

**PATIENT
HANDBOOK**

CORE RESTORE[®]

REMOVE | RESET | REVITALIZE



SCAN FOR MORE

**7
DAY
KIT**



We're Glad You're Here!

You're now in the driver's seat on the road to better health. As you work toward achieving your health goals, it is helpful to keep these three statements in mind:

- You have chosen to take an active role in your health by making better lifestyle choices.
- You realize the importance of lowering your body's potential toxic burden.
- You are on the path to exploring how food impacts your daily health and capacity to reduce your toxic burden.

No two readers of this guide will start the Core Restore® program for the same reason. Think about the reason you chose this program and what you hope to accomplish. It can be helpful to set a goal for yourself and reflect on it throughout the program.

What do you most want to achieve from the Core Restore® program?



Table of Contents

The Core Restore® Program	5
Detoxification Pathways	6
Toxic Body Burden and Weight Loss Challenges	7
Types of Toxins	8
The Proven Efficacy of the Core Restore® Program	9
Program Guidelines	10-11
Dietary Guidelines.....	12-13
Understanding Your Core Restore® Kit	14-17
Before You Start.....	18-19
Food Is the Foundation, Food Sensitivities	20-21
Sample Meal Plan	22-25
Grocery List.....	26-27
Apple Cider Vinegar Wash for Produce.....	29
Your Day-to-Day Guide: Days 1-7 Breakdown.....	31-38
The Future of Your Health.....	39
Resources	41
Recipes	42-85
28-Day Protocol Summary Calendar	86-87
FAQs	88-89

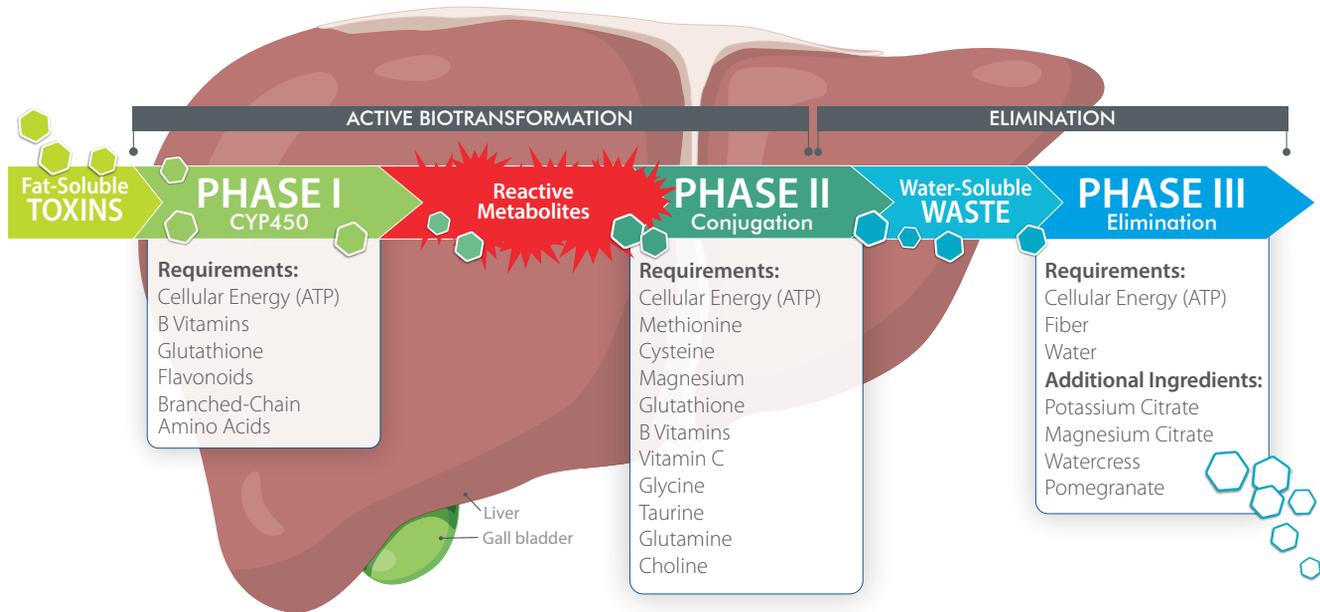


The Core Restore® Program

Toxins, by the most basic definition, are any substances that have harmful effects on your body. Toxins are unavoidable in our world of processed foods, high stress and pollution. Toxins invade the body from three main sources: the environment, personal lifestyle choices and the body's own metabolic processes. With the Core Restore® program, you will give your body the tools it needs to rid itself of harmful toxins, leaving you feeling rejuvenated and healthy.

The Core Restore® program is designed to help restore your innate detoxification and elimination functions and increase cellular energy. The body often does not get enough vitamins, minerals and antioxidants to facilitate the level of detoxification necessary to stay healthy and feel well. True detoxification, also known as **biotransformation**, is a biological process where toxins are transformed into less harmful metabolites that can be bound and excreted from the body. Biotransformation requires specific vitamins, minerals, phytonutrients, and low-allergen, easy-to-digest protein to bind toxins and safely remove them from the body. In addition, biotransformation is one of the most **energy-demanding** functions in the body. It is important that a comprehensive detoxification program supports all three phases of biotransformation and boosts cellular energy production and reserves.

Detoxification (Biotransformation) Pathways



 = When reactive metabolites overwhelm the body's ability to regulate them, oxidative stress ensues. These highly reactive free radicals can cause harmful structural changes to lipids, proteins and DNA that trigger a number of health challenges. That is why it is vital to ensure both Phase II and III pathways of detoxification are increased before stimulating Phase I.

Toxic Body Burden and Weight Loss Challenges

The liver is the main organ used to clear out toxins; however, when the total toxic burden of an individual exceeds the capacity for the liver to keep up, it can create weight loss resistance, which leads to the body packaging excess toxins within the fat cells to isolate and protect vital tissues and organs. When this occurs, it can make weight loss more challenging because the body utilizes fat cells to help protect against toxin exposure throughout the body.

While it is not the main focus of the Core Restore® program, one of the common benefits of a detoxification program is the clearance of toxins also held within the fat cells, which may lead to weight loss or improved and more balanced weight regulation.

Types of Toxins

Environmental Toxins

- Pollution
- Auto exhaust
- Solvents (paint, cleaning products)
- Heavy metals
- Pesticides, herbicides, insecticides
- Radiation
- Inhalants

Lifestyle Toxins

- Dietary choices (fast foods, fried foods)
- Cosmetics
- Nicotine
- Alcohol
- Caffeine
- Prescription drugs
- Over-the-counter drugs
- Artificial food additives, colorings and preservatives
- Meats that contain hormones and antibiotics
- Refined foods and sugars

Internal Toxins

- Bacterial, yeast, fungal overgrowth
- Harmful estrogen metabolites
- Undigested food
- Stress
- Unresolved trauma or abuse
- Unhappy relationships

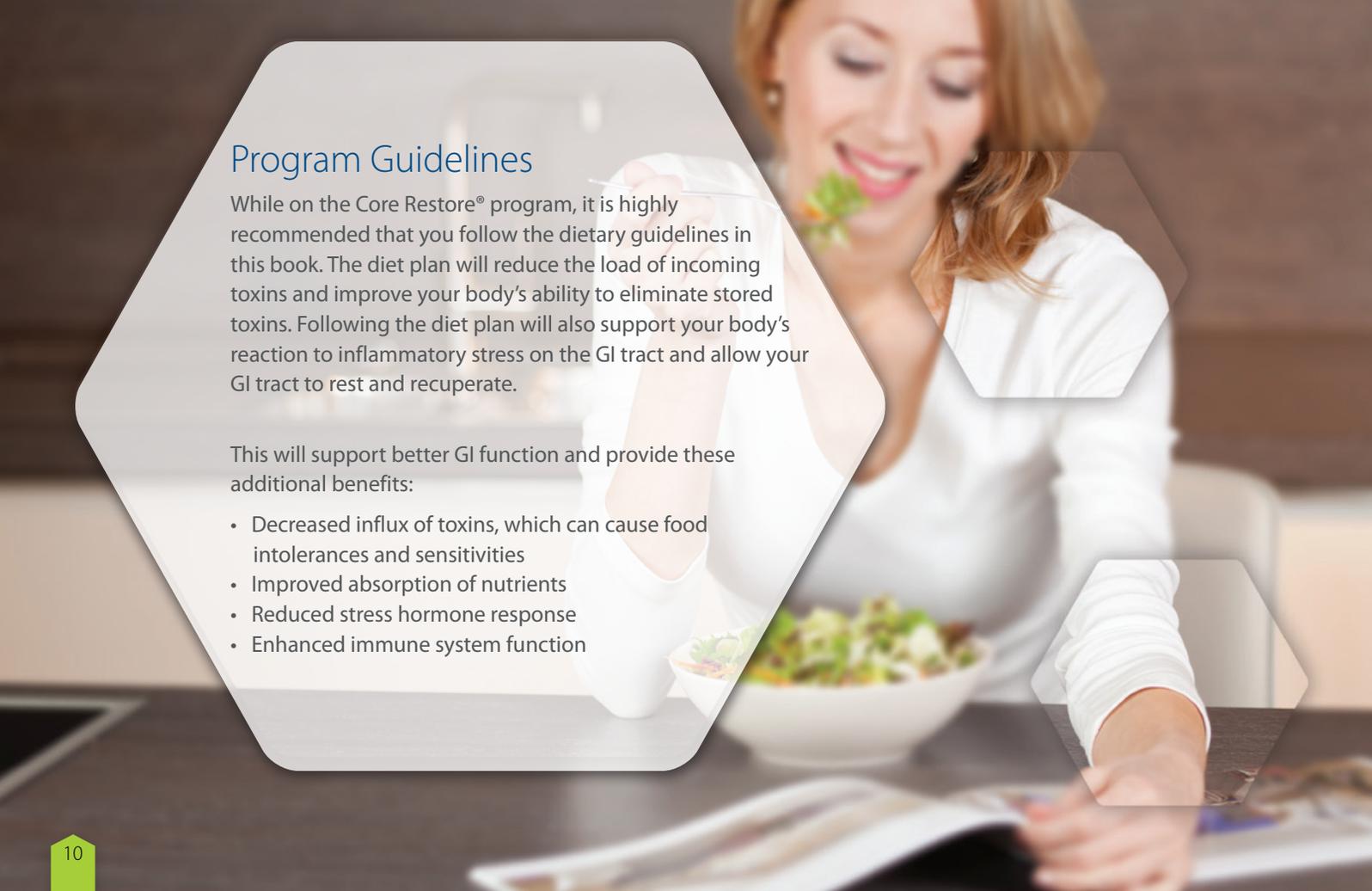
The Proven Efficacy of the Core Restore® Program

