

Three Day All-Natural Cleanse

Our body needs carbohydrates, especially to help our brain and muscles function. However, in today's culture we are absolutely surrounded by the macronutrient in a form that can actually inhibit our weight loss goals. While carbs are necessary, your main source of the nutrient should be fruits, vegetables, dairy and whole-grains. Instead, refined flour, rice, and sweets rule the roost. This causes several health concerns such as weight gain, increased risk of diabetes and metabolic syndrome.

If you find yourself stuck in a carb craving mode there is a way to cleanse and reset your body. Cravings are complicated; they can be triggered by hunger but also emotions. If you find you are an emotional carb consumer, it is important to find way to deal with your emotions in a way that doesn't send you to the pantry. However, if you feel that your sweet addiction is fueled by hunger it is most likely you are stuck in a hunger cycle. This hunger cycle is common and usually centers around sweets and refined grains.

Here is what the hunger cycle looks like. You wake up in the morning feeling hungry. Because you have to rush kids out the door and don't have time to cook, you grab a granola bar or down a quick bowl of sugary cereal. This makes you full in the moment, and meets your calorie needs but 2 hours later you are hungry. Why? When refined carbohydrates, or sugar, are digested they are converted to glucose and quickly hit the blood stream giving you an immediate spike in blood sugar (or blood glucose) which boosts energy. Your body then releases insulin to move the glucose into cells to it can do its job. However what is not immediately used is then stored in the body. This all happens pretty quickly, sometimes within a 2 hour time period, leaving you feeling hungry. When we get hungry it is one way our body cries out for energy and because our bodies are efficient it craves the most readily available source of energy... sugar. Here is where the cycle begins again.

The good news is you can stop this cycle. By eliminating all added sugars from your diet for 3 days you are giving the body time to deplete some glucose stores while also breaking the hunger cycle. The goal is to replace the normal sugary foods you would reach for with lean protein, whole grains, fruits, vegetables and dairy foods. These foods are metabolized in the body at a much slower rate and have a considerably lower impact on your blood glucose levels.

Cutting all sweets for 3 days will help will help curb your cravings and help jump start your weight loss. Keep in mind, this is not something you do for 3 days then go right back to what you were doing before. The purpose of the 3 day time period is to give you a goal, but you will also find that after 3 days you are much less likely to crave the food. This does not mean you can never have sweets again, but it needs to be sparingly. Allowing yourself a sweet treat 3 times per week, however if you can replace the desire with a different food such as pears, apples, or banana you will better serve your body and not start a slippery slope back to sweets-ville. Cutting carbs will help the physiological reason why you are cravings sugary foods, but you may still need to work on the emotional aspect of the food. If you do not address both aspects of your relationship with the food then it is likely you will regain all the weight once you allow sweets back into the diet.

*Please note that we do not encourage cleanses. A lot of the time they rid you of water weight and don't change your eating habits. This 3 Day Cleanse is an All Natural Way of teaching your body not to crave the sugar/refined foods.

Day 1

| | |
|-----------|---------------------------------------|
| Breakfast | Blueberry Overnight Oats |
| Snack | Basic Green Smoothie |
| Lunch | Greek Salad & Sweet Potato |
| Snack | Veggies & Ranch Dip |
| Dinner | Slow Cooker Clean Chicken & Rice Soup |

Day 2

| | |
|-----------|------------------------------|
| Breakfast | Banana Pancakes |
| Snack | Banana & 2 PB Balls |
| Lunch | Left Over Clean Chicken Soup |
| Snack | Basic Green Smoothie |
| Dinner | Lean & Mean Chili |

Day 3

| | |
|-----------|-----------------------------|
| Breakfast | Blueberry Coconut Smoothie |
| Snack | Veggie & Ranch Dip |
| Lunch | Left Over Lean & Mean Chili |
| Snack | Apple & 2 PB Balls |
| Dinner | Chicken Kebobs |



Banana Pancakes

Servings: 2-4

INGREDIENTS

3 EGGS
1 BANANA, RIPE (RIPE = SWEET)
3/4 CUP ROLLED OATS
1/4 CUP UNSWEETENED APPLESAUCE
1 TSP VANILLA
1/2 TSP CINNAMON
1/4 CUP SLICED STRAWBERRIES
1 TBSP SLICED ALMONDS



DIRECTIONS

STEP 1: Blend oats in a blender or food processor to grind into smaller pieces. Add remaining ingredients and mix until completely blended. Heat lightly greased (ghee, coconut oil, etc.) griddle or pan on medium heat.

