

· AT A ·

Glance

Feel Ageless Be Ageless





AT A GLANCE

This simple guide organizes your recipes for the program as outlined in the Suggested Meal Guide. If you want to exchange meals, please refer to your Recipe Guide for other options. The Shopping Lists match the meal guide, so if you make any changes or exchange recipes, please adjust your shopping list accordingly.

Your daily elixir drink recipes are also here.

Refer to your Suggested Meals if you want to print out a one-page chart of your meals for the week. This is nice to post on your refrigerator.

Print out your Shopping List and get ready.

INGREDIENT NOTES:

Plant-based protein powder – pea protein and hemp protein are clean protein sources for clean eating OR substitute 3 tablespoons of hempseeds for 1 scoop protein powder. My favorite protein powder is NeoLife.

Broth – wherever broth is noted as an ingredient, know that you can use your favorite clean vegetable broth. You can also use homemade potassium broth.



AT A GLANCE

DAYS 1-7

YOUR DAILY DRINKS

These 2 drinks are both refreshing and light. They are designed to help you stay hydrated and support your cleansing pathways.

Each recipe makes one serving. While you can make these in slightly larger batches, try not to make more than you are going to consume in one day to preserve the enzyme action in the lemon juice especially.

LEMON WATER ELIXIR

Serves 1

- 1 cup room-temperature water
- 1 tablespoon raw apple cider vinegar*
- 1 lemon, juiced
- dash of sea salt
- 1 teaspoon raw honey or maple syrup, or a few drops stevia to taste (optional)

***NOTE:** If you feel nauseous or experience tightness in the chest after drinking the Lemon Water Elixir, please omit the raw apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during the cleanse. Continue to drink the Lemon Water Elixir, omitting the apple cider vinegar (or use only ½ teaspoon of ACV) for at least three days before reintroducing it. If the reaction continues upon reintroduction, continue to omit it.

Add other drinks from recipe guide.

DAY 1

BREAKFAST



MANGO SMOOTHIE BOWL

Serves 1

½ lemon, juiced
½ cup water
½ cup coconut milk
1 cup frozen mango chunks
1 banana frozen or chilled
2 teaspoons chia seeds

Blend the lemon juice, water, coconut milk, mango, and banana until smooth and top with chia seeds.

LUNCH

SWEET BERRY DETOX SALAD

Serves 2


3 cups spinach
¼ bunch dandelion greens, chopped
½ cup sliced strawberries
1 cup fresh blueberries
2 celery ribs, diced
1 avocado, sliced
1 small red onion, sliced
1 cucumber, chopped
1 cup Tahini Dressing OR lemon juice and raw apple cider vinegar, to taste

Add ingredients to a large mixing bowl and mix well.

TAHINI DRESSING

Makes about 1 cup

1 cup tahini
2 lemons, juiced
1 garlic clove, finely chopped
sea salt and black pepper to taste



Combine ingredients in a small bowl and mix well. Add a few tablespoons of water, if the dressing is too thick. Store refrigerated in an airtight container for up to 5 days.

DINNER

VEGGIE GARBANZO SAUTÉ STUFFED SWEET POTATOES WITH RAW GLOW SALAD

Serves 4

½ cup vegetable broth
2 garlic cloves, chopped
1 large onion, chopped
1 bunch broccoli, chopped into florets
½ cup red cabbage, shredded
1 cup kale, chopped
1 cup snow peas
2 15-ounce BPA-free cans garbanzo beans, drained and rinsed
1 tablespoon ginger powder
sea salt and black pepper, to taste
1 large orange, juiced
4 roasted sweet potatoes
4 teaspoons coconut oil
Raw Glow Salad

Add vegetable broth to a large sauté pan over medium heat. Once the broth is warm, add garlic and onion. Sauté for about 3 minutes, then add broccoli. Cover and steam the broccoli for about 3 minutes. Uncover, then add red cabbage, kale, snow peas, garbanzo beans, ginger powder, sea salt, and black pepper. Sauté for about 3 minutes, then add orange juice.

Slice roasted sweet potatoes open lengthwise and drizzle each with 1 teaspoon coconut oil. Then, stuff each sweet potato with the sautéed veggies and beans and serve alongside the Raw Glow Salad.