The purpose of the Core Restore® program is to support efficient detoxification. This guide will help you understand how you can reduce the toxic burden in your body as well as outline a step-by-step program to promote healthy detoxification. Upon completion of this program, you will experience the many benefits of improved biotransformation, such as improved energy, better sleep, increased mental clarity and newfound vitality.

After you complete the 7-day detoxification program, you and your health care provider will assess your progress. He or she may recommend you continue the detoxification program for an additional period of time to enhance your results. Your health care provider may utilize additional nutritional supplementation based on their assessment and may recommend further testing to uncover any hidden gastrointestinal (GI) challenges.

The Restore Goals



A woman with blonde hair, wearing a white long-sleeved shirt, is sitting at a table. She is smiling and eating a green salad with a fork. In front of her is a white bowl filled with a green salad. She is also looking down at a magazine or book on the table. The background is a blurred indoor setting, possibly a kitchen or dining area.

Program Guidelines

While on the Core Restore® program, it is highly recommended that you follow the dietary guidelines in this book. The diet plan will reduce the load of incoming toxins and improve your body's ability to eliminate stored toxins. Following the diet plan will also support your body's reaction to inflammatory stress on the GI tract and allow your GI tract to rest and recuperate.

This will support better GI function and provide these additional benefits:

- Decreased influx of toxins, which can cause food intolerances and sensitivities
- Improved absorption of nutrients
- Reduced stress hormone response
- Enhanced immune system function

Program Guidelines

The foods in this diet plan have been carefully chosen to help decrease your risk of exposure to pesticides, herbicides, artificial colors and flavors, antibiotics, hormones, preservatives, and other chemicals, which can bring additional burden to your body's detoxification system. Certain foods in this program, such as broccoli, cabbage, pomegranate and watercress, have all been shown to promote Phase I, II and III detoxification. **The next page suggests foods to avoid and recommended foods to help enhance detoxification.**

The Core Restore® program also includes an elimination diet to help you identify food intolerances and sensitivities and eliminate offending foods. This, in turn, will help to restore normal GI function and maintain normal inflammatory balance.

You may have experienced sluggish digestion on your normal diet. Stress, antibiotic use and an unhealthy diet can negatively impact your GI tract.

As you eliminate problematic foods, it is important to maintain excellent hydration and include foods high in fiber to maintain optimal bowel regularity.



Dietary Guidelines

Foods to Include that **Increase** Detoxification

Fruits	Vegetables	Grains	Nuts and Seeds	Milk Products	Proteins
Raspberries Strawberries Blueberries Bananas Apples Any other fresh or frozen fruit	Broccoli Cabbage Cauliflower Brussels sprouts Watercress Arugula Kale Bok choy Radishes Turnips Garlic Onions	Wild rice Brown rice Quinoa Gluten-free oats Millet Amaranth Buckwheat Tapioca	Almonds Cashews Walnuts Sunflower seeds	Non-dairy milks, such as unsweetened coconut, almond, rice or oat milk	Wild-caught fish Organic or pasture-raised chicken or turkey Grass-fed beef
Fats and Oils	Beverages	Spices and Condiments	Sweeteners	Plant Proteins and Legumes	
Extra virgin olive oil Flaxseed oil Coconut oil Sunflower oil Nut oils (other than peanut oil)	Purified water Sparkling water Organic herbal or green tea	Turmeric Garlic Ginger Rosemary Cocoa Pink Himalayan salt	Xylitol Monkfruit Allulose Stevia	All except soy Canned beans are acceptable if the label states "BPA-free"	

Foods to Avoid that **Decrease** Detoxification

Fruits	Vegetables	Grains	Nuts and Seeds	Milk Products	Proteins
<p>Canned fruit packed in syrup High-sugar or artificial berry juices Oranges</p>	<p>Corn Canned vegetables in sauces Soybeans and soy-based foods</p>	<p>Refined flours Gluten-containing: -Wheat -Spelt -Kamut -Rye -Oats -Barley</p>	<p>Peanuts Peanut butter Sesame seeds</p>	<p>Cow dairy: -Milk -Cheese -Ice cream -Yogurt -Frozen yogurt</p>	<p>Conventional beef Pork Lunch meats Hot dogs Sausage Bacon Eggs Shellfish</p>
Fats and Oils	Beverages	Spices and Condiments	Sweeteners	Plant Proteins and Legumes	
<p>Margarine Butter Hydrogenated oils Cooking sprays Mayonnaise Shortening Sesame oil Corn oil Canola oil Vegetable oil</p>	<p>Coffee Black tea Soda Alcohol Energy drinks Sweetened beverages</p>	<p>Ketchup Mustard Relish Soy sauce Barbeque sauce Chocolate Iodized salt</p>	<p>White or brown sugar Honey Agave nectar Maple syrup Corn syrup Sucralose Aspartame Saccharin Artificial colors, flavors and preservatives</p>	<p>Soybeans Tofu Miso Edamame</p>	



Understanding Your Core Restore® Kit

Inside your Core Restore® kit are three powerful formulas that are critical to restoring biotransformation. Each formula provides nutrients that together help your body safely and effectively reduce toxin load while supplying the energy needed to fuel this process. This powerful trio of specialized formulas provides essential micronutrients, phytonutrients and a source of easily digested, low-allergen protein that purify the liver and support optimal biotransformation.



MitoCORE® Vitamin and Mineral Cofactors Plus Energy Support for All Phases of Detoxification

- Scientifically formulated to recharge cellular energy production and boost mitochondrial reserves
- Delivers comprehensive micronutrient support and key phytonutrients for all phases of detoxification
- Includes high doses of B vitamins and necessary cofactors used in Phase I and II detoxification
- Includes potent antioxidants to protect cells from toxins and free radical damage

MitoCORE® Capsules

Product #117028

SUGGESTED USE: 4 capsules per day as part of the Core Restore Program, or as recommended by your health care professional

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.



Core Support Nutrients for Phase II and III

- Includes 8 g of fiber per serving—fiber is essential to a detoxification program as it binds and eliminates toxins through the GI tract
- Includes nutrients that support Phase II and III liver detoxification
- Includes an antioxidant-rich vegetable extract blend and liver protective polyphenols
- Includes key minerals that support excretion through the kidneys and urine
- Includes the botanicals pomegranate and watercress to reduce oxidative stress and protect kidney function
- Includes N-acetyl cysteine, an immediate precursor to glutathione, a potent antioxidant and among the most important detoxification nutrients for the liver

Core Support French Vanilla

Product #680001

Core Support Chocolate

Product #681001

SUGGESTED USE: Mix 2 scoops of Core Support with 8-10 ounces of water or to the desired thickness, 2 times daily or as recommended by your health care professional.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



PhytoCore Phytonutrients to Support Phase I and II Detoxification

- Artichoke is a traditional choleric agent and supports the body's natural production of bile
- Silymarin is a bioflavonoid complex found in milk thistle seeds and is widely used to support and protect the liver for optimal health
- Garlic and dandelion root help cleanse the liver
- Inositol and methionine help transport fat out of the liver

PhytoCore

Product #523020

SUGGESTED USE: 2-3 capsules two times per day or as recommended by your health care professional.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



Before You Start, Make Sure:

- ✓ You are 18 years of age or older.
- ✓ You are not pregnant or nursing.
- ✓ You inform your health care provider if you are experiencing any of the following conditions:
 - Eating disorder (anorexia, bulimia)
 - Type 1 or type 2 diabetes
 - Kidney disease
 - Pain in the left shoulder blade region or right upper or lower abdominal area
 - Active gallbladder or liver disease
- ✓ You take the Toxic Burden Questionnaire, provided by your health care provider.

During Detoxification

As your body begins to clear stored toxins, you may experience some common discomforts, such as sluggish bowel movements, if you are not properly hydrated. It is therefore essential to meet your body's required intake of water each day. Please see page 33 to calculate your personal hydration requirements.

