

Cleanse Manual

Adapted from Dr. Junger Clean Program, Dr. Oz and Xymogen Detox Renewal Kit



Restorative
Medicine Center

Why do a Cleanse in the first place?

At the Restorative Medicine Center, when we say "cleanse," we mean it in the sense of true cleaning—a strategy that helps your body rid itself of toxins. We're exposed to harmful substances all the time; they're in our diet (pesticides, microbes, and mercury, to name a few) and the very air we breathe (think disinfectants, deodorizers, and the gasses released by fresh paint). Fortunately, we have an excellent system in place to handle those toxins: Enzymes throughout the body are continuously breaking them down and helping to flush them out. Our Restorative Medicine Cleanse works by optimizing that system. It involves taking specific supplements, eating whole, anti-inflammatory foods and consuming a cleansing shake for breakfast that is packed with nutrients to boost the activity of the enzymes and nourish the body's most important detoxifying organs—the liver, the lungs, the kidneys, and the colon—so they can do their jobs better and more efficiently.

The first time we all did this cleanse in the office, we noticed that its effects weren't just physical. Afterwards we felt more alert and calm - it really seemed as if our brains were able to work better. If you'd like to see for yourself, try this Cleanse for at least 2 weeks - try to stay on it for 3 months if possible the first time around. We typically recommend repeating a 2 week cleanse three or four times a year, or whenever you're feeling bloated or sluggish. We promise it will rejuvenate you—from the inside out.

What Does the Cleanse Entail?

- 1) Detox shake daily for breakfast
- 2) Low allergenic and anti-inflammatory Eating Plan
- 3) High Potency Probiotics - at least 100 billion daily
- 4) Supplement with nutrients to support GI function
- 5) Detox Drops to deliver toxins to the liver for processing

Opticleanse GHI Shake - 2 scoops daily

OptiCleanse GHI is a comprehensive, fructose-free, low-allergy-potential dietary supplement designed to support gastrointestinal function and balanced detoxification. It features VegaPro, XYMOGEN's proprietary amino acid and pea/rice protein blend; Aminogen, to facilitate protein absorption; phytonutrients; mineral amino acid chelates; and activated B vitamins, including Quatrefolic and methylcobalamin. In conjunction with our suggested meal plan, OptiCleanse GHI addresses gastrointestinal and liver function in addition to decreasing inflammation throughout the body.

Probiomax DF - 1 capsule daily

ProbioMax DF is a vegetarian, dairy- and gluten-free, four-strain probiotic totaling 100 billion CFU+ per capsule. Each vegetarian capsule is sealed in aluminum blister packs to serve as protection from factors proven to compromise the stability of probiotics such as heat, moisture, and oxygen. ProbioMax DF provides four researched strains of beneficial bacteria, including the extensively studied HN019 strain of Bifidobacterium lactis. These live microorganisms have proven health benefits and well-established safety, and have been tested for epithelial cell adhesion and/or resistance to low pH.

Drainage - 6 drops daily

Drainage combines homeopathic liver "drainers" with homeopathic remedies that are known to support excretory function. Drainage focuses on the liver, kidney, and colon functions while addressing symptoms associated with toxicity.

ColonX - 1-2 capsules daily

ColonX is designed to support gastrointestinal (GI) regularity and complement dietary fiber intake. Magnesium citrate is present to support muscle relaxation and bowel elimination. Cape Aloe is added to support normal GI transit time and stool bulk. Triphala, a balanced blend of astringent fruits used extensively in Ayurveda, is present to support all phases of digestion, assimilation, and elimination. Gastrointestinal regularity in turn plays a fundamental role in detoxification, providing a major route for elimination of toxins.

Foods to include and exclude during your Cleanse

The eating plan is a set dietary list designed to avoid the major foods that cause allergies, sensitivities, and digestive problems. Here is a quick snapshot of the major foods you'll eat and not eat on the Clean Detox:

Eat

Whole vegetables, leafy greens

Brown rice, non-gluten grains

Stevia, Monk Fruit Extract

Beans, lentils

Green tea, apple cider vinegar

Wild fish, organic chicken & turkey

Whole fruits, berries, nuts, seeds

Coconut oil

Plant-based protein powder

Don't Eat

Dairy and eggs

Gluten, wheat

Processed sugar

Soy

Coffee, soda, alcohol

Beef, pork

Peanuts

Corn and canola oil

Whey protein

* We also recommend avoiding any foods to which you have a known food allergy or sensitivity. This can be assessed prior to beginning the cleanse through Quest IgE testing and Alletess IgG testing.

