegetable you want! Adjust amount of olive oil and pepper based on the amount of veggies you're roasting. Great to make ahead and heat up for lunch. Toss to combine and let stand for 10 minutes while kale wilts slightly. Toss again. Then top with grapefruit segments and avocado slices. Drizzle with remaining dressing and enjoy!

5. BARLEY STEW W/ MUSHROOMS & GREENS

- 1 tablespoon olive oil
- 1 ½ cups chopped leeks (about 2 small stalks; white and pale green parts only)
- 1 8-ounce container sliced baby bella mushrooms
- 2 garlic cloves, pressed

LUNCH RECIPES

- 2 ¼ teaspoons minced fresh rosemary
- 1 (14.5-ounce) can diced tomatoes in juice
- 1 cup pearl barley
- 4 cups vegetable broth, or more as needed
- 8 ounce bag of fresh chopped kale
- Fresh ground black pepper

Heat oil in large pot over medium heat. Add leeks and pepper then sauté until leeks are soft, stirring often, about 5 minutes. Add mushrooms, garlic and rosemary. Increase heat slightly. Sauté until mushrooms are soft and begin to brown. Add tomatoes with juice and stir about 1 minute. Add barley and 4 cups broth bringing to a boil. Reduce heat to low, cover and simmer until barley is almost tender, about 20 minutes. Add kale stirring until wilted, about 1 minute. Cover and simmer about 10 minutes or until kale and barley are tender, adding more broth as needed for desired consistency.

6. STUFFED SWEET POTATOES

- 4 sweet potatoes
- 1 ½ cup cashew cream sauce (you can make your own or omit! See recipe below.)
- 1 teaspoon lime juice
- ½ teaspoon ground black pepper
- ½ medium red onion, finely diced (about 1 cup)
- 1 ½ tablespoons of extra virgin olive oil
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon cumin
- ¼ teaspoon chili powder
- 1 (15-ounce) can of black beans, drained and rinsed
- ½ an avocado, chopped
- Small bunch of cilantro, chopped

Pre-heat oven to 350 degrees. Place the sweet potatoes on a lightly greased baking tray and bake for 55-65 minutes or until a fork can easily be inserted into the flesh of the potatoes. Prepare the cream sauce by whisking together the prepared cashew cream sauce (recipe below), lime juice and black pepper. Set aside. When the sweet potatoes have about 10 minutes left, heat the oil in a skillet over medium heat, then add onion and sauté until translucent (about 5 minutes). Add in the remaining spices, stir and cook for an additional 3 minutes. Add the black beans to the skillet and toss to combine.

Cook about 5 minutes, stirring frequently. Take off of heat and set aside.

Once the sweet potatoes are done baking, let cool slightly. Once cool, cut the sweet potatoes open and mash the inside pulling it gently away from the skin. Evenly spread the black bean mixture, avocado, cilantro, and cashew cream sauce on top of the 4 sweet potatoes.

If you're making this ahead for lunch, place potato in container, top with black bean mixture, close and refrigerate. Allow cashew cream sauce to cool, then spoon into separate small container.

CASHEW CREAM SAUCE:

Place 2 cups cashews in 1 ¼ cup water, and soak for about 2 hours. Place soaked cashews & water in a food processor or blender with 1-2 garlic cloves. Puree until very, very smooth. Thin out with more water to desired consistency. May add other seasonings of your choice such as curry or pepper. Store in fridge for 3-4 days or freeze.

7. GREEK SALAD

- Romaine Lettuce, washed and chopped
- ½ cup kalamata olives, drained
- 1 can chickpeas or Garbanzo beans, drained and rinsed
- ½ cucumber thinly sliced
- 1 small red onion, sliced thin (add to your preference)
- 1 cup sliced baby bella mushrooms
- 1 banana pepper sliced
- 1 ½ cup cherry tomatoes sliced in half

Combine all ingredients, tossing together.

DRESSING

- ½ cup balsamic or white wine vinegar
- 2 pressed garlic cloves
- ½ teaspoon dried oregano
- ¼ teaspoon dried basil
- ¼ teaspoon onion powder
- 1 cup extra virgin olive oil

Whisk to combine all ingredients before each use.