You may also find it helpful to begin your detoxification program at the end of your work week, which allows you to be at home and may help these symptoms pass more quickly. If you have any concerns about your symptoms, please contact your health care provider.

Prep Checklist

- ✓ Incorporate fresh, organic foods as much as possible
- ✓ Use fresh herbs and spices for seasoning
- ✓ Avoid packaged and processed foods
- ✓ Drink only filtered water
- ✓ Purchase free-range (hormone-free) chicken and grass-fed beef as much as possible
- ✓ Rinse fruits and vegetables with an apple cider vinegar wash to remove any dirt or other residues (see page 29 for wash instructions)



Food Is the Foundation

During the Core Restore® program, you will adjust your diet to decrease the foods that contribute to your toxic burden and increase the foods that support normal inflammatory balance and stimulate optimal biotransformation.

It is also important to consider potentially problematic foods, including gluten, dairy, soy and corn, that may be triggering an immune response and causing GI distress. These foods contain proteins that are difficult to digest and, in some cases, may trigger the immune system to overreact and contribute to food intolerances and sensitivities.

For your convenience, this guide includes a premade meal plan with delicious, chef-created recipes that support healthy biotransformation and normal inflammatory balance. You can find the meal plan on page 22 of this guide.

Food Sensitivities

The most common food sensitivities are gluten and dairy, which is why the Core Restore® program eliminates them from your diet. Most people do not realize they have food sensitivities. Dramatic effects, like a swollen tongue, hives or anaphylaxis, may not present, but the body reacts in more subtle ways. These reactions occur when small changes in the intestinal tract allow food particles to enter our bloodstream and be exposed to the immune system. The body then creates inflammation, which can cause the symptoms you may have experienced before starting the program.

Reintroduction to Food

With the help of your health care provider, you will gradually reintroduce food groups into your diet after completing the program. Usually, only one food is introduced at a time, allowing at least three days before adding a new food. Along with your health care provider, you will note reactions to identify the foods that may be aggravating your health conditions, such as bloating, constipation, sinus congestion, fatigue, skin conditions or joint pain, and develop an individualized, long-term dietary plan.



Sample Meal Plan

This section provides an example of how to structure your meals plans for one week.

	Day 1	Day 2	Day 3
Core Support	2 scoops in a shake or smoothie in the AM and 2 scoops in a shake or smoothie in the PM	2 scoops in a shake or smoothie in the AM and 2 scoops in a shake or smoothie in the PM	2 scoops in a smoothie in the AM and 2 scoops in a shake in the PM
Breakfast			Apple Cinnamon Smoothie*
Lunch	+Please note: It is optional but recommended that you fast using the Core Support shake for the first two days of the Core Restore® program.		Rainbow Veggie Bowl with Avocado Dressing
Dinner			Baked Lemon-Herb Salmon with Roasted Vegetables
Snack (optional)			Simple and Tasty Guacamole

*Includes 2 scoops of Core Support per recipe

Please note: We've provided smoothie recipes in our resource section for French Vanilla or Chocolate Core Support flavors.

Day 4	Day 5	Day 6	Day 7
2 scoops in a smoothie in the AM and 2 scoops in a shake in the PM	2 scoops in a smoothie in the AM and 2 scoops in a shake in the PM	2 scoops in a smoothie in the AM and 2 scoops in a shake in the PM	2 scoops in a smoothie in the AM and 2 scoops in a shake in the PM
Green Monster Smoothie*	Banana Berry Smoothie*	Very Berry Smoothie*	French Vanilla: Piña Colada Smoothie* or Chocolate: Chocolate Banana Smoothie*
Strawberry Avocado Spinach Salad	Bean Burgers with Oven-Roasted Sweet Potato Wedges	Roasted Vegetable and Quinoa Salad	Spinach Walnut Salad
Creamy Sun-Dried Tomato Chicken with Rice	Greek Chicken Kabobs with Quinoa	Turkey Stuffed Sweet Potato	Mediterranean Stuffed Chicken with Rice
Oatmeal Raisin Cookie	Quick and Easy Hummus	Pomegranate Nice Cream	Tropical Mango Chia Pudding

Additional Sample Meal Plan Options

Core Support	2 scoops in a smoothie in the AM and 2 scoops in a shake in the PM	2 scoops in a smoothie in the AM and 2 scoops in a shake in the PM	2 scoops in a smoothie in the AM and 2 scoops in a shake in the PM
Breakfast	French Vanilla: Tropical Delight Smoothie* or Chocolate: Almond Cherry Smoothie*	French Vanilla: Peach Melba Smoothie* or Chocolate: Coconut Chocolate Zucchini Smoothie*	Apple Cinnamon Smoothie*
Lunch	Collard Chicken Wrap	Rainbow Veggie Bowl with Avocado Dressing	Chipotle Chicken with Pineapple Salsa
Dinner	Baked Lemon Herb Salmon with Veggies	Chimichurri Marinated Chicken with Roasted Asparagus	Bruschetta Chicken with Quinoa
Snack (optional)	Quick and Easy Hummus	Blueberry Almond Cookie	Simple and Tasty Guacamole

*Includes 2 scoops of Core Support per recipe

2 scoops in a smoothie in the AM and 2 scoops in a shake in the PM	2 scoops in a smoothie in the AM and 2 scoops in a shake in the PM	2 scoops in a smoothie in the AM and 2 scoops in a shake in the PM	2 scoops in a smoothie in the AM and 2 scoops in a shake in the PM
Green Monster Smoothie*	Banana Berry Smoothie*	French Vanilla: Piña Colada Smoothie* or Chocolate: Chocolate Banana Smoothie*	Very Berry Smoothie*
Strawberry Avocado Spinach Salad	Bean Burgers with Oven-Roasted Sweet Potato Wedges	Roasted Veggie and Quinoa Salad	Spinach Walnut Salad
Turkey Stuffed Sweet Potato	Creamy Sun-Dried Tomato Chicken and Rice	Greek Chicken Kabobs with Quinoa	Bruschetta Chicken with Quinoa
Oatmeal Raisin Cookie	Quick and Easy Hummus	Pomegranate Nice Cream	Tropical Mango Chia Pudding

Grocery List

Fruits

- ___ Bananas
- ___ Blueberries
- ___ Cherries
- ___ Grapes
- ___ Green apples
- ___ Lemons
- ___ Lime/Lemon juice
- ___ Mangos
- ___ Medjool dates, pitted
- ___ Peaches
- ___ Pineapples
- ___ Pomegranate seeds
- ___ Raspberries
- ___ Strawberries

Vegetables

- ___ Acorn squash
- ___ Asparagus
- ___ Avocados
- ___ Baby spinach
- ___ Beets
- ___ Broccoli
- ___ Brussels sprouts
- ___ Butter lettuce
- ___ Carrots
- ___ Cauliflower
- ___ Celery
- ___ Cherry tomatoes
- ___ Cucumbers
- ___ Jalapeños
- ___ Kale
- ___ Parsnips
- ___ Purple cabbage
- ___ Radishes
- ___ Red cabbage
- ___ Red onions
- ___ Roma tomatoes
- ___ Salad greens
- ___ Scallions
- ___ Serrano peppers
- ___ Sweet potatoes
- ___ White mushrooms
- ___ White onions
- ___ Yellow onions
- ___ Zucchini

Herbs and Spices

- ___ Basil, dried
- ___ Bay leaf
- ___ Cayenne pepper
- ___ Chipotle/chili powder
- ___ Cilantro
- ___ Cinnamon
- ___ Coriander
- ___ Cumin
- ___ Garlic
- ___ Ginger
- ___ Mint
- ___ Old Bay Seasoning
- ___ Oregano
- ___ Paprika
- ___ Parsley
- ___ Pink Himalayan salt
- ___ Red pepper flakes
- ___ Rosemary
- ___ Salt
- ___ Tarragon
- ___ Thyme
- ___ Vanilla extract

Grocery List

Canned/Bottled Goods

- ___ Almond milk
- ___ Apple cider vinegar
- ___ Balsamic vinegar
- ___ Black beans
- ___ Chicken broth
- ___ Chickpeas
- ___ Coconut milk
- ___ Coconut oil
- ___ Gluten-free Worcestershire sauce
- ___ Kalamata olives
- ___ Kidney beans
- ___ Olive oil
- ___ Pinto beans
- ___ Red wine vinegar
- ___ Rice milk
- ___ Sun-dried tomatoes
- ___ Tomato paste
- ___ Tomatoes, diced
- ___ Vegetable broth

Animal Protein

- ___ Chicken
- ___ Ground turkey
- ___ Salmon filets

Baking Goods

- ___ Almond butter
- ___ Almond flour
- ___ Baking soda
- ___ Cocoa powder
- ___ Dried cherries
- ___ Dried cranberries
- ___ Flaxseed meal
- ___ Gluten-free oat flour

Grains/Nuts/Seeds

- ___ Almonds, sliced
- ___ Brown rice
- ___ Cashews
- ___ Chia seeds
- ___ Gluten-free rolled oats
- ___ Quinoa
- ___ Walnuts
- ___ Wild rice



Apple Cider Vinegar Wash for Produce

While it is recommended to eat organic fruits and vegetables during the Core Restore® program, when unavailable, use this apple cider vinegar wash to remove dirt and neutralize toxins. This unique solution is safe and effective for washing any produce or to use as an all-purpose cleaner.

