

**DR. GALLY'S**



**MASTERS NUTRITION MADE SIMPLE**

# **THE 7 DAY DETOX**



**THE 7 FOOD COLORS &  
30 RECIPES TO DETOX YOU!**

**RED**

**ORANGE**

**YELLOW**

**BLUE**

**GREEN**

**WHITE**

**PURPLE**

**[www.GallySeymour.com](http://www.GallySeymour.com)**

# TABLE OF CONTENTS

## I. Introduction to Dr. Cally's 7-Day Detox

Welcome- Top 10 Signs and Your Benefits.....	pg. 1
Introduction .....	pg. 2-4

## II. Summary

Getting Started.....	pg. 5
What to Expect.....	pg. 6
What You Will Need.....	pg. 6
Modifications.....	pg. 7

## III. Example Menu

Example Menu Days #1-3.....	pg. 8
(Red, Orange, Yellow Days)	
Example Menu Days #4-7.....	pg. 9
(Green, Blue/Purple, White Days)	
Example Menu Day #8- Beyond.....	pg. 9

## IV. Daily Checklist

Prep Day.....	pg. 11
Day #1- Power Reds.....	pg. 12
Day #2- A+ Oranges.....	pg. 13
Day #3- Vital Yellows.....	pg. 14
Day #4- Go Greens.....	pg. 15
Day #5- Brain Boosting Blues/Purples.....	pg. 16
Day #6- Immune Boosting Whites.....	pg. 17
Day #7- Repeat Your Favorites Transition.....	pg. 18
Day #8 and Beyond.....	pg. 19
Reflection Questions.....	pg. 20

## V. Daily Recipes

Day #1	
Power Reds (Breakfast Options).....	pg. 22
Power Reds (Lunch Options).....	pg. 23
Power Reds (Dinner Options).....	pg. 24
Day #2	
A+ Oranges (Breakfast Options).....	pg. 25
A+ Oranges (Lunch Options).....	pg. 26
A+ Oranges (Dinner Option).....	pg. 27

## **V. Daily Recipes (Continued)**

Day #3	
Vital Yellows (Breakfast Options).....	pg. 28
Vital Yellows (Lunch Options).....	pg. 29
Vital Yellows (Dinner Option).....	pg. 30
Day #4	
Go Green (Breakfast Options).....	pg. 31-32
Go Green (Lunch Options).....	pg. 33
Go Green (Dinner Options).....	pg. 34
Day #5	
Brain Boosting Blue/Purple (Breakfast Options).....	pg. 35
Brain Boosting Blue/Purple (Lunch Options).....	pg. 36
Brain Boosting Blue/Purple (Dinner Options).....	pg. 37
Day #6	
Immune Boosting Whites (Breakfast Options).....	pg. 38
Immune Boosting Whites (Lunch Options).....	pg. 39
Immune Boosting Whites (Dinner Options).....	pg. 40
Day #7	
Repeat Your Favorite Recipes from above	

## **VI. Dressing Recipes**

Mango Poppyseed Dressing.....	pg. 41
Nighttime Tea Options.....	pg. 41

**DR. CALLY'S  
7 DAY DETOXIFICATION**

**WHY DETOX?**

**THE TOP 10 SIGNS YOU NEED TO DETOX TODAY!**

- # You have low energy levels
- # You have sugar cravings
- # You have sluggish bowels or constipation
- # You have poor eating habits
- # You use excessive caffeine or alcohol
- # You use prescription or over the counter medications
- # You live or work in an environment with chemical exposure
- # You have poor sleeping habits
- # You experience weight loss resistance
- # You have skin conditions

**THE 7 DAY DETOXIFICATION PLAN  
*YOUR BENEFITS!***

1. Increase your energy
2. Improve your sleep
3. Improve your bowel function
4. Decreased your swelling/ inflammation
5. Begin your weight loss
6. Improve your overall body PH
7. Improve your mental cognition and focus
8. Stabilize your blood sugar

**“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”**

**~ Thomas Edison ~**

## INTRODUCTION

**I'm curious. Are you as healthy as you'd like to be?  
What is holding you back from incredible health?  
What does being "healthy" mean to you?**

**As a Doctor, I hear manifold responses to these questions, *most* of which fall into one of three categories:**

- 1) Symptom management
- 2) Circumstantial influencers
- 3) Incorrect information

Many of these responses prioritize the situations we are in, rather than how our body is responding or adapting to those situations (stressors).

In the pages ahead, you will discover some simple, basic truths about the healing potential of food. It's time to begin the journey of changing your health trajectory. Food impacts your health for better or for worse. In fact, certain foods (such as vegetables and fruits), were naturally created to work with your body's inborn ability to fight disease. Other foods, (such as processed foods, fast foods, and sugary foods), work against your body's inborn healing potential, inviting disease by adding unnecessary stress to your system. Sugar for example, is a direct offender to the immune system, with numerous studies proving how detrimental it can be to your health. Yet sugar is added at an *alarming* rate, to many of our store bought foods. Despite all evidence to the contrary, billions of dollars are spent annually to send us the message that junk food "isn't really that bad." Well my friend, it really IS that bad.

**The good news is that your body was created to self heal.** We were made to be able to adapt to the stressors we are exposed to, rather than have those stressors override us and make us sick.

**Thankfully, you CAN use food to help you**

- 1) Improve your health
- 2) Strengthen your immune system
- 3) Reach your optimal weight

**The best part, you can do this without drugs or surgery.**

When we don't see the positive improvements we are seeking in our health, it's NOT because the body CAN'T self heal, it's because something is interfering with the body's inborn ability to do so. Once these interferences are removed, your body is free to fully express health and healing.

One of the common reasons for marginalized health is **TOXICITY**. The world we live in is so incredibly toxic, that our immune systems are being bombarded at a dangerously high pace, and simply can't keep up. Toxins affect our nervous system and cause disease.

***“I thank you, God, for making me so mysteriously complex! Everything you do is marvelously breathtaking. It simply amazes me to think about it! How thoroughly you know me, Lord!”***

**Psalm 139:14 (TPT)**

I have a question for you. What if Psalm 139:14 is true? What if we are in fact, “mysteriously complex”, (fearfully and wonderfully made). Then wouldn't it be important to learn some basics about how our bodies function so that we can properly care for and nurture them? Wouldn't it be helpful to know which foods heal, and which foods harm?

We were not made to absorb the amount of toxins (physical, spiritual, or mental), that we are currently exposed to. The exorbitant amount of toxic bombardment we are faced with makes some measure of regular detoxification necessary for us all. Detoxification is simply the removal of impurities from our body. This book serves to help you discover a simple starting point to implement regular detoxification into your life style, and help you understand some simple basic nutritional keys to improve your health and physical well-being.

**This book IS NOT** a weight loss program or diet, (although you will likely drop a few pounds!).

Nor is it an aggressive and restrictive detoxification plan, (although if you are ready for a more aggressive regimen, you can follow the “advanced section” found in modifications).

**This book IS** a simple starting point. A 7-day metabolic reset! In the pages to follow, I am going to introduce you to a simple 7 day plan, to help rid your body of toxins, reset your metabolism, and revitalize you! This plan can be repeated several times per year, anytime you need a “reset”.

**FOR AN ENHANCED EXPERIENCE- BE SURE TO FOLLOW ALONG WITH THE VIDEO ADDITIONS EACH DAY. YOU WILL DISCOVER MORE DETAILED TRUTHS ABOUT THE HEALING PHYTONUTRIENTS AVAILABLE TO YOU IN THE VARIOUS COLORS OF VEGETABLES AND FRUITS.**

**What are the priorities of health that need to be evaluated and addressed for us to express our highest level of optimal health and function?**

**1. Nervous system-** *“There are several things that impact health, but only thing that controls it.” Roberto Monaco.* A properly functioning nervous system is critical to your health and wellness. Your nervous system controls and directs the activity of every other system (immune, digestive, reproductive, endocrine, cardiovascular etc.). Your brain must be communicating with the rest of the body, coordinating everything. This communication occurs as the brain sends signals down through the spinal cord, to ALL your organs and systems. This same pathway is the feedback loop by which messages are sent back to the brain, so that the brain can determine what needs to be regulated. Any disruption in this communication, will compromise your health, limiting your health potential and function. While many nervous system disruptions come in the form of physical damage, (injury or trauma), these disruptions can also happen from chemical and other stressors, (ie: toxicity from food additives, environmental chemicals, or other ingested chemicals). Nervous system disruptions damage the ability of the brain and spinal cord to effectively send and receive messages back and forth, to coordinate your body's activities. This is where Chiropractic care comes in. A doctor of Chiropractic specializes in the nervous system. When administered correctively and specifically, a chiropractic adjustment helps remove areas of interference in your nervous system, allowing the messages being sent from the brain to all your organs and systems, to actually be received and effective for the purpose which they were sent. A properly working central nervous system (brain and spinal cord), is critical

for health. The coordination of sending and receiving these messages, is what controls your ability to reach your highest health potential physically, making chiropractic care is a necessary part of living a healthy lifestyle. **Are you currently under chiropractic care?**