Your Daily Routine

Breakfast

1 ColonX

6 Drainage drops

1 Probiomax DF 100 Billion

2 scoops of Opticleanse GHI Shake

Make your detox shake by adding in 10-12 ounces of water or unsweetened almond, rice or coconut milk. Be sure to blend well with a few ice cubes.

Tip: Add in a healthy serving of avocado or almond butter. For extra flavor add in fresh or frozen organic berries or a dash of stevia. See recipes for more options.

Lunch

Prepare a hearty solid meal from the Eating Plan. Get the most out of it by including dark greens, healthy fats, and quality protein.

Dinner

Prepare a hearty solid meal from the Eating Plan. Focus on a slightly lighter meal for dinner. Entree-sized salads are great. See attached recipes for inspiration.

BIG IDEAS

Two key ideas to keep in mind during your detox

Make Sure You Go,Go!

Daily bowel movements are key to your Cleanse.

If you don't take out the trash at your house, it will pile up, attract pests, and quickly become a problem. During the Cleanse your body is taking out its "trash" by eliminating toxins through the bowels. Having daily bowel movements will help make sure that toxins aren't re-absorbed into your system.

Sometimes your bowel movements will increase when doing the detox. Other times you may be constipated. If you are constipated try increasing the dose of your ColonX. Do this slowly so as to avoid bowels becoming too loose. You can safely take up to 6 ColonX daily if needed.

The twelve-hour window

Deep cleansing takes [a night's] time

Imagine your body as a city. Just like a city needs to budget its finances, your body needs to budget its energetic resources. Your daily energy is limited, so your body must constantly prioritize how it gets distributed.

Now here's the thing: digestion is one of the most energy consuming functions of the body (remember last Thanksgiving's food coma?). So if your body is constantly tied up with digestion during the detox, it will put deeper cleansing on hold. Our answer to this: the Twelve-Hour Window.

After your evening meal, leave a twelve-hour window before having your morning shake. If you have your evening meal at 7pm, you should have your morning shake at 7am or later.

Why?

The body sends the signal to go into deep detox mode approximately eight hours after your last meal. Then the body needs another four hours to do a deep clean. If you fill up your belly late at night, and eat early again the next day, your body isn't given the opportunity to clean house. The Twelve-Hour Window is challenging to make happen everyday, but committing to it will help you get the most out of your Cleanse.

* Note: It is okay to have water or herbal tea during the Twelve-Hour Window.

MAKING THE MOST OF YOUR DETOX

The 411 On Weight Loss

How and when weight-loss occurs varies for each person.

Everyone comes into the cleanse with a different level of toxicity, a different genetic history, and different hormonal patterns. For many, the body will not begin to reduce inflammation and release extra weight until it has found balance through the cleansing process.

Let's take a step back and look at the bigger picture of why we might have excess weight in the first place. It's often a result of consuming foods that do not work for the body, resulting in poor digestion and toxic overload. The Cleanse helps the body re-balance itself and help repair the damage done by years of poor habits. When you lose weight without doing this important foundational work, the weight loss typically doesn't last. It also doesn't bring about the increased vitality, that in the end is what we really want.

Even if you haven't seen much weight-loss yet, hang in there. You're doing the foundational work, and that's what matters most. Daily bowel movements, sticking with the eating plan, and avoiding emotional snacking will encourage your body to find that sweet spot, totally unique to you.

One of the best things you can do for weight-loss is hide the scale until the end. Don't stress yourself out by stepping on the scale every day. Just remember, how you feel is a more accurate measure of success. Instead of numbers on the scale, focus on your energy level, sleep patterns, digestion, elimination, mood, and clarity of thought.

Emotions and Food

Emotions are a big part of the detox. For most people, food is not just about satisfying our physical hunger, but satisfying our emotional needs as well. Have you ever found yourself thinking:

Why do I reach for cookies when I'm tired?

