

ACCELERATED HEALING DETOX BOOTCAMP

WEEKLY MEAL PLAN Interval 2

	BREAKFAST	LUNCH	SNACKS	DINNER
DAY 11	HEALING ANTI-AGING BERRY BLAST 32 OZ	HEALING ANTI-AGING BERRY BLAST 32 OZ	WATER IN BETWEEN SMOOTHIES 16 OZ	HEALING GIVE IT A REST SMOOTHIE 32 OZ
DAY 12	HEALING ORANGE MANGO SMOOTHIE 32 OZ	HEALING ORANGE MANGO SMOOTHIE 32 OZ	WATER BETWEEN SMOOTHIES 16 OZ	HEALING GIVE IT A REST SMOOTHIE 32 OZ
DAY 13	HEALING PINEAPPLE TANGERINE CREAM SMOOTHIE 32 OZ	HEALING PINEAPPLE TANGERINE CREAM SMOOTHIE 32 OZ	WATER BETWEEN SMOOTHIES 16 OZ	HEALING GIVE IT A REST SMOOTHIE 32 OZ
DAY 14	HEALING MANGO BANANA SMOOTHIE 32 OZ	HEALING MANGO BANANA SMOOTHIE 32 OZ	WATER BETWEEN SMOOTHIES 16 OZ	HEALING GIVE IT A REST SMOOTHIE 32 OZ
DAY 15	HEALING ANTI-AGING BERRY BLAST 32 OZ	HEALING PINEAPPLE TANGERINE CREAM SMOOTHIE 32 OZ	WATER BETWEEN SMOOTHIES 16 OZ	HEALING GIVE IT A REST SMOOTHIE 32 OZ
DAY 16	HEALING GREEN MANGO BOWL	HEALING ALL-IN SALAD AND TOMATO BASIL SOUP	HEALING SAVORY KALE CHIPS	BEDTIME SMOOTHIE 16-32 OZ
DAY 17	HEALING ORANGE MANGO SMOOTHIE 32 OZ	HEALING CUCUMBER SALAD WITH HEALING BUTTERNUT SQUASH SOUP	ORGANIC APPLE SLICES WITH ALMOND BUTTER SPREAD	BEDTIME SMOOTHIE 16-32 OZ

Accelerated Healing Detox Bootcamp

WEEKLY MEAL PLAN Interval 2

	BREAKFAST	LUNCH	SNACKS	DINNER
DAY 18	HEALING GREEN MANGO BOWL	HEALING ALL- IN SALAD AND TOMATO BASIL SOUP	HEALING KALE CHIPS	BEDTIME SMOOTHIE 16-32 OZ
DAY 19	HEALING PINEAPPLE TANGERINE CREAM SMOOTHIE 32 OZ	HEALING CITRUS SALAD WITH HEALING CARROT GINGER SOUP	ORGANIC APPLE SLICES WITH ALMOND BUTTER SPREAD	BEDTIME SMOOTHIE 16-32 OZ
DAY 20	HEALING ANTI-AGING BERRY BLAST 32 OZ	HEALING CUCUMBER SALAD WITH HEALING BUTTERNUT SQUASH SOUP	ORGANIC BLUEBERRIES WITH RAW ALMONDS	BEDTIME SMOOTHIE 16-32 OZ

*THE FOOD PLAN IS NOT TO BE RESTRICTIVE IN ANY WAY. IT IS TO PROVIDE A PLAN FOR EASE OF EXECUTION. YOU MAY USE ANY OF THE RECIPES ON THIS PAGE AT ANY TIME.

HAVE YOU SPOKEN WITH YOUR DOCTOR. TAKE YOUR READINGS TO YOUR DOCTOR. YOUR MEDICATIONS MAY NEED TO BE ADJUSTED OR DISCONTINUED.