**2. Spiritual health-** Discovering what you believe and operating your life in congruency with this, is a critical component of health. Your habits, on some level, will directly reflect what you believe. To develop healthy habits, its critical to evaluate what you believe about health, healing, your identity, and what you value most. **What do you believe?**

**3. Emotional/Mental health-** Your emotional and mental health is critical to your overall wellness and requires your attention and nurturing. Your body will respond chemically to your emotional states. Your responses can improve your health, or derail it. Stress resilience has a lot to do with your emotional state. **Would you consider your response to stress adaptive and productive, or reactive and destructive?**

**4. Physical health-** I will break down the physical components of health to include: what you eat, what you drink, how much you sleep, and your activity level. **How would you rate your health in these 4 areas? Do you regularly nourish, rest and exercise your body?**

**In this beginners guide to detoxification, we will focus only on WHAT YOU EAT AND DRINK.**

## GETTING STARTED

### ONE DAY PREPARATION:

Before you begin your 7 day detox, you will prepare for one day.

#### During this time, you will eliminate:

# Meat      # Grains      # Legumes      # Caffeine      # Sugar      # Alcohol      # Dairy  
#Processed foods

**These eliminations will continue throughout the entire program!**

### DAYS 1-7

#### You will be following this pattern:

# Breakfast- Detoxifying Juice or Smoothie  
# Lunch- Detoxifying Salad  
# Dinner- Detoxifying Soup  
# Nighttime- Detoxifying Tea

**\* EACH DAY YOU WILL BE FOLLOWING A PARTICULAR "COLOR" OF FOODS. THE PURPOSE OF THIS IS TO HELP YOU DISCOVER THE RICH PHYTONUTRIENTS AVAILABLE TO YOU IN CERTAIN PLANTS SO THAT YOU CAN CONTINUE TO ADD THESE TO YOUR DAILY NUTRITION EVEN AFTER YOUR 7 DAY DETOX!**

**You will be drinking one daily drink of apple cider vinegar and water.**

(see modifications section for options)

**You will be drinking ½ your body weight in ounces of water daily, preferably between meals.**

If you have a fluid handling condition such as CHF (congestive heart failure) or SAIDH (Syndrome of Inappropriate Antidiuretic Hormone Secretion), you may need to go lower than ½ your body weight in ounces. Follow the guidelines specific for your condition as per your personal doctor.

**I highly recommend taking the following products during your 7 day detoxification:**

- \* Detox Pack (Vitalleo)
- \* Vitamin D3 (Vitalleo)
- \* Appetite Appeaser (Solutions 4)

**IF YOU WOULD LIKE TO ORDER THESE PRODUCTS, YOU CAN CALL OUR OFFICE AT (423) 402-4602 AND WE ARE HAPPY TO HAVE THEM SENT TO YOU!**



## **WHAT TO EXPECT DURING YOUR 7 DAY DETOXIFICATION:**

Detoxification is the process of removing impurities from the body. You are removing the types of foods and beverages that promote disease, and replacing them with the foods and beverages that promote health and healing. As you eliminate or minimize the foods that destroy, and add the foods that heal, you might experience withdrawal from some of the things you were used to ingesting. If you do experience any of these withdrawal symptoms-this is a sign that your body is actually going through the healing process and clearing these harmful provokers! This healing crisis usually lasts from 12-72 hours, and then your natural vitality will begin to return. Symptoms may be more obvious if your dietary changes are abrupt and will vary in intensity depending on how toxic you currently are.

Your one day preparation helps you begin to move through this withdrawal period prior to starting your actual detox. **This will help your 7 days go smoother!**

**Some *possible* symptoms you might encounter during this healing crisis time may include:**

- Headaches (most common)
- Skin breakouts
- Bowel sluggishness or loose stools
- Fatigue
- Bloating
- Nausea
- Irritability
- Hunger
- Brain Fog

## **WHAT YOU WILL NEED:**

- Juicer, traditional or high speed blender, or food processor
- Organic Apple Cider Vinegar
- Spring, Purified, or Distilled Water
- Ingredients for Daily Recipes
- Rest
- Postive Attitude
- Willingness to try new foods
- Detox Pack (Vitalleo) *optional*
- Vitamin D3 (Vitalleo) *optional*
- Appetite Appeaser (Solutions 4) *optional*
- Your daily menu (from this book)

As with any health routine, check with your current Doctor before stopping any of your current prescription medications. (If I am your current Doctor, I approve this message and you may use these products unless we've discussed otherwise!)

This plan may be used anytime you want to jump start your health regimen. I suggest 3-4 times per year for most people. This is also an incredible starting point to a consistent long-term weight loss plan. Detoxification helps reboot your metabolism, setting the stage for a more aggressive weight loss approach. Detoxification also helps cut cravings caused by chemical food additives, endocrine disruptive chemicals, and sugar.

## **MODIFICATIONS:**

The recipes and example menu are provided for you to follow exactly. Or, you may modify the plan by adding any of the liver friendly foods provided in the list below.

### ◆ LIVER FRIENDLY FOODS THAT CAN BE ADDED TO RECIPES:

*The following foods can be added to any of your daily recipes to enhance calorie count, nutrient density, or add protein. All foods should be organic, nuts and seeds should be raw, and fish should be wild caught.*

- Salmon (wild caught)
- Chicken (anti-biotic and hormone free, organic)
- Raw pumpkin seeds
- Raw Walnuts
- Chia seeds
- Flax seeds
- Avocado
- Almond butter (no sugar, organic)
- Organic extra-virgin olive oil
- Organic coconut or other MCT oil

◆ While it is always best to use freshly squeezed juices for your juices and smoothies, if you choose to use store bought juices, make sure they are 100% organic, jarred juices from your local health food store or juice bar. (no sugary juices in plastic containers!)

◆ If you have trouble maintaining your blood sugar, make sure that you are monitoring this throughout the day and adjusting your calories according to your personal needs. You should maintain a steady blood sugar all day.

◆ I'm not a fan of being ravenously hungry on any of these days. If you find that you are, you will need to increase your portion sizes, add one of the healthy essential fats above with each meal, or add the appetite appeasers supplement to help you feel satisfied and stay on track.

◆ If you see a food on the daily plan that you already know doesn't agree with you, simply substitute from one of the other daily menus, and stay the course!

◆ If you have been diagnosed with a fluid handling condition, please modify your fluid intake accordingly. (IE: If you have Congestive heart failure, you may need to lower your water intake to less than half your body weight in ounces of water), but you can still follow along the healthy eating guidelines!

◆ If you already have experience following detoxification measures, or you are looking for a more aggressive detoxification plan, you may strictly juice for 3- 5 days, continuing to follow the color of the day!

◆ Salad dressing option: (Choose organic dressings with low sugar and no neurotoxic synthetic sweeteners- "Annie's" brand has some great options. Or, choose one of the two homemade recipes section.)

**Power Tip:** *If using store bought dressings, look for: Less than 200 mg. Sodium per 2 tbsp, Organic Less than 3 grams of sugar per 2 tbsp. **Do not look for "fat free"** - your dressing needs to contain enough essential fat (healthy fats), to help you absorb Vitamins A, D, E, and K from your veggies!*

## EXAMPLE DETOX MENU

### **PREP DAY**

*Eliminate the following:*

- \* Processed foods (boxed, bagged, canned)
- \* Sugar
- \* Caffeine
- \* Alcohol
- \* Dairy
- \* Meat
- \* Gluten
- \* Fast Food
- \* Avoid microwave

*Begin the following:*

*Eat fresh vegetables, fruits, (both in raw and lightly cooked form).*

*Drink 2 tbs apple cider vinegar with 8-10 ounces of water.*

*Drink 1/2 your body weight in ounces of water. (\*)*

*Begin taking your Detox Pack and Vitamin D supplements (See Things you will need list)*

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### **DAY #1- POWER REDS**

- **Breakfast** - Power Healthy Heart Juice

Apple Cider Vinegar Drink, Vit. D3 (1 chewable), Master Detox (2 capsules), Appetite Appeasers (2 capsules)

- **Lunch**- Power Spinach Strawberry Salad

Appetite Appeasers (2 capsules)

- **Dinner**- Power Garden Veggie Soup

- **Tea**- Star Anise

Catch and Release (2 capsules)

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### **DAY #2- OPTIMIZING ORANGES**

