

RED *Smoothie* DETOX FACTOR



FREE
21 DAY
MEAL PLAN
INSIDE!



SIX TIME BEST SELLING AUTHOR
LIZ SWANN MILLER

Red Smoothie Detox Factor: 14 Days to Rapid Weight Loss, Limitless Energy and Vibrant Health

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Introduction

Congratulations! You're on your way to ending the battle against excess weight and the many health complications that can come along with it. With this revolutionary plan, you'll begin really caring for your body by giving it exactly what it needs to be vibrant and healthy. At the same time, this program is one that will leave you looking slimmer than you may have in years.

Fighting excess weight can be among the most difficult, emotionally challenging experiences any of us undergo. If you're like me and so many others, your battle to eliminate fat might have encompassed many things so far: crazy diets, so-called magic pills, and of course, exercise regimens that leave you feeling embarrassed and far from unstoppable! Despite your efforts, you might feel like your battle has been all uphill.



You're not alone though; approximately 95 percent of all people who lose weight by dieting gain it back (plus some additional weight) within just a few years. Following a special diet, taking pills, or following a specific exercise regimen that's unsustainable will not lead to permanent weight loss. Losing weight and keeping it off involves something simpler: a lifestyle change where weight loss isn't the main focus.

The idea of a lifestyle change might sound more challenging than a fad diet – and it might even seem counterintuitive – but the truth is that at the center of major lifestyle changes designed to bring about better health is one core principal: You forget all about dieting. Think of it this way: A diet is temporary. A lifestyle change is something that lasts forever.

With this fourteen-day cleanse, you set the stage for success by retraining your taste buds to prefer and crave healthy, natural foods so that you never have to go through the pain and frustration of dieting again.

The first step in the process is to give yourself a clean internal slate by detoxification, which sets you up for the kind of permanent weight loss that just doesn't happen with traditional diets. Simply put, people who go on diets don't fail for lack of trying; there's something deeper at play. Many people have difficulty getting those extra pounds to budge because their bodies are overloaded with toxins, which are stored inside fat cells. When we get rid of all that poison, the fat melts away rapidly. More about this shortly, but first,



I'd like to give you a brief introduction to the "tools" used in this lifestyle change: vibrant red smoothie.

There are many programs promoting green smoothies, but do you know about the power of red smoothies? Red fruits and vegetables offer an incredible array of health benefits ranging from the prevention of cardiovascular disease to a reduced risk of cancer. Many help to regulate blood pressure, and all are excellent sources of a smorgasbord of nutrients your body needs to get healthy and stay that way.

It's likely that you are already familiar with some of the red super fruits that take starring roles in this cleanse: juicy strawberries, succulent cherries, rich-tasting pomegranates, beautiful blackberries and so many others combine with a touch of leafy greens and four secret ingredients to create concoctions that taste marvelous while helping you to change your health.

Why bother? If you're like I once was, you may find yourself feeling sluggish. Perhaps you dread the thought of waking up in the morning, and maybe you suffer from minor illnesses frequently. Perhaps most of all, you find yourself staring in the mirror wishing you could see a leaner, younger-looking version of that tired, bloated person peering back at you.

The way back to health is surprisingly simple, and by following this program for a little less than two weeks, you can make some incredible things happen.



- ➔ Detoxify your body, easing the load of chemicals and heavy metals that come from the many pollutants in the food you eat, the water you drink, and the environment around you
- ➔ Kick-start your metabolism, so the food you eat goes to keeping you healthy, energetic, and looking your best
- ➔ Burn fat quickly while keeping priceless lean muscle tissue intact
- ➔ Lose up to 15 pounds in 14 days
- ➔ Stay healthy even after the detox is over by following a handful of clean, delicious recipes every week

So, what's so special about this book and the smoothie recipes you'll find inside? Many books on similar subjects are designed for a specific audience – some target women, a few authors aim at men, and more are directed at people who are already well-versed in natural health topics.

This one is different. It doesn't matter what your age or gender is. What does matter is that you want to look and feel younger and more energetic. If you want to become healthier, lose weight, and maybe even get off medications for problems ranging from ulcers to high blood pressure, following the simple program outlined in this book can help you meet those goals and feel better than you have in some time.



Here are just a few of the things you don't need:

- ➔ You don't have to be a health nut to begin!
- ➔ You don't need any special nutritional knowledge to get started!
- ➔ You don't need a lot of specialized equipment!

All you need is a little enthusiasm, a strong desire to become healthier, and the will to detoxify and cleanse your body, plus a few simple kitchen tools you might already have in your cupboards. Last, but not least you'll need some wonderful ingredients that I'll help you shop for. I'll be giving you all the knowledge you need, plus delicious recipes that will help you enjoy this wonderful gift you're giving your body.

As you've probably realized, there will be some challenges along the way (more later about some common issues people face during this transformation). I've been in a similar position to yours, and I'll help you get through them. For now, I'd like you to know that this program is so simple and so complete that anyone can follow it.

Unlike some other books on cleansing and detoxing, this one does more than provide empty advice and cheerleader-like encouragement that feels a little less than genuine. Instead, it is jam-packed with knowledge that will boost your confidence, plus plenty of scientific facts and information, with references to research so you can learn even more if you like. **You'll find a complete list of citations at the end of the book.**



There's just one more thing I'd like to share with you before you start this journey. While the red smoothie cleanse will help you lose weight, it's also intended to help you jump-start something that lasts much longer than the weight loss that you might experience on a typical diet: This plan is meant as the first step in a lifestyle change. Instead of going "off" the cleanse and gaining back all the weight you lost, you will be training your taste buds to prefer healthy foods so that you never have to battle the bulge again.

I would like to congratulate you once again, because you are standing on the brink of a massive change in your life – maybe one of the most significant ones you've undertaken so far. You have made the right decision, and I'd like to thank you in advance for picking up this eBook. It's my life's mission to help others, and I look forward to walking this path with you.

To your success!

Elizabeth Swann Miller



CHAPTER 1

What is the 14-Day Red Smoothie Detox Factor Program?



This 14-day cleanse is a two-week detox and cleanse made up of wonderful fruits and vegetables, with a focus on bright red varieties. Water, nutritious nut milk and a few incredible superfoods are included as well. Red smoothies are not just healthy – they are also delicious and quite filling, and you will enjoy drinking them.

This program is about more than good taste, though. It is designed to help you detoxify your body, eliminating a wide range of pollutants and harmful substances.

Expect to wear a smaller size when the cleanse is complete. Besides detoxifying your body, this program kick starts your metabolism and increases your ability to melt fat and lose weight. In 14 short days, you can lose up to 15 pounds.

A few people who have followed the Red Smoothie Fat Cleanser program have lost even more than that. The good news is that almost all, if not all of it, will come from fat and not from muscle. The red fruits and superfoods that go into these smoothies keep your lean tissues nourished while encouraging your body to let go of the fat reserves that are making you uncomfortable and contributing to ill health.

Substantial weight loss isn't the only benefit you'll reap, although it might be the one you're most looking forward to. Cravings will disappear, your energy level will skyrocket, your mind will be clearer, and your overall health is likely to improve. Stick with this cleanse and maintain a red smoothie habit, and you will enjoy positive benefits that last for life.



So, what goes into a red smoothie?

These simple, yet powerful drinks are a combination of red fruits, nutritious leafy greens that contribute lots of micro-nutrients without changing the fruit's flavor significantly, and a handful of ancient Incan ingredients and superfoods that provide some amazing benefits of their own.

We'll delve deep into the world of red smoothies in future chapters, but for now, let's focus on the ways these delicious concoctions will help you change your body.

The Three W's:

What are toxic substances?

Where do they come from?

What do they do to your body?

Modern life is full of wonderful things, but along with many of the conveniences we enjoy so much come an incredible array of toxic substances. They're in the air we breathe, the water we drink, and much of the food that we eat. In short, there are toxins and toxicants everywhere. Let's look a little closer.

In a nutshell, there are two basic types of toxic substances. For the sake of convenience, we'll refer to them simply as "toxins" throughout the rest of the book, but before we move on, it's important to highlight the distinction between toxicants and toxins.



Toxicants are not biological in origin, while toxins like the venom produced by snakes and other animals that use poison to defend themselves, are produced by living organisms.¹ Many of the substances commonly referred to as *toxins* are actually toxicants. Pesticides, controversial food additives, and herbicides are among the most common ones found in consumables and public drinking water sources.

Toxins can be ingested in and on your food, usually when you eat conventionally grown (non-organic) items. They can be inhaled; smog, vehicle exhaust, and the fumes you smell while filling your car are some examples. Toxins are also absorbed via the skin.

Any time you come into contact with chemicals – even ones that manufacturers want you to believe are benign – you run the risk of absorbing toxins. In addition, we produce some of our own toxins – not really poisons, but hormones and metabolic byproducts that do nothing to advance our health. The byproducts of stress are an example.²

Don't panic though, because your body is very good at eliminating toxins, especially when you give it a boost while treating your digestive system to a break from the hard work of breaking down food. And, whether you're taking a break from solid food or not, the liver and kidneys are always working hard to keep metabolic wastes and other substances out of your bloodstream.

The toxins we take in vary in severity. Many are quite minor on their own, but when compounded with others, lead to



health issues such as skin problems, sluggish digestion, bloating, and more. These problems are often so minor that they seem like nothing more than an irritation, but in actuality, they are warning signs that worse problems are on the way. The sooner we address these minor issues, the better off we are in the long run.

Once you're finished with the detoxification process, you'll want to do all you can to keep your toxic load low, and I'll be giving you some tools to do that in an upcoming chapter.

What is detoxification?

Detoxification, also known as detox, is the removal of built-up toxic substances from the body. You might be familiar with the concept of detox as a process that people who are fighting problems like alcoholism and drug addiction go through. During a period of time that averages a week to two weeks, the body is decontaminated and allowed to return to its natural state.

There are many ways to detoxify your body in order to feel better and look younger, and you'll be glad to discover that one of the fastest and easiest methods is to follow this program.



Why detox with red smoothies?

By eliminating animal products and some other common culprits from your diet for a while, you will be treating your digestive system to a much-needed break. This gives the body a chance to eliminate some toxic byproducts that come from the digestive process itself. These toxins build up in the intestines, kidneys, liver, colon, skin, and blood, and eliminating them on a regular basis can help you live a healthier, more comfortable life.

Not only will you look and feel healthier after a detox, you'll find you have a much easier time shedding excess weight. Toxins are among the prime culprits in sluggish weight loss. When the body is carrying a large toxic load, energy that would otherwise go into cleaning the body is put into attempts to eliminate the toxins. You don't burn as many calories this way.

If you have ever wondered why traditional diets just don't seem to work for you, this is one of the top reasons. Count all the calories you want, but without detoxifying the body, all of your systems will remain sluggish. Once you've eliminated the toxins, your metabolism will skyrocket.

If you have problems with any of the following:

- ➔ Bloating
- ➔ Constipation
- ➔ Depression



- ➔ Chronic pain
- ➔ Allergies
- ➔ Headaches
- ➔ Allergies
- ➔ Gut / digestive issues
- ➔ Low energy
- ➔ Brain fog
- ➔ Fatigue

Then...It's quite likely that you are carrying a large toxic load. All of these things are problems in themselves, and they are also signs that the body is not getting rid of waste as it should.

A thorough detox encourages elimination. Drinking plenty of pure water, for example, helps to hydrate your cells while treating your kidneys to a gentle, supportive cleanse. We'll talk about more ways to clean up your inner waste removal system in an upcoming chapter, as this is just the tip of the iceberg!

As you may have guessed, detox involves the removal of all the "bad" stuff from your diet. That means breaking up your relationship with fast food, sugary drinks, fatty snacks, and anything that has been highly processed, artificially sweetened, fried, or refined in any way.



This cleans takes the classic detox diet a step further by treating your body to a nourishing smorgasbord of fresh fruits and vegetables, along with high-quality superfoods that add rich flavor and provide satisfaction.

Making dietary changes can seem like a challenge, and sustaining them over the course of your lifetime might seem incomprehensible right now. For the moment, let's take it a step at a time. But keep in mind that following a clean lifestyle in the future will reduce the need to undergo frequent cleanses, and it might even add years to your life!

Why I created the 14-day Red Smoothie Cleanse

As a naturopath and nutritionist, I make a point of eating a clean, healthy diet filled with natural, organic foods. But my diet hasn't always been the best! In fact, obesity runs in my family. In college, I ate constantly. I gnawed my way through study sessions and stressful pre-exam jitters. I gorged myself to celebrate good grades, and binged to mourn bad ones.

My weight skyrocketed, making the average "freshman 15" look like a drop in the bucket. When I went to the student health clinic for a checkup at the beginning of my sophomore year, I was obese. My doctor warned me to stop the out-of-control eating or lose my life before it even had a chance to really blossom.



All that happened about 20 years ago, back before America's obesity crisis was really out of hand. I was someone unusual – a young woman with a serious weight problem and lots of impending health issues to go along with it. Now, I see that stressed, binge-prone girl in so many of my patients, and my colleagues and I agree that this may be the first generation to live shorter, unhealthier lives than their parents.

Anyway, I digress. By the time spring break arrived a year later (I was a junior) I was 30 pounds into the “obese” category. I did well on my semester finals, but not well enough to satisfy the perfectionist inside me; in fact, I lost my mind and binged on everything in sight. During one memorable binge session, I gorged on a huge pizza with loads of meat and cheese. I downed cheesy garlic bread, along with buffalo wings and the blue cheese dressing that came with them. Then, I drank an entire two-liter bottle of diet soda. In my craze, I thought that would somehow make things better.

The more I drank diet soda instead of having nourishing foods like the ones I'm about to introduce you to, the worse I felt. In fact, the hungrier and more crazed with cravings I became! Although I looked and felt like a python that swallowed an entire goat, I was still hungry. I kept on eating. In the morning, I felt like I had survived the worst day of my life.

Yes, I'd survived, but things were about to get even worse. I decided to go on a college-sponsored summer trip to Peru, a place I'd always wanted to go. I was bursting out of my



clothes. My belly hung over the waistband of my jeans, making me feel beyond uncomfortable and causing me to struggle to breathe. As our group made its way along, it wasn't the beautiful mountain scenery I noticed most; it was the fact that I had to pause and rest after a mere five minutes of walking.

My usual way to deal with this discomfort would have been to find my favorite comfort foods and placate myself with them. But instead, I had to settle for local foods. Suddenly, I was immersed in a world of drinks made with ripe, red fruit, all smelling and tasting of exotic spices that the Incas and Spanish prized like gold. Sometimes light and refreshing, sometimes rich and creamy, these drinks somehow kept me going. Soon I noticed that I never felt hungry, even though I was subsisting on a diet consisting almost entirely of these local drinks!

Within a few days, I discovered that my clothes were looser. Soon I had to tighten my belt to keep my pants from falling down. As walking and breathing became easier, I started to sweat less. At night, I slept better, longer and deeper. I woke up feeling refreshed. While I didn't have access to a scale, I ultimately lost 15 to 20 pounds that month.

You might think that's the end of my story...but it's not. The worst day of my life was yet to come. On the day I went to the ruins of Machu Picchu, feeling like a hero for conquering so much of my weight, I decided to buy a ticket to take the climb up Huayna Picchu, the mountain you see towering behind Machu Picchu in photos.



This climb takes those in good shape an average of 45 minutes. The majority of people make it to the top in an hour and a half. For me, the climb took two hours, and instead of feeling like a victory at first, it felt like running a gauntlet rife with public shame and humiliation. With every step, I fell further and further behind my group of several hundred tourists.



Sweating worse than ever, I kept on going. My shirt and pants were soaking wet. I could smell my body odor getting riper. My hair was dripping and sweat was running down into my eyes, causing them to sting. I was gasping for air as the altitude increased, and I could feel every beat of my heart as it pounded in my chest.



I thought my doctor's prediction was about to come true. I thought I would die there on the trail, of a heart attack, in front of travelers who were looking at me with a wide range of emotions ranging from compassionate and hopeful to bemused and even contemptuous.

Perhaps you have experienced something like this. If you have, then you know how I felt at that moment!

Ultimately, I made it to the top. I took in the view. And it was then that I realized that what felt like the worst day of my life was actually my best. Something clicked in my mind, and I realized that I had unwittingly detoxed myself from my former diet of fatty, chemical laden food and drinks. Without even trying, I'd lost a significant amount of weight and despite feeling like a whale out of water, I needed smaller pants.



That was when I knew that I had to share what I had learned with the world, beginning with my family. Despite their skepticism at my new plan (which you'll soon be starting) they were astonished as the fat melted away and a healthier, prettier version of me begin to appear before their eyes.

I wasn't starving.

I wasn't exercising for hours each day.

I wasn't following a fad diet.

I wasn't doing any of the things the weight loss establishment claims you have to do to lose weight! Instead, I was enjoying fresh, delicious foods that nourished me, inside and out.

Soon enough, my parents and the rest of my family started enjoying the red smoothies. You see, they wanted what I had. New energy, better health, and an overwhelming zest for life. My younger brothers and sisters grew up looking lean. My parents lost all the excess weight they had been carrying and despite years of abusing their bodies with food, they are healthy today, with no trace of diabetes or heart disease.

Since making that change, I've never looked back. My energy was (and is!) high, my skin has a radiant glow, and the horrible bloating and indigestion that were part of my miserable daily existence are long gone. I felt so motivated and so renewed, and my family had become so healthy using my accidental discovery, that I knew I had to help others by sharing my discovery.



What Happens on the 14-Day Red Smoothie Cleanse?

The 14-day red smoothie cleanse is a detox program that's designed to help you lose weight while gaining energy, reducing the cravings that keep you coming back to the foods and drinks that are causing some of your problems in the first place, and improving your overall health. You will be detoxifying your body by eliminating certain foods for 14 days and reprogramming your taste buds to prefer foods that contribute to your health rather than detracting from it.

During this period of time, your body will receive the highest-quality nutrition while working to clear your vital organs and cells of toxins that have been built up over time. The red fruits, greens, and superfoods you'll be consuming are filled with the vitamins, minerals and nutrients your body needs to work at peak efficiency, allowing your cells to renew themselves quickly to that you begin to feel and even look younger. The sludge and waste that's clogging your body now? It'll be gone – and clearing it is something even the most advanced plastic surgery and the most expensive anti-aging creams can't do.

As your cells regain health, your skin will take on a more youthful appearance. Friends may begin to wonder where your wrinkles, dark under-eye circles, and dry, tired skin went! As unbelievable as it may seem now, you really will begin to feel younger, healthier, and much more energetic.



Red smoothies work on your body from the inside out, helping you to feel as if your age is reversing rather than advancing.

What About After the Cleanse?

As I mentioned, this is *not* a diet – it’s a lifestyle change. After the cleanse, you’ll continue to enjoy the benefits of red smoothies by having at least one per day, either at a mealtime or as one of your healthy snacks. Don’t worry – you won’t be consigned to a daily intake of only smoothies forever. As much as I love them, I know that variety really is the spice of life! That’s why I created a 21-day meal plan that will help you enjoy some new twists on old favorites while eating for optimum health. You can keep following that 21-day meal plan for as long as you like, using the recipes I am including in this book along with wonderful recipes from several outstanding sources that I’ll be sharing with you just a little later.



Am I a Good Candidate for the Red Smoothie Cleanse?

This quick quiz will help you to determine whether your body is carrying more toxins that it can handle without some help from you. Read each of the questions below and give yourself one point for each “yes.”

- ➔ Do you sleep less than eight hours nightly?
- ➔ Do you use artificial sweeteners or drink diet sodas daily?
- ➔ Do you eat fast food or processed foods such as lunchmeat, canned soup, meal replacement bars, or frozen dinners at least three times per week?
- ➔ Do you often crave things like bread, pasta, potatoes, white rice, and sweets?
- ➔ Do you drink less than 64 ounces of water daily?
- ➔ Do you have any silver-colored fillings?
- ➔ Do you suffer from frequent yeast infections?
- ➔ Do you smoke, or are you exposed to secondhand smoke?
- ➔ Are you a former smoker, or have you ever been exposed to secondhand smoke?



- ➔ Do you eat non-organic fruits, vegetables, or meats?
- ➔ Do you eat farmed fish?
- ➔ Do you feel sensitive to chemicals, smoke, or fumes / fragrances in the environment?
- ➔ Are you overweight?
- ➔ Do you have cellulite?
- ➔ Do you take (or have you ever taken) medications such as antibiotics, antidepressants, birth control pills, prescription pain medications, OTC painkillers, or hormone replacement therapy?
- ➔ Do you use common chemicals such as commercial household cleaners, detergents, deodorants, or cosmetics?
- ➔ Are you exposed to any environmental toxins at work?
- ➔ Do you live near an airport, highway, or busy urban area?
- ➔ Do you often feel tired, sluggish or fatigued?
- ➔ Do you find that you have trouble focusing or concentrating?
- ➔ Are you often anxious, stressed, sad, or depressed?
- ➔ Do you often feel antsy?



- ➔ Do you suffer from feelings of indigestion, bloating, or excess gassiness after meals?
- ➔ Do you get common illnesses such as the cold or flu twice or more per year?
- ➔ Is postnasal drip, sinusitis, or congestion a problem for you?
- ➔ Do you have dark circles under your eyes?
- ➔ Are there puffy bags beneath your eyes, or is your entire eye area frequently puffy?
- ➔ Have you ever noticed that your tongue has a thick coating?
- ➔ Do you suffer from bad breath?
- ➔ Does your urine have a strong, unpleasant odor?
- ➔ Are breakouts, rashes, acne or hives an issue for you?
- ➔ Do you have insomnia?
- ➔ Do you have bowel movements less than once daily?
- ➔ Do you suffer from itchy, burning eyes or blurred vision, even occasionally?

Scoring:

The more points you score, the greater the likelihood that you're carrying a toxic load that needs to be eliminated. The worse off you are, the more you will benefit from this cleanse.



20 or higher: A detox will benefit you significantly, leading to weight loss and a vast improvement in vitality.

Between 5 and 19: A detox will deliver greater health and improved vitality. Detoxification symptoms may be less pronounced for you than for someone with a greater toxic load.

Less than 5: It looks like you are already taking good care of yourself, and your toxic load is probably lower than average. Adding red smoothies will help you feel even better!

When the body is overloaded with toxins, it stores them inside fat cells. Because these cells aren't easily broken down, the body's toxic load just gets heavier and heavier. As that load increases, problems like the ones outlined above increase.

The 14-day red smoothie detox plan is a simple, streamlined way to transform your health and make life more pleasurable. **Here's how it works:**

1. Each morning, you'll prepare an entire day's worth of red smoothie, pack it up, and take it along with you. You can either sip on it as you feel hungry, or you can drink about one-third every three to four hours, until you've consumed up to 60 ounces of the blend.
2. Snack on crunchy veggies and fruits such as carrots, cucumber slices, celery, apples, and pears throughout the day. If you find that you're feeling hungrier than usual, have a hard-boiled egg, a handful of raw, unsalted seeds or nuts, or a little unsweetened pea-



nut butter. Aim for two substantial snacks per day (one in mid-morning and one during the midafternoon hours) and have as many plain veggie snacks as you want during the rest of the day.