ROASTED SWEET POTATO

Serves 4

4 large sweet potatoes



Preheat the oven to 400 degrees Fahrenheit.

Place washed sweet potatoes onto a baking pan and pierce each one several times with a fork. Bake for about 45 minutes to 1 hour. The larger the sweet potato, the longer it will need to cook. You will know your sweet potato is ready when you can pierce the center with a fork or small knife without resistance.

RAW GLOW SALAD

Serves 4

3 cups mixed greens
2 cups spinach
2 celery ribs, chopped
1 cup peas
½ cup cherry tomatoes, halved OR 1 peach, diced
1 cucumber, chopped
½ bunch parsley, finely chopped
½ bunch basil, finely chopped
1 avocado, cubed

Combine all ingredients except avocado in a large bowl. Top your salad with avocado and serve with dressing of choice (see recipes in Dressings).


DAY 2

BREAKFAST

BRIGHT SKIN SMOOTHIE

Serves 1 to 2

½ avocado
½ cup carrot juice
½ cup fresh pineapple
1 cup spinach
1 teaspoon flax seeds
½ avocado
⅛ teaspoon turmeric powder
1 scoop protein powder



Blend ingredients in a high-speed blender until smooth.

LUNCH

KALE AND LENTIL SALAD

Serves 2

2 cups chopped kale
1 avocado
1 lemon, juiced
sea salt and black pepper, to taste
2 tablespoons extra virgin olive oil
1 cup cooked lentils (cooked fresh or from a BPA-free can)
¼ cup fresh mint
1 cup beets, diced
¼ cup sliced radishes
2 scallions, chopped
½ cup cherry tomatoes, halved
½ cup Green Vinaigrette - optional

Add chopped kale to a large mixing bowl. Top with avocado, lemon juice, sea salt, black pepper, and olive oil. Use bare hands to massage the ingredients until the kale is wilted and tender. Top with cooked lentils, mint, beets, radishes, scallions, tomatoes, and Green Vinaigrette dressing, if desired.

GREEN VINAIGRETTE

Makes 1 cup

3 tablespoons raw apple cider vinegar
1 lemon, juiced
1 handful basil
1 large garlic clove, minced
½ cup extra virgin olive oil or flax oil
¼ tablespoon sea salt
¼ tablespoon black pepper

Combine ingredients in a small bowl and mix well. Add a few tablespoons of water, if the dressing is too thick. Store refrigerated in an airtight container for up to 5 days.



DINNER

BEAUTY ZEN BOWL WITH GORGEOUS SKIN SOUP

Serves 4

4 large zucchinis, roughly chopped
1 pound acorn squash, seeds removed and cut into $\frac{3}{4}$ inch slices
1 beet, chopped
1 large red onion, roughly chopped
1 head cauliflower, chopped into florets
2 tablespoons coconut oil
4 cups Split Pea Veggie Sauté
1 lemon, juiced
1 bunch cilantro, finely chopped
2 avocados, sliced
sea salt and pepper, to taste
Gorgeous Skin Soup

Preheat the oven to 350 degrees Fahrenheit.

Add zucchinis, acorn squash, beet, onion, cauliflower, and coconut oil to a large bowl. Season with sea salt and black pepper. Mix well and layer onto a large baking sheet. Bake for 20 minutes. Turn the vegetables over and bake for an additional 10 minutes or until golden brown.

Place vegetables in a bowl and top with Split Pea Veggie Sauté, lemon juice, cilantro and avocado slices. Season to taste with salt and pepper. Serve alongside Gorgeous Skin Soup.

SPLIT PEA VEGGIE SAUTÉ

Serves 4

1 cup dried split peas
3 cups water
1 tablespoon coconut oil
1 large red onion, chopped
4 large garlic cloves, chopped
4 medium zucchinis, halved lengthwise and sliced
 $\frac{1}{2}$ cup chopped mint (optional)

Cook split peas in 3 cups simmering water for about 25 minutes or until tender. Drain and rinse.



Heat coconut oil in a large skillet over medium-low heat. Sauté onions, garlic and zucchini slices until slightly tender, about 5 minutes. Add cooked split peas. Remove from heat. Toss gently with fresh mint.