*DRINK PURE UNCARBONATED WATER IM FOR AT LEAST 64 OZ THROUGHOUT THE DAY. YOU ARE RELEASING TOXINS IN YOUR URINE AND STOOL. PLEASE NO OTHER BEVERAGES. CARRY YOUR WATER BOTTLE WITH YOU. TRY TO STOP DRINKING LONG BEFORE BEDTIME FOR A FULLER NIGHTS SLEEP. (YOU MAY STILL GET UP TO URINATE.. TOXINS BE GONE!).

Welcome back!

Are you feeling the difference? Clarity is coming back! Energy is coming back! Look at the blood pressure and blood glucose changes. Chile! We are so excited to participate in this transformation journey with you.

You are making some pivotal changes in your health. Congratulations!

This segment is designed to promote good sleep as we strengthen our cells to fight back against the cancerous toxins that we face everyday. Eat big salads. We are working on looking younger and just feeling fabulous. Can you feel it?

This is a very powerful program that will lower and normalize blood pressure and blood sugar levels. You must include your doctor in this plan if you are being treated for Hypertension or Diabetes with blood pressure-lowering medication or glucose-lowering medication. If you are on long-acting insulin, this is particularly important as your fat and sugar consumption will be lowered dramatically and your blood sugar levels normalize.

Your doctor may suggest cutting your long-acting insulin in half and monitoring your blood sugar and decreasing the dosage as you progress in the detoxification. Or your doctor may switch you to using only regular insulin to decrease elevated blood sugars, if needed. You will notice a drastic lowering of these parameters as you progress through the detox.

The first 3 days of this journey will be your most difficult. After 3 days, the headaches, nausea, flu-like symptoms and stomach issues are a thing of the past. You may even experience some vomiting. This will depend on the amount of toxins that your body is getting rid of. The more toxins you have, the more symptoms you may experience.

We recommend decreasing animal products like animal milk, meat, cheese and butter as well as excess sugar, coffee and black tea to minimize these symptoms 2-3 days before starting the detox.

Also, if you are on a blood pressure medication like Losartan or another "sartan" drug, you will need to contact your doctor if you experience too much vomiting (more than 2 times) to avoid any untoward effects since these drugs can lower your sodium levels. If, (doesn't have to happen), this happens, contact your doctor, slow down the detox by consuming a salted vegetable broth until the vomiting stops. Follow your doctor's instruction. But ask if your "sartan" drug can be changed.

If you are on insulin, please tell your doctor that you will be changing your diet to low sugar, low fat foods so that your medication can be altered as needed. Please monitor your blood sugar and blood pressure levels closely as this is a very powerful tool to lower your blood pressure and blood sugar levels.

Disclaimer

The information provided is for educational purposes only and does not replace the sound advice of your healthcare provider. Your participation in this bootcamp is at your own risk since your blood pressure will be lowered and most often normalized. This may mean that blood pressure-lowering agents may make the blood pressure go too low. It is for this reason that your blood pressure must be monitored daily if you are on medication and your doctor must be notified.

In addition, this is a very powerful tool for lowering blood sugar levels so that they will normalize. Any blood sugar-lowering medications may make blood sugar levels go too low which can be life-threatening. It is for this reason that you must monitor your blood sugar levels 3 times daily (if on oral glucose-lowering medications) or 5 times daily (if on insulin-- long-acting or short-acting) and your doctor must be notified.

Pain 2 Wellness Healthcare or its partners are not responsible for any untoward effects. Instructions must be followed carefully as this is a very powerful tool at lowering blood pressure and blood sugar levels.

Done with the Disclaimers

Now that we are done with the disclaimers, it is time to get started on Interval 2. We are so excited for you. You should have noticed more energy now and clearer thinking. It was difficult to just drink liquids, so I know by this time, you just want to chew something. Not to worry, it is coming. Just 5 more days, but the fiber comes in now.

Remember you saved some of that pulp from your juices. You will start to use some of it now. The carrot pulp is the perfect consistency for tuna fish. We are going to show you how to make it taste like it too. It's not tuna and that is a good thing because of the high mercury levels and toxins that are in our oceans today. Nonetheless, it has a great taste.