3. Drink a minimum of 64 ounces of water (8 glasses) each day. Enjoy as much herbal tea as you like, remembering to drink your detox tea at least twice daily.
4. At least once during the detox, perform one of the recommended colon cleanse methods, which isn't nearly as scary as it sounds!
5. Do not consume any of the following: meat, milk, cheese, refined sugar in any form, processed food, fried food, refined carbohydrates (pasta, white bread, donuts, etc.), coffee, liquor, beer, soda or diet soda.

Now that you know what the cleanse entails, it's time to get started! Keep reading to jumpstart your weight loss and get healthy.

If you like, you can read the entire book before getting started, but I've laid it out so that you can begin now if you prefer.



CHAPTER 2

Why Red Smoothies?

Green smoothies are everywhere, and don't get me wrong – they are fantastic! But with many of the green smoothie recipes available, you're missing out on the power of red super fruits, and in many smoothies from different sources, you're also missing out on some amazing super-



foods that provide your body with a real boost while adding incredible, exotic flavors you'll find irresistible. Note that I have nothing against green smoothies – in fact, I recommend them to my clients and have written extensively about them! It's just that when the focus is all on green, there are many nutrients that might not make it into your diet.

10 Awesome Reasons to Enjoy Red Smoothies

I skimmed a few benefits of red smoothies in the previous chapter, and you might already have some great reasons of your own to add to the ones I listed. Let's take a closer look.

1 Detoxification

Your body has its own mechanisms for removing toxins, but overexposure causes a burden, slowing the detoxification process. By drinking red smoothies, you can give your body some help with detoxification, making it much easier to eliminate the toxins that lead to weight gain and harm your wellbeing. Detoxification helps you live better and happier, and it can also help you live a longer life.

How does this work? We're always breathing air, drinking water and other beverages, and of course, eating our favorite foods. But what happens after the body extracts what it needs from the particles we ingest? Digestion results in



even more waste. While this is a natural byproduct of the digestive process, some waste is almost always left behind, and your toxic load increases. The powerful red super fruits and super foods provide fiber that sweeps your body clean, tones your digestive system, and eliminates built-up toxins along the way.

② Excellent Nutrition

The red smoothies that you will be drinking consist of 100-percent raw ingredients, meaning that none of the nutrition has been broken down or altered in any way. These red smoothies are loaded with antioxidants, vitamins, minerals, fiber, phytonutrients, anti-inflammatory substances, pure water and so much more. They're also packed with chlorophyll, which is a substance produced by plants, which is similar in structure to the hemoglobin your blood contains.³ In a sense, drinking red smoothies is a bit like receiving a blood transfusion that completely refreshes your body.

③ Weight Loss

Did you know that simply losing between one-fifth and one-tenth of your current weight can lead to a whole host of health benefits? Scientific evidence points to a decrease in bad (LDL) cholesterol and an increase in good (HDL) cholesterol, a significant drop in triglycerides, and a decrease in problems related to high blood pressure. The same amount of weight loss has a positive impact on diabetes,



decreases insulin resistance, and improves sleep apnea. Inflammation that leads to strokes and heart attacks drops with a weight loss of ten percent or higher. ⁴

A staggering number of Americans are overweight, and obesity is a problem that compounds other health problems. Even when we have just a few pounds to lose, we reap benefits by shedding the excess weight! If you are hoping to lose weight, you will not be disappointed by your newfound red smoothie habit. These delicious blends are so tasty that they seem like forbidden treats, but their high water content, fiber, and nutritious ingredients let you enjoy them in abundance while staying full, reducing the cravings that accompany most weight loss plans, and feeling no sense of deprivation.

4 Improved Health

Think back to the time when you felt healthiest, and imagine yourself feeling that good – or even better – again. When you're healthy, you feel as if you are bursting with energy. You look and feel vibrant, and life is wonderfully enjoyable. What's the secret? Because red smoothies are filled with vital nutrients, consuming them on a regular basis leads to excellent energy levels and a vibrant, radiant look that people are likely to comment on. No matter what your age, you'll look and feel better when you consume a diet high in natural foods.



Why? Despite the processed gunk that crowds our diet today, humans are designed to thrive on a diet that consists mostly of fruits, vegetables, nuts, and seeds. When we give our bodies the foods they are meant to eat rather than the ones manufacturers provide, our cellular structure flourishes so that good health shines from the inside out, the toxic load is eliminated, and suddenly we find ourselves looking and feeling amazing. When you start drinking red smoothies regularly, you will notice some changes, beginning with the way your skin looks and feels. Don't be surprised if some of the "normal" signs of aging – wrinkles, spots, and tired eyes – clear up quickly. Your eyes will take on a whole new sparkle that reflects vibrant health!

5 Excellent Digestibility

Red smoothies are easy for your body to digest, and they are very easy to metabolize, so your body gets all the benefits of the ingredients they contain. Solid foods are harder for the body to digest and metabolize, so you may not be getting all the nutrients they contain when you eat them. You will probably notice the smoothies beginning to do their work as soon as you begin drinking them – and this is because the nutrition they contain is so highly bioavailable! Because the blender has masticated the smoothie ingredients into tiny pieces, your digestive system does not have to work as hard to extract nutrients. Once your smoothie reaches your small intestine, nutrients are absorbed and



begin to undergo chemical changes that transform them into energy for your body to use.⁵

6 Outstanding Hydration

You might be surprised to discover that proper hydration helps to ensure that your entire body functions properly. Your muscles, digestive system, brain, and even your immune system rely on good hydration to work properly. And some of the things we drink – even though they’re liquids – dehydrate, rather than hydrate the body! Alcohol, soda, and coffee are the primary culprits. Some other habits lead to dehydration too; smoking cigarettes and eating processed foods are two common ones that you’ll want to avoid at all costs.

Besides avoiding sources of dehydration and drinking lots of water each day, you’ll find red smoothies contribute to superior hydration, which helps keep everything moving smoothly and contributes to immediate feelings of good health. Like many people, you are likely to feel a little overwhelmed by all the liquids at first, but keep on sipping. Your body will quickly figure out that it’s finally getting the moisture it has been missing, and the entire process of sipping will feel welcome and refreshing.

7 Better Digestion

Have you ever heard the term “SAD” applied as an acronym for the Standard American Diet? This shortcut is an appropriate one, because this diet, based on lots of processed



foods, meat, dairy products, unhealthy fat, and salt leads to a whole host of diseases, not to mention digestive woes ranging from heartburn to colitis to irritable bowel syndrome to acid reflux (to name just a few!). Red smoothies give your body a much-needed break from all of these substances, helping to clear the sludge from your intestines and colon and letting the body reset its delicate digestive balance.

8 Easy to Make

Red smoothies are so easy to make that you may wonder where they've been all your life! If you lead a busy lifestyle as so many of us do, then you will appreciate the five-minute prep time and quick cleanup. You can speed the process up even more by using frozen fruit, prepping your fruits in advance, or using greens that have been pre-washed.

9 Recipes, Recipes, and More Recipes!

There are 28 red smoothie recipes in this book, and many more are available online, from a variety of sites. You'll also find other colorful recipes that will keep your taste buds engaged, meaning you'll never get bored with your smoothie habit. There are so many wonderful combinations to try that you can easily enjoy something different each and every day, still without making a huge effort! Once you are comfortable with smoothies, you will probably find yourself making some new creations of your own!



10 Incredibly Delicious

I've mentioned this before, and it bears mentioning again. If for some reason you are still on the fence about undertaking this cleanse, it is definitely time for you to hop off and get started! For many people, it's uncertainty about whether or not they will be able to stomach the smoothies' flavors that holds them back. You can take it from me, a certified foodie, that there is absolutely nothing to fear in the taste department. Red smoothies are just amazing, with their rich, zingy flavors. Even children enjoy drinking them!



What are superfoods?



Superfoods are so packed with nutrients that even small amounts can pack a powerful punch. While there are no set criteria for determining what is and isn't a superfood, experts generally agree that items containing extra-large doses of vitamins, minerals and micronutrients qualify for the moniker.

I would have to write a whole new book to explain the benefits of all the nutrients found in superfoods, but there are a few main components that stand out and deserve special mention.

We'll start with antioxidants: These nutrients are thought to ward off cancer by fighting free radicals and helping to keep cells in good condition. Next up is fiber, which aids in



the prevention of diabetes and a wide range of digestive problems, plus soluble fiber, which helps to sweep arteries clean and keep your heart healthy. Vitamins and minerals support your body's systems in many ways; without them, your skin, eyes, nerves, and organs would fail. Finally, phytochemicals, which are minuscule components that give plants their rich fragrances and delightful colors also provide a wide range of health benefits.



Which Red Super Fruits and Ingredients, and Why?

From cranberries to strawberries to watermelon, red fruits and vegetables pack a powerful punch. Red fruits and veggies are brimming with antioxidants such as anthocyanins and lycopene, helping the body to ward off illnesses such as heart disease and cancer. These vibrant red foods also decrease the risk of macular degeneration and stroke, and they help eliminate the free radicals that contribute to aging.

Here is a quick list of some of the best, most nutritious red super fruits and superfoods you'll be enjoying during and after this detox, plus some reasons why each one is so fantastic.

Apples: Simple apples, with their bright red skins and juicy interiors, offer bone protection, help ease breathing disorders, and help keep cholesterol levels healthy.

Beets: Love them or hate them, beets continually make the list of red powerhouse foods. They are high in lycopene, folate, and anthocyanins, nutrients that help the body function properly.

Blood Oranges: Blood oranges have a rich, delicious taste and are filled with vitamin C, among other nutrients.

Cherries: Cherries aren't just tasty, they're a wonderful source of potassium, which can help you attain and keep healthy blood pressure levels. When fresh cherries aren't



available, consider soaking dry, unsweetened ones or adding frozen ones to your smoothies. If you're using fresh cherries, double check to be sure that you've removed all the pits before tossing them in the blender.

Cranberries: Tart and tangy, a little cranberry goes a long way. In lab studies, cranberries have been shown to kill cancer cells.⁶ The proanthocyanidins they contain keep bacteria from sticking, helping to prevent stomach ulcers and bladder infections. Dried, unsweetened cranberries can be soaked before being added to smoothies, or you can leave them dry to add little bits of texture.

Currants: Like other tart red fruits, currants offer some protection against heart disease and other maladies. Their high magnesium content plays a role in building and maintaining strong, healthy nerve and muscle fibers.

Goji Berries: Fresh goji berries are almost impossible to come by, perhaps because these fruits are usually sold fresh only in Asian and European countries. If you can't get fresh gojis, don't worry – dried ones are a potent addition to your smoothies. Full of antioxidants, beta carotene, and other nutrients, they are also very high in fiber. If adding goji berries to a smoothie, consider soaking them beforehand.

Grapes: Red and purple grapes are high in fiber, plus they're loaded with antioxidants.



Pink Grapefruit: Pink and ruby red grapefruit varieties are high in antioxidants, including vitamin C. Citrus fruits also contain plenty of pectin, which helps to reduce cholesterol.

Plums: These juicy fruits neutralize free radicals and provide protection from arthritis, stroke, heart attack and cancer. They contain a carotenoid called Zeaxanthin, which helps to slow the aging process.

Pomegranates: Beautiful, deep red pomegranates help prevent cancer, protect cartilage from age-related deterioration, and help prevent plaque from building up inside arteries. If you are at an elevated risk of developing breast or prostate cancer, enjoying pomegranate regularly may help provide some protection.

Raspberries: Among other things, raspberries contain a type of fiber that helps reduce “bad” cholesterol.

Red Peppers: Sweet bell peppers and spicy red ones are high in vitamin A, which is essential for good skin, bone, and dental health. Additionally, a red bell pepper contains about the same amount of vitamin C as an orange does.

Strawberries: A good source of folate, which is essential for women of childbearing age and for everyone who wants to enjoy good heart health. They also pack plenty of vitamin C, which is responsible for boosting immunity, among other things.



Tomatoes: Despite their savory flavor, tomatoes are considered fruit! They're high in lycopene, which helps prevent breast and prostate cancer.

Watermelon: Like tomatoes, watermelon is loaded with lycopene. Besides helping decrease cancer risk, this nutrient cuts the risk of macular degeneration and stroke, and it improves blood vessel function.

To truly harness the incredible power of red fruits and vegetables, enjoy a variety of different flavors each week. Feel free to mix things up, too, and consider adding some red super foods to your meals and snacks. It's tough to get too much of a good thing!



CHAPTER 3

Why add greens to your red smoothies?

While red fruits are fantastic on their own, your red smoothies will be even more nutritious if you add some greens. Sure, this does sometimes make for some funny colors in the glass, but when you discover what leafy greens can do for a red smoothie (or any other smoothie, for that matter!) you'll find yourself craving sweet kale, light-tasting lettuce, and so much more.



When you add greens to your smoothies at a ratio of about 6 parts fruit and 4 parts greens, you will enjoy faster weight loss. Your energy will skyrocket, you will crave sugary foods even less than you would with red fruits alone, and your skin, hair and nails will begin looking healthier than ever. Soon, people will start to ask you what you've done to make these changes! Keep up with the healthy living plan after the detox comes to an end, and the benefits will keep on coming.

Smoothies that contain about 40 percent greens are higher in protein than those containing red fruits and vegetables alone. This is because greens are filled with amino acids, which are actually the building blocks that combine to create all the different proteins in your body. They are more bioavailable (easier for your body to use) than complex proteins such as the ones found in animal products like meat and dairy.

When you provide your body with a wide range of plant-based foods, especially greens, you are giving it all the protein it needs! I'm not saying that you need to become a vegetarian or vegan overnight, but have you ever wondered where herbivorous animals get the protein they need to create the meat and dairy products people eat? All of it comes from plants. Thanks to greens and their ability to provide plenty of amino acids, people who follow a clean eating plan get all the protein that they need for good health.



If you feel like you need more protein, you can add more greens to your smoothies, enjoy a handful of nuts or seeds, or add a plant-based protein powder to your smoothie. You can also nibble on broccoli, which contains about 4 grams of protein per cup. This way, you can continue with the detox without subjecting your body to the strain of breaking animal proteins down into amino acids. Yes, this thinking goes against what you may have heard before, but keep in mind that meat and dairy producers rely on consumers for their living. Millions of people worldwide thrive on diets that contain no animal products whatsoever. It's just a little food for thought.

Besides the protein they contain, greens are also an excellent source of chlorophyll. Remember this funny-sounding nutrient? Besides being structurally similar to the hemoglobin in your blood, it helps purify your body and it helps you to produce a stockpile of new, healthy blood cells.

The benefits of greens don't stop there. They are rich in magnesium, which is directly associated with a reduced risk for type 2 diabetes.

Once you become accustomed to adding leafy greens to your smoothies, consider adding some green "power boosters" in addition to the ancient superfoods you'll be discovering in the next chapter. Green boosts like powdered barley or wheatgrass add even more chlorophyll to your smoothies, plus they greatly increase your intake of vitamins, minerals, antioxidants, amino acids and enzymes.



While we're on the subject of greens and the benefits they provide, let's look at just a couple of other green ingredients that you can add to any smoothie. You have probably heard about aloe vera, and it's likely that you may have used its healing gel to soothe a sunburn or help a cut close up faster. This succulent plant makes a wonderful addition to any red smoothie. Its abilities—including improving digestion, easing chronic inflammation, and boosting immunity are almost legendary.

Thanks to aloe's ability to act as a mild laxative and aid in cleansing and detoxifying the body, aloe is an awesome addition to any smoothie you drink during a cleanse. Because this power booster is so popular, it is now available in pure juice form and as a food-grade gel that you can squeeze right into your smoothie. Its taste is light and fresh, not at all heavy or overpowering. If you want extra aloe power, you can use it as a supplement between smoothies. Just be sure to choose an organic variety and steer clear of brands that contain added sugar or artificial flavors.

Another green booster that deserves special mention is blue-green algae. Incredibly, this superfood contains every single nutrient your body needs for good health. When you add it to your smoothies, you'll enjoy increased energy and greater mood stability. You may also notice that you feel more alert and engaged, thanks to its ability to enhance brain function.



Chlorella is another algae to try. As you might have guessed from its name, it is an outstanding source of chlorophyll. It helps boost immunity and improves digestion, and like other algal superfoods, it helps with detoxification.

Marine phytoplankton contains long-chain omega-3 essential fatty acids (EFAs), plus it is an outstanding source of vitamins and minerals. Phytoplankton serves as the basis of many marine animals' diets, and is an almost complete food! Over time, it can help improve circulatory health, and when added to smoothies on a regular basis, it can help to reduce inflammation.

Spirulina is a bit like phytoplankton, but it comes from freshwater sources rather than ocean environments. This single-celled wonder is an aquatic plant, just like other algae are. It contains all eight essential amino acids, plus it is high in protein. It is an outstanding source of antioxidants, vitamins, and minerals, and is an excellent addition to any smoothie.

Kelp, a type of seaweed known for its natural iodine content, makes a good addition to red smoothies, too. This underwater miracle food helps your thyroid stay balanced while providing a boost of vitamins and minerals. It has a slightly salty taste that makes it an excellent addition to savory smoothies.

Don't worry! These green power boosters might sound weird – I know they did to me when I first heard of them – but they taste just a little green, a lot like the leafy greens that go into your favorite salads. When combined with



red fruits, their flavor is so subtle that it's often difficult to detect. You can buy them online and at health food stores, either alone or in combinations with one another. If you find yourself running out of refrigerator room for fresh greens or want a more convenient way to add more green to your red smoothies, these power boosters can help.

Besides these boosters, there are lots of wonderful fresh greens to try! If you have a garden, even a small container-based one, you can grow them yourself, adding even more freshness and nutritional value.

Let's take a look:

Arugula – With a zippy, almost peppery taste, arugula is an outstanding source of vitamins A, C, and K, along with folic acid. It's a great choice for brain and bone health.

Beet Greens – Adding fresh beets to your red smoothie gives it a warm, earthy taste. Why not take it a step further and add the greens too? Rich in potassium (vitamin K), they give your immune system a boost while providing some protection against Alzheimer's and promoting healthy vision.

Bok Choi – This crunchy, mild-tasting Chinese cabbage is loaded with calcium, vitamin A, and vitamin C.

Chard – Also known as Swiss chard, this leafy vegetable has long fibers that help cleanse the digestive system while providing some protection against cancer.



Collard Greens – Known for their ability to promote healthy cholesterol levels, collard greens have a zippy taste that makes them ideal for adding to savory smoothies.

Dandelion Greens – If you can get them, organic dandelion greens make a wonderful addition to your cleansing smoothies. They act as a mild laxative, and they provide plenty of vitamin A and potassium.

Kale – With its lovely, ruffled leaves, kale makes a beautiful addition to your stash of greens. It's more than just another pretty plant though! This powerhouse is loaded with vitamins A and C, plus potassium and more.



Lettuce – Available in a mind-boggling array of varieties, lettuce contains lots of folic acid, plus plenty of vitamins and minerals. If you're looking for a "starter green" to add to your red smoothies, make it lettuce. Its taste is so mild you won't even notice it!

Parsley – Another green that's great for savory smoothies rather than sweet ones, parsley helps to regulate blood sugar, and it contains plenty of vitamins, minerals and antioxidants that help slow down the aging process.

Spinach – Mild-tasting and packed with omega-3s, calcium, iron, and magnesium, spinach makes a nutritious addition to any smoothie. It's just as mild-tasting as lettuce, making it a good "first time" green to add to your red fruits.



CHAPTER 4

The 4 Ancient Incan superfoods



We're almost ready to begin the cleanse, but first let me introduce you to some star players in the program that will soon be making a huge difference in the way you look and feel. You might be surprised to learn just what these Incan superfoods are, and what they can do for you.

Maca

Maca is a plant that flourishes in the high Andean mountains of Peru and Bolivia. The Incans prized it for its ability to de-stress and balance the body and mind. As it turns out, maca nourishes and protects your delicate endocrine system, helping to protect you from stress, which you might recognize as one of the main contributors to weight gain.

Maca is an adaptogen that gives your body a smooth burst of vibrant energy. If you've been wondering what you're going to do without coffee, here's your solution. Maca provides you with a healthy alternative to caffeine, minus the jitters and crashes that come with the overconsumption of coffee and other caffeinated drinks.



Besides making your detox easier, [maca](#) offers a rich but mild nutty flavor that makes it the perfect complement to many of the other ingredients you'll be adding to your smoothies.

[Maca](#) is also known as Peruvian Ginseng, even though it is not even remotely related to ginseng. It is traditionally used to boost stamina, increase energy, and enhance libido. Emerging evidence shows that maca may help ease anxiety and depression when used over time.⁷

Be sure to select an [organic maca powder](#) designed for raw food diets rather than one grown conventionally. The same applies to the rest of the superfoods you'll be enjoying during this cleanse and beyond.

[Maca](#) is easy to incorporate into any smoothie. Use between two teaspoons and one tablespoon per smoothie recipe. Adding it to fruit at the beginning of the blending cycle will ensure it is fully incorporated and prevents any lumps, which can taste bitter, from forming.



Chia Seeds



Remember Chia Pets? These cute little creatures have been popular for decades and are grown using tiny black seeds that sprout into hardy little plants. Unlike the cheap chia seeds used for these little figurines, the ones you'll be adding to your smoothies should be selected for their goodness and purity.



Chia seeds come from a flowering member of the mint family. These tiny seeds were so precious to the Incas that they were reserved for expectant mothers and warriors. Each chia seed is a nutritional powerhouse, with every serving containing an incredible 4.9 grams of the valuable Omega-3 essential fatty acid your body craves. In addition, each serving contains 4 grams of protein and meets 17% of your daily calcium requirement.

According to research conducted at the Cleveland Clinic, chia seeds improve blood pressure in diabetics, and it may even increase healthy (HDL) cholesterol while reducing bad (LDL) and total cholesterol numbers.⁸ All of this is great news for your heart!

Beyond their ability to provide amazing nutrients, chia seeds give your smoothies a luscious, creamy texture while making them more filling. To unlock their nutrients and make them easier to digest, soak them in pure water for 10 to 15 minutes before making your smoothie, then just toss them in with the rest of the ingredients, where they will blend right in.

Soaking your seeds first might seem like a bit of a pain, but don't skip this step! If you do, the fiber inside the chia seeds will soak the moisture out of your smoothie and could leave you with a lumpy, gelatinous mess in the blender or your smoothie container. If you want, you can soak your seeds for up to 24 hours in the refrigerator before adding them. Any longer, and the nutrients may begin to deteriorate.



Use between one and two tablespoons of chia seeds to any smoothie recipe including the ones found here or elsewhere. Like other dry ingredients, you will want to store chia seeds carefully in an airtight container.



Cocoa (Cacao)



Wait...cocoa? Isn't that chocolate? Well, you're right...cocoa is one of the primary ingredients in chocolate. But the cocoa you'll be savoring in these smoothies isn't the heavily processed kind you might be accustomed to now. Instead, it's rich, raw cocoa that comes straight from nature. It has been minimally processed, and it contains all the same antioxidants and phytonutrients found in the best red wines.