GORGEOUS SKIN SOUP

Serves 4

2 tablespoons coconut oil
1 large onion, chopped
2 garlic cloves, chopped
1 pear, chopped
2 celery ribs, chopped
1 pound asparagus, roughly chopped (remove woody ends)
2 cups green peas
1 32-ounce box vegetable stock
2 heaping tablespoons of Detox Pesto
sea salt and black pepper, to taste

Add coconut oil to a large soup pot over medium-high heat. Once the pot is hot, add chopped onion, garlic, pear, and celery. Cook until the vegetables begin to soften. Add chopped asparagus, green peas, and vegetable stock. Cook until boiling. Lower the heat and add Detox Pesto. Mix well. Season to taste with sea salt and black pepper.

DETOX PESTO

Makes 1 to 2 cups

½ cup sunflower seeds, soaked for 8 hours
½ bunch cilantro, roughly chopped
½ bunch parsley, roughly chopped
½ bunch basil leaves
½ bunch mint leaves
2 lemons, juiced
1 garlic clove
½ cup extra virgin olive oil
sea salt and black pepper, to taste

Add ingredients to a high-speed blender and blend until smooth.



DAY 3

BREAKFAST

ANTIOXIDANT YOGURT PARFAIT

Serves 1

- 1 cup unsweetened coconut yogurt
- 1 tablespoon honey or maple syrup
- ½ cup fresh strawberries
- ½ cup fresh blueberries
- ¼ cup unsweetened, shredded coconut
- 2 teaspoons chia seeds
- ¼ cup fresh mint leaves

Layer the ingredients into a large glass in the order listed. Serve immediately.

LUNCH

MANGO SPINACH SALAD

Serves 2


- 4 cups spinach
- 1 cup chopped fresh mango
- 1 handful chopped mint
- 2 tablespoons ground flaxseeds
- 1 cucumber, diced
- 1 small red onion, sliced
- 1 avocado, diced
- 1 cup Green Vinaigrette OR lemon juice and raw apple cider vinegar, to taste

Add ingredients to a large mixing bowl and mix well before serving.

GREEN VINAIGRETTE

Makes 1 cup

- 3 tablespoons raw apple cider vinegar
- 1 lemon, juiced

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- 1 handful basil
 - 1 large garlic clove, minced
 - ½ cup extra virgin olive oil or flax oil
 - ¼ tablespoon sea salt
 - ¼ tablespoon black pepper

Combine ingredients in a small bowl and mix well. Add a few tablespoons of water, if the dressing is too thick. Store refrigerated in an airtight container for up to 5 days.

DINNER

LENTIL STUFFED SWEET POTATO AND RAW GLOW SALAD

Serves 4

- 1 teaspoon flax oil
- 1 onion, sliced
- 2 scallions, chopped
- ½ cup coconut milk
- 1 bunch kale, thinly sliced
- ½ teaspoon salt
- 1 teaspoon black pepper
- 2 cups Easy Lentils
- 4 roasted sweet potatoes
- 4 teaspoons coconut oil
- Raw Glow Salad

Warm a large sauté pan over medium-low heat. Add flax oil. When the pan is hot, add onions and scallions. Sauté for about 5 to 7 minutes until the onions and scallions are soft. Add coconut milk, kale, salt, and pepper. Sauté for an additional 3 minutes until the kale is wilted. Mix in cooked lentils.

Slice roasted sweet potatoes open lengthwise and drizzle each with 1 teaspoon coconut oil. Then, stuff each sweet potato with the sautéed veggies and lentils and serve alongside Raw Glow Salad.



EASY LENTILS

Makes about 3 cups

2 tablespoons coconut oil
2 15-ounce BPA-free cans lentils, drained and rinsed
sea salt and black pepper, to taste

Place a medium-sized pot over medium heat. Add coconut oil and lentils. Season with salt and pepper. Heat, stirring constantly for about 5 minutes until warm.

ROASTED SWEET POTATO

Serves 4

4 large sweet potatoes

Preheat the oven to 400 degrees Fahrenheit.