- **Breakfast**- Optimizing Carrot, Turmeric, Cayenne Juice

Apple Cider Vinegar Drink, Vit. D3 (1 chewable), Master Detox (2 capsules), Appetite Appeasers (2 capsules)

- **Lunch**- Optimizing Braised Fennel + Grapefruit Salad

Appetite Appeasers (2 capsules)

- **Dinner**- Optimizing Carrot, Lime Soup CARROT

- **Tea**- Turmeric Tea

Catch and Release (2 capsules)

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### **DAY #3- VITAL YELLOWS**

- **Breakfast**- Vital Lemonade Detox Drink

Apple Cider Vinegar Drink, Vit. D3 (1 chewable), Master Detox (2 capsules), Appetite Appeasers (2 capsules)

- **Lunch**- Vital Sunny Salad

Appetite Appeasers (2 capsules)

- **Dinner**- Vital Veggie Chowder Soup

- **Tea**- Lemon Ginger

Catch and Release (2 capsules)

### **DAY #4- GO GREENS**

- **Breakfast-** Go Green Avocado Smoothie  
Apple Cider Vinegar Drink, Vit. D3 (1 chewable), Master Detox (2 capsules), Appetite Appeasers (2 capsules)
  - **Lunch -** Go Green Zucchini Mint Salad  
Appetite Appeasers (2 capsules)
  - **Dinner-** Go Green Creamy Broccoli Dill Soup
  - **Tea-** Decaf Organic Green Tea (with or without mint)  
Catch and Release (2 capsules)
- 

### **DAY #5- BRAIN BOOST BLUES / PURPLES**

- **Breakfast -** Brain Boost Blueberry Tart Smoothie  
Apple Cider Vinegar Drink, Vit. D3 (1 chewable), Master Detox (2 capsules), Appetite Appeasers (2 capsules)
  - **Lunch-** Brain Boost Passion Purple Salad  
Appeasers (2 capsules)
  - **Dinner-** Brain Boost Purple Soup
  - **Tea-** True Blueberry Tea (or Thai herb organic dried Butterfly pea flowers tea)  
Catch and Release (2 capsules)
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### **DAY #6- IMMUNE BOOSTING WHITES**

- **Breakfast-** Immune Boosting Summer Slimmer C Juice  
Apple Cider Vinegar Drink, Vit. D3 (1 chewable), Master Detox (2 capsules), Appetite Appeasers (2 capsules)
  - **Lunch-** Immune Boosting Warm Mushroom and Onion Soup  
Appetite Appeasers (2 capsules)
  - **Dinner-** Immune Boosting Creamy Cauliflower Soup
  - **Tea-** Immune Boosting White Tea  
Catch and Release (2 capsules)
- 

### **DAY #7- REPEAT YOUR FAVORITES**

- Breakfast-** Choose any juice or smoothie  
Apple Cider Vinegar Drink, Vit. D3 (1 chewable), Master Detox (2 capsules), Appetite Appeasers (2 capsules)
  - Lunch-** Choose any Salad  
Appetite Appeasers (2 capsules)
  - Dinner-** Choose any Soup
  - Tea-** Choose any Tea  
Catch and Release (2 capsules)
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### **DAY #8- & BEYOND.....**

- ALWAYS AVOID:** fast food, processed junk food, chemical additives
- EAT MODERATELY:** whole grains, dairy, lean grass fed red meats
- EAT FREQUENTLY:** wild caught fish, organic poultry, eggs, nuts, seeds, cold pressed oils, fruits
- EAT UNLIMITED:** Vegetables

# DR. CALLY'S 7 DAY DETOX

## DAILY CHECKLISTS



***LET'S BEGIN!***

*"Beloved friend, I pray that you are prospering in every way and that you continually enjoy good health, just as your soul is prospering."  
3 John 2 (TPT)*

# *Prep Day!*

- Eliminate meats, grains, caffeine, sugar, processed foods, dairy, and alcohol**
  
- Prepare your ingredients for the next 7 days**
  
- Prepare your supplements for the next 7 days- begin taking your Detox pack, Vitamin D, and Appetite Appeaser (optional)**
  
- Drink 1/2 your body weight in ounces of water today**
  
- Get plenty of rest tonight**

*"Though no one can go back and make a brand new start, anyone can start from now and make a brand new ending."  
James R. Sherman*

*"Beloved friend, I pray that you are prospering in every way and that you continually enjoy good health, just as your soul is prospering." 3 John 2 (TPT)*

**Day #1- RED**  
**(FEATURED ANTI-OXIDANT LYCOPENE)**

Red vegetables and fruits are highest in lycopene. This powerful anti-oxidant helps you fight heart disease, prostate and other cancers, and macular degeneration.

**SHARP START**

Daily 5 minutes meditation with deep breathing

\* Daily devotional (see above or use one of your choice)

\* Remember to drink 1/2 your body weight in ounces of water today! Fill your measured containers now and get started!

**MORNING** 2 tbs Apple Cider Vinegar in 8-10 ounces of water  
Power Red Drink  
2 Master Detoxification capsules (Vitalleo- optional)  
1 Vitamin D3 (Vitalleo-optional)  
2 Appetite Appeasers (optional)

**LUNCH** Power Red salad  
2 Appetite Appeasers (optional)

**DINNER** Power Red Soup  
2 Appetite Appeasers (optional)

**EVENING** Relax tea time  
2 Catch and Release capsules (Vitalleo- optional)

WATER (1/2 body weight in ounces)- Y/N

EXERCISE- Y/N

BM'S - Y/N

HOURS OF SLEEP LAST NIGHT- \_\_\_\_\_

THOUGHTS FROM TODAY:

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**Congratulations on completing your Red Detox Day!**  
**You are amazing. Enjoy some restful sleep tonight.**

**"The greatest weapon against stress is the ability to choose one thought over another."**  
**William James**

***“Stretch out your hand of power through us to heal, and to move in signs and wonders by the name of your holy Son, Jesus!” Acts 4:30 (TPT)***

## **Day #2- ORANGE**

**(FEATURED ANTI-OXIDANT: BETA CAROTENE)**

Orange veggies and fruits contain a high amount of Beta Carotene. A precursor to Vitamin A, Beta Carotene is critical for a strong immune system, healthy skin and mucus membranes, eye health and vision.

### **SHARP START**

Daily 5 minutes meditation with deep breathing

\* Daily devotional (see above or use one of your choice)

\* Remember to drink 1/2 your body weight in ounces of water today! Fill your measured containers now and get started!

**MORNING** 2 tbs Apple Cider Vinegar in 8-10 ounces of water  
A+ Orange juice or smoothie  
2 Master Detoxification capsules (Vitalleo- optional)  
1 Vitamin D3 (Vitalleo-optional)  
2 Appetite Appeasers (optional)

**LUNCH** A+ Orange salad  
2 Appetite Appeasers (optional)

**DINNER** A+ Orange Soup

**EVENING** Relax tea time  
2 Catch and Release capsules (Vitalleo- optional)

WATER (1/2 body weight in ounces)- Y/N

EXERCISE- Y/N

BM'S - Y/N

HOURS OF SLEEP LAST NIGHT- \_\_\_\_\_

THOUGHTS FROM TODAY:

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***“When you get into a tight place and everything goes against you, til it seems as though you could not hang on a minute longer, never give up then, for that is just the place and time that the tide will turn.”***

***~ Harriet Beecher Stowe ~***



***“But Christ proved God’s passionate love for us by dying in our place while we were still lost and ungodly!” Romans 5:8 (TPT)***

## **DAY #3- YELLOW** **(FEATURED ANTI-OXIDANT - BIOFLAVINOIDS)**

Yellow vegetables and fruits also contain lots of Beta-carotene like the orange group. In addition, they are rich in “bioflavonoids” aka: “flavinoids”) and dark yellow carotenoids that help fight consistent over inflammation. Inflammation is considered to be a significant provoker of many common disease processes (heart disease, arthritis, cancer, diabetes, and dementia). Bioflavonoids enhance the action of Vitamin C-which is a tremendous immune strengthener.

### **SHARP START**

- \* Daily 5 minutes meditation with deep breathing
- \* Daily devotional (see above or use one of your choice)
- \* Remember to drink 1/2 your body weight in ounces of water today. Fill your measured containers now and get started!