STEP 2: Scoop 1/3 batter and place on pan. Cook until brown (approx. 2 minutes), flip and brown other side.

STEP 3: Top with fruit and almonds- can be made in advance or served immediately! You can also top with a smear of peanut butter (read label to look for added sugars).

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 224, Fat 8g, Carbs 30g, Fiber 6g, Sugars 8g, Protein 10g

Basic Green Smoothie

Servings: 1 smoothie

INGREDIENTS

1 CUP SPINACH (FRESH)
1 CUP WATER
1/2 CUP PINEAPPLE
1/2 CUP MANGO
1 BANANA (PEELED)
1 TBSP CHIA SEEDS



DIRECTIONS

STEP 1: Combine all ingredients in a blender and puree until the desired consistency. Add more water if needed.

Make Ahead Option: Pre-package into small freezer bags the night before and place in refrigerator. The next morning, add a little water and it's ready for the blender.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 271, Fat 4g, Carbs 58g, Fiber 11g, Sugars 35g, Protein 6g

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Blueberry Coconut Smoothie

Servings: 1 smoothie

INGREDIENTS

1 BANANA, RIPE (RIPE=SWEET)
1/2 CUP FROZEN BLUEBERRIES
1/2 TSP VANILLA
1/2 CUP MILK
1/4 CUP UNSWEETENED COCONUT SHREDS
1/2 CUP SPINACH, FRESH



DIRECTIONS

STEP 1: Add all ingredients to a blender and blend until smooth Due to the spinach and coconut shreds you may want to blend for 2-3 minutes.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 337, Fat 14g, Carbs 51g, Fiber 8g, Sugars 130g, Protein 8g

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Blueberry Overnight Oats

Servings: 1 bowl

INGREDIENTS

1/2 CUP OATS
3/4 CUP MILK
2 TBSP HONEY
1/4 CUP BLUEBERRIES
2 TBSP COCONUT SHREDS



DIRECTIONS

STEP 1: Place ingredients in coffee mug or dish starting with oats.

STEP 2: Refrigerate overnight, serve cold or warm.

GF This recipe is gluten free as written.

V This recipe is vegan as written.

Nutrition per Serving: Calories 426, Fat 10g, Carbs 8g, Fiber 6g, Sugars 48g, Protein 12g



Chicken Kebobs & Veggies

Servings: 3 servings

INGREDIENTS

2 CUPS BRUSSEL SPROUTS, TRIMMED AND HALVED
2 CUPS SWEET POTATO, PEPPLED, HALVED AND SLICED INTO THIN HALF MOONS
2 TBSP OLIVE OIL, DIVIDED
3-4 CHICKEN BREAST (1 LB) TRIMMED, CUBED
2 TSP CHOPPED GARLIC
3 TBSP FRESH LEMON JUICE
1 1/2 TSP DRIED OREGANO
3/4 TSP SALT
SKEWERS FOR KEBOBS



DIRECTIONS

STEP 1: Combine lemon juice, garlic, oregano, salt and 1 TBSP olive oil, whisk to combine. Add cubed chicken and allow to marinate in refrigerator 2 hours, covered.

STEP 2: Preheat broiler, with oven rack 6 inches from heat.

STEP 3: Place Brussel sprouts and potato on a rimmed baking sheet, toss with 1 tbsp oil, spread in an even layer. Broil for 10 minutes

STEP 4: While vegetables broil, thread marinated chicken onto skewers- about 4 to 5 cubes per skewer. Heat a grill pan over high heat, add skewer and cook 6 minutes until done.

STEP 5: Serve 2 skewers with 1 cup broiled vegetables.

GF This recipe is gluten free as written.

V Substitute chicken for cubed tofu.