The Incans knew this type of cocoa as the "food of the gods," and when combined with luscious fruits and other superfoods, its flavor becomes even more irresistible.

Cacao is a nutritional powerhouse, providing an abundance of minerals and vitamins, along with protein, fiber, and healthy fat. These nutrients come together to help sup-



port your pancreas, liver, brain, and skin, along with your immune and digestive systems. When you enjoy cacao on a regular basis, you help your body build stronger bones and blood cells, too.

Hold on, because that's not all **cacao** has to offer! According to the National Health Institute, cacao may help ward off cardiovascular problems.⁹ Another study showed that consuming 15 grams of **cacao** daily led to a decrease in systolic blood pressure¹⁰ while a third showed that an extract it contains (cocoa polyphenol extract, to be exact) helped control arterial blood pressure overall.¹¹ These are just a few of the most commonly cited studies linking cacao with a reduced risk for cardiovascular disease – and they're great news for anyone who wants to experience better overall health.

You may already know that chocolate is a powerful mood enhancer. **Cacao** contains anandamide, which is fondly known as the “bliss chemical.” In addition, it contains phenethylamine, which is nicknamed the “love chemical.” The magnesium and tryptophan it contains help to bring balance to the brain, regulating both sleep and mood patterns for optimal wellbeing.

If you have ever tasted **cocoa powder** – even the processed kind – you know that it has a definite bitter taste that is transformed into something that seems like pure magic once a little sweetness is added. Cacao is the same: bitter beyond belief!



Cacao is available as whole beans, nibs, or powder. **I recommend powder** as it is easiest to work with, although nibs will work if you have a high-powered blender such as one of the ones made by **Vitamix**. If you prefer to purchase nibs, then consider using a coffee grinder to pulverize them before adding them to your smoothies.



Vanilla



Another luxurious ingredient you might never expect to find in any kind of detox program, pure vanilla adds loads of flavor without causing unhealthy insulin spikes that lead to more fat storage. Far more than a sweet, fragrant addition to smoothies, vanilla offers a wonderful fragrance that makes you feel calm and alert simultaneously, helping contribute to a wonderful feeling of steady, stress-free calm.

Be sure that the vanilla you purchase is made with real vanilla beans. Although many types of pure organic vanilla extract are made with alcohol such as bourbon, don't worry – you'll be using an insignificant amount. If you need to abstain from alcohol altogether, you can purchase an alcohol-free version of pure vanilla extract.

Adding vanilla extract to your smoothies is simple. Just use $\frac{1}{4}$ teaspoon or so, and add it at any time during the blending cycle. If you add your vanilla at the end, be sure to incorporate it well to prevent it from separating from the other ingredients.



CHAPTER 5

Before the cleanse – tips for getting ready

Be prepared!



Now that you know more about what this 14-day detox entails, it's time to get ready.



The first thing I want you to do is to take a photo of yourself or have a trusted friend or family member do it for you. This will be your main “before” photo, and at the end of the cleanse, you will be able to refer to it so that you can see how far you’ve come! Try to get your whole body in the photo by using a mirror or a selfie stick.

Next, take a close-up of your face. At the end of the cleanse, you will notice an amazing difference between the way your face looks now and the way it will look after you have eliminated the toxins. It’s likely that your skin will look less puffy, your eyes will look brighter and bag-free, and even the whites of your eyes might look whiter and clearer.



Did you take your photos? Great! The next thing, I want you to do is to weigh yourself and write down the numbers you see on the scale. This is your starting weight. You can keep weighing yourself throughout the cleanse to see your progress (it is completely normal for our weight to fluctuate during the day and throughout the cleanse) or you can wait until the end and surprise yourself with a monumental weight loss. The choice is yours!

Next, get a measuring tape and measure your chest, waist, hips, thighs, and calves. Write down all the measurements, and be sure to keep track of left and right measurements, as they are often different from one another. Why take this step? Some people lose more inches than pounds, and you want to be able to keep track of both sets of data. If you don't have a cloth measuring tape like the kind seamstresses and tailors use, then cheat by using a piece of yarn. Wrap it around the area to be measured and mark it so that you can measure it with a yardstick, ruler, or metal measuring tape like the kind used for home improvement projects. Yes, this might seem like an effort but trust me, you will want to know how many inches you've lost once the detox has come to an end, and perhaps even beyond that if you have more weight to lose.



Now that you've gotten the preliminaries out of the way, it's time to begin digging deeper into this 14-day detox. I am going to be completely honest with you: This is not always going to be easy. The red smoothie detox will challenge you physically, mentally, and maybe even spiritually. Stick with it, and it will transform your life, helping you to learn more about yourself, your eating habits and where they come from.

Not only will this detox cleanse, refresh, and renew your body, it will help you learn to improve your relationship with food. When you ensure that the food you are putting into your body nourishes and fuels you while providing your body with the nutrients that make you feel your best, you truly feel alive. Essentially, when the food you give your body loves you, you learn to love it too.

Know that you will probably encounter some roadblocks along the way. Most people do. There will be times when you experience cravings, feel frustrated, or even wonder if the effort is worth the expected outcome.

The first three to four days are often the most challenging part of the experience. As your body goes through the changes that accompany the shift from processed foods to nutritious smoothies, it will experience some intense cravings, particularly for addictive substances such as sugar and gluten. This is normal, and it's not at all unusual to feel uncomfortable, irritable, or depressed during this time. As your body starts to detoxify itself, you may notice an increase in bowel movements, itchiness, and intense thirst as well.



Once the initial discomfort has passed, you will begin to feel a change taking place. As your body becomes satisfied with the wonderful nutrients in the plants you are consuming, you will start to feel incredibly energized and you will notice that you are beginning to feel healthier than you may have in many years.

Because you'll be eating only raw foods including smoothies that have been blended to unlock the nutrients inside the fruits, vegetables and superfoods that they contain, your digestive system will be able to rejuvenate itself, and since it will be doing less work, it will be able to cleanse, heal, and start the process of repairing what might be years worth of damage.

You'll soon be introduced to an entire series of smoothies designed specifically for this cleanse. If you want to deviate from them and use other recipes, feel free, but be sure to avoid starchy items like sweet potatoes and carrots. Fruits, leafy greens, superfoods, and water should be the only ingredients in your smoothies.

The reason for this is that not all fruits and vegetables are created the same! Fruit is usually digested rapidly, but when you mix it with starch, the stomach lets the fruit sit while it works on digesting the more complex ingredients. When the fruit sits in your stomach for a prolonged period of time, it begins to ferment, which leads to gas and bloating.

Now that you know more about what to avoid, let's talk for a second about what to include. When you start shopping for produce to enjoy in your smoothies, look for organic



varieties and leave the conventionally grown ones behind. Organic produce and conventionally grown produce look a lot alike; in fact, conventionally grown fruits and vegetables often have a more “perfect” appearance because the pesticides used during growth leave them with an unblemished look. But don’t be fooled! Pesticides and herbicides only add to your toxic load and do nothing to help you detox!

If you can’t find organic produce, the next best thing is to put your fruits and vegetables through a thorough cleansing process before you use them. Either use a fruit and vegetable spray as directed by its manufacturer, or soak everything in a solution of 90 percent clean water and 10 percent vinegar before giving it a good scrubbing. Don’t skip this step! Forgetting to properly clean your produce will make it harder for your body to get rid of the toxins, and in some cases might even increase your toxic load.

Next, be sure that you use only purified water in your smoothies. If you use tap water, be sure to filter it beforehand to remove chlorine, fluoride, and any other additives or toxins it might contain.



Getting Ready for the First Day

Before you begin the 14-day detox, prepare yourself mentally for what you're about to undertake. Remind yourself constantly about the many benefits this cleanse will provide you, and tell yourself that you look forward to improving your health and your life. Spend some time daydreaming and envisioning what you will look and feel like once you have finished the detox and are following a clean, healthy eating plan.

On the first day of the cleanse and each day thereafter, drink a few glasses of water to refresh your cells and replace moisture that was lost overnight. Follow up by drinking a cup of detox tea, either with or without stevia. Fill a pitcher with water and add some lemon or lime if you like, and plan to keep on drinking that water throughout the day. If you don't like citrus in your water, feel free to drink it plain, but know that the citrus will support your cleanse.

Expect to make frequent trips to the restroom, both for urination and bowel movements. During the first few days, you will probably experience some gassiness as fecal matter that has been building up for years makes its way from the furthest recesses of your digestive system and is eliminated. Your bowel movements may smell more unpleasant than normal, and they may look terrible!

If you didn't take your photos, weight and measurements at the beginning of the chapter, be sure you take these steps before you begin the detox. Don't let the scale, the camera,



or the measuring tape become your enemies! Instead, consider them close friends who always tell the truth, keeping your best interest in mind. Finally, remember that weight loss might be rapid or slow, depending on where you are in your journey now, your metabolism, and more. Be patient, stick with the cleanse, and in the end you'll lose weight while reaping all the other benefits we've been talking about.

Right now – this moment – is a pivotal point for you. You are about to embark on an incredible journey that's about so much more than weight loss. Monitor your moods, digestion, energy level, and appearance as your health improves. Keep encouraging yourself. Read uplifting books, listen to your favorite music, and enjoy the transformation that's taking place. You can do this.



CHAPTER 6

14-Day Cleanse Shopping List



Since this detox is all about freshness, I recommend that you shop for ingredients every four to five days instead of once per week. This means you will have a total of three shopping trips during your detox.

Each section of this list covers four to five days worth of smoothie ingredients, not including staples such as cacao, maca powder, vanilla and chia seeds, which can be purchased in bulk before the cleanse begins. If you want to add more superfoods such as spirulina, etc. to your cleanse, be sure to purchase it in advance as well! All of the superfoods are easy to find online (and may be priced more competitively that way). If you are lucky enough to have a good health food store in your area, you may be able to find the things you need there, as well. Be absolutely sure to check dates for freshness when shopping locally, particularly if the store you are patronizing is a small one without much traffic.

Once you have mastered the art of the smoothie, which is something we will be covering in a later chapter, you'll be all ready to begin making the recipes in this book. In addition to providing you with these recipes, I'll be showing you how to create some recipes of your own, so you can put your creative mind to work and create delicious treats to suit your own preferences.



Ingredients List Days 1-5

Powdered cinnamon

Unsweetened almond milk, 64 ounces by volume

Stevia powder in packets

Cayenne pepper

Raisins, 4 ounces by volume

Rolled oats, 8 ounces by volume

Coconut water, 24 ounces by volume

Pomegranate juice, 16 ounces by volume

Dried goji berries, 4 ounces by volume

Raw, unsalted cashews, 4 ounces by volume

5 cups frozen mango chunks (40 ounces by volume)

Fresh ginger root (1-inch section)

1 small red apple

1 pineapple

5 bananas

2 cups berries (fresh or frozen, 16 ounces by volume)

2 bunches fresh baby spinach

2 small heads leaf lettuce, or one larger head of leaf lettuce



1 small head baby bok choy

6 mandarins

1 bunch red beets

1 fresh lemon

6 fresh limes

1 ruby red grapefruit OR 2 blood oranges

Remember to purchase additional foods for snacking. Eggs to boil, celery, cucumbers, carrots, grape tomatoes, salad greens, apples, pears, nuts, and pumpkin seeds are all fantastic choices.

Ingredients List Days 6-9

Unsweetened coconut milk, 16 ounces by volume

Unsweetened almond milk, 32 ounces by volume

Coconut water, 8 ounces by volume

¼ cup raw, unsalted almonds, 2 ounces by volume

½ cup raisins, 4 ounces by volume

½-inch section ginger root

5 cups frozen sweet cherries, 40 ounces by volume

4 cups fresh or frozen cranberries, 32 ounces by volume

4 cups fresh or frozen raspberries, 32 ounces by volume



2 cups fresh or frozen blackberries, 16 ounces by volume

2 cups fresh or frozen strawberries, 16 ounces by volume

3 bananas

16 plums

1 small head of green leaf lettuce

1 bunch baby bok choy

2 bunches fresh baby spinach

1 lemon

Remember to purchase additional foods for snacking. Apples, celery, and carrots, for crunch, cucumbers to sprinkle with apple cider vinegar, heirloom tomatoes, salad greens, peaches or plums, apricots, and pistachios are all wonderful options. If you want to eat eggs, be sure to get organic ones from free-range hens. You can save money on these eggs by purchasing them directly from farmers who produce eggs in small volumes. These people often set up at farmer's markets or sell their eggs directly from their farms.



Ingredients List Days 10-14

Unsweetened almond milk, 24 ounces by volume

Unsweetened pomegranate juice, 4 ounces by volume

Coconut water, 8 ounces by volume

7 cups fresh or frozen strawberries, 86 ounces by volume

2 cups frozen mango chunks, 16 ounces by volume

1 cup frozen pineapple chunks, 8 ounces by volume

2 cups fresh or frozen sweet cherries, 16 ounces by volume

5 cups fresh or frozen raspberries, 40 ounces by volume

1 small seedless watermelon

2 bunches baby bok choy

1 small head of leaf lettuce

1 small head of red cabbage

1 bunch baby spinach

4 cups red seedless grapes, 32 ounces by volume

1 medium beet

1 banana

1 red apple

5 oranges

1 ruby red grapefruit OR 2 blood oranges

1 lemon



Superfoods to buy

Click the links below to purchase these directly from Amazon.com

[Maca Powder](#)

[Chia seeds](#)

[Pure Vanilla](#)

[Organic Cocoa Powder](#)

Remember to purchase some additional foods for snacking. Do you have enough eggs? What about crunchy snacks like nuts, seeds, crisp celery, cucumbers, apples, and carrots? Remember some extra greens, too!



CHAPTER 7

How to do the 14 day red smoothie fat cleanser program



The 14-day red smoothie detox will transform your health. You can choose to do a full cleanse or a modified one, depending on a few variables described below.

As you might have guessed, the full cleanse provides the greatest weight loss and really gives your body a break. You can expect to lose ten to fifteen pounds by following this cleanse, and if you are extremely overweight or have a larger toxic load than the average person, you may lose even more. The full cleanse consists of three red smoothies, crunchy veggie and seed or nut snacks, and plenty of water and herbal / detox tea for the duration of the entire fourteen days.

If you choose the modified cleanse, you will still lose weight and get healthier, but with less of a challenge (and less weight loss). You'll replace two main meals with smoothies and have a healthy meal for lunch or dinner, along with plenty of healthy snacks and all the water and tea you can drink. The healthy meal should consist of a salad, steamed or sautéed veggies, and your choice of a small portion of grilled or baked fish or chicken, without skin.

The modified cleanse provides you with plenty of health benefits, and it sets you on a path toward transforming your relationship with food. It is ideal for anyone who is unable or unwilling to stick with the 14-day detox plan, and it can also be used to bridge the gap between the standard American diet (SAD) and a full cleanse. If you like, you can try a week on the modified cleanse and then do a week on the full cleanse. The choice is all yours.



For both versions of the 14-day red smoothie cleanse, you will be avoiding all refined sugar, red meat, dairy products such as milk and cheese, liquor, beer, and wine. You'll also be staying away from soda and diet soda, processed juices with added sugar, refined carbs such as bread, pasta, pastries, etc., and fried foods. If you know that you will be exposed to these at some point during the cleanse, do yourself a favor and see whether there is some way to avoid situations that might increase temptation.

Whether you are following the full cleanse or the modified cleanse, be sure to chew your smoothies as you consume them. Confusing as this may sound, since chewing your smoothies will not change their texture, it really is important to go through the motions. This provides added satisfaction, plus it releases saliva, which plays an important part in the digestive process and ensures that you receive all the nutrition each smoothie contains.

Full Red Smoothie Cleanse Summary:

1. Drink your smoothies! Each day, you will be drinking one big smoothie that you can package into three smaller red smoothies: One for breakfast, one at lunchtime, and one for dinner. You can also sip on your smoothie throughout the day as you feel hungry. Be sure to drink some of your smoothie or



enjoy a crunchy veggie snack every three to four hours. While you might think staying away from food between smoothies would help your metabolism, it actually hurts and causes your metabolism to grind to a screeching halt. Having a little something will keep your body's engine revved and your metabolism up, so nibble away! Every mealtime smoothie should be between 12-16 ounces. Just prepare one big smoothie recipe as outlined in the coming chapter, and pack it up to take along. Keep it refrigerated or pack it in an insulated bag.

2. **Snack!** Apples, celery sticks, cucumbers, melon slices, and pears are all wonderful snacks to enjoy during the cleanse. Unsweetened nut butter or handful of raw, unsalted nuts and seeds also makes a good snack. Have a hearty snack twice per day, and enjoy as many crunchy vegetables as you want throughout the rest of the day.
3. **Drink up!** Enjoy as much herbal or detox tea as you like, and drink at least 64 ounces of water per day. Detox tea helps to cleanse the liver, kidneys and skin as they evacuate toxins from your body. Be sure to start each day with a cup of detox tea and consider having another cup right before bed.
4. **Keep your bowels moving!** Sure, you could just let nature take its course, but using one of the colon cleansing methods outlined in the next chapter will help ensure that you have between one and three



bowel movements per day during your detox. The cleaner your colon and the rest of your digestive system is, the more effective this program will be and the more you'll benefit.

5. Remember what to avoid! Skip the following items throughout the course of your detox:

- ➔ Refined sugar
- ➔ Red meat
- ➔ Dairy products – milk, cheese, etc.
- ➔ Products that contain alcohol: liquor, beer, wine, hard cider, etc.
- ➔ Coffee
- ➔ Soda and diet soda
- ➔ Processed foods
- ➔ Fried foods
- ➔ Refined carbs – bread, pasta, pastries, donuts, etc.
- ➔ If you are faced with temptation, do some serious imagining about the way the detox is benefitting you, picturing yourself looking and feeling better. Have a healthy snack. Avoid or leave the situation if you have to.



Modified Red Smoothie Cleanse

Summary

1. Drink your smoothies! Choose any two meals and have smoothies. Each smoothie should contain 12-16 ounces, and you can also sip on your smoothies throughout each day.
2. Have a healthy meal! Salad, steamed or sautéed veggies, a vegetarian protein source or a small portion of baked or grilled fish or chicken rounds out this meal. Have it at lunchtime or dinnertime.
3. Keep snacking! Be sure to have a healthy snack of crunchy fruit or vegetables every three to four hours. If you are feeling extra-hungry have a tablespoon of unsweetened nut butter or a small handful of raw, unsalted nuts or seeds. Have a hearty snack twice per day, and enjoy as many crunchy vegetables as you want throughout the rest of the day.
4. Drink up! Water and detox teas are your constant companions during this cleanse. Drink at least 64 ounces of purified water daily, along with as much detox tea and herbal tea as you want. Be sure to have your detox tea first thing in the morning, as it helps cleanse toxins removed from organs the night before.
5. Keep your bowels moving! Perform one of the two methods of colon cleansing outlined in the next chap-



ter, so that you have between one and three bowel movements during each day of your detox.

6. Remember what to avoid! Skip the following items throughout the course of your detox:

- ➔ Refined sugar
- ➔ Red meat
- ➔ Dairy products – milk, cheese, etc.
- ➔ Products that contain alcohol: liquor, beer, wine, hard cider, etc.
- ➔ Coffee
- ➔ Soda and diet soda
- ➔ Processed foods
- ➔ Fried foods
- ➔ Refined carbs – bread, pasta, pastries, donuts, etc.

Again, avoid temptation and keep on eating your healthy foods. If you know you'll be facing a sticky situation, prepare yourself mentally and bring a healthy snack along with you. The first few times you do this, you may feel like you're missing out. But once you begin to understand how poisonous these "foods" are, you'll come to prefer your healthy snacks.



A Few Words About Detox Tea



If you have never tried detox tea, you're in for a real treat. There are quite a few brands available, and of all these, two of my favorites are Triple Leaf detox tea and Yogi Detox tea. These drinks taste delicious hot or iced, and they provide purifying support to your internal organs with a focus on the body's main filters – the liver and the kidneys. Both companies (and others) also offer a variety of herbal teas that happily stand in for sugary sodas or diet sodas filled with unhealthy chemical sweeteners.



If you're like me and prefer your tea a little on the sweet side, give powdered stevia a try. Be sure to choose an organic brand and remember a little bit of this powerful herb goes a long way. You can also add stevia to smoothies to make them even sweeter and more delicious.

Snacks

Fruit and veggie snacks don't have to be boring. While you're on the cleanse – and after – play with different combinations that excite your palate. Try sprinkling cucumbers with organic apple cider vinegar and a little sea salt for a wonderful change of pace. Add onions or garlic if you really want to kick things up a notch!

Slice an apple into thin chips and dab a little unsweetened peanut butter onto each one. This is a fantastic snack that feels like a real treat.

Nuts and berries make another great snack. Blueberries, raspberries, and blackberries are ideal bite-size treats.

If you're feeling really hungry, have a hard-boiled egg, perhaps with a little apple cider vinegar, sea salt and red pepper sprinkled on it. Another hearty snack to try is mashed avocado with lemon or lime juice and sea salt, plus spicy red pepper (if you dare!) Dip celery, bell pepper, and zucchini sticks in it and enjoy.

A shiny red apple is another snack that is well within the bounds of the 14-day detox. Whether you nibble it whole or slice it into wedges, you'll enjoy its crisp taste and tex-



ture while relishing its sweet, delicious flavor. Good varieties to try are Macintosh, Gala, or Fuji.

For a snack attack that just won't quit, treat yourself to half a cup of unsalted pistachios in their shells. Yes, this sounds like a lot, but 25 of these nuts comes in at just 85 calories and provides plenty of tactile stimulation while helping boost your fiber intake. Be sure to stay away from pink-dyed or flavored pistachios while on the cleanse. These should be the pure, natural kind.

Ever tried edamame? If not, do yourself a favor and give the protein-rich legumes a try. Open these little pods to find delicious steamed soybeans inside and you may find you have a new snack favorite. A 1/3 cup portion provides plenty of satisfaction. When shopping, be sure to look for an organic, non-GMO option.

These are just a few snacks to try. From apricots to artichokes and cantaloupe to watermelon, the options are endless.



14 Days of Recipes for the 14-Day Red Smoothie Detox



Here are all the recipes you need for the fourteen days of the red smoothie cleanse. Use one recipe each day, as it makes enough smoothie for three meals and plenty of extra sipping. These recipes are designed to provide detoxification, weight loss, improved energy and increased mental clarity.

Unblended, the ingredients in each smoothie add up to about 120 ounces. Once blended, they will yield about 60 ounces. Divide each smoothie into three or four servings, or just sip on it as you experience hunger throughout the day.

If you start to feel tired of your smoothie or are using the modified version of the cleanse, you can freeze the extra smoothie in ice cube trays, pack the resulting cubes in a freezer bag, label it, and enjoy it as a healthy snack at a later date by running the cubes back through the blender. If you're doing the full cleanse program, just be sure that you drink at least two-thirds of your smoothie so you receive appropriate nutrition.



