

2019 Summer 5-Day Whole Foods Cleanse Sample Recipes



Hi there!

I put together some sample recipes from my Summer 5-Day Whole Foods Cleanse so you can taste some of the delicious and healthy recipes during the cleanse. Scroll down to page two and let me know what you think, I would love to hear back from you!

Here's the scoop:

- This group 5-Day Whole Foods Cleanse will be from Monday, August 12 – Friday, August 16, 2019.
- 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.

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 these 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, the early-bird rate is open until August 8th at Midnight CST!

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

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www.mindfulhealthwithlori.com

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Sweet Potato Egg Bake

Ingredients:

- 1/2 TB extra virgin coconut oil, olive oil or ghee
- 1 medium sweet potato, cubed
- 1 red onion, finely diced
- 1 orange or yellow pepper, chopped
- 1/2 C cherry tomatoes, cut in half or quarters
- 3-4 links of chicken sausage, no sugar added, precooked (my favorite is tomato basil flavor)
- 3 handfuls spinach and/or arugula, chopped
- 1/2-1 handful cilantro and/or basil, chopped
- 9 eggs, free-range organic or farm-fresh
- 1/4 tsp cayenne pepper (optional)
- sea salt, to taste
- 2 tsp black pepper or to taste
- avocado, peeled, pitted and thinly sliced (1/4 - 1/2 avocado per serving)

Directions:

1. Preheat oven 400°. Grease a 9 x 9-inch glass dish with coconut oil.
2. Heat a medium-large skillet over medium heat. Add the coconut oil and swirl to coat the pan.
3. Once the pan is hot, add sweet potato cubes, sprinkle sea salt on them. Cover and let cook for about 10-15 minutes or until sweet potatoes are slightly tender. Stir occasionally.
4. Add the onions, peppers, tomatoes to the cooked sweet potatoes and continue to sauté for 3-4 additional minutes.
5. Once the peppers are soft and onion are translucent. Add the cubed pre-cooked chicken sausage, then add spinach and herbs and cook for 1-2 minutes or until the greens are wilted. Remove pan from heat.
6. In a bowl, add the eggs, sea salt, black pepper and cayenne pepper and lightly whisk.
7. In the baking dish, spread the mixture from the skillet onto the bottom of the pan, then pour the whisked eggs over the top. Make sure to submerge all of the ingredients so that they are covered with the eggs. Bake in the oven for 16-18 minutes or until center is set.
8. Remove from the oven and let stand for 5 minutes.
9. Serve with sliced avocado.

This is a perfect dish to make over the weekend and heat up for a quick breakfast or lunch. Serve with a small green salad with berries.

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Cooked Greens and Avocado Quinoa

Serves 1

Ingredients:

- 2 handfuls spinach, chard, arugula and/or kale, chopped
- 1 handful of soft herbs (basil, parsley, mint, etc.)
- ½ C cooked quinoa (see page 3 "The Basics" for cooking directions)
- 1-2 cloves of garlic, chopped
- 1 TB pine nuts (optional)
- 1/2 TB extra virgin coconut oil or olive oil
- ½ avocado, peeled, pitted and thinly sliced
- ¼ red onion, finely diced
- ¼ C cherry tomatoes, cut in half
- 1 handful cilantro
- 1/8 tsp cayenne pepper
- ½ lemon, juiced
- sea salt, to taste
- 1 tsp black pepper

Directions:

1. Heat a medium skillet over medium heat. Add the coconut oil and swirl to coat the pan.
2. Sauté the greens and herbs until soft. Add the cooked quinoa, garlic and optional pine nuts to the pan.
3. In a bowl, mix the avocado, onion, tomatoes, cilantro, cayenne, lemon and salt and pepper.
4. To serve, place the greens and quinoa mix in a shallow bowl and top with the avocado mixture.

Note: For a short-cut, you can buy pre-made guacamole to put on top of the greens and quinoa mixture. Or, you can add the avocado to pico de gallo. I also like this dish with diced (instead of smashed) avocado and put everything on top of the greens and quinoa mixture. I love this dish for breakfast or lunch.

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Honey Garlic Grilled Salmon

Serves 2

Ingredients:

- ¾ lb. wild-caught salmon filet
- ¼ C wheat-free tamari
- 2 TB honey, melted gently if solid
- 2 garlic cloves, peeled and finely grated
- 2 TB olive oil

Directions:

1. Place wheat-free tamari, honey, garlic cloves and olive oil in a small bowl and whisk together. Place salmon in a glass baking dish and drizzle tamari/honey/garlic mix over the salmon. Allow to marinate for 30 minutes to 2 hours, turning at least once.
2. Heat a grill or a skillet to medium-high heat, making sure to clean the grill and to lightly oil the grates once hot.
3. Place salmon on grill and cook for 3-5 minutes, keeping an eye on the grill to make sure it doesn't get too hot. Turn salmon and cook another 3-5 minutes. Check the center of the salmon to make sure it's cooked, although slightly pink is okay! Remove from grill and serve.

Note: You could also use halibut or a firm piece of cod for this dish.

Grilled Asparagus

Serves 2

Ingredients:

- 1 small bunch asparagus, tough ends snapped off
- 1 TB olive oil
- 1 tsp sea salt
- ½ tsp freshly ground pepper

Directions:

1. Heat your grill to medium-high heat. Once hot, make sure to clean it using a metal grill brush.
2. Meanwhile, place asparagus on a baking sheet. Drizzle olive oil over the top and toss to coat, then sprinkle with sea salt and pepper.
3. Place asparagus directly on the grill in the opposite direction from the grill slats, so they don't slide through. Grill for 3-5 minutes, making sure to keep an eye on the heat so they don't burn. Turn the asparagus as best as you can, and cook for 3-5 minutes more.

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Chocolate Chia Pudding

Serves 1

Ingredients:

- ¼ C chia seeds
- 8 oz. coconut milk
- 1 TB maple syrup
- 1 TB raw cacao powder
- ½ C chopped strawberries or bananas (optional)

Directions:

Place the first four ingredients in a mason jar with a tight-fitting lid. Close and shake well to combine, then store in the refrigerator overnight. Top with fruit in the morning and enjoy.

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