For now, enjoy these delicious green smoothies. They are designed to slow the aging process on the cellular level--that's the deepest level of health. It is what makes the superficial layers of the body to become healthy. This is good stuff. This is such an awesome and amazing experience and we are so glad to be on this journey with you.

It may seem like there are a lot of changes because for some people, they are, but **you are soooooo worth it!**

If you are interested in learning more about what we do at Pain 2 Wellness Healthcare, please visit our website at www.pain2wellnesshealthcare.com. We are located in Madison, AL. We do see clients virtually from around the nation and the world should you require further assistance. You may make an appointment with us by calling our offices at 256-325-5700.

That all being said, let's get to Interval 2!

Accelerated Healing Phase 1 Interval 2 (Days 11-20)

You should be getting some energy back by now. The worse part is over. By that, I mean days 1-3. After 3 days, most people are well adjusted and ready for the duration.

This interval, we will continue to work on heart health, fighting cancer, lowering cholesterol and of course, lowering blood sugar levels. However, we will begin to work on sleep hygiene, stress reduction, lowering inflammation, balancing hormones, mood stabilization, sex health, memory improvement, energy production and thyroid enhancements (subclinical hypothyroidism is very common in my practice) as well as energy production.

It's getting more and more interesting and more and more healing. Hang in there!

Accelerated Healing Phase 1 Interval 2 (Days 11-20)

We are going to continue with the following smoothies and raw food choices. All the recipes are found in the book “Reverse it!”. The smoothies are not meant to be on the sweet side. There are some enhancements here like Ashwaghandha and Moringa.

For the first 5 days of the next interval, you will consume 1 smoothie three times daily. Ensure that you are drinking plenty of water because we are going to be adding in some great fiber. Without enough water, your stool will be hard and you will likely get gassy.

Each recipe yields about 32 oz. You may make a different smoothie for each of your 3 meals or use the same one. It is your choice. For each smoothie add liquid to desired consistency.

***ADD SEEDS AFTER BLENDING.**

Let's go!



Hypernourishing

INTERVAL 2 SHOPPING LIST DAYS 11-20

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

GREENS

1 clamshell mixed greens
English cucumbers (2)
fresh Brussels sprouts (12)
fresh kale (22 cups-30 leaves)
green leaf lettuce (1)
Swiss chard (16 leaves)
large clamshell fresh spinach (2)

ROOTS

fresh ginger (1 inch)
carrots (6)
fresh garlic bulbs
butternut squash
red onion (1)
purple cabbage (1)
sweet onion eg Visalia (1)

LIQUIDS

Bragg's amino acids or Coconut
aminos
Non-dairy milk (1-2 c)
Apple Cider Vinegar (with the
mother)
pomegranate juice (3 c)
pure water (filtered, non-
carbonated)
coconut water (6-9 cups)

FRUITS

frozen blueberries (6 cups)
frozen bananas (8)
frozen berries (2 cups, optional)
frozen mango (11 cups)
frozen pineapple (1 cup)
lemon (2)
pineapple (1)
oranges (2)
Mandarin'tangerine oranges (26)

HERBS

fresh basil
dried oregano
fennel seeds
ground cumin
onion powder
red pepper flakes
smoked paprika
turmeric
fresh sage

MISCELLANEOUS

coconut flakes
oats for granola or ready
made without canola ie
Purely Elizabeth or
equivalent

Hypernourishing

INTERVAL 2 SHOPPING LIST CONTINUED

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

VEGETABLES

nonGMO corn

FRUITS CONTINUED

cherry tomatoes

organic strawberries

1 lime

avocado (2)

tomatoes (6 medium)

roma tomatoes (4)

Pink lady apple or fuji

½ t lavender flower petals if dried (or 1
t if fresh depending on your taste)

NUTS/SEEDS/POWDERS

ashwagandha

moringa

nutritional yeast

chia seeds

flaxseeds

raw cashews

raw almonds

raw pecans

raw walnuts

sunflower seeds

pimento seeds (allspice)