Mandarin Zinger

Lightly sweet with just the right amount of zip to wake up your taste buds, this smoothie offers a delicate hint of spice that will have you hooked in a heartbeat. The beets contain lots of vitamins and minerals that help get your detox off to a great start by helping to purify your liver as well as your blood. The delicate sugars they contain are released gradually into your system, providing steady energy that lasts. Add a luscious mélange of apple, banana and tart citrus, and you've got an incredibly healthy, delicious meal.

- 1 teaspoon cinnamon
- 2 bananas, peeled and cut in one-inch chunks
- 1 inch peeled ginger root
- 1 small red apple, cored
- 2 handfuls fresh baby spinach
- 6 fresh mandarins, peeled and seeded
- ½ cup red beetroot, scrubbed, peeled, and cut in one-inch chunks
- Juice of one fresh lemon
- 2 tablespoons chia seeds soaked in 4 cups water

Toss the banana chunks with the cinnamon to help ensure even mixing. Add the rest of the ingredients and blend away! You'll know you're finished when your smoothie has a smooth, creamy consistency.

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Coconut Red Velvet Smoothie

While this smoothie makes day two of your cleanse an absolute pleasure, it also happens to make an excellent stand-in for dessert. Make this recipe for guests sometime and watch their amazement when they hear that it contains a few super-secret ingredients!

- 3 cups unsweetened almond milk
- 1 ½ cups beets, peeled and cut in 1-inch chunks
- 2 handfuls lettuce leaves
- 6 packets stevia powder (more to taste, if needed)
- 5 tablespoons cacao powder
- ¼ cup raw, unsalted cashews, soaked in water overnight
- 1 ½ teaspoons vanilla extract
- 2 cups ice cubes made with coconut water

Pour the almond milk into the blender, and then add everything else. Process until velvety smooth, and enjoy! If it's summertime and you'd like to enjoy a frozen treat, pour some of this mix into your popsicle molds and you'll discover a whole new, utterly nutritious way to cool off.

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Mango Sunset

Today you're in for a treat – a wonderful smoothie with plenty of tart sweetness and just a little kick. Omit the cayenne if you're sensitive, but try it if you're merely feeling a bit of trepidation. The capsaicin it contains gives your metabolism a boost and treats you to a totally unique flavor that you're likely to find irresistible.

- 2 cups pure pomegranate juice
- 5 cups frozen mango chunks
- 2 teaspoons to 1 tablespoon maca powder
- 6 tablespoons dried goji berries
- 2 handfuls baby bok choy leaves
- ½ teaspoon cayenne pepper (more or less to taste)
- 4 packets stevia powder (more to taste, if needed)
- Juice of two fresh limes
- 1 tablespoon chia seeds soaked in ½ cup water

Pour the pomegranate juice into the blender. Add the rest of the ingredients and blend until smooth. If your smoothie seems to thicken, add more water in ¼ cup increments.

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Inca's Secret Smoothie

This red smoothie is an exotic one, and the combination of flavors inside add up to pure intoxication. Limes, chili, velvety chocolate, and a mix of summer berries provide craveable nutrition you won't be able to get enough of!

- 3 cups unsweetened almond milk
- 2 bananas, peeled and cut in one-inch chunks
- 2 cups frozen mixed berries or mixed fresh berries, your choice
- 2 handfuls baby spinach
- 1 cup rolled oats
- ¼ cup soaked cashews
- 4 tablespoons cacao powder
- ½ cup raisins
- ¼ to ½ teaspoon cayenne pepper (use just a pinch if you dislike spicy foods)
- Juice from 4 fresh limes

Pour the almond milk into the blender. Add the banana and blend until smooth. Add the berries and process until well-blended. Finally, add the rest of the ingredients and continue to blend until the mixture is silky smooth.

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Tropical Tango Smoothie

With tangy pineapple and citrus, smooth, sweet bananas, and mild tasting lettuce leaves, this concoction is one that might just make it onto your list of favorites. Add a helping of maca powder to give it an extra boost, if you like!

- 2 cups unsweetened almond milk
- 2 bananas, peeled and cut in one-inch chunks
- 2 handfuls lettuce leaves
- 3 cups fresh pineapple, cut in one-inch chunks
- 1 ruby red grapefruit or 2 blood oranges
- Ice cubes made from 8 ounces of coconut water
- 1 teaspoon vanilla extract

Pour the almond milk into the blender. Add everything but the ice and process until well-blended. Finally, add the ice cubes, blend until smooth, and enjoy. If the smoothie doesn't seem sweet enough, add a little stevia.



Cherry Champion

Frozen cherries, chocolate, and coconut milk come together to make this a smoothie that tastes like a decadent dessert. If you dislike coconut milk or prefer the taste of another type of non-dairy milk, feel free to make a substitution. Note that the coconut milk in this recipe isn't the fat-laden canned kind; instead, it's the type available in cartons from companies such as Silk and So Delicious Dairy Free.

- 2 cups unsweetened coconut milk
- 5 cups sweet cherries, frozen, pits removed
- 2 handfuls baby spinach
- 3 tablespoons cacao powder
- Ice cubes made with 1 cup coconut water
- 1 – 2 packets of stevia powder, if needed
- ½ teaspoon vanilla

Pour the coconut milk into the blender. Add the remainder of the ingredients and blend until smooth. You can add more superfoods to this smoothie for even more nutritional value.

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Cranberry Blast

Tart and tangy, cranberries are just right for pairing with sweeter fruits, nutty maca, and even cacao. The more you get to know cranberries, the more often you may find yourself adding them to your smoothies! If you have trouble finding fresh or frozen cranberries for this recipe, look for organic dried cranberries, either unsweetened or sweetened only with apple juice.

- 4 cups water
- 4 cups fresh or frozen cranberries, or one cup dried cranberries soaked in one cup of water
- 2 cups fresh or frozen raspberries
- 1 banana, peeled and cut in one-inch chunks
- 2 handfuls baby bok choy
- ¼ cup raw, unsalted almonds
- 2 teaspoons to 1 tablespoon maca powder
- Juice from one lemon
- 1 teaspoon vanilla
- 2 to 4 packets of stevia, to taste

Pour the water into the blender, then add the rest of the ingredients and process until smooth. If you are using rehydrated cranberries, you may need to add a little more water, about ¼ cup at a time. If you're craving the flavor of chocolate, you can add a tablespoon or two of cacao to transform this recipe. If you do add cacao, you may need to increase the amount of stevia by one to two packets.

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Triple-Berry Treat

Fiber-rich berries combine with almond milk, chia seeds, maca, cacao, and vanilla to create a sumptuous treat that will have you craving more. Drink up! This smoothie helps fight inflammation and gives your detox a powerful boost.

- 2 cups unsweetened almond milk
- 2 cups fresh or frozen strawberries
- 2 cups fresh or frozen blackberries
- 2 cups fresh or frozen raspberries
- 2 handfuls lettuce leaves
- 2 teaspoons to 1 tablespoon maca powder
- 2 tablespoons chia seeds soaked in ½ cup water
- 2 tablespoons cacao
- 1 teaspoon vanilla

Pour the almond milk into the blender. Add the rest of the ingredients and process until well-blended. Taste-test this recipe before pouring it out of the blender. Depending on the sweetness of the berries, you may find you need to add one or two packets of stevia.

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Plum Passion

Time to kick things up with just a hint of spice! Rich in fiber and brimming with delicious flavor, this smoothie contains fresh ginger that counteracts its natural sweetness perfectly. When choosing plums, pick ones that have a deep, even color. Store them on the countertop if they're not quite ripe when you bring them home, and by the time you're ready to make this smoothie they should be at their peak.

- 2 cups unsweetened almond milk
- 2 bananas, peeled and cut in one-inch chunks
- 16 plums, pits removed
- 2 handfuls baby spinach
- ½ cup raisins soaked in ½ cup water
- ½-inch section ginger root, peeled
- 2 tablespoons chia seeds soaked in ½ cup water
- ½ teaspoon vanilla

Pour the almond milk into the blender. Add the rest of the ingredients and process until smooth. This smoothie should be naturally sweet, just a little tart, and a tiny bit spicy. Add a bit more ginger to increase the spice, and make it even spicier by putting in a pinch of cinnamon or nutmeg.

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Strawberry Mango Madness

Wake up your taste buds and enjoy energy that lasts all day! This luscious smoothie is brimming with fruit flavor; best of all, it provides an immunity-boosting blast of vitamin C, along with plenty of fiber.

- 2 cups unsweetened almond milk
- 3 cups fresh or frozen strawberries
- 2 cups frozen mango chunks
- 1 cup frozen pineapple chunks
- 2 handfuls baby bok choy
- 2 teaspoons to 1 tablespoon powder
- 2 tablespoons chia seeds soaked in ½ cup water
- 1 or 2 packets of stevia (optional)
- 1 teaspoon vanilla

Pour the almond milk into the blender. Add the rest of the ingredients and blend until smooth. Make this smoothie even more nutritious by adding a superfood such as spirulina or blue-green algae.

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The Grape Escape

Grapes, strawberries, oranges, and beets contribute to this powerful red smoothie. Want to make it even more powerful? Buy your beets with their tops still intact throw the leaves right into the blender along with the rest of the ingredients. C'mon, I dare you!

- 4 cups red seedless grapes
- 2 cups fresh or frozen strawberries
- 1 banana, peeled and cut into one-inch chunks
- 1 medium beet, peeled and chopped
- 1 orange, peeled and seeded
- 2 handfuls of lettuce leaves
- 2 tablespoons chia seeds soaked in ½ cup water

Process the grapes in the blender, then add the rest of the ingredients and continue to blend until smooth. Remember my challenge to add the beet tops! If you find the taste to be a little bitter, add one or two packets of stevia.

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Cherry Berry Bliss

Gorgeous red fruits and a surprise “green” give this smoothie incredible color and an irresistible flavor. Don’t be surprised if others beg you for a sip!

- ½ cup unsweetened pomegranate juice
- 1 red apple, seeded
- 1 orange, peeled
- 2 cups fresh or frozen sweet cherries
- 2 cups fresh or frozen strawberries
- 2 cups fresh or frozen raspberries
- ¼ cup red cabbage leaves
- 2 tablespoons chia seeds soaked in ½ cup water
- ½ teaspoon vanilla

Pour the pomegranate juice into the blender. Add the apple and orange, and blend until smooth. Add the rest of the ingredients and process until well-blended.

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Melon-Berry Marvel

Berries, Melon, and citrus come together to create a delicious medley you'll want to enjoy more than once. This simple smoothie has a light, refreshing texture; freeze all the ingredients before blending and dish it up for dessert sometime!

- 1 cup coconut water
- 1 ruby red grapefruit, peeled and seeded OR 2 blood oranges, peeled and seeded
- 6 cups watermelon chunks
- 2 handfuls baby bok choy
- ½ teaspoon vanilla

Pour the coconut water into the blender, then add the rest of the ingredients and process until smooth. If you'd like to add some protein and make the texture a bit thicker, add 2 tablespoons of chia seeds to the coconut water and let them soak overnight before making the smoothie.

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Citrus Surprise

Celebrate the final day of your detox with this decadent-tasting smoothie, which combines the essence of citrus, red berries and chocolate into one amazing flavor sensation.

- 1 cup unsweetened almond milk
- 3 oranges, peeled and seeded
- 3 cups fresh or frozen raspberries
- 2 handfuls baby spinach
- 3 tablespoons cacao powder
- Juice from one lemon
- 2 to 3 packets of stevia
- ½ teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. You can add an energy boost by incorporating a helping of maca powder into the mix!

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How to store your red smoothies

I like to use glass mason jars to store my smoothies. With their airtight lids and compact shape, they are ideal for keeping a smoothie fresh all day in the refrigerator, plus they are easy to take along. You can use any glass or BPA-free plastic container to keep your smoothies in, as long as it has a tight-fitting lid. Avoid keeping your smoothies in metal storage containers, since some metals react with the red fruits and cause oxidization.

Keep your smoothies refrigerated between drinks if possible. If you have no refrigeration available where you spend the day, you can keep your smoothie in a cooler with ice or just carry it in an insulated tote.



CHAPTER 8

How to create your own fat cleansing red smoothies



Get ready, get set...time to make some smoothies! For perfect red smoothies each and every time, just follow this simple guide. Once you get started, you will realize that there's nothing simpler to prepare than a healthy red smoothie. Soon enough, you'll be an expert.

There's no need to worry about boredom once you pick up the smoothie habit, because once you've developed a taste for these marvelous concoctions, you'll be longing to whip up creations that are all your own.

You might be wondering why I've included an entire chapter dedicated to the subject of how to create red smoothies. Don't you just throw everything into the blender and turn it on?

The quick, straightforward answer to this question is "No!" While it's true that anyone can toss things into a blender and turn it on, there are some techniques that assure you'll get the smoothest, creamiest, best-tasting smoothies possible.

There are eight simple steps to take to make what might just be the perfect red smoothie!

Liquid goes in first. Almost every smoothie starts out with liquid of some kind. Whether that's water, juice, or milk of some kind, the liquid serves a purpose besides adding flavor and nutrition to the finished smoothie. It's added first because it prevents the blender's blade from sticking to ingredients, which helps your recipe turn out better, and which helps to ensure that your blender works as efficiently as possible.



1. The smoothie's "base" is second. This is usually fruit of some kind. Banana is a favorite, partly because of its texture, and partly because its mild flavor goes with almost everything.
2. Mix flavors! If you want to add multiple flavors, feel free. The more fruits, greens, and other ingredients your smoothie contains, the more nutritious it will be.
3. Add extra ingredients! Chia seeds, maca, cacao, vanilla and other superfoods should be added next. When choosing mix-ins, pick only those that are raw, organic, and free from dairy, gluten, and other potential sources of inflammation or toxins. Call me crazy, but I believe that it's important to focus on nutrition just as much as taste. If you think of an ingredient you'd like to add to your smoothies, conduct a little research to see whether it's worthy of your new lifestyle.
4. Pulse several times to begin the blending process. Because different brands of blenders offer a variety of features, it's important to check your owner's manual or look for online tutorials that show how to best operate your specific blender.
5. Add extra greens. Feel free to add more greens than the recipes in this book call for. They're light on greens because we're focusing on red fruits, but you can add as much extra as you like! Keep conducting taste tests as you increase the level of greens in your



smoothies, and keep in mind that it does take time for your taste buds to become accustomed to new flavors.

6. Blend. Now it's time to spend about 30 seconds blending the entire concoction on high, until everything has been whipped together. If your blender has a special smoothie setting, use it!
7. Enjoy your smoothie! Have some smoothie right away, and store the rest in the refrigerator or freezer until you're ready to drink it. You'll find that all but the thinnest smoothies are better when enjoyed with a straw.
8. Besides a blender, you need just a few basic kitchen supplies to make great smoothies. A stout cutting board or chopping block is a must, as is a selection of a few sharp knives for preparing different kinds of fruits and vegetables. Of course you can save time by purchasing frozen fruit chunks at the supermarket, but you'll save money and enjoy more of a hands-on experience if you prep your raw ingredients yourself.

DIY Smoothie Ingredients

Once you've mastered the art of the smoothie, it's time to try creating some new flavors of your own. Here are some awesome ingredients and tips to try.



Which Liquids to Use in Smoothies

Water – Always use filtered or distilled water that does not contain the chemicals that are found in tap water, or use crushed ice made from filtered or distilled water or from one of the liquids mentioned below. Avoid bottled water unless you are certain that the bottles contain no harmful additives such as BPA (bisphenol acetate). Not only are plastic bottles harmful to the environment, they contain chemicals that can leach into the water they contain and into your body system!



TIP: *Did you know that almost all bottled water comes from public water supply sources? Skipping bottled water saves you money and prevents you from being unwittingly exposed to harmful toxins. Create your own healthy water by purchasing a filter system of your own. Even a simple pitcher type filter such as the Brita will do, and as a bonus, you can keep this pitcher in your refrigerator and enjoy cool water anytime.*

Green Tea – Green tea is loaded with antioxidants and is one of the best types of tea for your health. Just make it 2 to 4 times as strong as you would for drinking, and use it for your liquid or freeze it into ice cubes. If you are trying to avoid caffeine, be sure to select decaffeinated green tea.

Herbal Tea – There are many different types of herbal tea available. Many of them contain concentrated flavor from whole herbs, citrus zest, and whole spices. Making fresh herbal tea and chilling it or freezing it into cubes for inclusion in a green smoothie can help keep your healthy routine feeling fresh, and your taste buds will thank you for the variety.

Coconut Water – Take a whole coconut and tap and drain the water for your smoothie liquid. While you are at it, the meat of the coconut is also an excellent addition for one of your fruit choices, especially when you are using other tropical fruits. Coconut water can also be purchased separately from the fruit. Just make sure that it has no added ingredients that you do not want, particularly sugar or high fructose corn syrup. There's a trend toward coconut water



now and there are many brands which do contain additives. I really do encourage you to go out and get a coconut (shake it to be sure you can hear liquid inside) if only to experience the act of tapping it for its juice and enjoying the amazing flavor of natural coconut meat.

TIP: *Fresh, natural coconut is one of nature's complete foods! It is filled with vitamins minerals, protein, and healthy fats – the kind you want to include in your daily diet. Giving up unhealthy fat sources and choosing to add healthy coconut to your smoothies is one way you can make an instant improvement in your diet and in your health. Many people feel a little nervous about buying fresh coconut simply because they have no idea how to get at the tasty, nutritious meat and coconut water inside.*

Luckily, opening a coconut is simple. Most coconuts sold in stores have had their thick outer husks removed, so there's no need to peel. All you need is a hammer and a firm grip! Hold the coconut in your non-dominant hand (I'm right handed, so I hold the coconut in my left hand) and hold the hammer in your dominant hand. Hammer all the way around the top of the nut, making a circle. As you come close to finishing that circle, the coconut will start to crack. Keep on hammering in a circle, following the crack. It usually takes two or three circles to get the coconut open – after you've hammered enough, the top will just pop right off and you can easily access the coconut water and the meat. Have fun, and enjoy this marvelous tropical addition to your green smoothies!



Fruit Juice – The fool-proof way to get the best juice is to make your own from fresh fruit, so squeeze it yourself whenever possible. Only use organic, unprocessed and unpasteurized juices from real fruit. That way you get all the natural vitamins, antioxidants and enzymes that are processed right out of regular packaged fruit juice, and you skip the unhealthy sugars and preservatives that most commercial juice products contain.

Here are the best fruits to use as a base so that you get that highly desirable creamy texture.

Banana – This is the number 1 choice for a base. The soft creamy texture of the banana's flesh converts perfectly into a smooth mixture and it adds a lot of sweetness to the blend, too. The riper the banana, the more nutrients it contains and the more flavor it will add to your smoothies! As an added bonus, bananas with brown spots on their skin have had the chance to develop a substance called TNF – Tumor Necrosis Factor. Japanese researchers have discovered that this substance has the ability to fight abnormal cells that could develop into cancer.

Mango – If you want a tropical flavor, mango is the go-to fruit. It's another one that can intimidate some people who are not familiar with tropical fruits, but it's really easy to cut up once you know how to do it. If you're not sure about how to open a mango, look online for a video tutorial. There are a lot of them out there! In a nutshell, all you need to



do is set the mango up on one end and cut along the wide side, going straight down next to the seed. Mangos have big, flat seeds inside, so you'll quickly know if you are going the wrong direction with your cut. Once you have cut one side of the mango off, switch to the other side (it's called a "cheek," by the way,) and slice straight down. Now you have two oval sections of fruit and a seed with some extra fruit and skin along the sides. I have to admit that I usually set the seed aside and nibble on the fruit while I'm waiting for my green smoothie to blend! It's so delicious!

Next, you take each mango side and hold it skin-side down in the palm of your non-dominant hand. With your dominant hand, score the mango with a paring knife, cutting into the bright orange fruit and trying not to penetrate the skin. First go in one direction, cutting at about ½ inch intervals. Next, cut in the other direction, making a check pattern. Once you've done that, hold the mango piece over the blender and turn it inside out. The check pattern you just made will create little squares of fruit that stand up off the skin. Just slice them off and drop them right into the blender. Give the mango skin a hard squeeze to get all the juice out, and then discard the skin. Repeat the procedure with the other side of the fruit.

Peach – Naturally adds a sweeter flavor along with good texture. Peaches have hard stones in the middle, so be sure to cut them out before tossing your peach into the blender. If you like, you can use similar fruits like apricots or nectarines. These have a delicious taste and are packed with nutrients!



Pear – This is another good choice if you like a sweet smoothie with a mild flavor. Be sure to select really ripe pears for your smoothies. I like to buy mine while they are still green, and then allow them to ripen on the countertop for a few days. To get pears to ripen really fast, I just put them inside a paper bag with a banana. The banana develops those desirable brown freckles, and the pear ripens rapidly.

Apple – If you like it sweet, or if you like it tart, you can find a perfect apple for either. A wonderful tart apple to try is the Granny Smith Apple. This bright green apple tastes fantastic and pairs perfectly with other fruits. Some of the best sweet apples to try include Golden Delicious, Braeburn, and Fuji. For a wonderfully complex taste, try an old-fashioned apple variety such as Macintosh.

Papaya – This is another good tropical choice. Try mixing it half and half with mango! Papayas often have fairly ugly-looking exteriors, but don't let that fool you. Once you cut the papaya in half lengthwise, you'll see bright orange to salmon-colored flesh and dark black seeds inside. Just scoop those seeds out and cut the papaya into chunks after skinning it and you'll be enjoying a delicious taste of the tropics in no time at all.

For mixing the flavors, just choose your favorite fruits!

The fruits listed above are great for the base, because the majority of other fruits naturally have much higher water content. If you add excessive watery fruits, your smoothie



will in turn be thin and watery. A good ratio of fruit to start with is one half as much flavoring (water) fruit as there is base. ***Example: 2 bananas and 1 cup of strawberries.*** It is best to add your flavor fruit a little at a time, and stop when you reach the consistency that you prefer. Remember that you'll be adding liquid of some kind as a first step. Don't worry about making mistakes here! Even if you don't get the perfect consistency the first time, your smoothie will taste fantastic and you'll have a baseline of experience to use next time you make a certain smoothie recipe.

Use any greens that you prefer.

Of course, there are many greens to choose from, so pick your greens according to your nutritional needs, and don't worry about how they taste, because you won't be able to taste them by the time you have added all the other ingredients, especially if you begin with a mild-tasting variety such as baby spinach or baby bok choy!



WHAT DO I DO IF...?

My smoothie is too sweet – Add some extra greens, a stalk of celery or a tiny bit of sea salt to cut the sweetness.

It's not cold enough – Bananas and berries in particular can be frozen fresh and whole. Peel bananas prior to freezing to make it easy to add them directly into your smoothie. Frozen bananas tend to darken but it doesn't affect their taste, so don't worry about the color change. Frozen ingredients make a much colder smoothie. You can also use ice in place of some of the liquid. (Always crush ice before adding it to the blender, especially if you're not using a high powered one.)

It tastes bitter – Adding additional fruit will take care of this problem. Bananas, pineapple, ripe berries and sweet oranges work best.