1 cup water

1 cup apple cider vinegar

1 Tbsp baking soda

½ lemon, juiced

Pour solution into a spray bottle and spray produce. Let sit on produce for 5 minutes and then wash off.





**The Core Support
nutritional shake
includes satiating,
easy-to-digest
protein and fiber
to help you feel
full throughout
the day.**

Your Day-to-Day Guide

You have been introduced to the importance of biotransformation and the benefits it can provide your body. Now it's time to put that knowledge into action! The Core Restore® program will jump-start your healthy lifestyle choices while helping your body function at an optimal level. Your body will thank you!

Day 1

Core Support nutritional shakes will serve as your foundational nutrition support.

Welcome to the first day of your commitment to better health! Your health care provider will recommend the best approach to eliminate the problematic foods in your diet and decrease toxic burden. Imagine the toxins in your body flushed out with each sip of water. The Core Support nutritional shakes include satiating, easy-to-digest protein and fiber to help you feel full throughout the day.



Morning

- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules



Evening

- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules



Daily Journaling While on the program, keep track of how you feel each day so that your health care provider can accurately evaluate your outcomes and provide nutritional and lifestyle recommendations once you complete the program.

Day 2

Core Restore® provides the nutrients that are important for Phase II biotransformation. By ensuring Phase II is in balance with Phase I, the Core Restore® program helps you avoid an unpleasant reaction: feeling worse while detoxifying instead of better due to the buildup of intermediary metabolites.



Morning

- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules

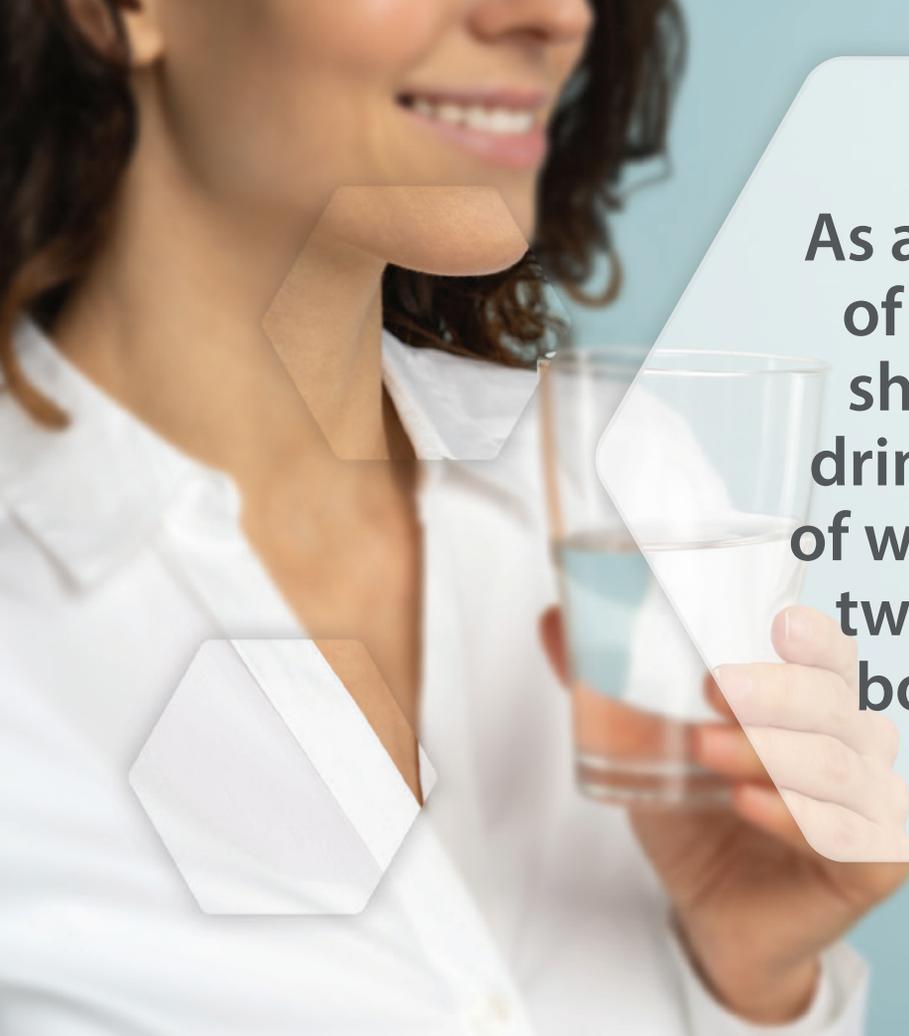


Evening

- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules

Increase Your Water Intake It is recommended that you increase your water intake during this stage of the program to support your body's natural elimination process and help flush toxins out of your system.





As a general rule of thumb, you should aim to drink one ounce of water for every two pounds of body weight.

Day 3

See dietary guidelines listed on page 12.

Your health care provider may have recommended consuming only Core Support nutritional shakes during the first two days of the program. At this time, in addition to your Core Support nutritional shakes, you can begin eating healthy foods that support detoxification and proper biotransformation.

Today is the day you begin adding PhytoCore capsules, which support Phase I and II detoxification and help enhance the safe release of stored toxins.

Pick the recipes that appeal to your taste buds, or use the sample meal plan to map your healthy eating plan for the remainder of the program. Try adding fresh fruit and a little ice to your Core Support drink for a nutritionally complete smoothie.



Morning

- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules
- Two PhytoCore capsules



Evening

- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules
- Two PhytoCore capsules

Today is the day you begin eating healthy foods and adding PhytoCore capsules.

Check out the sample meal plan and recipes to get started.

Day 4

See dietary guidelines listed on page 12.

On this fourth day of detoxification, you will find yourself seeing and tasting food differently. In just a few days of biotransformation, you have reprogrammed your taste buds to savor food as it was meant to be savored, without extra salt and sugar.

Creating healthy meal plans for your week ahead of time and writing in a daily food journal will help you become mindful of the food you are consuming. These small steps will help make your healthy eating goal even more attainable.



Morning

- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules
- Two PhytoCore capsules



Evening

- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules
- Two PhytoCore capsules



Daily Journaling Writing in a daily food journal will help you become mindful of the food you are consuming.

Day 5

See dietary guidelines listed on page 12.

Focus on your energy level today. Do you feel an increase in energy since starting the Core Restore® program? Think of the food you are preparing and consuming as fuel your body needs to function at an optimal level.

Each of the meals in the recipe guide has been chosen based on nutritional profile, digestibility and flavor. Try an unfamiliar dish today. You might be surprised at the levels of flavor you notice. No matter your meal choices for today, keep eating well.



Morning

- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules
- Two PhytoCORE capsules



Evening

- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules
- Two PhytoCORE capsules

Day 6

See dietary guidelines listed on page 12.

One More Day!

After the first six days, you have the knowledge and freedom to create your meals and your path to wellness. Take the time today to be mindful of the food you eat and look for opportunities to live healthier, including:

- Make sure you are drinking ample water.
- Snack only when you are hungry, not when you are bored or stressed.
- Try to get at least seven to eight hours of sleep every night.
- Try disconnecting from electronics one hour before bedtime for a more peaceful night of rest.

With the end of your Core Restore® journey in sight, take time today to consider another important influence on your health: your mind. Stress and other unhelpful coping habits can act like toxins in how they impact your health. Relaxation, managing your emotions and getting enough sleep are just as essential to your wellness as a healthy diet.



Morning

- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules
- Two PhytoCore capsules



Evening

- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules
- Two PhytoCore capsules

Days 7

Congratulations!

You are crossing the finish line, and you've worked so hard to get here. Taking an active role in your health is a serious accomplishment; well done!

At this stage of the program, connect with your health care provider to learn how your body can continue to perform at its best after you complete the Core Restore® program.

Enhanced biotransformation is a great way to maintain optimal health. Consider doing a routine detoxification program once or twice a year to keep up healthy habits and reset potential toxic burden.

Morning



- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules
- Two PhytoCore capsules

Evening



- Two scoops of Core Support powder mixed with 8 oz of water, rice milk, almond milk, oat milk or coconut milk (organic, unsweetened)
- Two MitoCORE® capsules
- Two PhytoCore capsules

The Future of Your Health

Seven days from your first steps on this detoxification journey, what do you see when you look in the mirror? Do you see more energy and focus or less fatigue and GI discomfort? Most importantly, we hope you see a person in control of cravings and lifestyle choices. Think about the day you started the Core Restore® program and the goal you set for yourself. How do you feel today? Did you accomplish your goal?

Continuing to meet your cells' daily energy needs is key to optimal health and vitality. Adding MitoCORE® to your daily routine will help you meet your body's high energy demands and feel your best. We also encourage you to consider a routine detoxification program once or twice per year to maintain optimal health.

Congratulations, and keep up the great work on your path forward to better health!





Resources

Recipes | Summary | Calendar | FAQs



SCAN FOR MORE

For additional resources, please visit the Online Patient Resource Page by scanning the QR code.