1. KALE SOUP

- 32 ounces vegetable broth
- 1 white onion, chopped
- 2-3 garlic cloves, minced
- 1 large bag chopped kale
- Black pepper to taste

Sauté onion and garlic over medium heat about 3 minutes. Add in broth and simmer about 20 minutes. Add 1 large pack of kale and simmer another 10-20 minutes until kale reaches desired tenderness. Season with black pepper.

2. PINTO BOWL

- 1½ tablespoons extra virgin olive oil
- 1 large white or Vidalia onion, chopped
- Black pepper and
- Red pepper flakes to taste
- 1 teaspoon cumin powder
- 1 (16-ounce) can pinto beans
- 1 large tomato, diced
- ¼ cup parsley, chopped
- 2 lemons, juiced

Heat oil in small pot; add onion and sauté gently until onions begin to soften. Add seasonings of black pepper, red pepper and cumin stirring gently. Add beans, tomatoes and lemon juice. Bring to a simmer and cook until heated throughout. Serve warm, topped with chopped parsley.

3. LENTIL STEW

- 2 cans diced tomatoes
- 14½ ounces water
- 2 teaspoons low-sodium soy sauce
- 1 cup lentils
- ½ cup barley
- 1 bag frozen spinach
- 1 bag frozen peas and carrots
- 2 stalks celery, chopped
- 1 small white onion, chopped

Combine all ingredients in a 4-quart saucepan and bring to a boil. Reduce to simmer, and cook until done. Substitute any vegetables of choice!

4. SPINACH WITH DILL

- 1 medium onion, chopped
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, minced
- 2 tablespoons dill, diced
- 1 (15-ounce) can tomato sauce
- 10 ounces chopped spinach, (fresh or frozen, thawed)
- ½ cup water
- Black pepper to taste
- Brown rice, prepared

Sauté onions in oil. Add garlic and dill to saucepan and continue to sauté for two minutes. Add tomato sauce and bring to a boil. Simmer for 10 minutes on low heat. Add spinach and water. Return to a boil again. Cover and simmer on low heat for 15 minutes. Serve warm over cooked brown rice.

5. ITALIAN ZOODLES

- 1 zucchini, sliced thin into strips
- 2 tomatoes, sliced
- ½ teaspoon garlic powder (or 2 cloves, minced)
- 1 teaspoon Italian seasoning
- 2 tablespoons extra virgin olive oil

Drizzle extra virgin olive oil in pan over medium heat. Add sliced tomatoes and sprinkle with garlic powder and Italian seasoning. Sauté tomatoes until they begin to soften and skin wrinkles. Add zucchini strips to pan. Cover and cook for about 5 minutes, stirring 2-3 times. Serve warm!

6. LENTILS AND RICE WITH A TANGY TOMATO SAUCE

- 2 cups uncooked brown rice
- 1 pound lentils
- 2 tablespoons extra virgin olive oil, divided
- 2 garlic cloves, minced
- 2 (16-ounce cans) of tomato sauce
- ½ cup water
- ¼ cup vinegar
- 1 medium onion

Cook rice according to directions. Rinse lentils and put them in a pot, covering them with water, and bring to a boil. Simmer on low heat until almost all water is absorbed and lentils are well cooked. Add

DINNER RECIPES

extra water if longer time is needed. To make the sauce, sauté the garlic in 1 tablespoon of oil until golden. Add both cans of tomato sauce and simmer 10-15 minutes. Add water and vinegar, bringing to a boil. Remove from heat and season to taste. Finally, slice onion in thin, small pieces and sauté in remaining 1 tablespoon of oil until brown and crispy. To serve, layer lentils and rice, repeat layers, then top with onions and sauce.

7. MEXICAN QUINOA

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeno, diced fine
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5-ounce) can fire-roasted diced tomatoes
- 1 cup corn kernels, frozen or canned
- 1 teaspoon chili powder
- ½ teaspoon cumin
- Black pepper to taste
- 1 avocado, diced
- 1 lime, juiced
- 2 tablespoons fresh cilantro, chopped

Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno cooking until fragrant, about 1 minute, stirring frequently. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with pepper to taste. Bring to a boil. Cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro. Serve immediately.



21-DAY MEAL PLAN

DAY 1

BREAKFAST

LUNCH

DINNER

DAY 2

BREAKFAST

LUNCH

DINNER

DAY 3

BREAKFAST

LUNCH

DINNER

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DAY 21

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START
RELEASING
THE
INCREDIBLE
POWER OF
FASTING
INTO YOUR
LIFE.