It is just not sweet enough – You can always add sweetener to your recipe. Honey is ideal, as is agave nectar. You can also use natural sweeteners like Stevia or date paste. Chopped dates or extra banana will work, as well. ***Remember, the riper the fruit you use, the sweeter your smoothie will be!***

TIP: *Although you might feel tempted to add sugar or even an artificial sweetener to your smoothie, resist the urge to do so unless the sugar you have is raw, unprocessed, and organic. Whatever you do, avoid using artificial sweeteners in your smoothies, and try to cut it out altogether. These*



sweeteners are made with chemicals and are toxic to the body. They are not part of the natural human diet, and they can actually trick your body into craving sugar. I used to eat these sweeteners, and when I stopped, I felt a big difference. Eliminating these dangerous chemicals from your diet is one of the best things you can do for your body.

I can't get it thick enough – Try adding $\frac{1}{4}$ Avocado or a comparable amount of coconut meat. Both of these ingredients add a few calories, but they provide some of the “good” fats that are needed in your diet. The Avocado adds an extra creamy element to any smoothie, and it will help you feel fuller for a longer amount of time. Additional greens can also help to thicken a smoothie.



CHAPTER 9:

How to Choose a Blender for Making Smoothies, Plus Blending Tips



A blender is the only small appliance required for making smoothies. *You can use the one you have* or shop for one that is designed for making smoothies. Some of these blenders are very expensive *and you should not run out and purchase a new one until you are sure that smoothie making is for you.*

The number one requirement for a smoothie blender is the amount of power that it has. The more powerful the blender, the smoother the smoothie will be. The amount of liquid ingredients that you need to add when making a smoothie will depend on the power that the blender delivers.



The higher the power, the more liquid ingredients you will need. The high powered blender does a much more thorough job of liquefying the fruits and vegetables. Therefore, it will require more liquid ingredients to get the job done.

Less expensive blenders will require less or no liquid at all, but may leave you with a smoothie that is not as creamy as you would like. However, there are ways to get around this problem without investing in an expensive new blender. Here are the features to look for in a blender for making smoothies.

Power – You want as much power as you can get. It makes far less work for you. If you have a cheap blender with very little power, it will be difficult to get the smoothie consistency you are looking for without chopping, grating or mashing all of the ingredients in advance.



Tamping Tool – This handy tool comes with some blenders, and it allows you to push the ingredients down toward the blade and makes the whole process go a lot more smoothly. Making smoothies is a lot easier if your blender has this option.

Quality – You need a blender that does not have a plastic gear to turn the blade, they strip out too easy and then your blender is trash. Make sure the whole thing is sturdy and comes with a decent warranty.

You can purchase a blender for as little as \$25 or spend over \$1000. Let's compare our choices.

Inexpensive Blenders – We all know that we can get one cheap and it will work! However, there are several drawbacks to this option. On cheaper blenders, the gear that turns the blade is usually plastic and wears out very quickly. The longer you have to run a cheap blender, the more likely it is that the motor will burn up. So, if you have to replace it often to keep making smoothies, then you haven't really saved anything by going cheap. It also takes more time and prep work.

Low Range Blender (Recommended!): [Nutribullet](#)

Mid-Range Blender – Blenders that run from about \$200 to \$500 are usually going to be more powerful and better built than the cheap blender. However, don't be fooled on the quality. Some in this range will be very good and some will simply be selling you a brand name that in the end will not deliver. Examine them carefully and go online and read reviews from other users before you choose one.



Mid Range: [Blendtec](#)

Expensive Blenders – These can range in price from \$500 to well over \$1000. Make sure you really are dedicated to making smoothies for the long haul, and that you really want to invest this much money in a blender before choosing this option. Sure, you will; get all the bells and whistles, but that won't matter if you don't use it.

High Range: [Vitamix](#)

If you decide to just use the old cheap blender you have for now, then prepare your ingredients and follow the 8 steps in Chapter 2 for making perfect smoothies.

Some of the expensive blenders today are designed to make perfect smoothies all by themselves, and they even have smoothie settings.

Mind you, I'm not knocking it, if it works for your wallet; but really, all of that is not necessary to make perfect smoothies!

Tips for Blending the Perfect Smoothies

No matter what blender you're using, it's a good idea to use these quick tips. Your smoothies will turn out perfectly every time, and the process of making smoothies will be easier on your blender.

Always start with liquid: Adding liquid before putting other ingredients into your blender helps prevent damage to the blade, and helps ensure everything will come out perfectly.



- ***Add protein powder and other powdered supplements when you put in fruit.*** High powered blenders will make short work of these. If you're noticing lumps of powder in your smoothies, roll the fruit in the powder before putting it into the smoothie. This is a step you probably won't need to take unless you are using cinnamon (which has a tendency to stick together even in high-powered blenders) or if you have an inexpensive blender.
- ***Use different liquids to achieve different flavors:*** Plain water is never a bad choice, but almond milk, coconut milk (the low-fat type that comes in a carton), cashew milk, and non-GMO soy milk are also fantastic. So are superfood juices and veggie / fruit juices you make yourself using a juicer.
- ***Use frozen fruit for a frosty smoothie.*** Frozen fruit – either from the supermarket or prepared at home – makes fantastic, frosty smoothies. If you're using frozen fruit, add it after you've blended in greens and other goodies such as maca or cacao powder.
- ***Add spices.*** It's fine to get creative! Spices like nutmeg, cinnamon, clove, hot red pepper, and of course fresh herbs, can make a fantastic smoothie taste even better. Think about the spices that go into making your favorite foods and treats taste the way they do, and start with small amounts. If you end up overdoing it, add a little more liquid, fruit or vegetables, and re-blend to tone the flavor down a bit.



- ***Smoothie's Too Thick? Add liquid!*** If your smoothie is too thick, add some water or more of the base liquid. A little can go a long way. I usually increase liquid content by $\frac{1}{4}$ cup at a time.



CHAPTER 10

Liz's top tips for turbo charging weight loss during the cleanse



Believe me when I say that I've made plenty of mistakes along the way so that you don't have to. The first part of this chapter contains helpful tips for making this detox easier, and the second part contains five awesome detox methods that can help you take your weight loss to the next level.

Add some protein to your smoothies. Extra protein isn't a "must," which is why you don't see it listed in smoothie ingredients. As a nutritionist though, I recommend adding one serving of protein daily, since it will help you feel full longer. As an added bonus, that extra protein will rev up your metabolism.

Not just any protein will do! Remember that those weird, manufactured proteins often found in energy bars and commercial diet shakes are some of the same substances used in manufacturing paper and other non-edible products, and keep them out of your diet! Also, because dairy milk is often full of toxins and GMOs, and because it can contribute to inflammation and indigestion, it's a good idea to avoid it during the cleanse. The [protein powder](#) I use and recommend is an organic one without any nasty, questionable fillers. It's completely plant-based, and it supports your body wonderfully.

If you don't like the idea of protein powder, there are some other good protein sources to try. Some, such as extra chia and flaxseeds, can be mixed right into your smoothies. So can nuts (they blend better if you soak them for a few hours first) and unsweetened nut butters with no additives. You



can also nibble on raw, unsalted nuts and seeds, and you can enjoy fantastic hard boiled eggs as well.

Don't worry about fluctuating weight. It's completely normal for your weight to fluctuate under all sorts of circumstances. When detoxing, you may lose weight some days and gain on others. Rest easy and don't panic! This is completely normal.

There are three reasons weight fluctuates: water, muscle and fat. Muscle weighs more than water or fat, and when you begin working out you may actually gain weight instead of losing because you're replacing fat with muscle. If this seems to be the case, your clothing will normally become looser even though you lose little to no weight or even gain some weight.

Next comes water. For women, water can be the cause of some pretty incredible weight shifts! Many of us gain between five and ten pounds of water during our cycles due to hormonal fluctuations. If we indulge in too much salt, we might puff up like crazy as water is trapped in our tissues. Stopping excess salt intake and drinking lots of water (yes, you read correctly!) helps to get rid of extra water weight, puffiness and bloating. There's not much you can do about the hormonal fluctuations that cause weight to go up and down during your cycle. If you wonder whether your monthly weight gain is normal, check with your physician. Finally, there's fat. Fat can be extra aggravating because it is lighter yet more voluminous than water or muscle. If your weight is slowly creeping up,



week after week, fat is likely the culprit. If your weight is slowly decreasing, one week after the other, you are probably doing a great job of shedding fat! It's been said before and I'll repeat it here: Fat doesn't appear overnight, and it doesn't disappear overnight, either.

This two-week detox will place you firmly on the road to permanent fat loss, plus it will help you get rid of extra water weight plus the weight of toxins! You'll be looking and feeling better soon.

High Range: [Vitamix](#)

Mid Range: [Blendtec](#)

Low Range (Recommended!): [Nutribullet](#)

Blender Size Matters! If you thought size didn't matter, you were wrong all along. A high-speed blender around 1000 watts will make short work of most fruits and vegetables, letting you create fantastic red smoothies in about 30 seconds to a minute. [Vitamix](#), [Nutribullet](#), and [Blendtec](#) are all good options, as are a few other brands I haven't tried. Inexpensive blenders from the department store work too, but they're slower and more prone to breakdowns than these top of the line models. A large pitcher will help you create the recipes in this book, making enough smoothie to last you all day. If your blender has a small pitcher, you may need to make your smoothie in batches.

Chew, chew, chew! Remember what I said about chewing your smoothies? It's so important that I'm going to mention it again. Go through those chewing motions as much



as you can, so that the saliva in your mouth blends in with the smoothie itself. This might sound disgusting, but it's normal, natural, and part of the digestive process. Without adequate saliva, you'll be more prone to gas and bloating.

Remove stems from greens, and eat the leaves. It's not that stems are bad for you, it's just that stems often have a bitter taste that might make you want to avoid adding these vital ingredients to your smoothies. So keep on removing the stems, at least until you're accustomed to the taste of greens blended in with fruit. I've made my recipes so mild that you probably won't be able to notice the greens, but the majority of red and green smoothie recipes call for up to 70 percent greens on average, with some calling for an even higher percentage! You can buy your greens de-stemmed in many places, eliminating some of the prep work.

Remember to Rotate. Greens contain substances known as alkaloids, which aren't harmful; in fact, they're beneficial. But to get the best benefit from the greens in your red smoothies, rotate your greens. Once you're in the habit of having smoothies with greens each day, you'll want to switch greens on at least a weekly basis. Try kale one week, cabbage the next, romaine lettuce the week after that, and spinach the following week, for example. Another way to rotate is to do what I've done in the recipes for this book: pick a few favorite greens and rotate them every day. Do try to branch out a bit once you've gotten acclimated to the flavors! There are so many options to choose from, and it would be a shame to miss out.



Don't hesitate to add ice. The colder your smoothie is, the better it will taste. You can freeze fresh juice, herbal tea, coconut water, etc. to give your smoothies even more life.

Use ripe fruit. Green fruit is harder to digest than ripe fruit is, and riper fruits contain more enzymes than greener ones. It's OK to buy fruit that's not quite ripe; just allow it to ripen before you use it. If you want to speed the process along, put your fruit in a paper bag on the counter. Really get things going by adding a banana to the bag.

Don't overlook frozen fruit. Frozen fruit is typically processed at the peak of ripeness and freshness, and it often contains just as much nutrition (if not more) than fresh fruit does! Frozen fruit is also convenient and easy to store.

Make your smoothies taste good to you. I've done my best to create recipes that appeal to a diverse group of people, but it's understandable if some things just aren't your cup of tea! If you find a recipe that tastes too sour or too bitter, add some stevia, add some cacao, or add some more sweet fruit, such as banana to the blender. Try adding more ice or water if the flavors are overpowering. If you know you don't like a certain thing, such as grapefruit or lemon, leave it out of the recipe. You don't have to suffer; in fact, this detox should be pleasurable.

Drink lots of water, detox tea and herbal tea. You should be drinking at least eight 8-ounce glasses of water every day to help keep the toxins moving out of your system. Besides the detox teas mentioned earlier, If you're drink-



ing enough, your urine will have a pale color and you'll be making frequent trips to the restroom.

If you're diabetic, switch the fruits recommended in these recipes for low-sugar fruits. High-sugar fruits include apricots, bananas, dates, figs, grapes, kiwis, mangos, melons, papayas, and pineapples. As always, be sure to monitor your blood sugar levels throughout the day to ensure that your numbers remain stable. Additionally, be sure to check with your doctor before beginning this cleanse. While it is safe for most people, it may not be right for you.

Keep fruits and vegetables in balance. You might wonder why I recommend that you snack on vegetables and low-sugar fruits instead of succulent high-sugar ones. There's enough fruit in the smoothies themselves, and eating too much of it can keep you addicted to sugar while causing your blood sugar levels to spike and giving you an uncomfortable sensation. While sweet, juicy fruits contain natural sugars and plenty of fiber, it's still possible to overdo it. If you think you may be consuming too much fruit in your smoothies, add more greens or blend in a scoop of protein powder.

Do not starve yourself. Instead, focus on providing your body with as much clean nutrition from fruits, vegetables, nut milks, raw seeds and nuts, and lean protein as possible. Be sure that you snack between smoothies and pay close attention to your natural hunger cues.

Surround yourself with supportive people. Choose to spend time with people who support and encourage you



rather than those who discourage you or make doubtful or negative comments about the cleanse. It's normal to face challenges during the cleanse, and most people who try it consider giving up during the first few difficult days. It's tough enough to face your own inner critic and listen to the doubts coming from your own mind, so limit the amount of time you spend with those who don't think you can do it, or think it will make any difference for you.

Recognize that there will be stumbling points along the way. Have you ever heard the old adage that says that growth is uncomfortable, and that feeling discomfort is a sign that you are growing in some way? It's normal to feel irritable, uncomfortable, or even downright cranky. It's normal to give way to temptation and "cheat" on the cleanse. No big deal! While cheating is likely to increase your discomfort, it doesn't mean that you have to stop. Just pick up where you left off and recognize that even though you may have made a mistake, you are still treating your body better than you were before the detox process began.

Realize that discomfort is normal. During the first few days of this detox, it is normal to feel hungry – starved, in fact! It's also normal to be irritable. Counteract the hunger by eating healthy snacks. Keep them coming, and stay hydrated. The discomfort is a sign that you are breaking your addiction to sugar, and it is something almost everyone goes through. As the days pass, you'll notice that you feel much less hunger than you usually do, and you will find that you no longer need to eat as many snacks.



Recognize the sensation of emotional hunger, which is different from physical hunger. This type of hunger happens more in your head than in your stomach, and it's usually accompanied by a craving for something very specific, usually a certain comfort food that you have accustomed yourself to over time. Don't feed emotional hunger. Instead, find something to do to distract yourself. Physical activity, such as taking a walk, works wonders on emotional hunger. The less you give into this type of "hunger" the less you will experience it, as your body will learn new ways of dealing with the issues that cause it in the first place.

Keep yourself out of temptation's path. If there are certain situations in which you tend to eat specific junk foods, avoid those situations until you have got your cravings under control. When you begin to feel the cravings that come with those circumstances, remind yourself that this is just a habit, and it's one that you are eliminating.

Focus on getting healthy! This detox is designed to get you healthy and help you to change your eating habits for life. It's understandable if you want to lose weight, but that's not the point of the program. So focus on getting yourself healthy and the weight loss is sure to follow. Don't feel like you have to weigh yourself every day. You might become discouraged if you do, because as I mentioned, there will be times when your weight increases instead of decreasing as your body makes changes and rebalances itself. While most people lose between ten and fifteen pounds by the end of the detox, some lose a little less and some lose more. Instead of focusing solely on your weight, keep



a close watch on your digestion, your energy level, the way your skin looks, and how you are sleeping. If all you think about is fast weight loss, you are setting yourself up for a lifetime of dieting and disappointment. If you don't change your habits, you'll regain the weight you lost – and probably more – within three to five years, as happens to most who lose weight with a temporary diet.

Detox Symptoms and How to Deal with Them

Just about everyone who detoxifies their body encounters side effects. They may be mild or severe, depending on how toxic your body was to begin with.

Don't view these side effects as a bad thing. Instead, expect them, anticipate them, and even welcome them, because they are signs that your body is making the changes you want it to make. While unpleasant, detox symptoms are actually signs that you're making progress!

Fatigue: Although you're trying to take it easy, the detox process is draining, especially in the beginning stages. You are likely to feel exhausted, and when you do, it's important that you take time out for rest. Try to get plenty of sleep each night. Turn in early instead of watching TV, and your body will thank you.

- *Headache, muscle aches, and general pain:* Physical aches and pains are common during detox, as are



headaches. While the headaches are usually caused by caffeine withdrawal, the rest are signs that muscles, joints, and tissues are releasing their toxic load. You can take a painkiller if the discomfort becomes overwhelming, but remember that that medication will be one more thing that your body will ultimately have to eliminate.

- *Runny nose:* Your sinuses are one of the body's exit points, so expect to have a bit more mucus drainage than usual. It's completely normal to experience symptoms that are similar to those encountered when you have a cold or get the flu.
- *Rashes:* Your skin is your body's largest organ, and it will be detoxing along with the rest of you. You can minimize rashes and breakouts by using the detox methods outlined in the previous part of this chapter.
- *Irritability:* I've mentioned it before and I'll say it again: You are going to feel cranky! People will wonder why you're so irritable. Not eating the foods you're addicted to will have your inner child in a tizzy, plus the process of breaking your addiction to sugar and unhealthy fats is emotionally draining. Spend time pampering yourself in other ways to bring balance, and kindly explain to friends and loved ones that you need to spend more time alone than usual. Taking walks in nature or just sitting outdoors in a favorite spot can help improve your mood!



- *Cravings:* Meat, sugar, dairy products, and caffeine are all addictive substances! The more you eat them now, the more you are likely to crave them while you are detoxing. Cravings can last for several days, but they do decrease as toxins are eliminated and as you re-train your taste buds. By about the halfway mark, you'll probably notice that you are beginning to crave your smoothies instead of your old favorites.
- Now that you know what to expect, you might be reconsidering your decision to give this whole detox thing a try...but don't give up just yet! There are some really simple ways to deal with detox symptoms.

Consider easing gradually into the full cleanse, especially if your diet was very poor before. Have a smoothie for breakfast and enjoy big salads with a little protein for lunch and dinner. Use some balsamic vinegar and a little olive oil, plus some chopped garlic to dress your salads.

The second day, have a smoothie for breakfast and another for lunch, then treat yourself to a salad for dinner. By this time, you will be well into the detoxification process, and transitioning to the full cleanse will be much easier for you. Do remember to enjoy lots of healthy snacks every day.

Stay hydrated! Drink water, drink lots of herbal tea and detox tea, and then drink some more. All the liquids will help your body flush the toxins faster, and heavy symptoms will decrease more rapidly too.



Eat some fruit or increase the amount of fruit in your smoothies. If your sugar cravings are overwhelming and you're envisioning a binge on ice cream, bread, or other sugary foods, then treat yourself to a bit more fruit. A treat such as sliced pineapple, mango, or a handful of dates can erase the cravings. Use this tactic as a last resort, though. It will make the process of breaking your sugar addiction slower, and it will reduce your weight loss.



CHAPTER 11

Ending the detox



Once you've come to the end of your cleanse, it's time to reintroduce yourself to healthy, whole foods. If you did the modified version of the 14-day detox, this transition will be a seamless one. If you did the full detox, you'll need to slowly add whole foods back into your daily diet.

While you might feel tempted to celebrate by eating a lot or indulging in a rich dessert, don't make this mistake! You need to take at least three days to bring your system back into the habit of eating a variety of different whole foods.

Start with salads, and make your own healthy salad dressings to replace the ones that are full of toxic trans-fats, sugar, and other things that are best kept out of your newly cleansed body. Keep on drinking smoothies!

Eat light the first few days, maybe adding some sautéed vegetables to your plate. You'll know you've overdone it if you feel bloated or nauseous. Instead of panicking though, let the feelings pass and get back to having very light meals with vegetables and salads.

On the third day following the 14-day detox, you should be able to enjoy a smoothie for breakfast, and then have light meals with salad, veggies, and some chicken or fish for lunch or dinner. You won't be craving anything unhealthy, so this should be easy to do.

Every day afterward, for life, keep on having a smoothie for one of your meals, and continue making light, healthy choices. Forgive yourself for slipups and allow yourself the occasional treat. Monitor the way you feel and look, and



treat yourself to another 14-day cleanse if you notice serious cravings or signs of toxicity returning. The faster you get back onto the program, the quicker and easier it will be to get yourself back to a healthy place.

While you might be enjoying the cleanse by the time it comes to an end, 14 days is the maximum amount of time you should spend detoxing. Your metabolism will remain high as long as you eat a variety of clean, healthy foods and keep on avoiding the things that led to toxicity in the first place.

Although I don't recommend that you take an extended cleanse, there are always a few people who want to keep on going for reasons all their own. If you're one of these, then you absolutely must add more protein to your diet, which is something that's easy to do by adding a big scoop of protein powder to your smoothies. You also need to add more greens to your diet, and keep on rotating the greens you eat.

You can easily switch to the modified version of the cleanse and have two smoothies, plus a simple meal each day. This is so healthy that you can continue it for life, enjoying a clean, healthy – and light – body. Just don't fall into the trap of becoming overly rigid about your routine, since this can backfire by leading to boredom. If you want a big, old-fashioned breakfast on Sunday morning, go ahead and have it. Mixing things up and focusing on overall health is the best way to ensure that this lifestyle change sticks!



More Healthy Weight Loss

If, after the cleanse comes to an end, you find you still want to lose weight, you can easily do so. You'll probably be highly motivated, and so long as you stick to the following plan, you can easily keep losing one or two pounds (perhaps more if you are very heavy) each week.

To keep losing weight at a rate of two pounds or more each week, replace two of your meals with smoothies and enjoy a light, healthy dinner.

If you like, you can keep losing weight at a rate of about a pound per week by replacing one of your meals with a smoothie and enjoying two clean, light meals daily.

Don't fall into the trap of eating frozen, pre-fabbed "diet" foods! These may look and sound delicious, but they're usually filled with starch and sugar, chemicals, fillers, and other stuff that you've worked hard to eliminate from your body.

Instead, make meals and snacks revolve around natural, whole organic foods. Eat lots of raw fruits, vegetables, seeds and nuts. Indulge in healthy fats from foods such as coconut and avocado.

Try to have some protein each time you eat, since it counteracts insulin spikes and the resulting fat storage that comes when the body reacts to a high intake of carbohydrates. Protein also helps you feel full longer, and it will help you to build and maintain lean muscle tissue, which in turn helps you lose weight by increasing your metabolism.



You'll find a complete 21-day meal program in the following chapter, but for now, here are some simple suggestions that you can implement any time. These are great for special occasions and you can find at least a few of them at most restaurants.