Nutrition per Serving: Calories 354, Fat 11g, Carbs 25g, Fiber 5g, Sugars 6g, Protein 39g

Clean Greek Salad

Servings: 1 serving

INGREDIENTS

2 CUPS LETTUCE
1/2 DICED CUCUMBERS
1/4 AVOCADO
1/2 TOMATO, DICED
2 TBSP **HOMEMADE OIL & VINEGAR**

DRESSING

1 SMALL CAN SLICED OLIVES (OR
KALAMATA PITTED OLIVES)

OPTIONAL:

3 OZ GRILLED CHICKEN, SHRIMP OR
SALMON



DIRECTIONS

STEP 1: In a large bowl, combine all ingredients. Toss with tongs and serve.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 370, Fat 32g, Carbs 17g, Fiber 8g, Sugars 6g, Protein 7g



Lean and Mean Chili with Beans

Servings: 2-3 servings

INGREDIENTS

1 LB. GROUND BEEF
1 CAN KIDNEY BEANS, RINSED
1 CAN BLACK BEANS, RINSED
1 CAN DICED TOMATOES
1/2 ONION, DICED
1 RED PEPPER, DICED
3 CLOVES GARLIC, MINCED
1 CUP VEGETABLE BROTH
1 CUP TOMATO JUICE
1 TBSP OLIVE OIL
2 TBSP CHILI POWDER
1/2 TSP CUMIN
1 TSP PAPRIKA



DIRECTIONS

STEP 1: In deep skillet add olive oil, garlic, red peppers and onion. Cook until onions are translucent. Remove from skillet, set aside.

STEP 2: Cook ground beef in skillet

STEP 3: Add chili powder and mix with ground beef. Add remaining ingredients, including the onion mix. Simmer covered for 30 minutes. Makes 8 servings.

GF This recipe is gluten free as written. Check all canned goods are Gluten Free.

V Eliminate ground beef.

Nutrition per Serving: Calories 228, Fat 6g, Carbs 21g, Fiber 7g, Sugars 4g, Protein 24g



Slow Cooker Clean Chicken and Rice Soup

Servings: 4 bowls

INGREDIENTS

2 BONELESS, SKINLESS CHICKEN BREAST
6 CUPS CHICKEN BROTH
1 CUP COOKED BROWN RICE (QUICK COOKING RICE HAS THE SAME NUTRITION PROPERTIES AND SLOW COOKING RICE)
3-4 CARROTS, SLICED
3-4 CELERY STALKS, SLICED
1/2 MEDIUM ONION, DICED
1 BAY LEAF
1/2 TSP GALIC POWDER
SALT AND PEPPER TO TASTE

DIRECTIONS

Step 1: Place all ingredients, except brown rice in slow cooker. Cook on low 4-6 hours.

Step 2: Removed chicken and shred. Add cooked brown rice and chicken.

GF This recipe is gluten free as written.

V Replace the chicken with firm tofu, sliced zucchini or sliced yellow squash

Nutrition per Serving: Calories 451, Fat 2g, Carbs 55g, Fiber 7g, Sugars 4g, Protein 44g

Peanut Butter Balls

Servings: One Serving = 3 Balls

INGREDIENTS

1/2 CUP PEANUT BUTTER (USE PB WITH
<3G SUGAR)
3/4 CUP OATS
3 TBSP GROUND FLAXSEED
1/4 CUP RAISINS



DIRECTIONS

STEP 1: Combine all ingredients and mix.

STEP 2: Roll into 1” balls and refrigerate.

As a snack, eat 2-3 balls with a side of fruit.

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 275, Fat 16g, Carbs 18g, Fiber 5g, Sugars 6g, Protein 12g

Homemade Ranch Dip with Veggies

Serving: 1/3 cup of dip

INGREDIENTS

1 LB. CONTAINER COTTAGE CHEESE
1/2 CUP SOUR CREAM OR GREEK
YOGURT, PLAIN
1 TBSP DRIED CHIVES
1 TBSP DRIED PARSLEY
1/2 TSP GARLIC POWDER
1/2 TSP ONION POWDER
1/2 TSP BLACK PEPPER
1/2 TSP SEA SALT



DIRECTIONS

STEP 1: Mix all ingredients and serve 1/3 cup with vegetables

GF This recipe is gluten free as written.

V This recipe is vegetarian as written.

Nutrition per Serving: Calories 202, Fat <1g, Carbs 51g, Fiber 15g, Sugars 33g, Protein 6g