Why do I crave ice cream after a fight with my partner?

Reflecting on these questions and your answers to them, will get you to the heart of the cleanse - the deeper stuff. The stuff that mindless eating attempts to cover up. During the detox people can feel more emotional than usual. This is because cleansing is not just about the body. When you detox, you also release emotional toxins like fear, stress and anxiety. This can be scary, but like any challenge, if we spend some time reflecting on it, we usually surprise ourselves with what we discover.

When you feel a craving or an emotional release happening, give it space and be gentle with yourself. Don't make it about the food. Go deeper. Ask yourself, "what's really going on here?" The answer is closer than you think.

Hunger: True & Emotional

When faced with the sensation of "hunger" during your detox, consider the possibility that it might not be true hunger. In our Western culture, what we call hunger is often the physical manifestation of an emotion that is asking to

be “numbed” or comforted. If left alone and quietly observed, emotional hunger becomes an opportunity for immense growth. When that “hunger” sensation arises, mindfully keep your attention on it, and ask yourself:

What am I really feeling?

If it’s boredom, restlessness or any other emotion, truly allow yourself to feel it. You don’t have to wallow in unhappiness or negativity, but simply recognize what the true feeling is, and put a name to it.

Am I truly hungry or am I feeling anxious / nervous / sad / upset right now?

With a little effort, this exploration can help bring awareness to the difference between true hunger and emotional hunger. Understanding this distinction on a personal level can help stop the cycle of bad habits that lead to food cravings, weight gain, and poor health.

Here is a useful way to determine if what you are feeling is true hunger:

True Hunger

- Gradually arises
- You’re open to different food options
- Doesn’t have to be filled immediately
- You stop when you’re full
- You feel good when finished

Emotional Hunger

- Arises suddenly
- Crave one particular food only
- Must be eaten right now
- Keep eating even when full
- You feel guilty, shameful, or unsatisfied

Emotional Hunger Tips

Hydrate: Drink water or have a cup of tea instead. Hydrating yourself during your Detox is important to keep the bowels moving and to help flush out released toxins.

Switch it up: Get up and go for a walk, call a friend or write a letter to a loved one, finish a work project, or simply stay with that feeling and let it rise up and then fall away naturally (which it will inevitably do), without having consumed any food. You may even feel the negative sensation change to a very pleasant one. The sense of empowerment that comes from this change can be amazing.

True Hunger Tips

Snack mindfully: Eat in serene and distraction-free environments in a mindful way. Hummus, guacamole with veggies, raw nut butter on some apple slices, a quick soup, or fresh green juice are great options.

Check in on your daily caloric intake: While we at Clean are not big fans of calorie counting, noticing how many calories you're eating can be useful. Often, people new to a detox program will under-eat, and this can cause cravings, anxiety, and poor sleep. The amount of nutrient-dense food a person needs each day depends on their level of activity, but a good benchmark is eating a minimum of 1200 calories and 50-80 grams of protein each day.

Snack Mindfully or Not At All

Before the Clean Detox, you may have started innocently snacking on cookies or chips and then realized twenty minutes later that you ate the whole bag. To make

matters worse, you weren't even hungry.

We've all been there, many times in fact. Rather than calling on your own personal guilt monster, give this a thought:

The repeated desire to snack is really a desire to change how we're feeling in the moment. The more we're not conscious of why we're snacking, the more this habit can numb how we really feel. We understand that for some, snacking is helpful in maintaining good energy levels and mood. But before you start grabbing snacks, even if they are clean, check in with yourself and make sure what you're feeling is true hunger.

Sometimes finding the right amount to eat everyday takes a little personal experimentation. If you find that you are consistently hungry throughout the day, increase the amount of protein and healthy fats in your morning shake and mid-day meal.

Rest More and Exercise Gently

Our basic philosophy is that we recommend that you take it easy. You do not have to work-out during this program, but light movement is okay.

The more you exercise, the more you need to recover. When exercise or recovery are occurring, the body moves energy to these areas and away from deeper detoxification.

Light movement is acceptable, but not required. During your detox light movement can look like 20 minutes of walking, 30 minutes of yoga, or a few sets of body weight exercises like sit-ups and push-ups.