Garden salad with grilled salmon, trout, or seared tuna on top

- ➔ Lean steak with veggies, a side salad, and a sweet potato
- ➔ Grilled chicken on a big salad
- ➔ Broiled salmon with sautéed veggies and a side of quinoa
- ➔ Caesar salad with lean steak, chicken, or salmon
- ➔ Baked chicken with a sweet potato and sautéed mixed vegetables
- ➔ Grilled flounder, halibut, or sole with a salad and some sautéed vegetables
- ➔ Turkey chili
- ➔ Lean filet or sirloin steak with stir-fried vegetables

What about exercise? As you probably know, the more you move your body, the healthier you will be, the better you will feel, and the better you will look. You don't have to hit the gym every day or stop watching your favorite shows. Instead, try some of these simple strategies for increasing movement:



- ➔ Take the stairs instead of using the elevator
- ➔ Park as far away from things as you can, and walk
- ➔ Get a pedometer or exercise tracker, and use it to motivate yourself by counting your steps and logging your activity
- ➔ Stand up while talking on the phone
- ➔ Play with your kids or walk the dog more often

These are just a few of the many things you can do to move more each day without really working out. You can also get more exercise by looking for fun activities that get you moving. Walking around a museum, visiting art galleries, hiking, walking the beach or riverfront, or even playing mini golf are some examples. There are so many opportunities to disconnect from the TV, internet, and other sedentary activities, that it's simple to add more movement into your week.



CHAPTER 12

21 Day Meal Plan



The 21-day meal plan I'm about to share with you can be used as a roadmap for a lifetime of healthy eating. Try all the recipes I've included in the appendix found at the back of the book, pick your favorites, and use resources such as cookbooks and the internet to find fun, delicious additions to your new lifestyle. I recommend that you begin creating a file full of your favorite recipes so that you're never at a loss for what to eat.

Before you get started, consider making a few things in advance:

- No-mayo deviled eggs make an exciting alternative to the plain, hard-boiled version. If you don't want the fuss of making deviled eggs, you can easily add lots of flavor to hard-boiled eggs by dabbing them with a bit of your favorite mustard.
- Gluten-free chocolate chunk cookies can be individually wrapped once cool, then stored inside a large zippered bag in the refrigerator or freezer. Have one every few days and depending on the number of people you're sharing them with, a single batch will last you for a few weeks.
- Tempting trail mix is a fantastic alternative to snacks found in vending machines. Since you package it in individual snack-size bags, it's very easy to take along so you always have a healthy snack on hand. This is my "secret weapon" against tantalizing but unhealthy snacks.



Fruit and veggie snacks are easy to take along too, when you package them in snack bags or reusable plastic containers. I recommend cutting up enough veggies to last you a few days and stocking the refrigerator so that your healthy snacks are just as convenient as processed munchies.

I like to cook the chicken or fish for my lunch salads the night before, and I package the meat separate from my greens and other salad veggies so that all the flavors stay fresh and the vegetables remain crisp. If you plan to take an insulated lunch box to work, consider investing in a few freezer packs so that you can keep your food fresh until break time.

If you like, you can save some cooking time by purchasing roast or rotisserie chicken in advance, removing the skin, portioning the meat into individual serving sizes, and using it to create your meals. One chicken makes between four and six substantial servings, even when you remove all the fatty bits.

Use different spices and fresh vegetables to make meals with the same basic ingredients taste different! Try curry and a few raisins one day, hot Mexican chili pepper and fresh bell peppers the next, and Italian herbs and ripe red tomatoes the following day. By taking advantage of all the natural flavors found in herbs, vegetables and spices available, you can make salads topped with chicken or fish look and taste different every day of the week.



Feel free to substitute other healthy recipes for the suggestions I've made here, and if you really like certain recipes, you can easily enjoy them as often as you like. Let's begin!

Please note: The recipes for the smoothies, snacks, lunches and dinners are all listed in Appendix 2 in the end of the book!

Week One

Monday

Breakfast: Anti-Inflammatory Ginger Beet Smoothie Recipe

Morning Snack: Tempting trail mix

Lunch: Green salad with chicken or tuna on top

Afternoon Snack: Sliced cucumbers and an apple

Dinner: Tangerine Poached Salmon with salad

Tuesday

Breakfast: Rejuvenating Red Smoothie Delight

Morning Snack: Two tangerines and a handful of cashews

Lunch: Cranberry chicken wraps

Afternoon Snack: Baby carrots and red bell pepper slices

Dinner: Green salad with grilled chicken or tuna on top



Wednesday

Breakfast: Red Velvet Dessert Smoothie

Morning Snack: Baby carrots and an apple

Lunch: Green salad with chicken or tuna on top

Afternoon Snack: Tempting trail mix

Dinner: Herbed spaghetti Genovese

Thursday

Breakfast: Red Smoothie Orange Zinger

Morning Snack: Gluten-Free chocolate chunk cookie

Lunch: Grilled chicken salad with apples

Afternoon Snack: Sliced cucumbers, celery, carrots, and an apple

Dinner: Roasted or rotisserie chicken (skin removed) with steamed vegetables

Friday

Breakfast: Mint Chocolate Superfood Smoothie

Morning Snack: Sliced apple with unsweetened peanut butter

Lunch: Green salad with chicken or tuna on top

Afternoon Snack: No-mayo deviled eggs

Dinner: Grilled salmon with grilled veggies and a side salad

Saturday

Breakfast: Green Mango Detox Smoothie

Morning Snack: Gluten-free chocolate chunk cookie

Lunch: Tuscan tuna with lemon dressing



Afternoon Snack: Sliced cucumbers sprinkled with apple cider vinegar

Dinner: Chef salad with grilled chicken, grilled veggies, and no-mayo deviled eggs

Sunday

Breakfast: PB&J Pick-Me-Up Smoothie

Morning Snack: Tempting trail mix

Lunch: Green salad with grilled chicken or tuna on top

Afternoon Snack: Chocolate volcano cakes with salted caramel

Dinner: Roasted or rotisserie chicken with sautéed veggies and a side salad

Week Two

Monday

Breakfast: Anti-Inflammatory Ginger Beet Smoothie Recipe

Morning Snack: Sliced apple and a handful of pecans

Lunch: Chicken and black bean salad

Afternoon Snack: Hard-boiled egg

Dinner: Broiled cod with sautéed vegetables and a side salad

Tuesday

Breakfast: Rejuvenating Red Smoothie Delight

Morning Snack: 3 apricots and a handful of almonds

Lunch: Green salad with chicken or tuna on top



Afternoon Snack: Herbed veggie chips

Dinner: Grilled or roasted chicken with steamed veggies and wild rice

Wednesday

Breakfast: Red Velvet Dessert Smoothie

Morning Snack: Tempting trail mix

Lunch: Quinoa Salad with goat cheese

Afternoon Snack: Sliced cucumbers dipped in mild Dijon mustard

Dinner: Chinese five-spice chicken wraps

Thursday

Breakfast: Red Smoothie Orange Zinger

Morning Snack: Apple slices with unsweetened peanut butter

Lunch: Green salad with chicken or tuna on top

Afternoon Snack: Hard-boiled egg

Dinner: Oven fried chicken with tarragon and a side salad

Friday

Breakfast: Mint Chocolate Superfood Smoothie

Morning Snack: Gluten-free chocolate chunk cookie

Lunch: Greens and beets salad with pecans and gorgonzola

Afternoon Snack: Sliced pear with a handful of almonds

Dinner: Savory grilled salmon with heirloom tomatoes



Saturday

Breakfast: Green Mango Detox Smoothie

Morning Snack: The Ultimate Fruit Salad

Lunch: Green salad with chicken or tuna on top

Afternoon Snack: Tempting trail mix

Dinner: Lean grilled steak with grilled vegetables and a side salad

Sunday

Breakfast: PB&J Pick-Me-Up Smoothie

Morning Snack: Sliced apple and unsweetened peanut butter

Lunch: Chef salad with grilled chicken, colorful veggies, and no-mayo deviled eggs

Afternoon Snack: Cucumber slices dipped in mild Dijon mustard

Dinner: Chicken stew with autumn vegetables

Week Three

Monday

Breakfast: Anti-Inflammatory Ginger Beet Smoothie Recipe

Morning Snack: Sliced pear with a handful of pecans

Lunch: Green salad with chicken or tuna on top

Afternoon Snack: Baby carrots, grape tomatoes, and sliced cucumbers

Dinner: Roasted or rotisserie chicken (skin removed) with wild rice and steamed veggies



Tuesday

Breakfast: Rejuvenating Red Smoothie Delight

Morning Snack: Tempting trail mix

Lunch: Chicken almond salad with summer fruits

Afternoon Snack: Sliced apple with unsweetened peanut butter

Dinner: Grilled or broiled salmon with roasted veggies and a side salad

Wednesday

Breakfast: Red Velvet Dessert Smoothie

Morning Snack: Gluten-free chocolate chunk cookie

Lunch: Green salad with chicken or fish on top

Afternoon Snack: Sliced cucumbers, carrots, and celery with hummus

Dinner: Steak with mango marmalade

Thursday

Breakfast: Red Smoothie Orange Zinger

Morning Snack: Sliced pear with a handful of cashews

Lunch: Green salad with chicken or fish on top

Afternoon Snack: No-mayo deviled eggs

Dinner: Roasted or broiled cod with green salad and sautéed vegetables



Friday

Breakfast: Mint Chocolate Superfood Smoothie

Morning Snack: Tempting trail mix

Lunch: Whole grain wraps with chicken and greens inside

Afternoon Snack: Sliced apple with unsweetened peanut butter

Dinner: Rotisserie chicken (skin removed) with salad and broiled veggies

Saturday

Breakfast: Green Mango Detox Smoothie

Morning Snack: Gluten-free chocolate chunk cookie

Lunch: Green salad with chicken or fish on top

Afternoon Snack: Sliced pear with a handful of pecans

Dinner: Grilled salmon with veggies and a green salad

Sunday

Breakfast: PB&J Pick-Me-Up Smoothie

Morning Snack: The ultimate fruit salad

Lunch: Cranberry chicken wrap

Afternoon Snack: Herbed veggie chips

Dinner: London broil with sautéed veggies and a green salad

If you don't care for certain items, feel free to repeat recipes from the back of the book or look for new, healthy options online or in cookbooks. By using the tips in the next section, you can easily expand your repertoire and soon you'll realize that even many of your old fatty favorites can be trans-



formed into nutritious foods that taste great and benefit your body.

Beyond Meal Planning: Making the Best Food Choices

If you've previously subsisted on a diet consisting of lots of processed convenience foods, fast foods and other unhealthy choices, the idea of clean eating might feel like a bit of a challenge. Luckily, clean eating is simple, and it's so much more enjoyable to focus on foods that are great for your body! Use the following tips to make the best food and beverage choices each day.

Don't let a day pass without salad. Dark leafy greens, bright red tomatoes, vibrant orange carrots, crisp cucumbers, colorful bell peppers, and so many other wonderful ingredients make salads a pleasure to eat. Have at least one big salad every day. It will help you stay healthy while keeping you satisfied. Make your own dressing or choose a simple oil and vinegar one instead of opting for commercial dressings filled with sugar and unhealthy fats.

Have a smoothie every day. One smoothie a day is fantastic; two is better. Keeping to your smoothie habit will help you avoid unhealthy foods, which in turn will help keep those nasty cravings at bay. Add superfoods to give your body a boost, and remember that the more variety you enjoy, the better off you'll be.



Avoid foods with empty calories. Opt for nutrient-rich foods instead, focusing on bright colors, fiber, omega-3 content, and overall goodness. Every calorie you take in should do something positive for your body.

Avoid foods that contain trans fats, processed sugar, and salt. All of these things lead to unwanted weight gain, and they're bad news for your health as a whole. Salt leads to swelling, bloating, and fluid retention, and sugar causes your insulin levels to spike. Trans fats are terrible for your cardiovascular system.

Enjoy red meat in moderation. You should have some protein every time you eat, but that should be red meat only two to three times weekly, if ever. Most of your protein should come from vegetable sources, or from eggs, chicken, or fish. Be selective about your proteins, as they ultimately become you!

Aim for 30 grams of fiber or more each day. Fiber keeps your digestive system running smoothly, plus it helps you feel full so you make better food choices. It also helps to keep stroke, heart disease, and certain types of cancer at bay.

Buy organic food as much as possible. Organic foods don't contain additives, hormones, antibiotics, pesticides, or chemical preservatives. They are far less toxic than conventional options, and leave less waste and residue behind. Fresh organic foods are better than pre-packaged ones, so choose them whenever they are available.



Eat for or five times each day. I suggest three main meals and two snacks per day for a good reason: All this eating keeps your metabolism going strong, and it helps you to stick to an enjoyable, healthy routine. If you eat every two to three hours during the day, you'll put your metabolism into overdrive, feeding your muscles and helping to prevent fat formation.

Careful what you drink! Water, water, and more water. Have water between meals, but don't drink anything between bites. It's a good idea to have a drink of water about 30 minutes before each meal, then wait about two hours to have more water, herbal tea, or green tea. If you're a coffee drinker, consider making the switch to green tea, which helps to stimulate digestion while providing a healthy dose of antioxidants. Transition to decaffeinated green tea to enjoy even more benefits. Avoid drinking sodas and other drinks with added sugar or chemicals of any kind.

Below is a list containing many of the best and worst foods to eat while staying healthy. The best ones also support sustainable weight loss.

Meat and Fish

When choosing meat, look for organic, pastured options. As for fish, choose wild-caught rather than farmed whenever possible.

Eat: Bass, Beef (lean cuts with no visible marbling), Calamari, Clams, Crab, Catfish, Cod, Chicken (skinless) Cornish game hen (remove skin), Flounder, Haddock, Halibut,



Herring, Lobster, Oysters, Sardines, Scallops, Shrimp, Sole, Tilapia, Trout, Tuna, Turkey bacon, Turkey breast (skinless), Turkey sausage (lean)

Avoid: Bacon, Beef jerky, High-fat meats such as porterhouse and prime rib, Processed meats with preservatives, i.e. pepperoni, salami, and hot dogs

Vegetables

Eat: Almost all vegetables are great for you! Some of the best include Asparagus, Avocados, Broccoli, Brussels sprouts, Cauliflower, Carrots, Celery Cucumbers, Garlic, Kale, Lettuce, Mushrooms, Olives (all kinds except those stuffed with high-fat meats or cheeses), Onions, Parsley, Red peppers, Squashes, Sweet potatoes, Spinach, Tomatoes, Zucchini

Avoid: The list of vegetables to limit is a very short one: Corn, Plantains, and Potatoes. All of these are fine in moderation, but because they're high in sugar and starch, they can cause weight loss plans to stall.

Fruits

Eat: All fresh fruits. If you want to cut back on sugar or are diabetic, the best options are low-sugar fruits including blackberries, blueberries, boysenberries, cranberries, goji berries, grapefruits, lemons, limes, passionfruit, and strawberries.



Avoid: Canned fruits, Dried fruits with added sugar, Processed “fruit” snacks with added sugar

Dairy

When purchasing dairy foods, look for organic options whenever possible. When choosing vegan options found in the dairy case, be on the lookout for added sugar, salt, and other unhealthy add-ins.

Eat: Almond milk, Cashew milk, Coconut milk, Eggs and egg whites, Goat’s milk, Hemp milk, Oat milk, Nonfat yogurt without added fruit or artificial sweeteners, Nonfat cow’s milk, Rice milk, Yogurt made with coconut milk, Vegan butter substitutes

Avoid or Limit: Full-fat dairy products such as cow’s milk, cheese, cottage cheese, cream cheese, sour cream, etc. Yogurts with added sweeteners or fruit on the bottom

Legumes

Eat: Almost all beans and legumes support a healthy lifestyle! Black beans, Fava beans, Garbanzo beans (chick-peas), Lentils, Pinto beans, Kidney beans, and White beans are some examples.

Avoid: Refried beans made with extra fat.



Grains

When shopping for grains, choose whole grain options whenever possible. While this book isn't about eliminating gluten, you should know that gluten is an addictive substance that can increase cravings. Avoiding it can help you stay at a healthy weight.

Eat: Barley, Brown Rice, Bulgur, Buckwheat, Coconut flour (not really a grain, but found in the grain aisle in many places!), Oats (except heavily processed pre-packaged oats with added sugars, flavors, preservatives, etc.), Quinoa, Red rice, Spelt, Sprouted whole grain breads, Wild Rice

Avoid: Bagels, donuts, White rice, White pasta, White bread, White flour, "Whole grain" products with added sugar and / or preservatives

Nuts and Seeds

Eat: Nearly all nuts and seeds promote good health. Be on the lookout for raw or roasted varieties with no added salt or chemical-laden flavorings. Almonds, Brazil nuts, Cashews, Chia seeds, Hazelnuts, Hemp Seeds, Macadamia nuts, Peanuts, Pecans, Pistachios, Pumpkin seeds, Sesame seeds, Sunflower seeds, and Walnuts are some of the best.

Avoid: Nuts and seeds that have been coated in sugar, "yogurt", or sweet, processed chocolate are poor choices for everyday snacking.



Fats and Oils

Be extremely selective when choosing which fats and oils to eat. The best ones are essential to your health, while the worst are detrimental.

Eat: Avocado oil, Coconut oil, Olive oil (extra-virgin is best), Flaxseed Oil, Sesame oil

Avoid: Bacon fat, Beef fat or lard, Butter, Chicken Fat, Margarine, Hydrogenated vegetable oils, Palm oil, Partially hydrogenated vegetable oils, Vegetable oils

Snacks

Get creative with your snacks, and be sure to enjoy a variety of different things throughout each week so that you don't become bored and succumb to temptation! Try making your own spice mixes for things like popcorn and nuts.

Eat: Fruits, Vegetables, Popcorn with a little sea salt, Unsweetened nut butters, Hardboiled eggs, Plain yogurt, Trail mix with nuts and dried fruits, frozen smoothies

Avoid: Cakes, Candy, Chips, Cookies, Donuts, Ice Cream, Pastries, Pies

Beverages

Most of the time, water, herbal tea, or green tea should be your drink of choice. Options such as wine and beer should be consumed in moderation, while still others really ought to be avoided altogether.



Eat: Black tea (This is the kind most restaurants use to make ice tea. Get it unsweetened if you order it.) Coconut water, Fresh juices (fruit and vegetable, preferably home-made or from a raw juice bar), Unsweetened juices such as cranberry, pomegranate, or apple cider. Champagne, dry red wine, light beer, and unsweetened liquors such as vodka beat sugary cocktails when celebrating.

Avoid: Diet soda and other beverages that contain artificial sweeteners, Most soda (there are a few natural types that can be OK on occasion), Drinks with artificial colors and/or flavorings, Sports drinks with sugar, artificial colors, or artificial sweeteners, Most store-bought “fruit” juices with added sugar, Mixed drinks with sugary or colorful additives, Sweet wines and heavy beers

Sweeteners

Not all sweeteners are bad! These are listed in order from best to worst, with Stevia coming in at first place due to its ability to impart sweetness without adding calories.

Eat: Stevia, Monk fruit, Agave nectar, Raw honey, Coconut sugar, Raw, organic sugar

Avoid: Fruit juice concentrate, Dextrose, Brown sugar, Brown rice syrup, White sugar, High-fructose corn syrup (this one is the worst of the worst!)



Spices, Condiments and Seasonings

Natural spices, condiments and seasonings without added sugar or preservatives are best for you! The ones that are included in the “eat” list support weight loss and provide some outstanding health benefits.

Eat: Apple cider vinegar (look for the organic, unfiltered kind with “the mother”), Black pepper, Cardamom, Cayenne papper, Chili peppers, Cilantro, Cinnamon, Ginger, Parsley, Garlic, Nutmeg, Oregano, Rosemary, Sage, Saffron, Sea salt (in moderation) Tamari, thyme, Turmeric

Avoid: Ketchup, Mayonnaise (most kinds are full of sugar and chemicals), MSG, Salad dressings with added sugar, artificial flavors, artificial colors, etc., Table salt

Cooking Methods

Not all cooking methods are created equal. Here they are, with the very best listed under “eat” and the worst listed under “avoid.” Luckily, most popular methods can be used to create healthy meals.

Eat: Baking, Broiling, Grilling, Poaching, Plank grilling, Pressure Cooking, Roasting, Steaming, Sauteeing, Stir Frying

Avoid: Barbecuing with lots of added sauce, Blackening with a lot of added oil, Deep frying, Pan frying, Fondue



FAQ's

Here are some of the most frequently asked questions about the 14-day red smoothie detox.

Is the detox safe?

I always recommend that people consult with their physicians before making any drastic changes to their daily diets. This having been said, it is highly unlikely that any damage will occur due to a shift to just plant-based foods for two weeks. Not only are these foods safe, they contribute to your wellbeing.

Why use stevia instead of another natural sweetener like honey or agave?

While agave and honey are natural and even good for you in moderation, stevia is best for the detox, since it will not spike your blood sugar. If you think you don't like the way stevia tastes, try a different brand or give monkfruit a try. It is also very low on the glycemic index and will add natural sweetness to smoothies without adding any calories. Just to put things in further perspective, you should know that stevia is a 0 on the glycemic index, while agave is a 20 and honey is a 30. Both of these are better than sugar, which is an 80.



I'm having an issue with loose stools. Is this normal?

Since blended smoothies are highly cleansing, it's likely that you will experience some issues with loose stools, particularly in the beginning. Adding protein powder to your smoothies will help, as will eating some nuts and seeds at snack time.

Should I be taking any supplements during the cleanse?

You may or may not decide to take vitamins and herbal supplements during the detox. I do not take my usual multivitamin when I am cleansing, as I find it is too strong for my stomach to handle, but I do continue taking certain herbs and using essential oils as needed.

If I am on medication, should I take it while detoxing?

Since every case is different, it is important that you speak with your doctor before beginning this or any other cleanse / detox program. The choice is yours, however it is often not in our best interest to discontinue prescriptions without being advised to do so.

Should I be exercising while I'm on the 14-day detox?

Exercise is almost always beneficial, as long as you don't overdo it or exercise when you're not feeling well. I always recommend that people stick with a level of exercise that they are comfortable with, especially in the beginning. If you are new to exercise and want to start, begin with something easy such as slow, gentle walks. If you already exercise and are wondering what's best, try brisk walking (or



running at your usual pace) and add some yoga into your routine.

Listen to your body! You might become more fatigued than you normally feel when exercising, and it's important that you slow down or stop if this happens. Also, if you are overweight, smoke cigarettes, have heart problems or blood pressure issues, or suffer from any health complications, be sure to have your doctor keep tabs on you as you begin transitioning to a healthier lifestyle that includes regular exercise.

How many snacks should I be eating every day?

When it comes to snacking during the 14-day detox, think "clean" instead of thinking about dieting. You can eat or sip on your smoothie whenever you feel hungry. Have as many veggie snacks as you want, but keep moderation in mind when it comes to things like nuts and seeds. A handful is usually just the right amount.

What if I feel like 14 days is too long to stick with this program?

Take it one day at a time! Plan to begin on day one and keep going as long as you can. Remember that there are two versions of the 14-day detox to try, and you can even customize by starting out by replacing just one meal per day with a smoothie. It's OK to make healthy changes a little at a time. You won't get the same benefits as you would when making a full cleanse, but you'll be making an improvement all the same. My advice is to just do what you can and encour-



age yourself while paying close attention to how your body feels.