Place washed sweet potatoes onto a baking pan and pierce each one several times with a fork. Bake for about 45 minutes to 1 hour. The larger the sweet potato, the longer it will need to cook. You will know your sweet potato is ready when you can pierce the center with a fork or small knife without resistance.

RAW GLOW SALAD

Serves 4

3 cups mixed greens
2 cups spinach
2 celery ribs, chopped
1 cup peas
½ cup cherry tomatoes, halved OR 1 peach, diced
1 cucumber, chopped
½ bunch parsley, finely chopped
½ bunch basil, finely chopped
1 avocado, cubed

Combine all ingredients except avocado in a large bowl. Top your salad with avocado and serve with dressing of choice (see recipes in Dressings).



DAY 4

BREAKFAST

DIGESTIVE AID SMOOTHIE

Serves 1 to 2

- 1 cup coconut water
- 1 teaspoon flax oil
- 1 scoop protein powder
- ½ cup aloe vera juice
- 1 cup chopped kale
- 1 cup chopped pineapple
- 1 lemon, juiced

Blend ingredients in a high-speed blender until smooth.

LUNCH

COLLARD WRAP


Serves 2

- 2 large collard leaves
- ¼ cup Cilantro Garlic Hummus
- 1 handful fresh mint leaves
- 1 cucumber, thinly sliced
- 1 tomato, sliced
- 1 small beet, peeled and grated
- 1 cup sprouts
- 1 avocado, sliced

Lay out collard leaves on a flat surface. Coat each leaf with hummus and mint. Top with cucumber, tomato, beet, sprouts, and avocado. Wrap like a burrito and serve immediately.

CILANTRO GARLIC HUMMUS

Makes about 1 cup



1 15-ounce BPA-free can chickpeas, drained and rinsed
½ bunch cilantro
1 garlic clove
¼ cup extra virgin olive oil
2 heaping tablespoons tahini
1 lemon, juiced
sea salt and black pepper, to taste

Add ingredients to a high-speed blender and blend until smooth.

DINNER

ORANGE SWISS CHARD WITH ONIONS AND SPLIT PEAS WITH RAW GLOW SALAD

Serves 4-6


4 tablespoons coconut oil
1 onion, thinly sliced
2 bunches rainbow swiss chard, chopped
1 orange, juiced
1 teaspoon sea salt
½ teaspoon black pepper
4 cups Split Pea Veggie Sauté
Raw Glow Salad

Add coconut oil to a large sauté pan. When the pan is warm, add the onion and sauté on medium heat until soft and lightly browned (about 8 to 10 minutes). Then, add the swiss chard, orange juice, salt, and pepper. Toss the mixture until the swiss chard is wilted and colors have brightened (about 2 to 3 minutes). Remove from heat. Add Split Pea Veggie Sauté to a serving bowl and top with swiss chard. Serve alongside Raw Glow Salad.

SPLIT PEA VEGGIE SAUTÉ

Serves 4

1 cup dried split peas
3 cups water
1 tablespoon coconut oil
1 large red onion, chopped
4 large garlic cloves, chopped



4 medium zucchinis, halved lengthwise and sliced
½ cup chopped mint (optional)

Cook split peas in 3 cups simmering water for about 25 minutes or until tender. Drain and rinse.

Heat coconut oil in a large skillet over medium-low heat. Sauté onions, garlic and zucchini slices until slightly tender, about 5 minutes. Add cooked split peas. Remove from heat. Toss gently with fresh mint.

RAW GLOW SALAD

Serves 4

3 cups mixed greens
2 cups spinach
2 celery ribs, chopped
1 cup peas
½ cup cherry tomatoes, halved OR 1 peach, diced
1 cucumber, chopped
½ bunch parsley, finely chopped
½ bunch basil, finely chopped
1 avocado, cubed

Combine all ingredients except avocado in a large bowl. Top your salad with avocado and serve with dressing of choice (see recipes in Dressings).

DAY 5

BREAKFAST

PINEAPPLE SMOOTHIE BOWL

Serves 1

1 cup frozen pineapple chunks
1 frozen banana
¾ cup coconut milk
2 tablespoons chia seeds
¼ cup unsweetened, shredded coconut



Blend the pineapple, banana, and coconut milk together in a high-speed blender. Pour into a bowl and top with chia seeds and shredded coconut.