**MORNING** 2 tbs Apple Cider Vinegar in 8-10 ounces of water  
Vital yellow juice or smoothie  
2 Master Detoxification capsules (Vitalleo- optional)  
1 Vitamin D3 (Vitalleo-optional)  
2 Appetite Appeasers (optional)

**LUNCH** Vital yellow salad  
2 Appetite Appeasers (optional)

**DINNER** Vital yellow Soup

**EVENING** Relax tea time  
2 Catch and Release capsules (Vitalleo- optional)

WATER (1/2 body weight in ounces)- Y/N

EXERCISE- Y/N

BM'S - Y/N

HOURS OF SLEEP LAST NIGHT- \_\_\_\_\_

THOUGHTS FROM TODAY:

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**“Keep your face to the sunshine, and you cannot see the shadows.”**

**~ Helen Keller ~**

*"He is like a tree planted beside flowing streams that bears its fruit in its season and whose leaf does not wither. Whatever he does prospers." Psalm 1:3 (CSB She Reads Truth Bible)*

## **DAY #4- GREENS** **(FEATURED PHYTONUTRIENT- FOLATE)**

Green vegetables particularly are high in folate (the natural source of B9 found in food). Folate is essential for converting carbohydrates into energy, red and white blood cell production, and healthy nervous system function. Folate is essential during times of rapid growth spurts (fetal growth during pregnancy, infancy, puberty). In addition, many greens contain plentiful amounts of the antioxidants found in the other "colors"- but the green from the chlorophyll masks the expression of these colors. Make no mistake- they are in there!!

### **SHARP START**

- \* Daily 5 minutes meditation with deep breathing
- \* Daily devotional (see above or use one of your choice)
- \* Remember to drink 1/2 your body weight in ounces of water today. Fill your measured containers now and get started!

**MORNING**    2 tbs Apple Cider Vinegar in 8-10 ounces of water  
                  Go Green juice or smoothie  
                  2 Master Detoxification capsules (Vitalleo- optional)  
                  1 Vitamin D3 (Vitalleo-optional)  
                  2 Appetite Appeasers (optional)

**LUNCH**        Go Green salad  
                  2 Appetite Appeasers (optional)

**DINNER**      Go Green Soup

**EVENING**     Relax tea time  
                  2 Catch and Release capsules (Vitalleo- optional)

WATER (1/2 body weight in ounces)- Y/N

EXERCISE- Y/N

BM'S - Y/N

HOURS OF SLEEP LAST NIGHT- \_\_\_\_\_

THOUGHTS FROM TODAY:

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**"Sometimes the bravest and most important thing you can do is just show up."  
~ Brene Brown ~**

***“For God will never give you the spirit of fear, but the Holy Spirit who gives you mighty power, love, and self-control.” 2 Timothy 1:7 (TPT)***

## **DAY 5- BLUE/ PURPLE** **(FEATURED ANTI-OXIDANT ANTHOCYANIN)**

Blue and purple vegetables and fruits are high in anthocyanin. Anthocyanin is critical for Enhanced brain and heart health.

### **SHARP START**

- \* Daily 5 minutes meditation with deep breathing
- \* Daily devotional (see above or use one of your choice)
- \* Remember to drink 1/2 your body weight in ounces of water today. Fill your measured containers now and get started!

**MORNING** 2 tbs Apple Cider Vinegar in 8-10 ounces of water  
Brain Boosting Blue/ Purple juice or smoothie  
2 Master Detoxification capsules (Vitalleo- optional)  
1 Vitamin D3 (Vitalleo-optional)  
2 Appetite Appeasers (optional)

**LUNCH** Brain Boosting Blue/ Purple salad  
2 Appetite Appeasers (optional)

**DINNER** Brain Boosting Blue/ Purple Soup

**EVENING** Relax tea time  
2 Catch and Release capsules (Vitalleo- optional)

WATER (1/2 body weight in ounces)- Y/N

EXERCISE- Y/N

BM'S - Y/N

HOURS OF SLEEP LAST NIGHT- \_\_\_\_\_

THOUGHTS FROM TODAY:

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***“Giving up something now for something better later is not a sacrifice. It is an investment.”***  
***~ Andy Stanley ~***

**You're almost there! You can do it! You are investing in your health today.**

***“But the fruit of the Spirit is love, joy, peace, patience, kindness, gentleness, and self-control. The law is not against such things.” Galatians 5: 19-22 (CSB She Reads Truth Bible)***

**DAY 6- WHITE  
(FEATURED ANTIOXIDANT ALLICIN)**

White vegetables and fruits are rich in allacin- which has powerful anti-viral, anti-bacterial, and anti-fungal properties, making it an excellent addition to your immune boosting regimen. Common cold? No problem- have a white day!

**SHARP START**

- \* Daily 5 minutes meditation with deep breathing
- \* Daily devotional (see above or use one of your choice)
- \* Remember to drink 1/2 your body weight in ounces of water today. Fill your measured containers now and get started!

**MORNING** 2 tbs Apple Cider Vinegar in 8-10 ounces of water  
 Immune boosting white juice or smoothie  
 2 Master Detoxification capsules (Vitalleo- optional)  
 1 Vitamin D3 (Vitalleo-optional)  
 2 Appetite Appeasers (optional)

**LUNCH** Immune boosting white salad  
 2 Appetite Appeasers (optional)

**DINNER** Immune boosting Soup

**EVENING** Relax tea time  
 2 Catch and Release capsules (Vitalleo- optional)

WATER (1/2 body weight in ounces)- Y/N

EXERCISE- Y/N

BM'S - Y/N

HOURS OF SLEEP LAST NIGHT- \_\_\_\_\_

THOUGHTS FROM TODAY:

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***“Do not follow where the path may lead; go instead where there is no path, and leave a trail.”  
Ralph Waldo Emerson***

***“Do not despise these small beginnings, for the Lord rejoices to see the work begin, to see the plumb line in Zerubbabel’s hand.” Zechariah 4:10 (CSB She Reads Truth Bible)***

## **DAY 7- TRANSITION**

**(REPEAT YOUR FAVS!)**

### **SHARP START**

- \* Daily 5 minutes meditation with deep breathing
- \* Daily devotional (see above or use one of your choice)
- \* Remember to drink 1/2 your body weight in ounces of water today. Fill your measured containers now and get started!

**MORNING** 2 tbs Apple Cider Vinegar in 8-10 ounces of water  
Choose your favorite color breakfast drink from this week  
Master Detoxification capsules (Vitalleo- optional)  
1 Vitamin D3 (Vitalleo-optional)  
2 Appetite Appeasers (optional)

**LUNCH-** Choose your favorite color salad from this week  
2 Appetite Appeasers (optional)

**DINNER-** Choose your favorite color soup from this week

**EVENING-** Choose your favorite tea from the week  
\* Take 2 Catch and Release capsules

WATER (1/2 body weight in ounces)- Y/N

EXERCISE- Y/N

BM'S - Y/N

HOURS OF SLEEP LAST NIGHT- \_\_\_\_\_

THOUGHTS FROM TODAY:

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***“It always seems impossible, until it’s done.”***  
**Nelson Mandela**

***You did it! Congratulations!***

***“Now faith brings our hopes into reality and becomes the foundation needed to acquire the things we long for. It is the evidence required to prove what is still unseen.” Hebrews 11:1***

## **Days 8 and beyond!**

**Now that you have completed this week long journey of eliminating toxic foods and impurities from your body,** and adding life-giving nutrients, keep the flywheel going! You are likely feeling a renewed sense of vitality and well-being. You may even have dropped a few pounds. A clean body naturally begins to reach it's optimal weight!

There are certain foods that you will want to eliminate permanently, some you can add back in moderation, and many that you can eat freely. (see below for a short list of each)

Eating foods that are in their natural God-made state will enhance your health, while eating processed or man-made foods will tear away at your health.

**Enjoy your newfound freedom in health.** Enjoy the hope you now have that you CAN achieve your ultimate health potential!

**ALWAYS AVOID:** fast food, processed junk food, chemical additives

**ENJOY MODERATELY:** whole grains, dairy, lean grass fed red meats

**ENJOY FREQUENTLY:** wild caught fish, organic poultry, eggs, nuts, seeds, cold pressed oils, fruits

**ENJOY UNLIMITED:** Vegetables

*\* Pay attention to your body's response to certain foods and avoid foods that you are sensitive to, even if they are on the “allowable lists”*

It's imperative at this point, to make some decisions about your long-term health. You and you alone have the freedom to choose what health decisions you will make for you and your family. What commitment/ investment are you ready to make towards improving your health?

### **GET TESTED!**

Having your Vitamin D levels, Inflammatory markers, Genetic propensities, and Food sensitivities tested is an excellent investment in your health. This information reveals where your strong and weak spots are, so you can take action steps, according to your specific biochemistry and risk factors, to achieve your highest health potential.