What if I don't feel all that hungry?

Don't worry – there's nothing wrong with you. If you don't feel like drinking all of your smoothie or eating a lot of snacks, listen to your body. Try to have at least two thirds of your smoothie each day. If you can't do that, then have some smoothie every three or four hours so that your metabolism stays high. Even when you don't feel like having much, it's important to give your body a little bit of fuel.

What if I feel like stopping the cleanse and bingeing?

If you come to a point where you feel like ditching the detox, there are a few strategies to use. First, recognize that feeling like you want to quit is normal, and the feelings will pass! You can also have some snacks, drink some tea, or make yourself a really decadent smoothie instead of the one you don't really feel like having.

You can also look forward to future milestones, maybe week by week, or day five, then day ten. You can picture yourself at the end, celebrating weight loss in a body that looks and feels better.

As you meet your goals and keep on drinking your smoothies, you will soon notice that your desire to quit begins to fade. You really can do this, and you will be amazed at how good you feel even at the halfway point.



Finally, distract yourself by engaging in something you really enjoy – something that makes it impossible to eat at the same time. Work on an art or craft project, go outside and make the exterior of your home more beautiful, or go for a walk. Go try on clothes and imagine yourself wearing a smaller size. Trick yourself into wanting to stick with the detox!

There are chunks in my smoothies!

You may need to add more liquid. I use a [Vitamix](#), which is capable of reducing hard, solid fruits and vegetables to liquid without the use of any additional liquid, however not all blenders are capable of powering through food like this one is. Next time you make a smoothie, start with the recommended liquid, and then slowly work your way through the fruits and vegetables it contains, beginning with the most watery ones and working your way to the firmer ones. If at any time you feel like the blender is bogging down, add ¼ cup of water. Repeat this as often as you need to. This processing method takes longer, but it will give you the results you want.

Can I do the cleanse for three weeks instead of two?

Two weeks is really as long as this detox ought to last, but there's no reason why you can't continue to enjoy smoothies each day for life. You can redo the cleanse every few months if you like, perhaps as the seasons change. The more often you detox, the easier the process will be. Just be certain that you are adding protein to your smoothies.



Can I drink coffee during the detox?

Please try to give your body a break from caffeine during the cleanse. Caffeine is a powerful stimulant that gives your adrenal glands a potent rush, and this is one of the things you want to avoid during detox. If you have to have some caffeine, have some green tea instead of coffee. The reason for this is that coffee is acidic, while green tea is alkaline. One of the goals of the detox is to bring your body into an alkaline state, which is vital for good health. Since going without caffeine is best for you, it's best if you try to transition completely away from coffee and caffeinated green tea.

I was once completely hooked on coffee, and giving it up was one of the toughest things for me. Maca helps provide an energy boost, but it doesn't do anything about the body's addiction to caffeine! So here's a tip that will help you gradually ease off coffee, at least for the duration of the cleanse. On the first two days of the detox, try coffee containing half the caffeine (just order "half caf" at a coffee shop or make a pot with half regular and half decaf at home). For the next two days, swap to all decaffeinated coffee, and then stop drinking coffee altogether. This will really help prevent strong detox headaches.

Another option is to wean yourself off coffee before doing the cleanse, so that your body has less to deal with all at once. It's normal to feel horrible when getting off caffeine, but once the side effects are gone, you'll feel fantastic, without any need for stimulants.



This is really embarrassing...but I'm not having regular bowel movements.

Your bowels ought to be moving between one and three times daily, especially while you are on the 14-day detox. If it has been 24 hours or longer since you had a bowel movement, there are two easy tricks to get things going, without resorting to an unhealthy laxative.

The first method will give you almost immediate results, and should be done on an empty stomach, preferably first thing in the morning. Place two teaspoons of un-iodized sea salt in an eight-ounce glass of water, mix it in, and drink it all down. Follow up with three more glasses of water. You should find yourself having several bowel movements within 30 minutes to an hour.

The second method is to take a supplement called Mag07, which helps get your bowels moving while removing old fecal matter from your colon. You simply take three to four pills before bed, and by the next morning, you will have a very heavy bowel movement.

After clearing your bowels, you should begin having normal bowel movements.

Why is my poop red, green or orange?

Whoa! It can be scary to look in the toilet and see a strange color in there. Don't worry. What you're seeing are normal plant colors. The green comes from the greens you're eating, the red is probably from beets, strawberries, or other



red fruits, and the orange could be coming from carrots, mangoes, or other orange fruits. Over time, as your body adjusts to the increase in fruits and vegetables, your bowel movements will once again take on a brown tinge.



In Conclusion...

Let me be the first to congratulate you again on taking this incredible first step toward taking total control of your weight, your health, and your life. By following a clean eating plan that includes plenty of vibrant smoothies and superfoods including my favorite Incan four, you can expect to live a longer, healthier life.

While it's true that good health is its own reward, it can sometimes be difficult to stick with all the changes, especially if people around you are eating, drinking, and living in a way that's less than beneficial.

As a parting gift, I want to leave you with ten essential rules for lasting health and longevity. By putting these tips in action, you will not only look younger for life, you'll also keep on feeling fantastic and the likelihood that you will experience life-changing illnesses will decrease.

Commit to a Lifestyle Change. Staying young, vibrant, and healthy requires a commitment to change, as does permanent weight loss. It's not just the actions that need to change, but the thinking. Be willing to try new things. Foster a desire to get up and move. Think about all the ways you can enjoy life, then go out and do them!



Eat Healthy, Natural Foods. This rule goes hand in hand with all the rest. It's the cornerstone of the foundation your new, healthy life is built on. When you eat whole, healthy foods found in nature, you can turn back the hands of time so that your body feels better, discomfort from inflammation is eliminated, and your mind feels renewed.

Embrace Healthy Aging. Maturity happens to everyone. Embracing healthy aging means that you stay committed to good health with every year that passes. When you do this, you'll look and feel great despite your advancing years.

Love yourself! Maybe you've heard that it's selfish to love and care for yourself, but the exact opposite is true. You cannot have loving, successful relationships with others until you learn to love yourself. It's like putting on your life jacket before helping someone else with theirs. Self-love isn't the same as selfishness. It's not self-indulgent or self-serving, either. What it is, is taking care of our own needs and not putting ourselves last. Taking good care of yourself leaves you with a reserve of energy and strength to draw upon, so you can help others when the time comes.

Take responsibility for your own well-being. Physically, mentally, and spiritually, it's important that you place the responsibility for good health squarely on your own shoulders. If you want to be healthy, you need to take the steps required. You have to be the one who makes the decisions about the food you eat, the drinks you consume, the way you move your body each day, and the way you speak to yourself!



Sleep. Sure, work is important. Kids and relationships are important, and so are social occasions. But so are you, and sleep is essential to good health so make it a priority. Don't stay up late watching TV. Go to sleep instead. This is when your body heals and your mind recharges, so don't miss out!

A healthy body is super sexy. It doesn't matter what shape or size you are, as long as you are healthy, you're automatically going to be more appealing. Have style, exude confidence, and remember that your body is an instrument, not an ornament. Work on becoming strong and healthy, and you'll always look your best.

Keep cleansing and detoxifying. Yes, you'll stay stronger, look younger, and be healthier by following a clean diet, but remember that toxins are found in other places – even in the air we breathe! Cleanse and detox regularly so that your systems remain clean and keep on functioning properly.

Embrace the journey. Pitfalls and all, this is a journey that goes so much more smoothly when embraced! It is life-changing. Know that you're likely to slip up along the way, because you are human after all. Be OK with that. Be willing to forgive yourself and keep on moving forward.

Enjoy life. What good is great health if you don't enjoy life? Foster a good sense of humor, enjoy the little things, and embrace your dreams. Try new things, stay in touch with loved ones, and remember that in the very end, it's love that matters most.



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APPENDIX 1.

**14 Bonus Red
Smoothie Fat
Cleansing Recipes For
The 14-Day Detox**



Love the original fat cleansing recipes? I've added fourteen more that you can enjoy any time. Wondering whether you'll like one of the original recipes and want to try something different? Feel free to swap it for one of these instead. Each recipe is packed with the goodness of red fruits, leafy greens, and powerful Incan superfoods!

Maca-Melon Madness

Sweet watermelon and citrus come together with energizing maca to create a delicious medley that will keep you going for hours. This light, refreshing smoothie is perfect for enjoying in hot weather.

- 1 cup coconut water
- 2 oranges, peeled and seeded
- 6 cups watermelon chunks
- 2 handfuls red leaf lettuce
- 2 teaspoons to 1 tablespoon [maca powder](#)
- ½ teaspoon [vanilla](#)

Pour the coconut water into the blender, then add the rest of the ingredients and process until smooth. If you'd like to make this smoothie thicker while adding some protein, add 2 tablespoons of chia seeds to the coconut water and let them soak overnight before making the smoothie.

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Raspberry Zinger

Ripe raspberries and succulent citrus give this recipe flavor galore. This simple smoothie has a refreshing taste that even those who aren't familiar with smoothies will appreciate. If you're trying to get a friend or family member to try smoothies, this recipe is definitely one to consider.

- 1 cup unsweetened almond milk
- 1 ruby red grapefruit, peeled and seeded OR 2 blood oranges, peeled and seeded
- 6 cups fresh or frozen raspberries
- 2 handfuls baby bok choy
- 2 to 4 packets stevia
- ½ teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth.

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Strawberries and Cream

Delicious strawberries, luscious almond milk, and plenty of vanilla give this recipe an astonishing berry flavor that almost everyone loves. It's an excellent one for freezing in popsicle molds, or freezing in ice cube trays and re-blending to create a delicious frozen dessert that's 100 percent guilt free.

- 2 cups unsweetened almond milk
- 6 cups fresh or frozen strawberries
- 2 handfuls leaf lettuce
- 2 to 4 packets of stevia
- 1 teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. If you'd like to add some protein and make the texture a bit thicker, add 2 tablespoons of chia seeds to the almond milk and allow them to soak overnight before making the smoothie.

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Chocolate Covered Strawberries

A favorite romantic treat is reimagined in this delicious, nutritious smoothie. It tastes so good, you won't believe that it's doing amazing things for your health.

- 3 cups almond milk
- 5 cups fresh or frozen strawberries
- 2 handfuls kale
- 2 tablespoons [cacao powder](#)
- 4 packets stevia
- ½ teaspoon [vanilla](#)

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. If you like this recipe, try it with raspberries instead of strawberries. The flavor will be a little different but equally delicious!

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Cranberry Energy

A medley of zingy berries, a bit of maca, protein-rich chia seeds, and sweet bananas come together to create a filling smoothie that gives you the energy you need to make it through the most demanding workday.

- 1 cup unsweetened pomegranate juice
- 2 bananas, cut in one-inch chunks
- 2 cups fresh or frozen cranberries
- 2 cups fresh or frozen raspberries
- 2 cups fresh or frozen strawberries
- 2 handfuls baby spinach
- 2 teaspoons to 1 tablespoon [maca powder](#)
- 2 to 4 packets stevia
- ½ teaspoon [vanilla](#)

Pour the pomegranate juice into the blender, then add the rest of the ingredients and process until smooth. This smoothie can be quite tart if the strawberries and raspberries you're using are on the sour side; you may find that you need to add more stevia to get the taste you crave.

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Berry-Mint Delight

Berries, melon, citrus, and just a hint of mint come together to create a delicious medley that refreshes the body and mind. This delicious smoothie has a light, refreshing texture that makes it perfect for warm weather.

- 1 cup coconut water
- 1 orange or blood orange, peeled and seeded
- 2 cups watermelon chunks
- 2 cups fresh or frozen strawberries or raspberries
- 2 cups blueberries
- 2 handfuls baby bok choy
- 1 small handful fresh peppermint leaves
- 2 tablespoons chia seeds soaked in ½ cup water
- ½ teaspoon [vanilla](#)

Pour the coconut water into the blender, then add the rest of the ingredients and process until smooth. Treat yourself to an energy boost by adding one or two tablespoons of maca powder to the mix.

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Berry Lemon Drop

Berries and tangy lemon combine to create a sensational smoothie that you're sure to love. Chia and cashews mellow the flavor and add protein, while banana adds a hint of creamy sweetness.

- 1 cup almond milk
- 1 banana, cut into chunks
- 5 cups fresh or frozen raspberries
- Juice from two lemons (meyer lemons are preferable, if you can get them)
- 2 handfuls baby bok choy
- 2 tablespoons chia seeds, soaked in ½ cup water
- ¼ cup raw cashews
- 4 packets stevia powder
- ½ teaspoon [vanilla](#)

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. Taste test before removing from the blender to be sure the results aren't too tangy, and add more stevia if needed.

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Peanut Butter and “Jelly”

Enjoy the classic taste of a childhood favorite with this luscious yet nutritious smoothie! Super-filling and packed with protein, it helps beat hunger and makes cravings a thing of the past. This smoothie is a good one for kids of all ages.

- 1 cup almond milk
- 1 banana, cut into chunks
- 4 cups fresh or frozen strawberries
- 1 cup goji berries, soaked in ½ cup water
- 2 handfuls baby spinach
- 4 tablespoons unsweetened peanut butter
- 2 to 4 packets stevia
- 2 tablespoons [chia seeds](#) soaked in ½ cup water
- ½ teaspoon [vanilla](#)

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. Taste test before pouring out of the blender, and add more berries or peanut butter to adjust the flavor to your liking.

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Banana Nut Sundae

Bananas, nuts, and cacao come together with red veggies and leafy greens to create a sumptuous surprise that you'll love. It tastes so good, you might not believe it's giving your body a boost!

- 3 cups unsweetened almond milk
- 4 bananas, cut into 1-inch chunks
- ½ cup cashews
- 1 medium beet, cut into chunks
- 1 cup red cabbage leaves
- 2 teaspoons to 1 tablespoon maca powder
- 3 tablespoons cacao powder
- 2 handfuls leaf lettuce
- 2 tablespoons chia seeds soaked in ½ cup water
- 4 to 6 packets stevia powder
- 1 teaspoon vanilla

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. If serving to kids, omit the maca powder.

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Pumpkin-Apple Pie

Believe it or not, raw pumpkin is one of the most nutritionally dense veggies there is. Combined with sweet red apples and warm spices, it is transformed into a wonderful treat that tastes almost too good to be true.

- 1 cup unsweetened almond milk
- 2 cups raw pumpkin meat, cubed
- 4 red apples (McIntosh are fantastic)
- 2 handfuls baby bok choy
- 2 tablespoons [chia seeds](#) soaked in ½ cup water
- 4 to 6 packets stevia
- ½ teaspoon pumpkin pie spice
- 1 teaspoon [vanilla](#)

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. For an extra-festive touch and just a little more authentic flavor, top your smoothie with a pinch of ground nutmeg.

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Apple-Almond Delight

Bright red apples, protein-rich almonds, and sweet spices combine with bananas and greens, making this smoothie delicious as well as nutritious.

- 2 cups unsweetened almond milk
- 6 red apples, cored
- ½ cup raw almonds
- 2 handfuls spinach
- 2 handfuls baby bok choy
- 2 teaspoons to 1 tablespoon [maca powder](#)
- a pinch of nutmeg
- a pinch of ground clove
- 4 packets of stevia powder
- 1 teaspoon [vanilla](#)

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. If you'd like to add some protein and make the texture a bit thicker, add 2 tablespoons of chia seeds to the almond milk and let them soak overnight before making the smoothie.

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Apricot Sunset

This smoothie provides an abundance of luscious fruits and plenty of protein, making a delicious addition to any day.

- 2 cups unsweetened almond milk
- 1 medium beet, peeled and cut into cubes
- 5 plums, pitted
- 3 peaches, pitted
- 16 apricots, pitted
- 2 handfuls red leaf lettuce
- 2 tablespoons [chia seeds](#) soaked in ½ cup water
- ½ teaspoon [vanilla](#)

Pour the almond milk into the blender, then add the rest of the ingredients and process until smooth. Taste test before pouring the smoothie out of the blender and add some stevia if needed.

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Tutti Fruity Smoothie

Take a little bit of everything, throw it in the blender, and you've got the crazy concoction known as the tutti fruity smoothie. Inspired by the famous ice cream with the same name, this is a fun recipe to share with kids.

- 2 cups coconut water
- 2 cups watermelon chunks
- 1 cup fresh or frozen sweet cherries
- 1 cup fresh or frozen raspberries
- 1 cup fresh or frozen strawberries
- 1 cup red grapes
- 2 handfuls baby bok choy
- 2 tablespoons [chia seeds](#) soaked in ½ cup water
- ½ teaspoon [vanilla](#)

Pour the coconut water into the blender, then add the rest of the ingredients and process until smooth. If you're not serving this to kids, give it some extra kick by adding a heaping helping of maca powder.

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Savory Tomato Smoothie

When you're craving something savory, this delightful smoothie comes to the rescue. Packed with colorful veggies, it delivers a pleasant, spicy kick that you can adjust to please your palate.

- 1 cup water
- 6 large red tomatoes
- 2 carrots, cut into chunks
- 1 red bell pepper, seeded
- 1 handful red cabbage leaves
- 2 handfuls baby spinach
- 2 handfuls leaf lettuce
- 2 teaspoons to 1 tablespoon [maca powder](#)
- Juice from one lime
- ½ jalapeno pepper, seeded OR cayenne pepper to taste
- Pinch of sea salt

Pour the water into the blender, then add the rest of the ingredients and process until smooth. If you'd like to add some protein and make the texture a bit thicker, add 2 tablespoons of chia seeds to the water and let them soak overnight before making the smoothie. Note: If you are not a fan of spice, feel free to omit the jalapeno or cayenne.

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APPENDIX 2.

21 Delicious, Nutritious Protein Packed Recipes For The 21 Day Meal Plan



Breakfast Smoothies

Some of the recipes below will yield 1 serving of smoothie while other will yield up to 2 servings. You should drink 1 cup of smoothie for breakfast so if you have more left store it in your fridge and have another glass between lunch and dinner for a mid-day boost!

Anti-Inflammatory Ginger Beet Smoothie Recipe

- 2 cups water (mineral optional)
- 1 medium beet
- 1 ripe banana
- 1 scoop plant based protein powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 inch ginger root peeled

Combine filtered water, beets, and bananas in a high-speed blender, add vanilla extract and ginger and blend till smooth.

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Rejuvenating Red Smoothie Delight

- 1 ½ cups Strawberries, fresh or frozen
- ½ cup Tomato
- ½ cup Beets
- 1 tablespoon Chia seeds
- 1 teaspoon maca powder
- ¼ teaspoon Cinnamon
- 1 cup Coconut water

Put all the ingredients in a blender and puree until smooth. Add tap water until it reaches the desired consistency.

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Red Velvet Dessert Smoothie

- 1 cup almond milk (or any plant-based milk)
- 1 large ripe bananas, frozen & sliced
- 1½ cups frozen raspberries
- 1-2 tablespoon cocoa powder or raw cacao powder
- 2 dates, pitted, chopped
- Pinch of sea salt
- 2 tablespoons hemp protein

Blend all ingredients in a high-powered blender until thick and creamy. Pour into a glass and top with berries & cacao nibs.

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Red Smoothie Orange Zinger

- 5 cubes ice
- 1 blood orange, peeled and segmented
- 1 organic banana, sliced
- 1/2 guava, ends trimmed, then quartered
- 1 cup almond milk
- 1 tsp of Chia Seeds
- Teaspoon Goji berries

Add ice cubes to the blender, 1 cup of almond or coconut milk and a teaspoon of Chia seeds. Blend until the mixture turns a rich red and enjoy!

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Mint Chocolate Superfood Smoothie

- 1 cup raw spinach
- 1 large frozen banana
- 1 tsp cashew nuts
- 3 tbsp cacao nibs
- 2 tbsp (packed) minced fresh mint leaves
- 1 tsp vanilla extract
- 1 cup rice milk (original variety)
- ¼ cup coconut water
- Sweetener, to taste
- Tip: Add ¼ teaspoon chlorella powder for a super powered detox boost

Blend all the ingredients together until smooth. Taste, and sweeten as desired.

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Green Mango Detox Smoothie

- 1 scoop protein powder
- 1 tsp cocoa powder
- 1 cup frozen mango
- 1 handful spinach
- 1 orange
- 1 banana
- 1 handful parsley
- 1/2 cup water (mineral optional)

Add all ingredients into a high powered blender. Blend until smooth and creamy—enjoy!

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PB&J Pick-Me-Up Smoothie

- 1 cup Almond or Rice Milk
- 1 cup frozen raspberries or strawberries
- 1 Scoop Protein Powder
- 1 ripe Banana
- 1 tbsp Peanut Butter

Add all ingredients into a high powered blender. Blend until smooth and creamy—enjoy!

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Lunches

Tuscan Tuna with Lemon Dressing

Enjoy this fresh take on a Northern Italian favorite. Make it a day ahead to let the flavors blend. (Makes 2 servings)

- 1 6-ounce can chunk light tuna in water, drained
- 8 ounces cooked cannellini beans
- 2 green onions, trimmed and thinly sliced
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1 teaspoon fresh basil, finely chopped
- Sea salt and ground pepper to taste

Combine all ingredients in a bowl with a tight fitting lid, stirring gently to mix. Refrigerate. Serve on top of a bed of greens or inside a wrap.

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Chicken and Black Bean Salad

Just a little spicy, this filling salad is great for lunch or a light dinner. (Makes 2 servings)

- 1 cup cooked chicken breast, diced
- 1 cup cooked black beans
- ½ cup diced red bell pepper
- ½ cup diced celery
- ½ cup shredded carrot
- 1 cup cherry tomatoes, cut in quarters
- ¼ cup chopped cilantro
- 1 small clove garlic, finely chopped
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons fresh lime juice
- ¼ teaspoon cayenne pepper
- Sea salt and cracked black pepper to taste

Combine all ingredients in a medium-sized bowl and stir gently to mix. Serve atop a bed of mixed greens.

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Grilled Chicken Salad with Apples

Slightly sweet and perfectly crunchy, this salad provides plenty of protein and fiber, and it's packed with flavor. (Makes 2 servings)

- 1 cup chopped grilled chicken breast
- 1 tablespoon thin red onion slices (optional)
- 1 tablespoon golden raisins
- 1 tablespoon mild Dijon mustard
- 1 tablespoon extra-virgin olive oil
- Sea salt and pepper to taste
- 1 apple, thinly sliced and tossed with the juice of a fresh lemon to prevent browning

Combine everything but the sliced apple in a medium-sized bowl and stir gently to mix. Lay mixed greens on a plate, top with sliced apples, and then top with chicken salad.