CANNED (BPA -FREE)

chickpeas (1)

black olives (2)

2 c fresh frozen blueberries

Hypernourishing

INTERVAL 2 GREEN SMOOTHIE RECIPES DAYS 11-15

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

HEALING PINEAPPLE TANGERINE GREEN CREAM

- 2 handfuls of fresh kale (about 5-6 c)
- 6 Tangerines, peeled
- 1 cup fresh pineapple
- ¼ - ½ avocado
- 3 T chia seeds
- 1 frozen banana
- 4 c water
- 1 t ashwagandha powder
- 1 c ice (optional)

HEALING MANGO BANANA

- 1 ripe frozen banana
- 2 ripe frozen mango (about 2 cups)
- 6 c fresh kale
- 2 T chia seeds
- 1 t ashwagandha powder
- water for desired consistency



Hypernourishing

INTERVAL 2 GREEN SMOOTHIE RECIPES DAYS 11-15

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

HEALING ANTI-AGING BERRY BLAST SMOOTHIE

5 c red swiss chard
2 c frozen mixed berries or
blueberries
1 c coconut water
1 c pomegranate juice
1 c filtered water
2 T chia seeds
1 t ashwagandha powder

HEALING ORANGE MANGO SMOOTHIE

3 c spinach, packed
3 c kale, packed
2 large oranges, organic to use zest or
wash extremely well
2 carrots
2 c frozen or ripe mango
1-2 c coconut water (or water)
¼ c flaxseeds
½-1 t orange zest (optional)
1 t ashwagandha powder

*Do not blend flaxseeds. Add after
blending





Hypernourishing

INTERVAL 2 GREEN SMOOTHIE RECIPES DAYS 11-15

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

HEALING PINEAPPLE TANGERINE GREEN CREAM

2 handfuls of fresh kale (about 5-6 c)

6 Tangerines, peeled

1 cup fresh pineapple

¼ - ½ avocado

3 T chia seeds

1 frozen banana

4 c water

1 t ashwagandha powder

1 c ice (optional)

PS Avocado is a great fruit with good fats. It adds nice creaminess to this smoothie and it doesn't really take much. I like to use ½ of the fruit, but if you prefer it to be less thick use ¼.

The vitamin C is packed into this one with the tangerines and the pineapple is in here as 2 acid fruits that are combined well. It is also combined with vegetables in the kale, which would normally be bad for digestion, but greens are different from other vegetables in that they combine well and don't inhibit proper digestion. Enjoy!

***Do not blend flaxseeds. Add after blending**



Accelerated Healing Phase 1 Interval 2 (Days 16-20)

How are you feeling? Ready to chew? Here we go!

Make sure to keep your doctor in the loop. Recall that this program is very powerful at lowering blood sugar levels and blood pressure levels. Your doctor may need to adjust your medications.

Use your Success Journal to record your readings and keep a record of what foods and how foods affect your blood pressure and blood sugar levels.

Share them with your doctor.

Now we are moving on to more chewable foods. I know you miss chewing. Well, here you go. These are clean foods that are less likely to cause gas, bloating, inflammation or allergic reactions. The menus have been carefully developed for your best success.

Remember to chew your food thoroughly and savor the flavors. Enjoy!

Let's go!



Nighttime Smoothies

INTERVAL 2 SHOPPING LIST DAYS 16-20

Start each morning with fresh water with the juice of
1/2 lemon to get your digestion started

GREENS

Large clamshell spinach (1)
kale leaves (25)

FRUITS

frozen bananas (5)
frozen blueberries (10 cups)
avocado (3)
lemons (6)
fresh blueberries (5 cups)

CEREAL

rolled oats

HERBS

lavender flowers or dried
lavender

MISCELLANEOUS

almond butter
raw almonds
tart cherry juice
chamomile tea
non-carbonated fresh water

POWDERS

ashwagandha



Nighttime Smoothies

INTERVAL 2 RECIPES

DAYS 16-20

Start each morning with fresh water with the juice of 1/2 lemon to get your digestion started