**To Order Your Personalized Tests Simply Email:  
DrCSeymour@gmail.com**

***“Believe you can, and you're halfway there.”  
~ Theodore Roosevelt ~***

# REFLECTION QUESTIONS

**WHAT DO I NEED TO KEEP DOING?**

**WHAT DO I NEED TO START DOING?**

**WHAT DO I NEED TO STOP DOING?**

**WHO IN MY LIFE WILL BENEFIT FROM MY INVESTMENT IN IMPROVING MY OWN HEALTH?**

**“See the world not as it is, but as it could be.”  
~ Author unknown ~**

# RECIPES





## DAY 1

# POWER REDS

### BREAKFAST- DAY 1 OPTIONS (Choose 1)

*#1- POWER HEALTHY HEART*

*#2- POWER BERRY MELON REVIVE*

*#3- POWER BEET SUNRISE*

#### **#1- POWER HEALTHY HEART**

Prep time- 10 min.

Cook time- none

Total time- 10 min.

Yield- 4 (12 ounce) servings

#### **To Prep:**

2 (3.88 ounce) packages of frozen  
acas puree, thawed

1 + 1/2 cups frozen raspberries

1 cup frozen blackberries

1 cup frozen strawberries

1 cup pomegranate seeds

#### **To Serve:**

1 + 1/2 cups of pomegranate juice

- 1) Combine all berries and seeds from "To Prep" ingredients in a large bowl. Divide into 4 equal portions and store in freezer safe containers. (Freeze for up to one month, until ready to serve)

#### **TO MAKE ONE SERVING:**

**Place contents of one bag in a blender, and add 1/3 cup pomegranate juice. Blend until smooth, serve immediately.**

#### **#2- POWER BERRY MELON REVIVE**

Prep time- 10 min.

Cook time- none

Total time- 10 min.

Yield- 4 (12 ounce) servings

#### **To Prep:**

4 cups diced watermelon (frozen)

2 cups diced cantaloupe

1/2 cup frozen raspberries

1/2 cup honeydew melon

1/3 packed fresh mint leaves  
(chopped)

#### **To Serve:**

1 cup coconut water OR aloe vera juice  
4 tablespoons fresh lime juice  
2 tablespoons honey (optional)

- 1) Combine watermelon, cantaloupe, raspberries, honeydew melon, and mint in a large bowl. Divide into 4 equal portions and store in freezer safe containers. Freeze for up to one month, until ready to serve)

#### **TO MAKE ONE SERVING:**

**Place contents of one bag in a blender and add 1/4 cup coconut water (or aloe vera juice), 1 Tablespoon lime juice, 1 + 1/2 teaspoons honey (optional). Blend until smooth. Serve immediately. (Add a sprig of mint leave to top if desired).**

#### **#3- POWER BEET SUNRISE**

Prep time- 10 min.

Cook time- none

Total time- 10 min.

Yield- serves 1

#### **To Prep:**

4 cups raw beets

2 cups chopped carrots

1 cup ripe tomatoes

5 radishes

2 oranges, peeled (2 blood, 2 naval, or  
5 clementines may be substituted)

1 tsp. Ground turmeric (or 8- 1 inch  
slices of fresh turmeric if available)

#### **To Serve:**

Put all ingredients through a juicer-  
adding turmeric last

## DAY 1

# POWER REDS

### LUNCH- DAY 1 OPTIONS (Choose 1)

*#1-POWER RED RADICCHIO RADISH SALAD*

*#2- POWER SPINACH STRAWBERRY SALAD*

#### **#1- POWER RED RADICCHIO RADISH SALAD**

Prep time: 5 min.

Cook time: none

Total time: 5 min.

Yield- 2 servings

#### **To Prep:**

3 cups Radicchio

1 + cup radishes (sliced)

3 cups spring mix

3 cups tomatoes (cherry or grape)

1 Cucumber (sliced thin)

#### **Suggested Dressing:**

Balsamic Vinaigrette, Olive Oil and Vinegar, or Olive Oil and Lemon juice.

#### **#2-POWER SPINACH STRAWBERRY SALAD**

Prep time; 8-10 min.

Cook time: none

Total time: 8-10 min.

Yield- 2 servings

#### **To Prep:**

4 cups raw spinach

2 cups mixed arugula

2 cups strawberries (sliced)

1 red bell pepper (or 5 small  
sweet red peppers, chopped)

#### **To Serve:**

Mix spinach, arugula leaves in large bowl. Top with sliced strawberries and red peppers. Drizzle with dressing and serve immediately.

#### **Suggested Dressing:**

Paul Newman Poppyseed (or other organic poppyseed)

# DAY 1

## POWER REDS

### DINNER DAY 1

#### #1- POWER RED GARDEN VEGGIE SOUP

#### **POWER RED GARDEN VEGGIE SOUP**

Prep time: 10 min.

Cook time: 30 min.

Total time: 40 min.

Yield- 4-6

#### **Ingredients:**

6 cups organic low sodium vegetable broth (or bone broth collagen)

1 tsp. Extra virgin olive oil

2 carrots, peeled and diced

1 large white onion, diced

1 cup broccoli, chopped

1 large zucchini, chopped

6 stalks celery, chopped

4 cloves garlic, chopped, or minced (1= 1/2 tbsp)

1/2 lb. fresh or frozen green beans

1/2 cup red cabbage, chopped

3 tbsp. Tomato paste

1 tsp. Fresh basil

1 tsp. Fresh oregano

1 tsp. Sea salt (optional)

1/2 cup water (more if desired)

#### **To Prep**

Heat 2 tsp. Olive oil in large pan. Sauté carrots, onion, broccoli, zucchini, celery, and green beans over medium-high heat until tender (about 6 minutes), add garlic and sauté 1 minute longer.

In large pot, add broth, tomato sauce, water, basil, oregano, sea salt and bring to boil. Reduce heat to medium low, add cabbage, cover with lid and allow to simmer, stirring occasionally, until veggies are soft, about 15-20 minutes

## DAY 2

# A+ ORANGE

### **BREAKFAST- DAY 2 OPTIONS (Choose 1)**

# 1- A+ CARROT, TURMERIC, CAYENNE JUICE

# 2- A+ PEACH MELBA FROST

# 3- A+ CARROT, ORANGE, GINGER DREAM

#### **#1- A+ CARROT, TURMERIC, CAYENNE JUICE**

Prep time: 10 min.

Cook time: none

Yield: 2 servings

#### **To Prep:**

1 Cup carrot juice

3 oranges (any kind)

1 lime

3/4 cup fennel

1/4 cup ground turmeric (or to taste)

1/8 tsp cayenne (or to taste)

#### **To Serve:**

Blend all ingredients until smooth. Enjoy your immune boost!

#### **#2- A+ PEACH MELBA FROST**

Prep time: 10 min.

Cook time: none

Total time: 10 min.

Yield- serves 4

#### **To Prep:**

1 (16 oz.) package frozen

sliced peaches

1 cup frozen raspberries

1 naval orange (can substitute

1 blood, or 3 clementines)

peeled and seeded

#### **To Serve:**

1/2 cup orange juice

2 tbsp fresh lime juice

2 tbsp honey (optional)

2 tsp vanilla extract

Combine peaches, raspberries, and orange in a large bowl. Divide into 4 equal portions and store in freezer safe container. (Freeze up to one month, until ready to serve)

#### **FOR ONE SERVING:**

Place the contents of one bag in a blender and add 4 tsp orange juice, 1 tsp lime juice, 1 tsp honey, 1/4 tsp vanilla. Blend until smooth. Serve immediately.

#### **#3- A+ CARROT, ORANGE, GINGER DREAM**

Prep time: 10 min.

Cook time: none

Total time: 10 min.

Yield- serves 4

#### **To Prep:**

2 naval oranges, peeled, chopped and seeded. (can substitute 2 blood oranges, or 5 clementines)

2 cups frozen, sliced carrots

2 cups frozen, diced pineapple

1 tbsp finely chopped fresh

ginger

#### **To Serve:**

1 cup carrot juice

1 cup coconut or almond milk (unsweetened)

1-2 tbsp honey (optional)

Combine oranges, carrots, pineapple and ginger in a large bowl. Divide into 4 equal portions and store in freezer safe container. Freeze for up to one month, until ready to serve.

#### **FOR ONE SERVING:**

Place the contents of one bag in a blender and add 1/4 cup carrot juice, 1/4 cup coconut or almond milk, and 1/2 tsp honey. Blend until smooth, serve immediately.

## DAY 2

# POWER ORANGE

### **LUNCH- DAY 2 OPTIONS (Choose 1)**

#1- A+ *ORANGE CARROT GREENS SALAD*

#2- A+ *BRAISED FENNEL AND GRAPEFRUIT SALAD*

#### **#1- A+ ORANGE CARROT GREENS SALAD**

Prep time: 5 min.  
Cook time: none  
Total time: 5 min.  
Yield- serves 2-3

#### **To Prep:**

6 cups mixed salad greens (any mixture)  
2 cups shredded carrots  
2 cups orange bell peppers (or 6 mini orange sweet peppers) sliced thin  
1/2 raw sweet potato (sliced thin and cubed)

#### **To Serve:**

Place mixed greens in large bowl. Top with shredded carrots, orange peppers and raw sweet potato. Drizzle with dressing to taste. Serve immediately.