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Greens and Beets Salad with Pecans and Gorgonzola

This colorful salad is perfect for a light lunch, and makes a wonderful addition to a festive autumn dinner as well. (Makes 2 servings)

- 2 medium beets, peeled, boiled until tender, and cut into ½-inch chunks
- Juice from 1 fresh orange
- 1 tablespoon balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 6 ounces mixed salad greens
- 1 pear, thinly sliced
- 1 ounce gorgonzola cheese, crumbled
- ½ cup pecans, chopped

In a medium bowl, combine the orange juice, balsamic vinegar, olive oil, and sea salt and pepper to taste. Whisk until blended, then add the beets and pecans, stirring gently to combine. Lay the greens on a plate, top them with the beets, then top with sliced pear and gorgonzola. Sprinkle chopped pecans on top.

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Cranberry Chicken Wraps

Tasty and nutritious, these wraps are packed with flavor. This recipe is easy to double or triple to feed a larger number of people, and is sure to become a lunchtime favorite. (Makes 2 servings)

- 1 cup cooked chicken breast, shredded
- 1 apple, cored and chopped into cubes
- 1 teaspoon extra-virgin olive oil
- ½ teaspoon lemon juice
- ¼ cup unsweetened dried cranberries
- ¼ teaspoon fresh rosemary, minced
- Sea salt and pepper to taste
- 2 Raw Wrap Spinach Tortillas
- 1 teaspoon balsamic salad dressing
- ½ cup baby spinach leaves

Combine the chicken, apple, cranberries, olive oil, lemon juice, rosemary, salt and pepper in a medium bowl and stir gently to blend. Spread an equal amount of balsamic salad dressing on each tortilla, then top with the baby spinach leaves. Divide the chicken mixture between the two tortillas. Fold in half and enjoy.

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Chicken-Almond Salad with Summer Fruits

Don't put the blender away just yet! This salad calls for a surprise ingredient that tastes better than any store-bought dressing. (Makes 2 servings)

Dressing

- 4 fresh apricots
- ¼ cup fresh squeezed orange juice
- 2 teaspoons mild Dijon mustard
- 2 tablespoons red wine vinegar
- 1 packet stevia powder
- 1 tablespoon extra-virgin olive oil
- 1 pinch sea salt
- ¼ teaspoon black pepper

Salad

- 2 fresh apricots, thinly sliced
- 2 fresh plums, thinly sliced
- 1 10-ounce package spring salad greens
- 1 tablespoon mint leaves, finely chopped
- 2 boneless, skinless chicken breasts, cooked and sliced into thin strips
- ¼ cup raw almonds, chopped

Place all dressing ingredients in the blender and process until smooth. For the salad, combine the spring greens with the apricots and plums, then mix in the dressing. Place the greens and fruit on plates and sprinkle with the chopped mint leaves, then top with sliced chicken breast. Top with raw almonds and serve.



Quinoa Salad with Goat Cheese

This is a beautiful salad with every color of the rainbow represented, plus it's easy to take along. Double or triple it to share with friends and family. (Makes 2 servings)

- 1 cup cooked quinoa
- 1 cup cooked wild rice
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon cranberry juice
- Sea salt and black pepper to taste
- 1 cup pitted sweet cherries, cut in halves
- ½ cup chopped fresh apple
- ½ cup diced celery
- ½ cup shredded carrot
- ¼ cup crumbled goat cheese
- ¼ cup chopped pecans

In a medium bowl, combine all ingredients but the goat cheese and pecans, and stir gently to mix. Divide the salad into two portions and serve in shallow bowls. Top with equal portions of goat cheese and pecans. For a heartier lunch or satisfying dinner, have a grilled chicken breast and some greens alongside this fiber-rich salad.



Dinners

Chicken Stew with Autumn Vegetables

Light, healthy, and perfectly satisfying, this rich-tasting stew is just the thing for a chilly day. Have a green salad alongside, if you like. (Makes 6 servings)

- 1 tablespoon extra-virgin olive oil
- 1 red onion, chopped
- 3 to 4 parsnips, peeled and sliced
- 3 carrots, peeled and sliced
- 32 ounces reduced sodium chicken broth
- 1 pound chicken breast, cut into 1-inch chunks
- 2 crisp apples, cored and thinly sliced
- 1 cup baby bok choy leaves, thinly sliced
- 1 teaspoon poultry seasoning
- ½ teaspoon sea salt
- ¼ teaspoon ground white pepper
- 3 tablespoons fresh chopped rosemary (optional)

In your favorite soup pot, combine the olive oil, onion, parsnip, and carrot. Cook gently over medium-low heat until onions are translucent, then add the chicken broth to the pot and increase the heat to medium. Add all remaining ingredients, reserving one tablespoon of chopped rosemary to top soup in bowls. Bring the soup to a simmer, stirring occasionally. Transfer to bowls, sprinkle each serving with a bit of fresh rosemary, and enjoy.



Tangerine Poached Salmon with Salad

This zesty, Asian-inspired salmon is so delicious that it may become a favorite. Serve the salmon warm or chill it for a few hours and enjoy it cold. If you like, you can substitute trout or mahi-mahi for the salmon. (Makes 2 servings)

- ½ cup coconut water
- Juice from 2 tangerines
- Pinch of sea salt
- 2 6-ounce portions salmon, skin and bones removed
- 1 10-ounce package spring greens
- 2 radishes, thinly sliced
- ½ cup snow peas, thinly sliced
- 1 teaspoon fresh ginger, finely grated

Combine the coconut water and tangerine juice in a skillet. Bring to a boil over medium-high heat, then add fish and sprinkle with sea salt. Cover, reduce heat to medium, and cook for 4 to 8 minutes or until fish is opaque, turning halfway through.

While fish is cooking, combine the greens, radishes, and snow peas in a bowl. Once fish is done, transfer it to plates. Allow the liquid to cool slightly, then use it to coat the salad. Serve the salad on top of the fish, with any additional liquid on the plates alongside. Sprinkle with fresh ginger and enjoy.



Steak with Mango Marmalade

A delicious way to enjoy a bit of red meat, this recipe is super-easy to make. Pair it with a fresh, green salad for a satisfying, protein-rich meal. (Serves 4)

Mango Marmalade

- 2 cups diced fresh mango
- 1/2 cup low-sugar orange marmalade
- ¼ cup chopped fresh cilantro
- 1 tablespoon chopped red onion (optional)
- ½ teaspoon red pepper flakes (optional)

Steak

- 1 pound London broil or other lean steak
- 1 tablespoon extra-virgin olive oil
- Sea salt
- Black pepper
- Red Pepper

Make the mango marmalade up to a day in advance to allow the flavors to mingle. To prepare it, simply combine all ingredients in a medium bowl with a tight-fitting lid. Store it in the refrigerator until an hour before making the steak, as it becomes more flavorful at room temperature.

Preheat the grill or broiler. Meanwhile, brush both sides of the steak with the olive oil and sprinkle sea salt, black pepper, and red pepper on it according to taste. Grill or broil the steak to the preferred doneness.



If serving with salad, slice the London broil into thin strips and lay on top of the greens. Top each portion with mango marmalade and serve

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Herbed Spaghetti Genovese

Herbs and greens elevate traditional spaghetti Genovese to new heights, while fiber-rich whole grain pasta provides a touch of filling comfort. This sumptuous pasta is surprisingly quick and easy to make, and is wonderful when served alongside a bowl of minestrone soup and a simple green salad. (Makes 5 to 6 large servings)

- 2 cups baby spinach leaves
- 8 ounces uncooked spelt spaghetti
- 1 cup baby red skin potatoes, thinly sliced
- ½ pound fresh or frozen green beans
- ½ pound zucchini or yellow summer squash, sliced in bite size segments
- ½ cup organic pesto (look for a brand made with 100 percent olive oil)
- 1 teaspoon sea salt
- 1 teaspoon finely ground white pepper
- ¼ cup chopped fresh basil
- ½ cup cherry tomatoes, sliced in quarters

Bring a large pot of water to boil over high heat. Add the spinach leaves and cook just until wilted, then remove and strain. Place the pasta and potatoes into the pot and allow to cook for five minutes.



In the meantime, place the wilted spinach into the blender and process it until smooth. Pour the pesto into the bottom of a large bowl and add the processed spinach to the bowl, along with the salt and pepper. Stir to combine.

After the pasta and potatoes have cooked for five minutes, add the green beans and zucchini to the pot. Cook for three minutes longer. When pasta and potatoes are cooked through, strain the mixture over the sink. When excess water has been eliminated, transfer the pasta and vegetables to the bowl with the spinach and pesto in it. Combine everything well and transfer to a serving dish or individual plates. Top each portion with chopped fresh basil and cherry tomatoes.

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Chinese Five-Spice Chicken Wraps

Fresh, simple, and super-delicious, these wraps are likely to become a favorite. Looking for a fun party recipe? This one is easy to double or triple to feed a crowd. (Makes 4 servings of about 6 wraps each)

- 1 tablespoon sesame oil
- 1 pound raw chicken breast, cut into ½” cubes
- 1 tablespoon fresh ginger, peeled and finely grated
- 1 cup cooked brown rice
- 1 8-ounce can sliced water chestnuts, rinsed and chopped into matchsticks
- 1 large red, yellow or orange bell pepper, chopped



into matchsticks

- ½ cup low sodium chicken broth
- 3 tablespoons hoisin sauce
- 1 teaspoon Chinese five spice powder
- ½ teaspoon sea salt
- 1 large carrot, peeled and grated or cut into matchsticks
- ¼ cup chopped fresh cilantro
- ¼ cup chopped fresh basil (preferably Thai basil, but other varieties will work)
- 2 tablespoons thinly sliced scallions or chives
- 2 heads Boston lettuce with leaves separated, washed, and well-dried

Heat the oil in a large wok or skillet over medium-high heat. Add the chicken and ginger, stirring frequently with a wooden spoon for five to six minutes, until the chicken is cooked through. Add the cooked rice, the bell pepper, the water chestnuts, the chicken broth, the hoisin sauce, the sea salt, and the five spice powder. Allow the mixture to cook for about 1 minute.

To serve, divide the lettuce leaves evenly among plates and spoon some of the chicken mixture onto each leaf (a little goes a long way!) Top with the carrot and herbs and serve. To eat, roll the leaves into wraps.



Savory Grilled Salmon with Heirloom Tomatoes

If you've resisted salmon in the past, be sure to give this dish a try. Packed with fresh flavors and super-easy to make, it looks pretty enough to serve to guests.

Pair it with a big salad for a light yet satisfying dinner.

(Makes 4 Servings)

- 2 cloves fresh garlic, finely chopped
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon kosher salt (divided)
- 1 cup fresh or frozen raspberries
- 1 cup fresh or frozen strawberries
- 1-1/2 pounds salmon, preferably wild-caught
- 2 heirloom tomatoes, thinly sliced (look for tomatoes in different colors. If you can't find heirloom varieties, choose vine-ripened organic tomatoes instead.)
- 2/3 cup of fresh basil, thinly sliced and divided in half
- 1/4 teaspoon cracked black pepper

Preheat the grill or broiler to medium. While it's heating up, combine the garlic and $\frac{3}{4}$ teaspoon of the kosher salt with the olive oil in a small bowl.

Check the salmon for visible bones and remove them. Coat a double layer of aluminum foil with cooking spray and place the salmon on it, skin-side down. Spread the salt and garlic mixture evenly on top of the



filet, then sprinkle it with 1/3 cup of the basil. Layer the tomato slices on top, overlapping them. Sprinkle the tomatoes with the remaining salt and the cracked black pepper.

Transfer the foil with the salmon on it to the grill or broiler. Cook for approximately 10 to 12 minutes, or until the fish flakes easily with a fork. Slide the salmon off the foil onto a serving platter, sprinkle with the remaining 1/3 cup of fresh basil, and serve.



Oven Fried Chicken with Tarragon

Wait...Fried chicken? Believe it or not, you can enjoy a crispy piece of oven fried chicken without adding harmful toxins to your diet. It's all in the ingredients and preparation. Enjoy some baked sweet potato wedges and a green salad alongside this tasty dish.

(Makes 4 Servings)

- 4 bone-in chicken leg quarters, skin removed, OR 4 thighs and 4 drumsticks, skin removed
- 2 tablespoons butter, softened
- 1/4 cup mild Dijon mustard
- 1 1/2 tablespoons fresh tarragon, chopped OR 1 tablespoon dried tarragon
- 1/4 teaspoon ground pepper
- 2/3 cup [Aleia's Gluten Free Panko Crumbs](#)
- 1 tablespoon extra-virgin olive oil

Preheat the oven to 425 degrees Fahrenheit. In a small bowl, combine the butter, tarragon, pepper, and mustard. Place the chicken in a roasting pan lined with parchment paper and brush the mustard mixture onto the tops and sides. Toss the breadcrumbs and olive oil in a medium bowl and press them onto the chicken.

When the oven is hot, place the chicken inside and roast it for 35 to 45 minutes or until a meat thermometer inserted in the thickest part reads 165 degrees Fahrenheit. Serve immediately.



Snacks and Treats

Gluten-Free Chocolate Chunk Cookies



Don't let the "gluten free" part fool you: These cookies are amazing! Choclately, chewy, and just fantastic, they're even fairly good for you. If you don't want to make the whole batch, feel free to cut it in half or freeze some for later. (Makes 24 cookies)

- 2 eggs
- ½ cup light olive oil
- 1 1/2 teaspoons vanilla
- ¾ cup organic sugar (you can use stevia if you like, but the cookies will have a different texture)
- 1 ½ cups brown rice flour (oat flour will also work)



- 1/2 cup cacao powder
- 1 teaspoon baking soda (look for an aluminum free variety)
- 10 ounces dark chocolate, chopped into small chunks
- Pinch of sea salt

Preheat the oven to 350 degrees Fahrenheit and line two cookie sheets with parchment paper or silpat liners.

Place half the chocolate chunks in a glass bowl and melt in the microwave for 45 seconds. Stir. If not completely melted, wait 20 seconds or so and microwave for another 30 to 45 seconds. Set the bowl aside.

In a large mixing bowl, combine the eggs and olive oil with the sugar. Beat, either with a mixer or a wire whisk, until well-blended. Add the vanilla and melted chocolate, stirring or blending constantly until the mixture has an even texture.

Add the brown rice flour, baking soda, cacao powder, salt, and remaining chocolate chunks to the bowl and mix until all combined. If you aren't using a mixer, swap your whisk for a wooden spoon or a stout rubber spatula.

Use a large spoon or a medium cookie scoop to divide the batter into 24 equally sized portions on the baking sheets, placing the cookies about 2 inches apart. Bake for 10 to 12 minutes and allow to cool. Store in an airtight container.



The Ultimate Fruit Salad

Filled with colorful, refreshing fruits, this delicious salad is just the thing to take along to a summer picnic or party, and it's very easy to double or triple to satisfy a crowd. The vanilla elevates this salad from "good" to "great!" Make it a day ahead to let the flavors mingle, or go ahead and enjoy it as soon as it's finished. (Makes 8 big servings)

- 1 ½ cups sliced strawberries
- ½ cup blueberries
- 1 cup fresh sweet cherries, pitted and cut in quarters
- 1 cup fresh pineapple
- 1 cup red grapes
- 1 sliced kiwi
- 2 tangerines, sectioned, with each section cut in half
- 1 nectarine, pitted and cut into ½ inch chunks
- 1 teaspoon poppy seeds
- 2 teaspoons stevia powder
- 1 teaspoon vanilla
- 3 tablespoons unsweetened coconut shreds

Prepare the fruit and place it in a large bowl. Add the poppy seeds, stevia, vanilla and coconut shreds and stir well to combine everything. Add lemon or lime juice for a tangier salad, and feel free to substitute any of the fruits for whatever you happen to have on hand. Enjoy!

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Dark Chocolate Volcano Cakes with Salted Caramel



This decadent dessert is just right for special occasions. It's surprisingly easy to make, and thanks to small portion sizes, it's a good fit for a healthy lifestyle. The stevia ensures it has a lower sugar content than most desserts. (Makes 4 Servings)

- 4 ounces semi-sweet baking chocolate
- 4 ounces coconut oil
- 1/3 cup of baking stevia
- 2 large eggs
- 1/3 cup coconut flour
- 1/2 teaspoon vanilla



- Additional coconut oil for greasing ramekins
- 8 caramel squares
- A pinch of sea salt

Preheat the oven to 425 degrees Fahrenheit. Grease four 3-inch ramekins with a generous amount of coconut oil and dust with a little cocoa powder or cacao powder. Cut each of the caramels into quarters (this is necessary to make them melt) and roll them around in the sea salt. Set aside.

In a large glass bowl, microwave the baking chocolate and coconut oil for one minute or until almost melted. Whisk to combine, then add the stevia and blend again. Allow the mixture to cool slightly, but not so much that it begins to firm up again. Add the eggs and whisk thoroughly to blend them in. Add the flour, stirring with a wooden or metal spoon to combine well.

Divide the resulting batter among the ramekins. Gently push the salted caramel squares into the batter so that they are completely covered.

Place the ramekins on a baking sheet and once the oven is hot, put them inside. Bake for 10-12 minutes. The centers of the cakes should appear a little moist, while the outer edges should have a firm, dry appearance.

Remove the ramekins from the oven and allow them to cool slightly. Use a knife to release the edges of the cakes if they've stuck to the ramekins. Invert over



serving plates and tap gently to encourage the cakes to release if needed. Garnish with a little cocoa or cacao powder and a bit of stevia if you like, then serve.

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Tempting Trail Mix

Nuts, seeds, dried fruit, and dark chocolate make this trail mix a fantastic snack that's both satisfying and delicious. Whole grain cereal adds volume without increasing fat content, letting you nibble a bit more than you might otherwise feel comfortable with.

(Makes 18 generous servings)

- 1 cup pecans
- 1 cup peanuts
- 1 cup roasted pumpkin seeds
- 1 cup dried cranberries
- 1 cup dried blueberries
- 1 cup chopped dried apricots
- 1 cup dark chocolate chips
- 2 cups whole grain granola

Combine all ingredients in a large bowl. Use a ½ cup measure to portion the trail mix into individual snack-size zipper bags. Store in an airtight container, and enjoy a pack whenever morning or afternoon hunger strikes!

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Herbed Veggie Chips

Next time you crave a salty, savory snack, give these veggie chips a try. They're much more satisfying than potato or corn chips, and they're much healthier for you, too. (Makes 4 big servings)

- 1 sweet potato, peeled
- 1 zucchini
- 1 beet, peeled
- 2 parsnips, peeled
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon sea salt
- ½ teaspoon garlic powder
- 2 tablespoons finely grated parmesan cheese
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- A pinch of ground pepper

Preheat the oven to 375 degrees Fahrenheit.

Using a chef's knife or a mandolin, slice the vegetables into 1/8" thick rounds (you can make them thinner if you like, but not thicker). Place the sliced vegetables into a large bowl and toss them with the olive oil.

Line two large baking sheets with silpat liners or parchment paper and arrange the vegetables in a single layer. Combine the salt, parmesan, and herbs, and sprinkle the mixture evenly over the veggies.

Place the vegetables in the oven and bake them for about 25 minutes, until they develop a light



golden brown color and crisp-looking edges. Enjoy immediately, or allow to cool before serving.

Note: You may get better results by baking these chips in two batches. If you want to save time, rotate the pans halfway through baking for better, more even cooking.



No-Mayo Deviled Eggs

Were you wondering where to find the hard boiled egg recipe? Here it is, along with a few extra steps you can take to transform your eggs into delicious deviled eggs that don't contain any unhealthy mayo! These might taste sinful, but they're fantastic for you. (Makes 6 servings)

- 6 eggs
- 3 tablespoons mild Dijon mustard
- 3 tablespoons plain nonfat yogurt
- 1 tablespoon chopped fresh dill
- ½ teaspoon sea salt

Place the eggs in a large saucepan and cover them with an inch of cold water. Cover the pan and bring it to a boil over high heat. Allow the eggs to boil for 30 seconds, then remove them from heat and allow them to stand in the hot water for 15 minutes. Place the pan with the hot water and eggs in it in the sink, and run cold water into it. Once all the water is cool, allow the eggs to continue cooling for a few minutes before peeling them.



After peeling the eggs, cut them in half lengthwise and scoop the yolks into a small bowl. Add the Dijon, the yogurt, the dill, and the sea salt to the yolks and use a fork to smash them up. Use a pastry bag or spoon to fill the egg whites with the yolk mixture. Top with a little more fresh dill if you like. Keep refrigerated until ready to enjoy.

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Honeyed Grapefruit

This simple dessert tastes divine and will smash sugar cravings like nothing else. It's surprisingly beautiful, making it suitable for serving to open-minded guests (Makes 4 servings)

- 2 ruby red grapefruits, halved with seeds removed
- ¼ teaspoon vanilla
- ¼ teaspoon powdered ginger
- 4 teaspoons raw honey
- 2 fresh strawberries, halved
- 8 mint leaves

Preheat the broiler. Arrange the grapefruit halves on a baking sheet and sprinkle each with a little dash of vanilla and powdered ginger. Drizzle a teaspoon of honey onto each grapefruit half. Broil until bubbly. Remove from the oven, place in shallow bowls, and garnish each grapefruit half with half a strawberry and two mint leaves before serving.

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APPENDIX 3.

Links to tried and tested supplements, teas and ingredients recommended by Liz.



To make it as easy as possible for you to follow my 14-day detox I've created a list of the very best products I recommend to my private patients to purchase before they start the detox. I've tweaked this list quite a lot to make sure that all products deliver the highest nutritional value while keeping the costs as low as possible.

Click The Links Below To Buy All The Ingredients On Amazon.com

Superfoods for Smoothies

Maca Powder

Chia seeds

Pure Vanilla

Organic Cocoa Powder

Plant Based Protein Powder (Highly Recommended)

Goji Berries



Detox Teas

Triple Leaf detox tea

Yogi Detox tea

Blenders

High Range: Vitamix

Mid Range: Blendtec

Low Range (Recommended!): NutriBullet



Resources

- ¹ <http://www.treehugger.com/clean-technology/jargon-watch-toxin-vs-toxicant.html>
- ² <http://www.webmd.com/balance/stress-management/features/what-stress-does-to-body>
- ³ <http://hippocratesinst.org/chlorophyll>
- ⁴ <http://www.obesityaction.org/educational-resources/resource-articles-2/general-articles/benefits-of-5-10-percent-weight-loss>
- ⁵ <http://www.niddk.nih.gov/health-information/health-topics/Anatomy/your-digestive-system/Pages/anatomy.aspx>
- ⁶ <http://www.whfoods.com/genpage.php?tname=food-spice&dbid=145>
- ⁷ Brooks NA, Wilcox G, Walker KZ, Ashton JF, Cox MB, Stojanovska L. "Beneficial effects of *Lepidium meyenii* (Maca) on psychological symptoms and measures of sexual dysfunction in postmenopausal women are not related to estrogen or androgen content." *Menopause*. 2008 Nov-Dec;15(6):1157-62
- ⁸ <http://www.clevelandclinicwellness.com/Features/Pages/Chia-Seeds.aspx>
- ⁹ <http://www.ncbi.nlm.nih.gov/pubmed/22653982>
- ¹⁰ <http://www.ncbi.nlm.nih.gov/pubmed/22156352>
- ¹¹ <http://www.ncbi.nlm.nih.gov/pubmed/22020342>