HEALING GIVE IT A REST

5 c fresh kale
2 c fresh frozen blueberries
3 c water
½ avocado
½ t lavender flowers if dried (or 1 t if fresh depending on your taste)
1 lemon, juiced
1 t ashwagandha powder

BEDTIME SMOOTHIE

¼ c rolled oats, uncooked
1 c spinach fresh
½ c chamomile tea brewed and cooled
½ c tart cherry juice
1 banana, frozen
1 T almond butter

PS One of the best ways to relax is with natural lavender. I love the smell and taste of lavender. It is so relaxing. I also use lavender pillows for my eyes while sleeping or a drop a few drops on my pillow for a relaxing evening. Here, I added it for taste. Lavender lemonade is also a winner. '

DIRECTIONS

Healing Give It a Rest

Place all ingredients in a high-speed blender (preferably) and blend until smooth

Bedtime Smoothie:

Place uncooked oats in blender. Blend until finely ground.
Add spinach, chamomile tea, cherry juice, bananas, and almond butter to the blender. Puree until smooth.
Enjoy!



Clean & tasty

Green Mango Bowl

INGREDIENTS

2 c spinach, organic
1 1/2 c frozen mango chunks
1 frozen banana, chopped
1/2-1 c non-dairy milk
1 t moringa powder
juice of 1/2 lemon
Toppings
5 T chia seeds, divided
4 strawberries, sliced, divided
1/2 c blueberries, divided
2 T coconut flakes, divided
1/2 c almonds, divided
1/2 c granola, divided

DIRECTION

Put all ingredients in a high speed blender in the order listed and blend smooth, but maintain a stiff texture. Put the mixture in 2 bowls and divide toppings between the two bowls.

*Preferable to make your granola or a low fat granola without canola oil.

SERVING

2

TIME

15 MINS

LEVEL

easy



INGREDIENTS

4 cups rolled oats
 $\frac{3}{4}$ c flax seed, ground
 $\frac{3}{4}$ c almond flour
 $\frac{1}{2}$ c sunflower seeds
1 c chopped or sliced almonds
 $\frac{1}{2}$ c chopped pecans
 $\frac{1}{2}$ t salt
 $\frac{1}{2}$ c maple syrup
 $\frac{1}{2}$ c honey
 $\frac{1}{4}$ c coconut oil, melted
2 T ground cinnamon
1 T cardamon
1 T vanilla extract
1 T almond extract
 $\frac{1}{2}$ c freeze dried blueberries, unsweetened
cranberries or other unsweetened dried fruit,
optional
 $\frac{1}{4}$ - $\frac{1}{2}$ c flaxseeds



DIRECTIONS

Preheat the oven to 325 degrees F (165 degrees C). Line two large baking sheets with parchment paper.

Combine the oats, ground flax seed, sunflower seeds, almonds, pecans, and walnuts in a large bowl. Stir together the salt, maple syrup, honey, melted coconut oil, cinnamon, cardamon, vanilla and almond then pour over the dry ingredients, and stir to coat. Spread the mixture out evenly on the baking sheets.

Bake in the preheated oven until crispy and toasted, about 15 minutes. Stir once and continue baking 10 more minutes. Cool for 10 minutes then stir in the flaxseeds and blueberries before storing in an airtight container.

Doc's Granola

SERVING
MULTIPLE

TIME
45 mins

LEVEL
moderate



PS I always purchased granola and it was always expensive. Then one day, I looked at the ingredients and said, "wow, I can make this myself!" Then, I did. I use freeze dried blueberries, but you can certainly use any fruit you like. I put the flax seeds in after the mixture is almost cooled to ensure that the omega 3s in the flaxseeds are untainted. It is a delicious part of breakfast, brunch or even desert. Store in an airtight container. I keep mine in the fridge. Make a batch and enjoy!

If you want to cheat, you can use Pure Elizabeth Original granola. It is a delicious alternative, but can be expensive.