Breakfast Smoothie Recipes

Apple Cinnamon Smoothie

(Prep time: 5 min, Serves 1, Calories per serving: 300)

Ingredients

- 2 scoops Core Support French Vanilla/Chocolate
- 1 cup unsweetened almond milk
- 1 tsp cinnamon
- ½ tsp vanilla extract
- ½ green apple

Instructions

1. Add ingredients to blender and blend until smooth.
2. Consume within 5-10 minutes for optimal consistency.

Breakfast Smoothie Recipes

Green Monster (Spinach and Banana Smoothie)

(Prep time: 5 min, Serves 1, Calories per serving: 190)

Ingredients

- 2 scoops Core Support French Vanilla
- 1 cup unsweetened coconut or almond milk
- $\frac{3}{4}$ cup fresh spinach leaves
- $\frac{1}{2}$ large banana, sliced
- $\frac{1}{2}$ cup cucumber, sliced

Instructions

1. Add ingredients to blender and blend until smooth.
2. Consume within 5-10 minutes for optimal consistency.





Breakfast Smoothie Recipes

Banana Berry Smoothie

(Prep time: 5 min, Serves 1, Calories per serving: 300)

Ingredients

- 2 scoops Core Support French Vanilla/Chocolate
- 1 cup unsweetened coconut or almond milk
- ½ frozen banana, sliced
- 1 cup frozen strawberries or blueberries

Instructions

1. Add ingredients to blender and blend until smooth.
2. Consume within 5-10 minutes for optimal consistency.

Breakfast Smoothie Recipes

Very Berry Smoothie

(Prep time: 5 min, Serves 1, Calories per serving: 260)

Ingredients

- 2 scoops Core Support French Vanilla/Chocolate
- ½ cup unsweetened almond or rice milk
- ½ cup cold water
- ½ cup raspberries, blueberries or sliced strawberries (fresh or frozen)
- 2-4 ice cubes (omit if using frozen fruit)

Instructions

1. Add ingredients to blender and blend until smooth.
2. Consume within 5-10 minutes for optimal consistency.



Breakfast Smoothie Recipes

Piña Colada Smoothie

(Prep time: 5 min, Serves 1, Calories per serving: 300)

Ingredients

- 2 scoops Core Support French Vanilla
- 1 cup unsweetened coconut milk
- ½ cup pineapple chunks (fresh or frozen)
- 2-4 ice cubes (omit if using frozen fruit)

Instructions

1. Add ingredients to blender and blend until smooth.
2. Consume within 5-10 minutes for optimal consistency.



Breakfast Smoothie Recipes

Tropical Delight Smoothie

(Prep time: 5 min, Serves 1, Calories per serving: 210)

Ingredients

- 2 scoops Core Support French Vanilla
- ½ cup unsweetened coconut or almond milk
- ½ cup cold water
- ½ cup diced mango (fresh or frozen)
- 2-4 ice cubes (omit if using frozen fruit)

Instructions

1. Add ingredients to blender and blend until smooth.
2. Consume within 5-10 minutes for optimal consistency.





Breakfast Smoothie Recipes

Peach Melba Smoothie

(Prep time: 5 min, Serves 1, Calories per serving: 260)

Ingredients

- 2 scoops Core Support French Vanilla
- 1 cup unsweetened coconut or almond milk
- ¼ cup sliced peaches (fresh or frozen)
- ¼ cup raspberries (fresh or frozen)
- 2-4 ice cubes (omit if using frozen fruit)

Instructions

1. Add ingredients to blender and blend until smooth.
2. Consume within 5-10 minutes for optimal consistency.

Breakfast Smoothie Recipes

Chocolate Banana Smoothie

(Prep time: 5 min, Serves 1, Calories per serving: 300)

Ingredients

- 2 scoops Core Support Chocolate
- 1 cup unsweetened coconut or almond milk
- ½ frozen banana, sliced
- 2 Tbsp unsweetened cocoa powder
- 2 strawberries

Instructions

1. Add ingredients to blender and blend until smooth.
2. Consume within 5-10 minutes for optimal consistency.





Breakfast Smoothie Recipes

Almond Cherry Smoothie

(Prep time: 5 min, Serves 1, Calories per serving: 350)

Ingredients

- 2 scoops Core Support Chocolate
- ½ cup almond milk
- 1 cup frozen or fresh cherries
- 1 cup spinach
- 1 Tbsp almond butter

Instructions

1. Add ingredients to blender and blend until smooth.
2. Consume within 5-10 minutes for optimal consistency.

Breakfast Smoothie Recipes

Coconut Chocolate Zucchini Smoothie

(Prep time: 5 min, Serves 1, Calories per serving: 350)

Ingredients

2 scoops Core Support Chocolate

1 cup coconut milk

2 pitted medjool dates

¼ cup chopped zucchini

1 Tbsp almond butter

½ tsp vanilla extract

Pinch of salt

Instructions

1. Add ingredients to blender and blend until smooth.
2. Consume within 5-10 minutes for optimal consistency.





Lunch Recipes

Rainbow Veggie Bowl with Avocado Dressing

(Prep time: 40 min, Serves 2, Calories per serving: 600)

Ingredients

Salad

- 1 cup quinoa, cooked
- ½ butternut squash, peeled and diced
- 1 cup broccoli
- 1 cup chickpeas
- 1 ½ Tbsp avocado oil
- 1 tsp salt
- ½ cup purple cabbage, shredded
- ½ cup carrots, shredded
- ½ cup radish, thinly sliced
- ½ cup beets, peeled and diced
- 3 cups greens

Avocado Dressing

- 1 avocado, pitted, peeled and chopped
- ¼ cup apple cider vinegar
- ½ cup lime juice
- ¼ tsp salt
- 1 ½ cup olive oil

Instructions

1. Preheat oven to 400°F. Line two baking sheets with foil and spray or coat with cooking oil. Place the butternut squash and beets together on one tray and drizzle with avocado oil. Toss together using clean hands or tongs. Season with salt.
2. Place chickpeas on the other baking sheet and drizzle with the remaining olive oil. Toss with clean hands or tongs. Season with salt.
3. Place both trays in the preheated oven. Roast chickpeas for 15 minutes (rotate the pan halfway through). Roast vegetables for 25-30 minutes, or until tender and cooked, flipping halfway through.
4. While the vegetables and chickpeas are roasting, make the avocado dressing. In your blender, combine the avocado, vinegar, lime juice, salt and avocado oil. Blend until a smooth dressing consistency. If the dressing is too thick, add a small amount of water until it reaches the correct consistency. Chill until ready to serve. Store extra dressing in an airtight container for later use (up to 4 days).
5. Allow vegetables and chickpeas to cool after removing from oven. Divide chickpeas and vegetables evenly into bowls over beds of cooked quinoa.
6. Top with purple cabbage, greens, broccoli, radish, shredded carrots and avocado dressing.





Lunch Recipes

Strawberry Avocado Spinach Salad

(Prep time: 10 min, Serves 2, Calories per serving: 230)

Ingredients

- 4 cups fresh baby spinach
- 2 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- ½ tsp fresh lemon juice
- ½ avocado, pitted and diced
- ¼ small red onion, thinly sliced
- ½ pint fresh strawberries, hulled and sliced
- ⅛ cup sliced raw almonds

Instructions

1. Combine olive oil, balsamic vinegar and lemon juice together in small bowl. Whisk to mix thoroughly. Set aside.
2. Mix spinach, strawberries, avocados, onions and almonds together in salad bowl.
3. Top with desired amount of vinaigrette.





Lunch Recipes

Bean Burgers with Oven-Roasted Sweet Potato Wedges

(Cooking time: 35 min, Serves 2, Calories per serving: 600)

Ingredients

Bean Burgers

- 1 Tbsp olive oil
- ½ onion, finely chopped
- 1 clove of garlic, minced
- ½ tsp ground coriander
- ½ tsp ground cumin
- ½ cup white mushrooms, finely chopped
- ½ cup red pinto or red kidney beans, drained and rinsed
- 1 Tbsp chopped parsley
- ¼ cup gluten-free oat flour
- Sea salt and pepper to taste
- Butter lettuce, for serving

Sweet Potato Wedges

- 1-2 medium sweet potatoes
- ⅓ cup olive oil
- 1 tsp salt
- ½ tsp pepper
- 1 Tbsp fresh rosemary, finely chopped

Instructions

Bean Burger

1. Heat the olive oil in a medium skillet over medium heat. Add onion and cook until translucent.
2. Add garlic, coriander, cumin and mushrooms and continue to cook 5-6 minutes, stirring regularly. Transfer mixture to a bowl.
3. In a separate bowl, mash the beans with a fork. Stir into the mushroom mixture. Add oat flour and season with parsley, salt and pepper.
4. Divide the mixture into two equal portions. Shape into patties and brush with oil.
5. Heat on a grill or stove top until cooked through.
6. Serve on a lettuce wrap with toppings of choice.

Sweet Potato Wedges

1. Preheat oven to 400°F.
2. Thoroughly wash sweet potatoes. Slice in half, then into wedges.
3. Toss wedges in olive oil and seasonings.
4. Place on a baking sheet, skin side down.
5. Bake for 30-40 minutes.





Lunch Recipes

Roasted Vegetable and Quinoa Salad

(Prep time: 40 min, Serves 2, Calories per serving: 870)

Ingredients

- 3 cups roasted vegetables
- 1 cup cooked quinoa
- 1 cup chickpeas
- ½ cup dried cranberries
- 2 Tbsp apple cider vinegar
- 2 Tbsp olive oil
- Parsley, chopped (optional)

Instructions

1. Combine veggies, quinoa, beans and cranberries.
2. Whisk together vinegar and oil. Drizzle over veggie and quinoa mixture.
3. Top with chopped parsley, if desired.