Light movement can add to the detox. Here's how:

- It remove toxins by activating the lymphatic system.
- It boosts the effectiveness of all the elimination channels by stimulating bowel movements (colon), encouraging deeper breathing (lungs), and making us sweat (skin).

Here are some exercise principles to follow while on the detox:

Half it: Reduce your exercise by half if you are an athlete or work out intensely.

If you move more, eat more: If you have a day where you are very active, feel free to eat more as long as it's on the Detox Diet. Remember, the Clean Detox is a not a calorie restriction program. We recommend eating a minimum of 1200 calories and 50-80 grams of protein each day.

More Elimination = More Detoxing

As your body shifts into releasing toxins from cells and tissues, your job is to support the channels of elimination so that these waste products can make their way out. Here are some ways you can do just that:

Skin: Sweat toxins out through saunas. Skin brushing is another great way to eliminate toxins from the skin. Since the skin is our largest organ, what it absorbs can affect our health as much as the foods we eat. During your detox, we encourage you to examine your current collection of personal care and beauty products to see which ones contain unhealthy chemicals. Consider purchasing organic alternatives.

Lungs: Give your lungs a workout by using them fully and deeply. Visualize how each

inhale is supplying you with the number one most essential nutrient you need to live—oxygen—and each exhale is an essential way to release waste material.

Lymph: Shake up your lymphatic fluid and boost circulation with movement, massage, rebounding (mini-trampoline), jump-roping, and deep breathing. Laugh each day; it helps alkalize the body and release stress.

Kidneys: Your kidneys are a great channel of elimination. Drink enough water so you use the bathroom once every hour.

Social Eating and Your Comfort Zone

We get it, it's not always the easiest thing to stay Clean when your boss invites you to a wine tasting or your grandmother is looking forward to you attending her weekly Sunday brunch. We've been there.

We know it's challenging, but social obligations present a great time to get clear about why you are doing the detox. This is a chance to develop some personal independence and get outside your comfort zone.

Remember, you have chosen to do the detox. Stay true to your goals. This can be a great time to bring awareness to any issues that arise during social, business, or family situations. Are you nervous about telling people what you're doing? Do you feel inhibited when you're not drinking? Use these insights to do some emotional detoxing and deepen your understanding of who you are and what you want.

Most of us have spent years repeating patterns and staying within our comfort zone. The Cleanse is an opportunity to mix things up and get clear on what works and what doesn't.

Here are a few things we think will work for you:

Do some research: Most restaurants have some Clean options. Instead of trying to figure out what to eat when you arrive, call up the restaurant ahead of time to see how they can cater to the Cleanse. A little extra effort goes a long way.

Restaurants are generally very accommodating to those who ask.

Eating-in is the new dining-out: Invite friends over to make a Clean meal together instead of going out to eat. Get the family, the dog, and your quirky neighbors involved in preparing food.

Recipes

Please remember that you do not need to use these recipes. As long as you are eating food from the approved list, then you can eat whatever you'd like. No need to get

overwhelmed - just keep it simple.

The following are some of our favorite cleanse recipes if you are looking for inspiration.

Breakfast Smoothie _____ **Recipes:**

Basic Detox Shake Smoothie

10 ounces filtered water or coconut water
2 scoops of Opticleanse GHI or i5 powder
1/4-1/2 cup organic frozen fruit - raspberries, mango, blueberries, pineapple
1/4-1/2 cup organic greens - spinach, kale, dandelion greens
1 tablespoon ground flax seeds
1 tablespoon organic nut butter

Sweet Green Smoothie

11 ounces water
2 giant handfuls of spinach
1 mango, peeled and diced
2 scoops of Detox Shake (ideally vanilla flavor)
optional: 1 tablespoon ground flax seed
Directions: Blend all ingredients until smooth and enjoy this amazing and detoxifying meal.

Coconut Chai Shake

1 cup coconut milk (unsweetened)
1 tablespoon vanilla extract
1 teaspoon ginger
1 teaspoon cinnamon
a pinch of allspice
2 tablespoons almond or cashew butter

¼ cup shredded coconut
2 scoops of detox shake (ideally vanilla flavor)
optional: 1 tablespoon ground flax seed
Directions: Blend until smooth and creamy.