#### **Dressing suggestions:**

Olive oil and vinegar  
Mango, coconut & Pepper (Cindy's kitchen). Annie's brands.

#### **#2- A+ BRAISED FENNEL AND GRAPEFRUIT SALAD**

Prep time: 10 min.  
Cook time: none is using raw fennel, 45 minutes if using roasted fennel  
Total time: 10-45 min. (raw - roasted)  
Yield: serves 2-4

#### **To Prep:**

4 cups romaine or bib lettuce  
2 cups arugula  
3 bulbs fennel (thinly sliced) \* raw or roasted  
1 scallion (finely chopped)  
2 pink grapefruit (peeled and segmented)  
2 oranges (peeled and segmented)

#### **To Serve:**

Mix romaine and arugula in large bowl. Add all other raw ingredients and drizzle with dressing of choice. If using raw fennel, the thin slices can be arranged over the top of your salad, or tossed with other ingredients. If using roasted fennel, arrange the braised fennel over the top of the salad and drizzle with dressing.

#### **FOR ROASTED FENNEL:**

When you purchase the fennel, you will want to find the most pristine outer layer since removing the outer layer can mean losing a good deal of the yield. Remove the stalk and frond. (You can certainly use those fronds to add texture and flavor to your salad, but the recipe above calls for only the bulb.) Cut your bulbs into quarters and remove the core, to help the fennel cook more evenly. Combine the quarters with a thin layer of olive oil on your baking sheet. Place in a pre-heated to 425 degree oven and roast for about 45 minutes, or until the fennel is caramelized and tender.

## DAY 2

# POWER ORANGE

### DINNER - DAY 2 OPTION (Choose 1)

#1- A+ CARROT LIME SOUP

#### **CARROT LIME SOUP**

Prep Time: 10 min.

Cook Time: 15 min.

Total Time: 25 min.

Yield- 3 servings

#### **Ingredients:**

2 tbsp coconut oil (for sauté)

1 tbsp coconut oil (pre-blend)

1 white onion (finely sliced)

1 clove garlic (finely chopped) or 2 tbsp minced

2.5 lbs carrots, cut into 3/4 inch cubes

2 stalks celery

1 tsp ground turmeric

Juice of 1 lime

Zest of 1 lime (finely grated)

1 inch piece of ginger (finely grated)

1 cup organic vegetable broth (or bone broth collagen)

4 1/4 cups of water

1/4 cup coconut milk

In medium pan, heat the coconut oil and sauté the onion and garlic gently for 2-3 minutes or until soft. Add the celery, turmeric, lime zest, and ginger. Sauté for 2 more minutes.

In large pot, combine the vegetable broth, water, and carrots. Bring to a boil. Reduce heat and simmer until you can crush the carrots easily. Add coconut milk to pot and stir.

Transfer the contents of the pan to a high speed blender, and 1 more tbsp on coconut oil and process until velvety smooth. After blending, gently stir in the lime juice and serve immediately.

## DAY 3

# VITAL YELLOW

### **BREAKFAST DAY 3 OPTIONS- (Choose 1)**

*#1- VITAL LEMONADE DETOX BLEND*

*#2- VITAL TROPICAL SLIMMER*

*#3- VITAL LEMON SUPREME*

#### **#1- VITAL LEMONADE DETOX BLEND**

Prep time: 5 min.  
Cook time: none  
Total time: 5 min.  
Yield: 2 servings

#### **To Prep:**

3/4 cup pure lemon juice (or the juice of about 6 lemons)  
1/3 cup organic maple syrup  
3 1/2 cups water (spring, distilled or alkaline)

#### **To Serve:**

Pour lemon juice in a 32 ounce container. Add maple syrup. Add water. Shake vigorously or blend in a blender to taste. Sip on this all morning long for best results. (drinking about 3 ounces every half an hour or so until mixture is gone will give you the best blood sugar stability).

#### **#2- VITAL TROPICAL SLIMMER**

Prep time: 5 min.  
Cook time: none  
Yield: 4- 8 ounce servings

#### **To Prep:**

2 cups frozen mango  
1 cup frozen pineapple  
1 banana (sliced)  
2 tangerines (peeled and segmented)  
1 cup spinach

#### **To Serve:**

3 cups coconut water

Combine mango, pineapple, banana, and tangerine into a large bowl. Divide into 4 equal portions and place in a freezer safe container. Freeze until ready to serve (up to one month).

#### **TO MAKE ONE SERVING:**

Place contents of one bag in a blender. Add 3/4 cup coconut water and blend until smooth. Serve immediately.

#### **#3- VITAL LEMON SUPREME**

Prep time: 5 min.  
Cook time: none  
Total time: 5 min.

#### **To Prep:**

1 +1/2 cups frozen peach, mango, and pineapple (mixed- you may use as much or as little of each as desired to reach the 1 +1/2 cup total)  
Juice of 1 large lemon  
3/4 cup coconut milk  
1 tbsp freshly grated ginger  
(optional) honey or stevia to taste

## DAY 3

# VITAL YELLOW

### LUNCH DAY 3 OPTIONS- (Choose 1)

*#1- VITAL SUNNY DAY SALAD*

*#2- VITAL MANGO RAINBOW SALAD*

#### **#1- VITAL DAY SALAD**

Prep Time: 10 min.

Cook Time: none

Total Time: 10 min.

Yield: 2-4

#### **To Prep:**

6 cups mixed greens (any)

1 cup pineapple (chopped)

2 cups yellow bell peppers (or 8 yellow mini sweet peppers)

1 yellow zucchini (thinly sliced- either raw, or lightly sautéed)

(optional)- can add 2 thinly sliced golden beets

(optional)- yellow chili peppers or banana peppers to taste

#### **Dressing suggestions:**

Place all greens into large bowl. Add yellow peppers and zucchini and toss. Top with pineapple. Drizzle with dressing and serve immediately.

#### **#2- VITAL MANGO RAINBOW**

#### **SALAD**

Prep time: 10 min.

Cook time: none

Total time: 10 min.

Yield: 2-4 servings

#### **To Prep:**

6 cups mixed greens

3 cups mangos (sliced)

1 cup rainbow carrots (chopped)

1 cup yellow bell pepper (chopped)

Combine mixed greens in large bowl. Top with carrots, peppers, and mangos.

Drizzle with dressing and serve immediately.



## DAY 3

# VITAL YELLOW

### DINNER DAY 3 OPTION

#### #1 YELLOW VEGGIE CHOWDER

#### **YELLOW VEGGIE CHOWDER**

Prep Time: 10 min.

Cook Time: 10 min.

Total Time: 20 min.

Yield- 2-4

#### **To Prep:**

2 large tomatoes

1 cup water

1 cup vegetable broth

1tbsp coconut oil

1 cup coconut milk

2 medium yellow bell peppers, diced

1 medium yellow onion, finely chopped

1 garlic clove , (or 2 tbsp minced)

1 tbsp fresh sage, chopped

1 tbsp fresh thyme, chopped

1 tbsp fresh parsley, chopped

(optional)- \* curry can be added to taste if you'd like

Combine all ingredients in a large pan and bring to a boil. Reduce heat and simmer for 10-15 minutes or until veggies are tender.

## DAY 4

# GO GREEN

### **BREAKFAST -DAY 4 OPTIONS (Choose 1)**

*#1- GO GREEN AVOCADO SMOOTHIE*

*#2- GO CLEAN GREEN*

*#3- GO GREEN SWELL B GONE*

*#4- (BONUS) GO GREEN SPINACH SLIMMER*

#### **#1- GO GREEN AVOCADO SMOOTHIE**

Prep Time: 5 minutes  
Cook Time: none  
Total Time: 5 minutes  
Yield 6 - (8 ounce) servings

#### **To Prep:**

1 Avocado (halved, peeled, pitted)  
2 cups baby spinach  
2 Kiwi (peeled, sliced)  
1 cup frozen pineapple chunks (fresh can be used for more liquid texture)  
1 cup Kale  
1/2 cucumber (peeled, chopped)  
1/2 cup sugar snap peas (chopped)

#### **To Serve:**

1+ 1/2 cup almond or coconut milk (unsweetened)  
Combine the avocado, spinach, kiwi, pineapple, kale, cucumber, and sugar snap peas in a large bowl. Divide into 6 equal portions and place in freezer safe bag or container until ready to use, up to one month.

#### **TO MAKE ONE SERVING:**

Place contents of one container in blender and add 1/4 cup almond or coconut milk. Blend until smooth. Serve immediately.