Clean & tasty

Tomato Basil Soup

INGREDIENTS

6 medium tomatoes
1 large garlic clove
2 T fresh basil
¼ c raw cashews
1 corn on the cob (optional)
1 T oregano
2 T nutritional yeast flakes

Wash tomatoes and other vegetables. Maintain skin and seeds of tomatoes. Place all ingredients in a high speed blender except corn. Blend smooth 5-6 minutes or until hot. Cut corn off the cob and layer in bottom of the bowl and pour hot soup over it. Garnish with fresh basil.



Clean & tasty

Healing Butternut Squash Soup with Fennel and Sage

INGREDIENTS

1 large butternut squash, cubed
1 fresh garlic clove, minced
1 t onion powder
1 t smoked paprika
¼ t fennel seeds
2 c warm water (more or less depending on the desired consistency)
1 fresh sprig of sage
Salt to taste (optional-start with ¼ t if using)

Add all ingredients to a blender slowly adding in water to desired consistency. Adjust seasoning as needed.



Clean & tasty

Healing Carrot Ginger Soup

INGREDIENTS

3 c baby carrots
2 c fresh kale
1 t onion powder
1 t turmeric
½ t ground cumin
1 T sweet onion, finely chopped
1½ inch ginger
2 T cashews
the juice of ½ fresh lime (whole lime if dry)
salt

Put all ingredients in a high speed blender and blend until smooth. It will heat in the container after about 5 minutes if you have a Vitamix. You will have to blend longer to smooth if you do not have a high speed blender.



Clean & tasty

Healing Cucumber Salad

INGREDIENTS

4 roma tomatoes
1 English cucumber
½ medium red onion
1 can jumbo black olives 1 small clove fresh garlic
1 T ACV
1 T Bragg's amino acids or coconut aminos
1-2 T water if using Bragg's
½ dried oregano
1 t ground garlic

Chop tomatoes and cucumber into bite sized pieces and slice the olives and onions. Toss in minced garlic and season with ACV, aminos, oregano, garlic and water (if needed-- amino acid can be a little salty, not so with coconut aminos. Toss together and enjoy!



Clean & tasty

Healing Citrus Salad

INGREDIENTS

1 clamshell of mixed greens
1 c cherry tomatoes
1 c cucumber, diced
1/2 c mandarin oranges
1/2 c raw almonds

Assemble washed and dried ingredients. Make dressing by placing all items into a food processor. Adjust taste to your liking if needed.