Lunch Recipes

Spinach Walnut Salad

(Prep time if chicken is precooked: 20 min, If cooking chicken: 35 min, Serves 2, Calories per serving: 780)

Ingredients

- 3-4 cups fresh baby spinach
- ½ cup walnuts, coarsely chopped
- ¼ cup dried cranberries
- 2 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 cup cooked chicken, chopped

Instructions

1. Toss spinach with walnuts and cranberries.
2. Drizzle with olive oil and lemon juice. Toss gently.
3. Top with chicken, if desired.





Lunch Recipes

Collard Chicken Wrap

(Prep time if chicken is precooked: 20 min, If cooking chicken: 35 min, Serves 2, Calories per serving: 550)

Ingredients

- 1 cup chopped red cabbage
- ½ cup shredded carrots
- 2 Tbsp chopped parsley
- ½ cup diced tomato
- ½ cup cashews, coarsely chopped
- 1 cup chopped, cooked chicken
- 2 collard green leaves

Instructions

1. Cut the stem off each collard green leaf and then carefully shave it down using a small knife so that it's flat. This will help prevent the collard leaf from breaking at the end and make it easier to roll up.
2. Combine cabbage, carrots, parsley, tomato, cashews and cooked chicken into a bowl and mix thoroughly. Then spoon half the mixture into one collard leaf and carefully roll into a wrap, tucking the ends in as you go.
3. Cut collard wraps in half and enjoy!





Lunch Recipes

Chipotle Chicken with Pineapple Salsa

(Prep time if chicken is precooked: 25 min, If cooking chicken: 45 min, Serves 2, Calories per serving: 600)

Ingredients

Chicken

- 1 Tbsp avocado or olive oil
- 1 lb ground chicken
- 1 tsp of chipotle chili powder
- Freshly ground salt and pepper (about ½ tsp each)
- 2 Tbsp chicken broth or bone broth
- 1 Tbsp tomato paste

Salsa

- 1 cup diced fresh pineapple
- 2 Tbsp diced red onion
- ½ Tbsp diced jalapeño (for less spice, remove the seeds)
- 1 garlic clove, minced
- 1 Tbsp cilantro leaves, finely chopped
- 1 tsp lime juice
- Pinch of salt

Instructions

Chicken

1. Heat avocado or olive oil in a large skillet over medium-high heat.
2. Add ground chicken, chipotle chili powder, salt and pepper.
3. Cook the chicken, breaking up the meat with the back of a spoon until it is brown, about 7 minutes.
4. Reduce the heat to medium and add the chicken broth and tomato paste and stir to combine. Continue to cook for about 2 more minutes.
5. Remove from heat and cover to keep warm until ready to serve.

Salsa

6. In a medium bowl, toss together the pineapple, onion, jalapeño, lime juice, garlic, cilantro and salt.
7. Refrigerate until ready to serve, up to 5 days.





Dinner Recipes

Baked Lemon-Herb Salmon with Roasted Vegetables

(Prep time: 35 min, Serves 2, Calories per serving: 450)

Ingredients

Salmon Filets

2 4-6 oz wild salmon filets

1 Tbsp fresh (or 1 Tbsp dried) thyme,
tarragon or rosemary

1 tsp lemon zest

Sea salt and pepper to taste

Roasted Vegetables

2 cups mixed vegetables

Herbs of choice

1 clove of garlic, minced

1 Tbsp olive oil

Sea salt and pepper to taste

Instructions

Salmon Filets

1. Preheat oven to 375°F. Line a baking sheet with parchment paper and spray or coat with cooking oil. Place salmon on baking sheet.
2. Combine chopped herbs, lemon zest, salt and pepper. Sprinkle over salmon filets.
3. Bake for 10 minutes or until opaque throughout. Squeeze lemon juice over salmon filets before serving.

Roasted Vegetables

1. Preheat oven to 375°F.
2. Use any combination of the following (washed and chopped into even, bite-sized pieces): red potatoes, onion, summer squash, mushrooms, asparagus, carrots, zucchini, Brussels sprouts, cauliflower, or butternut or delicata squash.
3. Toss with garlic and olive oil. Sprinkle with herbs of choice: rosemary, oregano, thyme or basil.
4. Spread in a single layer on a baking sheet. Roast for 25-30 minutes, stirring occasionally, until veggies are tender and slightly brown. Time may vary depending on the size of veggie pieces. Add salt and pepper to taste.





Dinner Recipes

Creamy Sun-Dried Tomato Chicken with Rice

(Prep time: 35 min, Serves 2, Calories per serving: 630)

Ingredients

- 1 cup cooked brown rice
- 2 Tbsp olive oil
- 2 cloves of garlic, minced
- 1 large shallot, thinly sliced
- 2 oz of sun-dried tomatoes, chopped
- ½ lb boneless, skinless chicken breast, diced
- ½ tsp red pepper flakes
- ½ tsp dried basil
- ½ cup coconut milk
- ½ cup low-sodium chicken broth
- Sea salt and pepper to taste

Instructions

1. Cook brown rice according to directions on package.
2. Heat 2 Tbsp olive oil in a large sauté pan over medium-low heat. Add garlic cloves and shallot and cook until fragrant.
3. Add sun-dried tomatoes and cook for about 5 minutes. Remove mixture and set aside on a plate. Add chicken to the pan and season with salt, pepper, red pepper flakes and basil.
4. Once chicken has browned, about 6-8 minutes, add sun-dried tomato mixture back into the pan. Pour in coconut milk and chicken broth. Mix well.
5. Turn heat to low and simmer for 8-10 minutes, or until mixture reduces and thickens. Add an additional pinch of salt and pepper. Serve over brown rice.

Dinner Recipes

Greek Chicken Kabobs with Quinoa

(Prep time: 1 hour and 30 min, Serves 2, Calories per serving: 550)

Ingredients

1½ Tbsp olive oil	5 cherry tomatoes
1½ Tbsp lemon juice	5 small mushrooms
1½ Tbsp apple cider vinegar	Wooden skewers
1 clove of garlic, minced	1 cup quinoa (cook per package instructions) for serving
1 tsp ground cumin	
1 tsp dried oregano	
½ tsp dried thyme	
Sea salt and pepper to taste	
½ lb boneless chicken breast, cut into 1½-inch pieces	
1 zucchini, sliced thick	
½ large red onion, quartered and separated	

Instructions

1. Whisk olive oil, lemon juice, vinegar, garlic and spices in a large glass bowl. Add chicken and toss to coat evenly.
2. Cover and marinate in the refrigerator for at least 2 hours.
3. Soak wooden skewers in water for 30 minutes before use.
4. Preheat grill to medium-high heat. Lightly oil the grate.
5. Thread onto skewers alternating pieces of marinated chicken with pieces of bell pepper, onion, cherry tomato and mushroom.
6. Grill, turning frequently, until nicely browned on all sides and chicken is cooked through, about 10 minutes.
7. Serve over quinoa.





Dinner Recipes

Mediterranean Stuffed Chicken with Rice

(Prep time: 1 hour and 25 min, Serves , Calories per serving: 720)

Ingredients

- ¼ cup roasted zucchini (yellow or green)
- ¼ cup fresh spinach, chopped
- ⅓ cup kalamata olives, pitted and chopped
- ½ Tbsp basil, chopped
- ½ Tbsp parsley, chopped
- 1 clove of garlic, minced
- Two 6 oz organic, boneless, skinless chicken breasts
- ¼ tsp salt
- ¼ tsp pepper
- 1 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 cups cooked brown rice

Instructions

1. Trim any excess fat off the chicken breasts and place them on a large plate. Set aside.
2. Place a large piece of plastic wrap on a flat, dry surface and place the chicken breasts, smooth side up, on top. Then add another large piece of plastic wrap on top of the chicken. Use the smooth side of a meat mallet, or the bottom of a small sauté pan, to pound the chicken until it's evenly flattened, about ¼ to ½-inch thick.
3. Turn the chicken breasts over so the rough side is up and they are laying vertically in front of you. Season with salt and pepper.
4. Combine roasted zucchini, spinach, olives, basil, parsley and garlic in a medium bowl.

5. Stuff each breast pocket with about $\frac{1}{4}$ cup of the mixture. Secure the pockets using wooden picks. Beginning with the end closest to you, roll the chicken tightly and evenly away from you. Then place the rolls on separate, clean pieces of plastic wrap and wrap each tightly. Refrigerate for at least 1 hour.
6. Preheat oven to 350°F. Coat the bottom of a large, oven-safe sauté pan with olive oil and place it over medium-high heat.
7. Unwrap the chicken from the plastic. Once the pan is very hot, add the chicken rolls. Chicken should sizzle when added to the pan. Brown the bottom and top well, about 2 minutes each side.
8. Once browned, place pan with chicken into the oven to finish cooking throughout, about 10 minutes. Internal temperature of chicken should reach 165°F.
9. Drizzle the chicken evenly with lemon juice. Serve over brown rice.