#### **#2- GO CLEAN GREEN**

Prep time: 10 min.  
Cook time: none  
Total time: 10 min.  
Yield: 4 (8 oz) servings

#### **To Prep:**

3 cups baby spinach  
2 cups baby kale  
3 celery stalks, chopped  
2 large granny smith apples (cored)  
1 tbsp fresh ginger (grated)

#### **To Serve:**

1 cup unsweetened almond or coconut milk  
Combine spinach, kale, celery, apples, and ginger into large bowl. Divide into 4 equal portions and place in freezer safe bag or container. Freeze until ready to serve, up to one month.

**TO MAKE ONE SERVING:** Place contents of one bag in a blender and add 1/4 cup almond or coconut milk. Blend until smooth. Serve immediately.

#### **#3- GO GREEN SWELL B GONE**

Prep time: 10 min.  
Cook time: none  
Total time: 10 min.  
Yield: 2 servings

#### **To Prep:**

2 cups spinach  
1 cup seedless purple or green grapes  
2 tbsp apple cider vinegar  
1 cup pineapple chunks  
1 pear  
1/2 inch fresh ginger  
1/2 tsp cinnamon

#### **To Serve:**

Add all ingredients to juicer and extract until smooth. If using blender, use frozen grapes and frozen pineapple chunks for texture.

**#4- (BOUNS) GO GREEN  
SPINACH SLIMMER**

Prep time: 10 min.

Cook time: none

Total time: 10 min.

Yield: 2 servings

**To Prep:**

2 cups spinach

1 cup grapefruit sections

1 lemon

1 large apple (chopped)

1/2 inch fresh ginger

1 sprig of mint

Juice all ingredients.

(Or blend with strainer (if blending, add add 120 ml water or ice, OR 1 cup frozen grapes)

## DAY 4

# GO GREEN

### **LUNCH -DAY 4 OPTIONS (Choose 1)**

*#1- GO GREEN AVOCADO CUCUMBER SALAD*

*#2- GO GREEN ZUCCHINI AND MINT SALAD*

#### **#1- GO GREEN AVOCADO CUCUMBER SALAD**

Prep time: 10 min.

Cook time: none

Total time: 10 min.

Yield: 2- 4 servings

#### **To Prep:**

4 cups baby spinach

2 cups romaine lettuce

1 avocado (pitted and sliced)

1 cup sugar snap peas (whole or cut in 1/2)

#### **#2- GO GREEN ZUCCHINI AND MINT SALAD**

Prep Time: 5 min.

Cook Time: 6-8 min.

Total Time: 12-13 min.

Yield- 2 servings

#### **To Prep:**

2 Zucchini, sliced into thin sticks

4 ounces green beans, cut into thirds

1 green Bell pepper, seeded and cut into strips

2 celery stalks, sliced

1 bunch of watercress (optional)

2 tbsp fresh mint (chopped)

Cook the zucchini sticks and green beans in a pan of lightly salted water for 6-8 minutes until slightly tender. Drain, rinse under cold running water, and drain again. Let cool completely.

Mix the zucchini and beans with the green bell pepper strips, celery, and watercress in a large serving bowl. Top with fresh mint. Add optional dressing and serve immediately.

## DAY 4

# GO GREEN

### DINNER-DAY 4 OPTION

#### #1- GO GREEN CREAMY BROCCOLI DILL SOUP

#### **GO GREEN CREAMY BROCCOLI DILL SOUP**

Prep Time: 15 min.  
Cook time: 20 min.  
Total time: 35 min.  
Yield: 2-4 servings

#### **Ingredients:**

1 tbsp olive oil  
1 medium sweet onion (chopped)  
3 cloves garlic (minced)  
4 cups low sodium vegetable broth (or collagen bone broth)  
4 cups finely chopped broccoli  
1 package (5 oz) baby spinach  
1 cup water cress  
1 cup water cress (additional for serving if desired)  
1/2 cup fresh parsley leaves  
1/2 cup coconut milk or coconut cream  
1 tbsp lemon pepper  
1/2 cup fresh dill  
Add salt and pepper to taste if desired

#### **To Prep:**

- 1) Heat olive oil in large stockpot over medium heat
- 2) Add onion and cook, stirring occasionally until tender (5 min)
- 3) Stir in garlic and cook another 1-2 min.
- 4) Stir in the broth and broccoli and simmer until broccoli is tender (about 7 min.)
- 5) Stir in spinach and 1st cup water cress- cook until spinach is wilted (about 1-2 min.)
- 6) Add coconut milk and cook (1 min.)
- 7) Puree with immersion or other blender until desired consistency is reached
- 8) Top with fresh dill, lemon pepper, and parsley
- 9) Serve immediately

## DAY 5

# BRAIN BOOSTING BLUE/PURPLE

### **BREAKFAST- DAY 5 OPTIONS (Choose 1)**

#1- *BRAIN BOOSTING BLUEBERRY TART SMOOTHIE*

#2- *BRAIN BOOSTING BERRY BEST SMOOTHIE*

#3- *BRAIN BOOSTING PURPLE PICK ME UP*

#### **# 1- BRAIN BOOSTING BLUEBERRY TART SMOOTHIE**

Prep Time: 10 min.  
Cook Time: none  
Total Time: 10 min.  
Yield: 4 (8 ounce) servings

#### **Ingredients:**

3 cups frozen blueberries  
1 cup frozen cherries  
1 tbsp almond butter (optional)  
1 tsp. Cinnamon

#### **To Serve:**

1 cup unsweetened almond or coconut milk

Combine blueberries, cherries, almond butter, and cinnamon in large bowl. Divide into 4 equal portions and place into freezer safe bags or containers. Freeze for up to one month or until ready to serve.

**TO MAKE ONE SERVING:** Place contents of one bag in a blender and add 1/4 cup almond (or coconut) milk. Blend until smooth. Serve immediately.

#### **#2- BRAIN BOOSTING BERRY BEST SMOOTHIE**

Prep time: 10 min.  
Cook time: none  
Total time: 10 min.  
Yield: 1 serving

#### **To Prep:**

1/2 cup frozen blueberries  
1/2 cup kale  
3/4 cup dark cherry juice  
1/4 cup banana (sliced)

Combine all ingredients in blender until smooth. Serve immediately.

#### **#3- BRAIN BOOSTING PURPLE PICK ME UP**

Prep time: 10 min.  
Cook time: none  
Total time: 10 min.  
Yield: 1 serving

#### **To Prep:**

2 cups spinach  
1+ 1/2 cup frozen red or purple grapes  
1 cup brewed, chilled dandelion root tea  
2 mint leaves  
1 cup water

Combine all ingredients to juicer, or blender and extract until smooth. Serve immediately.

## DAY 5

# BRAIN BOOSTING BLUE/PURPLE

### LUNCH DAY 5 OPTIONS (Choose 1)

#1- BRAIN BOOSTING PURPLE PASSION SALAD

#2- BRAIN BOOSTING BOUQUET

#### **BRAIN BOOSTING PURPLE PASSION**

##### **SALAD:**

Prep Time: 10 min.

Cook Time: none

Total Time: 10 min.

Yield 2-4

##### **Suggested dressing:**

Mango Poppyseed Dressing

\* juice of 1 mango

\* 3 tbsp olive oil

\* 1 tsp spicy mustard (optional)

\* 1 tsp honey

\* Juice of 1 lemons

\* 1 tbsp poppyseed

\* Salt to taste

Place all ingredients in a jar, screw on the cap and shake vigorously. Taste first to adjust an ingredient ratios.

\* Dressing- Annie's brand, organic dairy free-low sugar, Salsa, hummus, or guacamole can also be used as dressing

\* Seeds can be added to any of the recipes

Toss Salad with dressing and top with raw sunflower seeds or pine nuts

##### **Ingredients:**

4 cups spring mix (Red Romaine may also be used)

2 cups purple kale

2 cups purple cabbage

1 cup rainbow carrots (chopped)

1 cup red onion (optional- chopped)

Fresh Basil to taste

Fresh Rosemary to taste

\* you can also add edible pansies!

\* Kale tips: move the entire stem and spine from leaves. Shred finely.

#### **#2- BRAIN BOOSTING BOUQUET SALAD**

Prep Time: 10 min.

Cook Time: none

Total Time: 10 min.

##### **To Prep:**

4 cups Spring mix (or purple butterhead lettuce)

1 cups bok choy

1 cup white or red onion (sliced extra thin)

1 cup blueberries

1 cup edible flowers (either Elderberry, Borage, or Lavender or Pansy- my personal favorite!)

\* Edible flowers can be found in many local health food stores in the produce section.

\* Not all flowers can be eaten and some are poisonous, so stick to the list above!