Clean & tasty

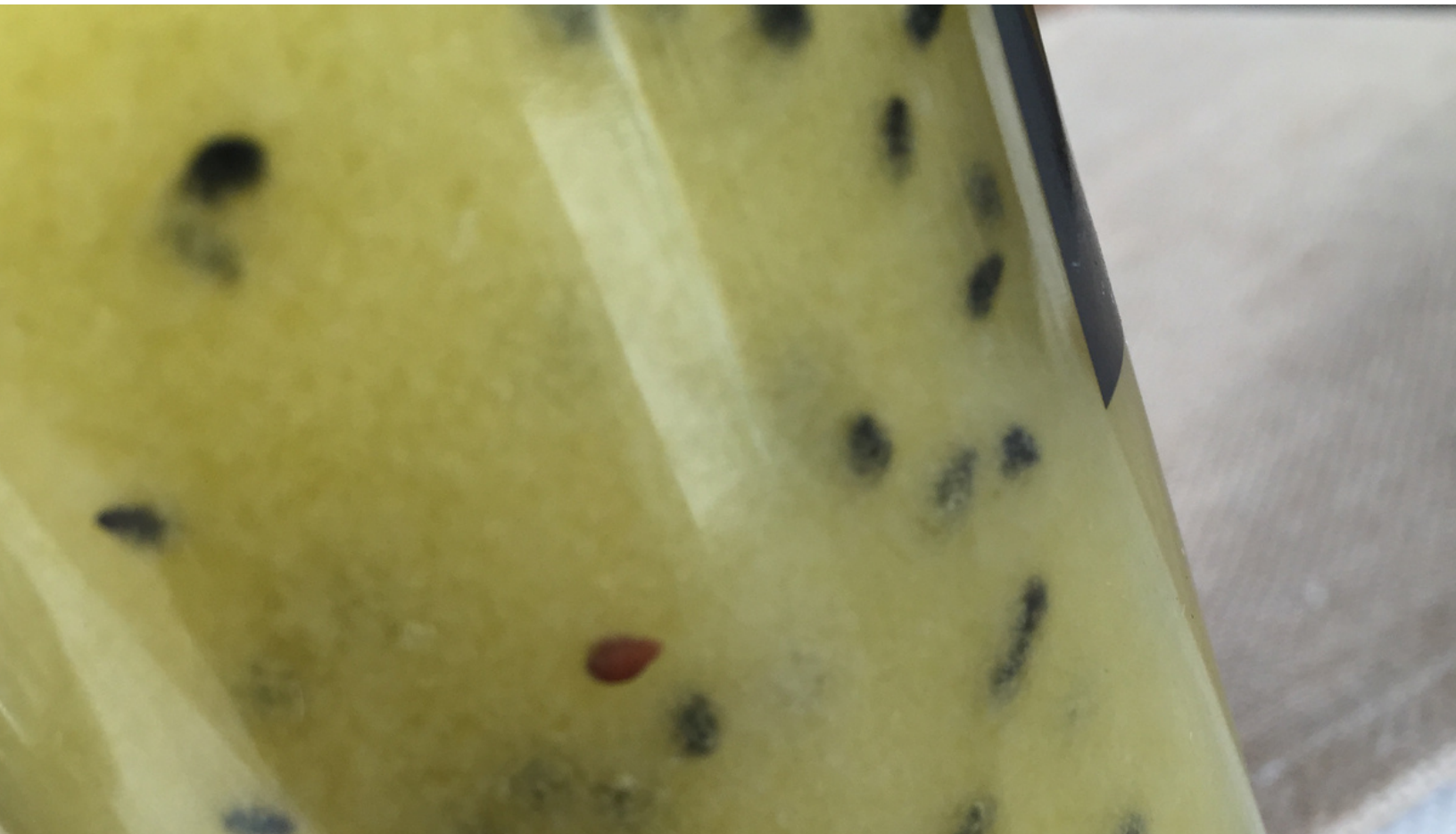
Healing Citrus Dressing

INGREDIENTS

2 mandarin oranges, peeled
1 large garlic clove
1/4 c amino acids
1/4 c organic ACV
2 T black sesame seeds, optional
1/4 c water

Put all ingredients except sesame seeds in a high speed blender and blend well. Stir in sesame seeds. Refrigerate excess.

PS My daughters likes to eat salad undressed and plain. Although I can eat it plain, I would prefer a little extra flavor. This is accomplished by simple ingredients that are easy to find and easy to make. There is no fat in it so there is no worry about artery clogging dressings that decrease energy. Instead, the opposite is true. This dressing is full of antioxidants and circulation improving ingredients. The ACV even helps arthritis. Just an added bonus. Enjoy!



Clean & tasty

Healing All-In Salad

INGREDIENTS

15 oz organic chickpeas
3 cups raw kale (~3 leaves)
¼ purple cabbage, thinly sliced
12 fresh brussels sprouts, thinly sliced
½ c green leaf lettuce, sliced
6 oz black olives, sliced
¼ thinly sliced red onion
dulse flakes (optional)

Toss all salad ingredients together and put aside. In a small food processor, mix together dressing ingredients and pour over salad. Sprinkle Dulse flakes on top particularly if there is hypothyroid disease or slowed metabolism.