Dinner Recipes

Turkey Stuffed Sweet Potatoes

(Prep time: 45 min, Serves 2, Calories per serving: 410)

Ingredients

- ½ lb ground turkey, organic
- 2 large sweet potatoes
- 1 Tbsp olive oil
- ½ yellow onion, diced
- ½ zucchini, shredded
- 1 clove of garlic, minced
- 2 tsp chili powder
- 1 tsp cayenne pepper
- ½ tsp paprika
- Sea salt and pepper to taste

Instructions

1. Preheat oven to 425°F. Cut sweet potatoes in half lengthwise and place face down on a baking sheet. Bake in oven for about 25-30 minutes, until the skin gives easily when pushed.
2. Heat olive oil in a skillet over medium-high heat. Add garlic and onions and sauté until onions are translucent.
3. Add the ground turkey. When the turkey is about halfway done cooking, add spices and zucchini. Let the turkey cook until completely cooked through. Remove from heat.
4. Scoop the flesh of the sweet potatoes out, preserving the skin. Add sweet potato flesh to the turkey mixture in the pan and stir to combine.
5. Scoop turkey and sweet potato mixture into sweet potato skins. Mixture will be piled high in the skins. Place back into the oven to cook 3-5 more minutes.





Dinner Recipes

Chimichurri Marinated Chicken with Roasted Asparagus

(Prep time: 45 min, Serves 2, Calories per serving: 500)

Ingredients

Chimichurri Chicken

- ½ shallot or onion
- 1 jalapeño, seeded
- 2 cloves of garlic
- ¼ cup red wine vinegar
- 1 tsp salt
- ½ cup fresh cilantro
- ¼ cup fresh parsley
- 1 tsp fresh oregano
- ¼ cup olive oil
- ½ lb chicken breast

Roasted Asparagus

- ½ lb asparagus
- 1 tsp avocado oil
- 1 tsp salt

Instructions

Chimichurri Chicken

1. Combine all ingredients (except chicken) in a food processor or blender and puree until desired consistency.
2. Preheat a grill to medium heat. Toss chicken breasts with the chimichurri sauce.
3. Remove chicken from sauce, discard remaining sauce, and grill chicken for roughly 5-6 minutes per side or until internal temperature reaches 165°F. Remove from grill and serve.
4. If desired, make another small batch of chimichurri sauce to place on top of chicken after cooking.

Roasted Asparagus

1. Preheat oven to 425°F.
2. Place the asparagus on a parchment-lined baking sheet. Drizzle with avocado oil and salt.
3. Roast for 9-12 minutes for thin asparagus or 15-20 minutes for thicker asparagus.
4. Remove from oven and serve.





Dinner Recipes

Lemon-Ginger Chicken with Rice

(Prep time: 1 hour and 15 min, Serves 2, Calories per serving: 600)

Ingredients

- 1 Tbsp olive oil
- One 6 oz chicken breast
- ½ medium white onion, diced
- 1 clove of garlic, minced
- ¼ cup fresh parsley, chopped
- 1-2 Tbsp fresh cilantro, chopped
- Sea salt and pepper to taste
- 2 cups low-sodium chicken broth
- ½ lemon, thinly sliced
- ½ tsp ginger
- 1 cup cooked brown rice

Instructions

1. In a large stockpot, heat olive oil over medium heat. Brown chicken for about 10 minutes. Add onion, garlic, parsley, cilantro, and a pinch of salt and pepper. Sauté for 5 minutes or until onion is translucent.
2. Add broth to the pot and cover. Bring the mixture to a boil, then remove the lid and lower the heat to simmer for 20 minutes.
3. Add lemon slices and ginger to the pot. Cook an additional 20 minutes uncovered. Serve over brown rice.

Dinner Recipes

Lemon Chicken Kabobs with Tomato-Parsley Salad

(Prep time: 2 hours, Cooking time: 6 min, Serves 2, Calories per serving: 300)

Ingredients

2 Tbsp fresh lemon juice, divided
2 tsp garlic, minced and divided
1 tsp dried oregano, divided
½ tsp pink Himalayan salt, divided
½ tsp freshly ground black pepper, divided
2 Tbsp olive oil, divided
Two 6 oz boneless, skinless chicken breasts, cut into 1½-inch cubes
1 cup fresh parsley leaves
¾ cup cherry tomatoes, chopped
1 large zucchini
1 cup white mushrooms
½ large onion, cut into 1-inch pieces
Wood skewers

Instructions

1. Combine 1 Tbsp lemon juice, 1 tsp garlic, 1 tsp oregano, ½ tsp salt, and ½ tsp pepper in a bowl. Add 1 Tbsp olive oil, stirring with a whisk.
2. Add chicken and toss to coat. Cover and marinate in refrigerator for 2 hours. Soak skewers in water for 30 minutes.
3. Remove chicken from bowl and discard marinade. Thread chicken, tomatoes, peppers and onions onto skewers. Heat a grill pan over high heat.
4. Add skewers to grill pan and cook for 6 minutes or until cooked through, turning often.
5. Combine remaining juice, garlic, oregano, salt, and pepper in a medium bowl. Gradually add remaining oil, stirring well with a whisk. Add parsley and tomatoes, toss to coat.
6. Remove chicken and vegetables from skewers and serve over tomato-parsley salad.





Side Dish Recipes

Colorful Roasted Vegetable Medley

(Prep time: 30 min, Number of servings and calories varies by amount of vegetable used)

Ingredients

3-4 cups mixed vegetables

Herbs of choice

1 clove of garlic, crushed

1 Tbsp olive oil

Sea salt and pepper to taste

Instructions

1. Preheat oven to 375°F.
2. Use any combination of the following (washed and chopped into bite-sized pieces): red potatoes, red onion, summer squash, mushrooms, asparagus, carrots, zucchini, Brussels sprouts, cauliflower, butternut or delicata squash, or broccoli.
3. Toss with crushed garlic and olive oil. Sprinkle with herbs of choice, such as rosemary, oregano, thyme or basil.
4. Spread in a single layer on a baking sheet. Roast for 25-30 minutes, stirring occasionally, until veggies are tender and slightly brown. Time may vary depending on the size of veggie pieces. Salt and pepper to taste.

Side Dish Recipes

Red Beans and Rice

(Prep time: 30 min, Serves 2, Calories per serving: 450)

Ingredients

1 Tbsp olive oil	$\frac{3}{4}$ tsp salt
$\frac{1}{2}$ cup white onion, diced	$\frac{1}{4}$ tsp crushed red pepper flakes
1 celery rib, diced	$\frac{1}{8}$ tsp cayenne
1 carrot, peeled and diced	$\frac{1}{2}$ Tbsp red wine vinegar
1 clove of garlic, minced	1 cup kidney beans, rinsed and drained
1 bay leaf	$\frac{1}{2}$ cup vegetable broth
1 tsp paprika	2 Tbsp parsley, chopped
$\frac{1}{2}$ tsp thyme	1 cup cooked brown rice
$\frac{1}{2}$ tsp oregano	
$\frac{1}{4}$ tsp onion powder	
$\frac{1}{4}$ tsp garlic powder	

Instructions

1. Heat a large skillet over medium-high heat.
2. Add onion, celery, bell pepper, carrot and garlic. Cook until the onion is translucent and mixture is fragrant.
3. Add bay leaf, paprika, thyme, oregano, onion powder, garlic powder, salt, pepper and crushed red pepper. Toss to combine and then add red wine vinegar to the pan. Reduce heat.
4. While vegetables are cooking, mash $\frac{1}{2}$ cup of the red beans with a fork.
5. Add mashed beans, remaining 1 cup of whole beans and vegetable broth to the pan. Bring mixture to a simmer and cook for about 8 minutes or until vegetables are tender, stirring occasionally. If mixture seems too thick, add a splash of vegetable broth to thin it out. Taste and season with additional salt and pepper, if desired.
6. Serve over brown rice and top with fresh parsley, if desired.





Side Dish Recipes

Garlic Cauliflower Mash

(Cooking time: 20 min, Serves 2, Calories per serving: 30)

Ingredients

- 2 cups cauliflower florets
- 1 clove of garlic, crushed and diced
- ¼ cup of unsweetened coconut or almond milk
- ¼ tsp black pepper
- ½ Tbsp fresh chives, chopped
- ½ tsp pink Himalayan salt

Instructions

1. Steam cauliflower in steam basket until tender.
2. In a medium bowl, combine all ingredients.
3. Mix in a blender or food processor to desired consistency.



A vibrant yellow bowl filled with chunky guacamole. The guacamole is a mix of green avocado pulp, red tomatoes, and green herbs. In the background, a whole white onion sits on a wooden surface. In the foreground, a whole green avocado and some fresh cilantro leaves are visible.

Snack Recipes

Simple and Tasty Guacamole

(Prep time: 10 min, Serves 6, Calories per serving: 260)

Ingredients

3 avocados, halved, seeded and peeled

1 lime, juiced

½ tsp pink Himalayan salt

½ tsp cayenne pepper

½ medium red onion, diced

½ jalapeño, seeded and minced

2 Roma tomatoes, seeded and diced

1 Tbsp cilantro, chopped

1 clove of garlic, minced

Instructions

1. Place the scooped avocado pulp and lime juice in a large bowl and toss to coat.
2. Add the salt and cayenne pepper and combine with a potato masher.
3. Fold in the onions, jalapeño, tomatoes, cilantro and garlic.
4. Serve with cherry tomatoes, celery sticks, jicama sticks or cucumbers for dipping.

Snack Recipes

Quick and Easy Hummus

(Prep time: 5 min, Serves 2, Calories per serving: 255)

Ingredients

One 15 oz can of chickpeas

1/8 cup olive oil

1/2 Tbsp lemon juice

1/2 tsp ground cumin

1 clove of garlic, crushed

1/4 tsp pink Himalayan salt

Instructions

1. Combine all ingredients into a blender or food processor and blend until creamy.
2. Serve with your choice of dipping vegetables, such as carrots, celery, broccoli or cauliflower.