Cinnamon Rolls For Breakfast

½ cup almonds and 1 cup water OR 1 cup almond milk (unsweetened)
1 cup water or coconut water
1 teaspoon cinnamon
1 pinch sea salt
2 teaspoons vanilla extract or powder
3 pitted dates
1 tablespoon pecans
stevia to taste
2 scoops of detox shake
optional: 1 tablespoon ground flax seed
Directions: Blend all ingredients until smooth and creamy.

Cashew Cream Smoothie

1 handful cashews
1 cup water or coconut water OR nut/rice/hemp seed milk of your choice
2 handfuls mixed berries (fresh or frozen: blackberries, blueberries, raspberries)
1 ripe mango, pitted and diced - or frozen chunks
2 scoops of detox shake (ideally vanilla flavor)
optional: 1 tablespoon ground flax seed
Directions: Blend all ingredients together until creamy with a pinch of sea salt and enjoy!

Detoxifying Dandelion Shake

3 cups dandelion greens
2 cups water or coconut water
1 mango, peeled and cubed
1 peach (fresh) OR 1 cup frozen peaches
2 scoops of detox shake (ideally vanilla flavor)
optional: 1 tablespoon ground flax seed
Directions: Blend until smooth.

Purple Haze Smoothie

6 ounces blackberries

2 cups of pineapple (fresh or frozen)

8-10 ounces water (just enough to blend- it's best thick and creamy)

2 scoops of detox shake

optional: 1 tablespoon ground flax seed

Directions: Put all ingredients in the blender and mix until smooth

John H's Favorite Shake

½ cup frozen blueberries

2 dashes cinnamon

1 tablespoon almond butter

8 ounces of water

2 scoops of detox shake (ideally chocolate flavor)

optional: 1 tablespoon ground flax seed

Directions: Blend until creamy!

Peach Melba GHI

4-6 oz pure water

1/4 - 1/2 cup frozen sliced or chunked peaches

1/4 - 1/2 cup frozen raspberries

2 scoops OptiCleanse GHI™

Place frozen fruit and water in blender. Cover and blend at low and then high speed until smooth.

Pina Colada GHI

2 ice cubes

1/3 - 1/2 cup pure cold water

1/3 cup unsweetened chilled pineapple juice

1/2 - 1 capful coconut extract

2 scoops OptiCleanse GHI™

Place ice cubes in blender jar followed by liquids. Add powdered mix. Cover and blend at low and then high speed until smooth.

Raspberry Lemonade GHI

1/3 cup frozen raspberries

1/3 cup frozen or fresh pineapple

2 Tablespoon fresh lemon juice

12 ounces pure water

2 scoops OptiCleanse GHI™

Place fruit and lemon juice in blender jar. Add powdered mix.

Cover and blend on low and then high until smooth.

Lunch:

Perfect Roasted Chicken With Root Vegetables

Serves 4 to 6

One of our favorite fall and winter meals is a local, pastured chicken roasted with some veggies. Nourishing comfort food at its best. You can use the bones for making a soup broth. 2 meals in one!

1 4 to 5 pound pastured whole chicken

fresh sage

fresh rosemary

fresh thyme

1 small onion, coarsely chopped

1 lemon, coarsely chopped

Veggies of your choice: Carrots, parsnips, mushrooms, onions, beets, squash, leeks - whatever veggies you like. Root vegetables will probably with stand the roasting process better. Use enough veggies to cover the bottom of a roasting pan.

olive oil

salt

pepper

Directions: Preheat the oven to 475°F. Two hours before roasting, remove chicken from the refrigerator to bring to room temperature. Remove any organs from the cavity. Rinse chicken and pat inside and out really dry. Generously season inside the cavity with salt and pepper. Fill cavity with onion, lemon and a few sprigs of herbs. Prepare vegetables, leaving in fairly large chunks. In a large bowl, toss with 2-3 tablespoons olive oil plus salt and pepper. Spread in a large roasting pan. Slip hand under the skin of the chicken over the breasts (and legs if you can wiggle your hand in without ripping the skin). Place several sprigs of sage, rosemary and thyme under the skin. Drizzle a small amount of olive oil over the chicken, rubbing all over the skin. Season generously with salt and pepper. Nestle chicken into the center of the vegetables. Roast for about 1 hour, or until the chicken is golden brown, and the juices run clear. Remove from the oven and let sit for 10 minutes before carving.