Clean & tasty

Tangy Salad Dressing

INGREDIENTS

4 T lemon juice
¼ raw cashews, soaked, rinsed
2 large garlic cloves
3 T maple syrup
3 T Apple Cider Vinegar (with the mother)
1 t dried basil
¼ t smoked paprika
2 pimento seeds (allspice seeds) crushed
1 t salt

Prepare cashews by covering with boiling water for about 15-20 minutes. Rinse and then place in blender with all the other ingredients in a high speed blender and blend smooth. Add ½ c water or to your desired consistency. Less if you want it thicker. Mine is more of a vinaigrette. Serve over your favorite salad.





DIRECTION

Wash and dry kale with salad spinner if available. Remove kale from its stem (can use stem for a vegetable broth with other vegetables) and put into bite size pieces.

Wash and thoroughly dry kale with a salad spinner. Massage kale with cheesy sauce.

Sprinkle with nutritional yeast flakes to finish, Place in dehydrator for 12-24 hours. Alternatively, Preheat an oven to 300 degrees. Line a cookie sheet with unbleached parchment paper. Bake until the edges brown but are not burnt, 10 to 15 minutes. Watch closely. Remove ones that are crispy and put bake any that require more baking for 3-5 minutes. Personally, the dehydrator works best, but you will still have a tasty result in the oven.



kale chips

INGREDIENTS

1 bunch of kale

1 T nutritional yeast flakes

cheesy sauce

"Cheesy Sauce"

2 c raw cashews, soaked

2 T nutritional yeast flakes

2 T smoked paprika

1-2 garlic cloves

1 T amino acids

1 T apple cider vinegar with the mother
juice of 1 lemon

1 t red pepper flakes, optional



INGREDIENTS

Organic apples 1 or 2, sliced

Almond butter 1-2 T

(you can make your own or you can purchase almond butter with nothing added.

APPLES AND ALMOND BUTTER SNACK

DIRECTIONS

Spread almond butter on your apple slices and enjoy!

Great snack!





INGREDIENTS

1 c blueberries

¼ c raw almonds

BLUEBERRIES AND ALMONDS SNACK

DIRECTIONS

**Combine blueberries and almonds for a
delicious pick me up.**

Great snack!





INGREDIENTS

1 c blueberries

¼ c raw almonds

BLUEBERRIES AND ALMONDS SNACK

DIRECTIONS

**Combine blueberries and almonds for a
delicious pick me up.**

Great snack!



Though all of the smoothie recipes are found in Reverse it!, we have tried to make it easier here for your shopping pleasure. We have picked some of our favorite recipes for you to choose from, but you can choose any that you like from the book. Our goal is to not focus on the sugar, but more on the fiber. As such, this is a good time to use some of the pulp that we saved from juicing. However, you will only need about a 1/4 cup size of the fiber since it is more concentrated in the pulp. Make sure to drink plenty of water-1/2 body weight in ounces.

Spirulina is a sea vegetable that is full of nutritional gifts. It is a great source of protein, 60% protein as a matter of fact. This is more than 2 times the protein found in red meat. It is also a great source of phytonutrients, iron, manganese, B vitamins, iodine (great for those with low functioning thyroid), potassium, copper and gamma-linolenic acid (GLA). It is a detoxifier and can even detox heavy metals including mercury.

Spirulina also has anti-cancer properties, lowers cholesterol, lowers blood pressure, it is anti-fungal and boosts energy and even promotes weight loss. Moreover, it is a booster of your immune system. Who doesn't need that?

Spirulina is said to be able to end world hunger in small children within a few weeks with just 1 gram per day, according to economist Urs Heierli, PhD.

It is usually green, but you can find it in a beautiful blue color as well. It makes incredibly beautiful breakfast bowls. You can easily add in Spirulina to your smoothies or smoothie bowls.

I think it is a good idea to freeze your fruit so the smoothies come out nice and cold. This is optional. I like mine cold.

As you can see, we are slowly introducing foods that we recommend to be in permanent rotation in your pantry as they will pack in nutrition to your meals.

Monitor your waist line, your weight, blood pressure and blood sugar, if applicable. Comment in the Facebook group.