Snack Recipes

Tropical Mango Chia Pudding

(Prep time: 10 min, Total Time: 8 hrs., Serves 2, Calories per serving: 230)

Ingredients

- 1 cup unsweetened coconut or almond milk
- 3 Tbsp chia seeds
- 1 tsp pure vanilla extract
- 1 medium mango, peeled and diced
- Fresh mint for garnish (optional)

Instructions

1. Add milk, chia seeds and vanilla to a covered container.
2. Mix ingredients together thoroughly and refrigerate overnight.
3. In the morning, garnish with diced mango and mint leaves.



Snack Recipes

Oatmeal Raisin Cookies

(Prep time: 30 min, Serves 12, Calories per serving: 150)

Ingredients

- 2 cups gluten-free rolled oats
- 1¼ cups bananas, mashed
- ½ cup almond butter
- ½ cup raisins or dried cranberries
- 1 Tbsp cinnamon

Instructions

1. Preheat oven to 350°F. Line a large baking sheet with parchment paper and set aside.
2. In a large mixing bowl, combine ingredients (except for dried fruit) and mix well. Fold in dried fruit using a rubber spatula.
3. Using a cookie scoop or hands, form 12 balls of cookie dough. Transfer balls onto the lined tray and place about 1-2 inches apart. Press down on each cookie to form a cookie shape—they will not spread, so form them into desired size and thickness.
4. Bake in oven for 10-12 minutes or until golden brown. Allow to cool for 5 minutes before serving.



Snack Recipes

Blueberry Almond Cookie

(Prep time: 25 min, Serves 12, Calories per serving: 100)

Ingredients

- 4 Tbsp coconut oil, melted
- 2 ripe bananas, mashed
- ½ tsp vanilla
- ½ tsp almond extract
- ¼ cup flaxseed meal
- ½ cup almond flour
- ½ tsp baking soda
- ½ tsp cinnamon
- ¼ tsp salt
- 1¼ cups gluten-free rolled oats
- 1 Tbsp chia seeds
- ½ cup blueberries
- ¼ cup of almonds, sliced

Instructions

1. Preheat oven to 350°.
2. Add bananas to large mixing bowl and mash well. Then add in the coconut oil, vanilla and almond extract. Mix until combined.
3. Add in the chia seeds and stir. Let this mixture rest while you mix together the dry ingredients.
4. In a separate bowl, combine the dry ingredients: flaxseed meal, almond flour, baking soda, cinnamon, salt and rolled oats. Mix together well.
5. Add about half of the dry ingredients into the wet ingredients and mix until combined, then add the other half and mix well.
6. Lastly, carefully fold in the blueberries and almonds.
7. Create 12 even balls and place them on a cookie sheet. Gently press down on each ball to flatten them.
8. Bake in the oven for 10-13 minutes.

Snack Recipes

Pomegranate Nice Cream

(Prep time: 15 min, Serves 6, Calories per serving: 200)

Ingredients

- 1 banana, frozen and cut into chunks
- 8 oz cold almond or coconut milk
- ½ cup pomegranate seeds
- 2 cups raspberries or blueberries
- ½ cup pineapple or mango (if canned, look for unsweetened)

Instructions

1. Place the banana, fruit and pomegranate seeds into a food processor and pulse until bananas have broken down significantly.
2. Turn on food processor and slowly incorporate the almond milk.
3. Nice cream will be thick and require scraping down multiple times. Scrape down the sides and pulse until smooth.
4. Serve immediately.



Protocol Summary Calendar

Your health care provider may advise you to continue the detoxification protocol for up to 28 days. The following calendar breaks down the dietary supplement guidelines for each day.

<p style="text-align: center;">1</p> <p style="text-align: center;">Optional: FASTING DAYS</p> <p>Morning: 2 Scoops Powder 2 MC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules</p>	<p style="text-align: center;">2</p> <p>Morning: 2 Scoops Powder 2 MC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules</p>	<p style="text-align: center;">3</p> <p>Morning: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p>	<p style="text-align: center;">4</p> <p>Morning: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p>	<p style="text-align: center;">5</p> <p>Morning: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p>	<p style="text-align: center;">6</p> <p>Morning: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p>	<p style="text-align: center;">7</p> <p>Morning: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p>
<p style="text-align: center;">8</p> <p>Morning: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p>	<p style="text-align: center;">9</p> <p>Morning: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules 2 PC Capsules</p>	<p style="text-align: center;">10</p> <p>Morning: 2 Scoops Powder 2 MC Capsules 3 PC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules 3 PC Capsules</p>	<p style="text-align: center;">11</p> <p>Morning: 2 Scoops Powder 2 MC Capsules 3 PC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules 3 PC Capsules</p>	<p style="text-align: center;">12</p> <p>Morning: 2 Scoops Powder 2 MC Capsules 3 PC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules 3 PC Capsules</p>	<p style="text-align: center;">13</p> <p>Morning: 2 Scoops Powder 2 MC Capsules 3 PC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules 3 PC Capsules</p>	<p style="text-align: center;">14</p> <p>Morning: 2 Scoops Powder 2 MC Capsules 3 PC Capsules</p> <hr/> <p>Evening: 2 Scoops Powder 2 MC Capsules 3 PC Capsules</p>

MC—MitoCORE® Capsules PC—PhytoCore Capsules —7-day kit —14-day kit —28-day alternate

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Evening:
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Morning:
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Evening:
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2 MC Capsules
3 PC Capsules

FAQs

Can I start the Core Restore® program if I currently have a medical condition that is not listed in this Patient Guide?

Your health care provider will determine if the Core Restore® program is right for you. He or she knows your medical history and has your medical records to make an informed decision on whether you should start this program.

Can I continue with my medications or supplement schedule while on the Core Restore® program?

Every patient has a different medical history and may have a different medication or supplement schedule. Your health care provider will decide if you should modify the detoxification protocol to fit your needs. He or she will also know of potential interactions that may occur between the products in this kit and other medications or supplements you currently take.

Am I allowed to chew gum while on the Core Restore® program?

It is highly recommended that you avoid chewing gum

during the entire program, unless the gum is organic or natural. Most of the sugarless gums on the market have preservatives, additives, sugar substitutes and colorings in them, all of which are toxins. As always, it is suggested that you check labels on all foods.

Can I eat multigrain breads?

No. All breads (even multigrain breads) should be avoided as much as possible because they contain wheat flour (a source of gluten), which is one of the most common allergens in the general population. Gluten-free bread (made from tapioca flour or rice flour) can be substituted. It is found in the natural foods section at the grocery store. Be sure to look for “gluten-free” on the label.

If I decide to fast for the first two days, can I drink anything other than water (aside from the beverage we are mixing the Core Support powder with)?

Yes, in addition to purified water, you can drink organic herbal or green tea. Organic herbal teas and green tea have considerably less caffeine than coffee and other highly caffeinated beverages. Teas that are consumed should be unsweetened and organic. Your health care

provider may allow you to consume additional foods and drinks on the first two fasting days depending on your medical condition.

Is the Core Restore® program similar to a colon purge or heavy metal detoxification?

Since the liver is the most important organ for detoxification in your body, the Core Restore® program is designed to stimulate your liver to boost detoxification activity. It is not intended to be a heavy metal detoxification program, although a small amount of heavy metals may be released from your body. Heavy metals are more difficult to remove from the body, as they are stored in adipose tissue, muscle and bone marrow. If this type of detoxification is needed, it often requires a more invasive treatment protocol with oral and intravenous (IV) therapy. Core Restore® is not a colon purge—most purges can be dangerous without proper medical supervision and risk dehydration and loss of electrolytes.

What if I don't feel better after completing the Core Restore® program?

There are a small minority of people who, despite adhering to this program, may still not feel much better.

This is an indication that there may be a deeper issue to address, one that can be uncovered and addressed with the help of your health care provider.

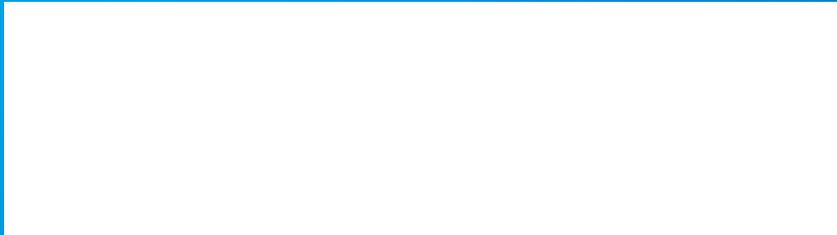
Can I consume goat dairy products (such as goat yogurt, goat milk, goat cheese, etc.)?

Consume goat dairy products only if you have not had any prior allergic reaction to them. Goat dairy products are not considered major allergens in most people and are often substituted in individuals who have allergies or intolerances to dairy products derived from cows.

Can I continue on my exercise program while on the Core Restore® program?

With permission from your health care provider, you may decide to incorporate low-intensity physical activity, gentle stretching and daily walking. Keep in mind that biotransformation is an energy-intensive process, so it's crucial not to overexert yourself with exercise by moving your body gently during the detoxification program.

We recommend you consult your health care provider to determine the most suitable form of exercise for your individual needs.



These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.



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