Turkey Lentil Soup

Serves 4-6

1 pound of dark ground turkey
28 ounces chicken broth
1½ cup water
1 package red lentils
1 chopped medium onion
4 celery sticks chopped
4 medium carrots chopped
3 cloves garlic minced
2 tablespoons chopped fresh ginger
1 medium apple peeled and chopped
½ teaspoon red pepper flakes
2 teaspoon yellow curry powder

Directions: Wash lentils and soak in cold water. Brown turkey in olive oil. Sauté onion, garlic, celery, carrots, ginger and apple in olive oil. Add red pepper and curry powder to sautéed veggies. Drain lentils. Heat chicken broth and water. Combine all ingredients in large crock pot and cook on low 8 hours. Salt to taste.

Pulled Chicken with Autumn Slaw

Serves 2

Pulled Chicken

2 cups shredded cooked chicken
3 tablespoons pomegranate molasses (note, this is concentrated pomegranate juice, NOT the same as regular molasses, so they're not interchangeable in this recipe. If you can't find this ingredient, use the same amount of coconut nectar)
1 tablespoon apple cider vinegar
sea salt to taste

Autumn Slaw

1 head of purple cabbage, to equal 4 cups when shredded
1 apple
2 pieces of celery
4 scallions
3 tablespoons olive oil
1 1/2 tablespoons apple cider vinegar
1-2 teaspoons sea salt

Directions: Chicken: Shred/chop chicken, if you haven't already done so. Add the chicken, sweetener and cider vinegar to a medium sized pan. Cook over medium heat, stirring frequently, until warmed through. Serve with the Autumn Slaw we'll show you next week, or in a gluten-free wrap with mixed greens.

Slaw: Chop all ingredients; the cabbage, apple, celery, and scallions. Place everything in a large bowl and add the apple cider vinegar, olive oil and sea salt. Toss everything until well combined. Serve alone, with mixed greens, as a side for any meal or our favorite way is with the Pulled Chicken from last week!

Slow Cooked Chicken with Squash and Sage

Serves 2

2 tablespoons coconut oil
2 chicken legs and 2 thighs
1 leek, (green tops discarded) white end sliced into 1/2 inch rounds
2 garlic cloves, peeled and minced

3 cups butternut squash, peeled, cut into large chunks
½ cup white wine
12 ounces chicken stock
1 tablespoon fresh chopped sage
sea salt to taste

Directions: If you're using a whole chicken, you'll need to separate legs and thighs with a large knife. Heat a large pot over medium-high heat and melt 2 tablespoons coconut oil in the pan. While the pan is heating, rub the chicken pieces with sea salt and black pepper. Add the chicken to the heated pan, skin side down and cook for 3-4 minutes, or until golden brown. Flip the chicken, add the garlic and leeks, and cook an additional 3 minutes, stirring gently. Pour in the white wine and allow to reduce by half. Add the chicken stock, cover with a lid and allow to simmer for 15 minutes. Add the squash and sage and cook until tender, roughly 10-12 minutes. Season to your taste with additional salt and pepper, and serve.

Dinner

Quinoa Salad with Roasted Vegetables

Serves 1-2

1 cup quinoa
2 cups water
2 small zucchinis, chopped
1 medium carrot, chopped
1 small red onion, chopped
enough oil to lightly cover vegetables
sea salt to taste
2 small yellow (summer) squash, chopped
juice of one fresh lemon

Directions: Roast chopped vegetables in the oven at 300°F until tender. Bring the quinoa and water to a boil in a medium pot and then reduce the heat to a simmer and let cook for 10-12 minutes, or until water is absorbed and quinoa is fluffy. Toss

everything together in a large serving dish. Serve warm or at room temperature with fresh lemon juice and sea salt to taste.

Creamy Winter Beet Soup

Serves 2

A perfect creamy soup that's sweet and nourishing. The hemp gives it some protein and the coconut milk adds essential healthy fats. The brilliant color alone is worth making this for, it will definitely brighten up your winter nights.