LUNCH

MASON JAR ORANGE CUCUMBER SALAD

Serves 2

1 cup Lemon Dressing
1 15-ounce BPA-free can garbanzo beans, drained and rinsed
1 small red onion, sliced
2 large cucumbers, sliced
4 cups mixed greens
¼ cup fresh mint
½ cup fresh basil
2 oranges, peeled and separated

Divide all the ingredients between two mason jars. Add the ingredients in the order listed. Store the salad in the refrigerator for up to 5 days.

LEMON DRESSING

Makes about 1 cup

2 lemons, juiced
¼ cup extra virgin olive oil or flax oil
sea salt and black pepper, to taste


Combine ingredients in a small serving bowl before serving over salad.

DINNER

PINEAPPLE CAULIFLOWER RICE WITH RAW GLOW SALAD

Serves 4

4 cups cauliflower rice OR 1 cauliflower processed into rice-sized pieces
1 cup peas
1 lemon, juiced



½ cup green beans, chopped
1 cup pineapple, chopped
2 tablespoons coconut oil
2 15-ounce BPA-free cans chickpeas, drained and rinsed
2 avocados, diced
½ bunch cilantro, chopped
sea salt and black pepper, to taste
Raw Glow Salad

Place cauliflower rice in a large serving bowl. Add the peas, lemon juice, green beans, and pineapple. Add coconut oil to a sauté pan. Add the mixture to the pan and sauté for 5 to 8 minutes. Remove from heat and transfer to a serving bowl.

Top with chickpeas, avocado, and fresh cilantro. Season with salt and pepper to taste. Serve alongside Raw Glow Salad.

RAW GLOW SALAD

Serves 4

3 cups mixed greens
2 cups spinach
2 celery ribs, chopped
1 cup peas
½ cup cherry tomatoes, halved OR 1 peach, diced
1 cucumber, chopped
½ bunch parsley, finely chopped
½ bunch basil, finely chopped
1 avocado, cubed

Combine all ingredients except avocado in a large bowl. Top your salad with avocado and serve with dressing of choice (see recipes in Dressings).

DAY 6

BREAKFAST



BEAUTY SMOOTHIE

Serves 1 to 2

1 cup dairy-free milk
1 cup watermelon
1 cup mixed greens
½ avocado
1 scoop plant-based protein powder
1 tablespoon flax seeds
1 tablespoon chia seeds
1 lime, juiced

Blend ingredients in a high-speed blender until smooth.

LUNCH

BUDDHA BOWL

Serves 2

3 cups mixed greens
1 apple, diced
½ cup shredded carrots
1 large cucumber, chopped
1 cup peas
½ cup sprouts
1 cup cooked lentils (cooked fresh or from a BPA-free can)
¼ bunch parsley, chopped
1 avocado, sliced
½ cup Tahini Dressing (optional) OR lemon juice and raw apple cider vinegar, to taste

Add mixed greens, apple, carrots, cucumber, peas, and sprouts to a large salad bowl. Toss with dressing. Then, top with lentils, parsley, and avocado. Enjoy.

TAHINI DRESSING

Makes about 1 cup

1 cup tahini
2 lemons, juiced



1 garlic clove, finely chopped
sea salt and black pepper to taste

Combine ingredients in a small bowl and mix well. Add a few tablespoons of water, if the dressing is too thick. Store refrigerated in an airtight container for up to 5 days.

DINNER

SPIRALIZED ZUCCHINI WITH APPLE SPLIT PEA SOUP

Serves 4

4 large zucchinis, spiralized OR 2 10-ounce packages spiralized zucchini
3 cups spinach
½ cup artichokes (BPA-free can)
¼ cup Detox Pesto
2 celery ribs, chopped
1 tablespoon flax oil
1½ lemons, juiced, divided
sea salt and black pepper, to taste
2 avocados, diced
Apple Split Pea Soup

Use a vegetable spiralizer to create zucchini noodles, if needed. If you don't have a spiralizer, use a vegetable peeler to create long noodles. Place the noodles in a large serving bowl. (Discard the seeds.)

