

Hi there!

Thank you for checking out some sample recipes from past 5-Day Whole Foods Cleanse so you can taste how delicious these recipes are.

Here's the scoop on the next group whole foods cleanses:

- There will be a summer 2019 cleanse and a New Year 2020 cleanse in January.
- This 5-Day Cleanse is whole foods based, meaning you'll be eating lots of fruits and veggies, whole grains, and lean proteins. You won't be hungry, I promise. Looking forward to hearing what you think of the below recipes.

When you sign up, you'll get:

- Receive over 50 recipes to choose from, so you'll be able to pick meals you and your family will enjoy.
- A proven protocol that can help you drop weight, sleep better and have more energy.
- A pre-cleanse live training webinar where I'll walk you through what we'll do and what to expect, plus you'll be able to ask any questions you have.
- "Eating out guide," "Deepening your Cleanse" guide, and more bonus hand-outs to support you.
- A post-cleanse live training webinar on how to continue to focus on real foods after the cleanse.
- Tons of support from me and the Whole Foods Cleanse community via our members-only Facebook forum.
- If the group dates don't work for you, you're welcome to sign up for the 5-Day Whole Foods Cleanse anyway and run it on your own. Email me for additional support! Cleanse can be run multiple times.

For more details and to register visit
www.mindfulhealthwithlori.com/5daydetox.
Sign up today!

If you have questions, feel free to contact me at info@mindfulhealthwithlori.com or 612.720.1335. I look forward to supporting you in the 5-Day Whole Foods Cleanse!

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5-Day Whole Foods Cleanse Sample Recipes

Chocolate Chia Smoothie

Serves 1

Ingredients:

- 1 TB chia seeds, soaked in $\frac{1}{4}$ C water for 10 minutes or longer to create chia gel
- 1 small ripe banana (option for frozen)
- $\frac{2}{3}$ – 1 C almond milk
- $\frac{1}{4}$ tsp cinnamon
- 1 TB raw cacao powder
- 1-3 large handfuls spinach, washed and dried
- 1 tsp Maca Powder (optional, but recommended)
- 2 TB Hemp Seed Protein Powder (optional, but recommended)
- $\frac{1}{4}$ tsp raw honey (optional, only if needed)
- Ice, if desired

Directions:

1. Place chia seeds in a small bowl and cover with about an inch of water. Allow to gel together for about 10 minutes. Be sure to stir the seeds a few times during soaking to get all seeds activated.
2. Add the remaining ingredients to the blender.
3. When chia seeds have gelled together a little, put the chia seeds and their water into the blender. Turn your blender on low and increase speed to incorporate all the ingredients. Blend until smooth, then serve.

Make ahead tips: Prep chia seed gel the night before and store in the fridge for a quick breakfast. OR Add all ingredients in blender night prior and blend in the morning for a quick breakfast.

Ginger Apple Muffins

Serves 3

Ingredients:

- ½ C almond flour
- ½ C brown rice flour
- ½ tsp baking powder
- ¼ tsp salt
- 2 tsp ground ginger or 1 TB fresh grated ginger
- 2 eggs (free-range organic or fresh farm eggs)
- 1 TB extra-virgin olive oil
- 1 TB honey
- ¾ C apple, finely diced (or diced fresh peaches)

Directions:

1. Preheat the oven to 350° F.
2. Sift together the almond flour, brown rice flour, ground ginger, baking powder and salt. With gluten-free baking, do not overmix the ingredients.
3. In a separate bowl, whisk together the eggs, olive oil, and honey.
4. Toss the apples in the flours and then slowly fold in the egg mixture. Let it rest for 10-minutes.
5. Once a batter, dollop it into muffin cups or a greased mini-muffin tin.
6. Bake for 10-15 minutes for the mini-muffins and 18-25 minutes for the larger muffins. When a toothpick inserted in comes out clean, the muffins are done.

Note: Make a double batch and freeze or refrigerate extras. If needing more sweetness, drizzle with honey. These are yummy with other sweet fruits such as peaches, too.

Sweet Potato “Toast” with Guacamole

Servings: This will vary on the size of potatoes and the amount of filling.

Ingredients:

- 2 tsp extra-virgin olive oil
- 2 sweet potatoes — scrubbed clean, peels on
- 1 tsp kosher or sea salt
- 3/4 tsp black pepper
- One container of fresh guacamole (or combine 2 medium avocados — peeled, pitted, and diced, 1TB fresh lime juice, 1/2 tsp smoked paprika, 1/4 sea salt)
- 3 TB chopped cilantro
- 1/4 - 1/2 cup cherry tomatoes sliced
- 1/4 - 1/2 cup pumpkin seeds

Directions:

1. Preheat oven to 425 degrees F. If necessary, move the racks to the upper and lower thirds of the oven. Line two rimmed baking sheets with foil. Brush sheets with 1/2 tablespoon olive oil each. With a very sharp knife, slice the sweet potatoes into 1/2- to 1/4-inch slices. They can be sliced the long way to replace toast or the short form for more snack bites. Arrange the slices in a single layer on the oiled baking sheets, then brush tops with the remaining 1 tablespoon olive oil. Sprinkle with 1 teaspoon salt and black pepper. Bake for 20 to 25 minutes, until golden brown underneath, rotating the pans 180 degrees and changing their positions on the upper/lower racks halfway through. Remove the pans from the oven, flip the slices over, and then roast for an additional 8 to 11 minutes, until golden on top.
2. Meanwhile, open the fresh guacamole or make your own. In a small bowl, combine the avocado, lime juice, salt, and smoked paprika. Mash lightly with a fork, leaving the mixture slightly chunky. Set aside.
3. Transfer the baked sweet potato slices to a serving plate. Top each with a dollop of the avocado mixture, halved cherry tomatoes, cilantro and pumpkin seeds. Serve warm or at room temperature.

Chicken with Asparagus and Sun-dried Tomatoes

Serves 2

Ingredients:

- ¾ lb boneless, skinless free-range organic chicken breasts, cut into small chunks
- 1 TB extra-virgin olive oil
- ½ onion, chopped
- 4 garlic cloves, minced
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 10 cremini/ baby bella mushrooms, trimmed, wiped and cut into quarters (substitute for any kind of mushroom)
- 2 TB sun-dried tomatoes in oil, chopped
- Sea salt and freshly ground pepper

Directions:

1. Heat a large skillet over medium-high heat. Add olive oil, chicken, and onion to pan and sauté for 5-6 minutes, or until chicken begins to brown.
2. Next, add garlic cloves & mushrooms and cook a few minutes more, tossing occasionally. Add asparagus & sun-dried tomatoes and cook until asparagus is bright green and still crisp about 3-4 minutes.
3. Crack some freshly ground pepper over the top and serve.

Note: Make this dish vegetarian by skipping the chicken and replacing it with 1 cup cooked chickpeas, kidney beans, or white beans.



Have questions? Great. I'd love to help you figure out if this is the right program for you. Send me an email at info@mindfulhealthwithlori.com, and I'll get back to you. In the meantime, check out the details of the 5-Day Whole Cleanse at www.mindfulhealthwithlori.com/5daydetox. Enjoy healthy and delicious recipes!

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