2 medium sized beets
1 small shallot, peeled and quartered
1 garlic clove, peeled and roughly chopped
2 tablespoons hemp seeds
2 teaspoons apple cider vinegar
sea salt, to taste
¼ cup parsley
¼-½ cup coconut milk

Garnish:

½ ripe avocado, peeled, pitted and sliced into wedges

Directions: Peel the beets and cut into quarters. Place on a steaming dish, along with the shallot and garlic, above an inch of water. Cover the pot, bring to a boil and steam until tender. (If you don't have a steamer, you can put a half-inch of water in a pot, place the vegetables in the water, cover and steam that way). Put the vegetables into a high speed blender along with the leftover steaming liquid (should be bright red). Add the vinegar, hemp seeds, and parsley. Blend the soup while drizzling in enough coconut milk to develop smooth creamy consistency. Taste, season with sea salt. Serve in bowls with slices of avocado.

Curried Red Lentil and Vegetable Stew

2 tablespoons coconut oil
1 large onion, cut into ½ inch pieces
3 cloves garlic, peeled and finely minced
3 tablespoons fresh ginger, peeled and finely minced
1 tablespoon ground cumin
1 tablespoon ground coriander seed
1 teaspoon red curry paste, more or less to taste (check to make sure it's unsweetened)
2 cups coconut milk
2 cups red lentils
2 quarts (or more as needed), fresh water OR chicken broth OR vegetable broth
Garnish with lime juice to taste and freshly chopped cilantro (optional)

Directions: Heat a large (heavy-bottomed is best) soup pot over medium-high heat, melting the coconut oil. Stir in the onions, allowing them to cook slowly until translucent and soft. When they have just started to soften, stir in the ginger and garlic. Cook until fragrant, then add the spices and curry paste. Mix everything together well. Reduce heat and add coconut milk. Let cook for 5 minutes before adding lentils and stock. Lower heat and cook for roughly 30 minutes. Keep stirring often to keep the lentils from sticking to the pot. As the lentils cook, they will break down and thicken the soup. Add more liquid as you see fit. When lentils are tender, either blend directly in the pot with an immersion blender or let cool and add in batches (2 cups at a time) to a blender and puree until smooth. You can use additional coconut milk or broth (or water) to thin out the puree if needed. Add additional seasoning to taste, a splash of lime juice and add garnishes to individual servings.

Wilted Spinach and Spiced Chicken

Serves 1

1 4-5 ounce chicken breast (vegetarians can use ½ cup cooked chickpeas)
1-2 tablespoons olive oil
2 teaspoons ground paprika
1 teaspoon cumin seeds
¼ teaspoon ground coriander seed

2 tablespoons sliced red onions
1 ripe mango, peeled and cut into large chunks
2 large handfuls of fresh spinach
1 tablespoon lemon juice
1 teaspoon sea salt

Directions: Preheat oven 350°F. Place the chicken breast in a baking dish, coat with olive oil, sea salt, paprika, cumin and coriander. Bake for 12 minutes or until fully cooked (check with a fork). Remove from the oven and let it cool on a cutting board, once the chicken is slightly cooled, cut into thin pieces. Meanwhile, heat a large saute pan over medium-high heat with 1 tablespoon of coconut oil and gently cook the onions for 2-3 minutes, stirring continuously. Add the mango and cook until warmed through. Add in the sliced chicken breast, gently toss then add in the spinach and lemon juice. Cover the pan and allow the spinach to steam. Sprinkle in a touch of sea salt and serve immediately.

Curry Chicken Salad in Lettuce Wrap

Serves 2-4

1 green apple, chopped
2 chicken breasts
1/3 cup coconut cream (separate the cream from the liquid in a can of whole fat coconut milk)
a splash of apple cider vinegar
3 teaspoons curry
2 bunches of scallions
salt + pepper to taste
Boston or bibb lettuce leaves
carrots, julienned
sprouts

Directions: Poach or grill the chicken breasts. When cool, chop coarsely and set aside. In a blender or food processor, mix coconut cream, vinegar and curry powder. In a large bowl combine chicken, apple, scallions and curry sauce to taste. Season with salt and pepper. Serve a scoop or two in lettuce leaves. Top with carrots and sprouts.