Add the spinach, artichokes, detox pesto, celery, flax oil and juice of one lemon. Add sea salt and pepper to taste. Top with avocado and additional lemon juice, if desired. Serve with Apple Split Pea Soup.

DETOX PESTO

Makes 1 to 2 cups

½ cup sunflower seeds, soaked for 8 hours
½ bunch cilantro, roughly chopped
½ bunch parsley, roughly chopped
½ bunch basil leaves
½ bunch mint leaves
2 lemons, juiced
1 garlic clove



½ cup extra virgin olive oil
sea salt and black pepper, to taste

Add ingredients to a high-speed blender and blend until smooth.

APPLE SPLIT PEA SOUP

Serves 4

2 tablespoons coconut oil
2 onions, chopped
2 apples, chopped
6 garlic cloves, chopped
2 cups spinach
2 cups dried split peas
4 cups vegetable broth
2 lemons, juiced
sea salt and black pepper, to taste

Add coconut oil to a large soup pot. When the oil has melted, add onion, apple, garlic, and spinach. Sauté for about 3 minutes, then add the split peas and broth. Stir well and cover.

Allow the soup to simmer for about 1 hour, stirring occasionally. The split peas should be falling apart when done. If the soup becomes dry while simmering, add ¼ to ½ cup more liquid. Season with sea salt and black pepper as desired and stir in lemon juice before serving.


DAY 7

BREAKFAST

ORANGE BANANA CHIA PUDDING

Serves 1

1 cup dairy-free milk
½ teaspoon orange zest
¼ teaspoon vanilla extract
1 tablespoon honey or maple syrup

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- 1/3 cup chia seeds
 - 1 orange, segmented
 - 1 banana, sliced

Add dairy-free milk, orange zest, vanilla extract, honey/maple syrup, and chia seeds to a small serving bowl. Mix well and let it sit for about 5 minutes. Stir well, then top with orange segments and sliced banana.

LUNCH

MASSAGED KALE SALAD WITH BLUEBERRIES

Serves 2

- 4 cups thinly sliced kale
- 1 cup chopped parsley
- 1 large lemon, juiced
- 1 avocado
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 3/4 cup shredded carrots
- 1 small red onion, sliced
- 1/4 cup sunflower seeds
- 1 cup blueberries

Add kale, parsley, lemon juice, avocado, and extra virgin olive oil to a large bowl. Massage the kale mix with clean hands. The kale should turn bright green and become softer. Add salt and pepper to taste. Toss in carrot, onion, sunflower seeds, and blueberries.

DINNER

CAULIFLOWER, BROCCOLI, AND LENTILS WITH RAW GLOW SALAD

Serves 4

- 1 bunch broccoli, chopped
- 1 bunch cauliflower, chopped
- 2 sweet potatoes, chopped
- 3 tablespoons coconut oil



sea salt and black pepper, to taste
2 cups Easy Lentils
Raw Glow Salad

Preheat the oven to 400 degrees Fahrenheit.

Add broccoli, cauliflower, and sweet potato to a large mixing bowl. Coat with coconut oil. Season with sea salt and black pepper to taste. Mix well and spread onto a baking tray. Bake for about 20 minutes. Turn vegetables over and bake for an additional 10 minutes or until golden brown.

Serve roasted vegetables over cooked lentils alongside the Raw Glow Salad.

EASY LENTILS

Makes about 3 cups

2 tablespoons coconut oil
2 15-ounce BPA-free cans lentils, drained and rinsed
sea salt and black pepper, to taste

Place a medium-sized pot over medium heat. Add coconut oil and lentils. Season with salt and pepper. Heat, stirring constantly for about 5 minutes until warm.

RAW GLOW SALAD

Serves 4

3 cups mixed greens
2 cups spinach
2 celery ribs, chopped
1 cup peas
½ cup cherry tomatoes, halved OR 1 peach, diced
1 cucumber, chopped
½ bunch parsley, finely chopped
½ bunch basil, finely chopped
1 avocado, cubed

Combine all ingredients except avocado in a large bowl. Top your salad with avocado and serve with dressing of choice (see recipes in Dressings).