\* Make sure your flowers are 100% organic and have not been sprayed with any chemicals

Peel and thinly slice onions. Pour Spring mix, Bok Choy into large bowl. Top with onions, blueberries and edible flowers. A light vinaigrette works best with this simple salad!

## DAY 5

# BRAIN BOOSTING BLUE/PURPLE

### DINNER DAY 5 OPTIONS

#### *#1-BRAIN BOOSTING PURPLE POWER SOUP*

#### **#1- BRAIN BOOSTING PURPLE POWER SOUP**

Prep time: 10 min.

Cook time: 20 min.

Total time: 30 min.

Yield: serves 2-4

#### **Ingredients:**

2 Red onions

1 medium red cabbage

1 large sweet apple

2 tbsp extra virgin olive oil

4 sprigs fresh thyme, leaves picked

2 cups organic vegetable broth

1 cup water

2 cups unsweetened almond (or coconut) milk

2 tbsp balsamic vinegar

Pinch of salt (to taste)

Garnish (optional)

Apple slices (thinly sliced)

Fresh Thyme leaves

Chopped chives

#### **To Prep:**

Peel and slice onions evenly. Peel the outer layers of the red cabbage and rinse.

Cut into 4 pieces then shred evenly. Grate apple (discarding the core).

Preheat a large saucepan over medium heat and add olive oil. Add onion, cabbage, and apple. Add salt and pepper to taste. Add the thyme.

Cook for about 4-5 minutes, stirring often (to avoid burning). (The mixture will half in volume after this time). Add your broth of choice, almond (or coconut) milk, and balsamic vinegar. Stir all ingredients well, cover. Simmer for 10-15 minutes. Blend with a hand stick or traditional blender.

Add additional seasoning to taste before serving. Serve with optional garnish above.

Tea- enjoy your allowable tea

Take 2 Catch and Release capsules



## DAY 6

# IMMUNE BOOSTING WHITES

### **BREAKFAST- DAY 6 OPTIONS: (Choose 1)**

*#1- IMMUNE BOOSTING SLIMMER C*

*#2-IMMUNE BOOSTING COCONUT BANANA DELIGHT*

*#3-IMMUNE BOOSTING PEAR PARADISE*

#### **#1- IMMUNE BOOSTING SLIMMER C**

Prep time: 5 min.

Cook time: none

Total time: 5 min.

Yield: 1 serving

#### **To Prep:**

1 cup white grapes

1 cup grapefruit (peeled)

Ginger (optional- sliced to taste)

#### **To Serve:**

Combine grapes and grapefruit in juicer and juice until smooth. Serve immediately.

\* Frozen grapes may also be used- follow same instructions and blend in blender

#### **#2- IMMUNE BOOSTING COCONUT BANANA DELIGHT**

Prep time: 10 min.

Cook time: none

Total time: 10 min.

Yield: 1 serving

#### **To Prep:**

1 apple (cored)

1/2 banana (peeled, sliced, and frozen)

1/2 tbsp raw almond butter

1/4 cup unsweetened coconut or almond milk

1/4 cup raw coconut flakes (optional)

Blend until creamy. Serve immediately.

#### **#3- IMMUNE BOOSTING PEAR PARADISE**

Prep time: 10 min.

Cook time: none

Total time: 10 min.

Yield: 1 serving

#### **To Prep:**

2 small ripe pears seeded

1 inch ginger

1 apple seeded

Combine all ingredient in juicer and juice until smooth. Serve immediately.

## DAY 6

# IMMUNE BOOSTING WHITES

### LUNCH- DAY 6 OPTIONS: (Choose 1)

#1- IMMUNE BOOSTING WARM MUSHROOM AND ONION SALAD

#2- IMMUNE BOOSTING CAULIFLOWER CUCUMBER SALAD

#### #1- IMMUNE BOOSTING WARM MUSHROOM AND ONION SALAD

Prep time: 5 min.  
Cook time: 6 min.  
Total time: 11 min.  
Yield: 4 servings

#### Ingredients:

6 cups baby spinach leaves  
3 tbsp olive oil  
10 oz. sliced mushrooms (Portobello, Crimini, Shitake, or White Button)  
1 med. onion  
1 clove fresh garlic  
1/2 watercress, chopped (optional)

#### Suggested dressing:

6 tbsp olive oil  
2 tbsp balsamic vinegar  
1 tsp spicy or brown mustard (optional)  
Salt and pepper to taste

#### To make dressing:

Place olive oil, vinegar, mustard, salt, and pepper in a bowl and whisk, or in a jar and shake vigorously.

#### To make salad:

Place Spinach leaves in large bowl and set aside.

Heat oil, garlic, salt and pepper in large skillet. Add mushrooms and onions. Cook 3 minutes or until tender. Reduce heat to warm, add dressing to warm skillet, cover and warm for 3 additional minutes.

Immediately pour into bowl with spinach leaves and toss until coated. Top with watercress. Serve immediately.

#### #2- IMMUNE BOOSTING CAULIFLOWER CUCUMBER SALAD

Prep time: 10 min.  
Cook time: none  
Total time: 10 min.  
Yield: 2-4 servings

#### Ingredients:

6 cups mixed greens  
3 cups cauliflower (chopped)  
2 cucumbers (peeled and chopped)  
1/2 white onion (chopped)  
1 cup white grapes (halved)  
1 cup raw shredded coconut (optional)

#### To Prep:

Place greens in large bowl. Top with cauliflower, cucumber, onion, grapes, and coconut to taste. Drizzle with dressing and serve immediately.

# DAY 6

## IMMUNE BOOSTING WHITES

### DINNER- DAY 6 OPTION

#### #1- CREAMY CAULIFLOWER/ LEEK SOUP

#### **CREAMY CAULIFLOWER / LEEK SOUP**

Prep time: 10 min.

Cook time: 10-12 min.

Total time: 20 min.

Yield: 2

#### **Ingredients:**

1 tbsp coconut oil

1 shallot, sliced

1 clove garlic, sliced (or minced)

2 tsp. Lemon pepper

1 tsp ground coriander

1/3 tsp ground pepper

1/3 cup fresh oregano leaves, plus extra for garnish

1 cup cold water

1 leek, chopped into 2" chunks

1 head white cauliflower (chopped)

3 + 1/3 cup boiling water

1 tsp Bragg's Amino Acid (can also substitute with 1/2 tsp umeboshi paste)

#### **Cook:**

In medium sized pan, heat the coconut oil. Sauté the sliced shallot and garlic for 2 min. Add the lemon pepper, coriander, pepper, and oregano. Add the cold water, bring to a boil, then simmer for 1-2 minutes.

Add the leek and cauliflower pieces to the pan and be sure to store will. Add the boiling water and leave to cook on medium heat for 10 min. (You will know it is ready when the cauliflower starts to break up into much smaller pieces and will be soft to the point of a knife).

Add the Bragg's Aminos (or umeboshi paste), and stir well. Transfer the contents of the pan to a blender and blend until very smooth.

Serve hot with a garnish of oregano. Sprinkle with lemon zest, lemon pepper, or pepper to taste).

## HOMEMADE DRESSING OPTIONS:

### **MANGO POPPYSEED DRESSING**

- \* Juice of 1 mango
- \* 3 tbsp olive oil
- \* 1 tsp spicy mustard (optional)
- \* 1 tsp honey
- \* Juice of 1 lemons
- \* 1 tbsp poppyseed
- \* Salt to taste

Place all ingredients in a jar, screw on the cap and shake vigorously.  
Taste first to adjust an ingredient ratios.

### **OLIVE OIL VINAIGRETTE**

Combine 3 parts extra virgin olive oil to 1 part vinegar of your choice (balsamic, rice, red wine, apple cider, raspberry etc.), add lemon juice to taste. Add spices to taste (salt, pepper, turmeric, cayenne, basil, rosemary, or any other fresh herb you desire).

I encourage you to experiment with flavor combinations using this ratio!

### **Ideally, with your store bought dressings, this is what you are looking for:**

Less than 200 mg. Sodium per 2 tbsp  
Less than 3 grams of sugar per 2 tbsp  
Organic

**NOTE:** Do not look for "fat free" - your dressing needs to contain enough essential fat (healthy fats), to help you absorb Vitamins A, D, E, and K from your veggies!

### **Some suggestions:**

Annie's brand (Red Wine and Olive Oil vinaigrette, or Caesar)  
Bragg vinaigrette  
Primal Kitchen Lemon and Turmeric Vinaigrette

## NIGHTTIME TEA OPTIONS

Milk thistle  
Daily Detox  
Mint  
Chamomile  
Turmeric  
Star Anise  
Ginger  
Lemon Ginger  
Thai Delicious (blue flower tea)