

VEGAN

Gut Rebuilding Plan





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HEALTH &
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COACHING**

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SPRING SUPERCHARGE

JUICE & SUPERFOOD REBOOT

Welcome! I'm so excited you're here! Just like rebooting computer, our bodies work better when we take a time out to reset. And just like our cell phone, recharging our battery is essential to perform at our peak. This reboot is an opportunity to start the new year fresh!

A few things to keep in mind...

1. Keep a food – mood journal to track what foods cause reactions and what foods give you energy. Prana vs Kryptonite!
2. Progress not perfection. When we stress, it causes inflammation in our stomach and body, effecting digestion and health!
3. Set your intention. How do you want to feel Why? What are you willing to do when you get uncomfortable during the challenge?
4. Detoxification and caffeine withdrawal can inititally cause side effects like fatigue, headaches, loose stool, constipation, poor sleep or moodiness. Drink more water. Rest more and get over the hump!
5. Practice self-care by scheduling non-food related feel-good activites that you can look forward to. Book a massage. Take a snow hike. Enjoy a Sauna. Take a yoga class. Get your hair and nails done.
6. Earn it. Nothing worth having is easy. Period. There is no magic pill.
7. Plan ahead. Stock your fridge. Cook. Pack your workout clothes.
8. Listen to your body. Listen to your body. Listen to your body.
9. Remember your health and your body are your greatest investment.
10. Smile. Be proud. Do hard things (willpower) but also practice gratitude, compassion and self-care (chillpower) for balance & resilience.

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12 FOODS to SUPPORT GUT health

1. **Coconut Oil** – Cook with coconut oil, add it to cereals, smoothies for healthy fats and to kill pathogens – a natural antimicrobial).
2. **Pumpkin Seeds** – Pumpkin seeds kill parasites. It is best to consume 1/4 cup daily as a late afternoon with an apple or on a salad.
3. **Cloves and Cinnamon** – Cook with spices or add them to a smoothie to support immunity and kill microbes in the gut.
4. **Turmeric** – Drink a golden milk or add to foods. Turmeric is one of the most powerful antimicrobial and anti-inflammatory spices.
5. **Sea Vegetables** – I like to buy the sprinkles (you can find them online at Amazon or at your local Whole Foods). Add kelp, dulse, or any of the combinations for supporting your thyroid and adrenal health
6. **Chlorophyll** – Add 1 tablespoon to water and consume twice a day or add to a juice. Amazon.com, too, and this will help with energy.
7. **Chlorella and spirulina** are powerful detoxifying superfoods to support immunity and gut health. Add to juice, smoothies or water.
8. **Ginger** is fantastic for gut health and digestion. Make a tea. Add a drop of essential oil to our golden milk. So powerful.
9. **Fermented foods** like kimchi, Kefir, kombucha, coconut yogurt, miso sauerkraut (you can stock up on these items at the grocery store!)
10. **Apple Cider Vinegar** in dressings or even added to water
11. **Bone broth & collagen** are high in amino acids - good for gut lining
12. **Garlic & Onions** are high in prebiotics to promote good bacteria

SUPPLEMENTS TO CONSIDER

- Probiotics (at least 50 billion live cultures)
- Liver Support / Detox tea (milk thistle or dandelion)
- Adaptogenic herbs (ashwaganda, ginseng or rhodiola)
- Superfoods – Maca, Spirulina, Matcha, Chlorella
- Whole Food Based Multi-Vitamin & Mineral

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FOOD COMBINING & GUT HEALTH

- **FRUIT:** Fruit digests itself, passing through the digestive system within 20 minutes. By eating fruit alone, you avoid fermentation occurring in the belly. Fermentation can lead to gas, rob you of energy and slow down your digestion.
- **EAT STARCHES AND VEGETABLES:** Foods such as baked potatoes, sweet potatoes or sweet corn should be eaten alone, with a vegetable or with a small amount of fat. It is advised to eat starches {carbohydrates}, such as quinoa, buckwheat, brown rice, millet or amaranth only with vegetables as starches require different digestive enzymes than proteins.
- **PROTEIN AND VEGETABLES:** Unlike starches, proteins require an acidic environment for ideal digestion, so it is best to eat protein with vegetables and a healthy fat. When you add a starch, you force your body's natural enzymes to compete to digest your food.
- **ANTINUTRIENTS (phytic acid):** Antinutrients natural occur in nuts, seeds, grains, legumes and beans but interfere with absorption of vitamins and minerals. Soaking nuts, grains and seeds in water can reduce exposure to these antinutrients.
- **GLUTEN:** is one of the most difficult to digest plant proteins and is also an enzyme inhibitor. Gluten causes digestive distress in many people so eliminating it and experimenting with how your gut feels.
- **DAIRY:** causes gas in bloating in many people. Experiment with eliminating dairy from your diet and see how your gut feels. People often do OK on fermented dairy (like kefir or high quality yogurt).

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SMOOTHIES

Smoothies are packed with nutrition and a great way to start the day. I personally don't do as many smoothies in the winter months, but that's a personal choice. I tend to do superfood oatmeal in the winter and smoothies spring – fall (but I'm including a few recipes for you to experiment and see what works for you).

Protein is important in the morning. You can add extra protein to any smoothie by including a scoop of your favorite protein powder. Try hemp protein by Nutiva, Rockin' Wellness, Sunwarrior or pea protein. You can also use 3 tablespoons of hemp seeds. Make your smoothie colder by adding 3 to 5 ice cubes or keep it room without adding frozen fruit or ice.

Your basic smoothie recipe:

- 1 cup liquid: of nut milk, coconut water or plain water
- 1 cup Veggies: spinach, kale
- ½ cup Fruit: berries, apple, pear, banana, mango, peach

Boost your smoothie nutrition by adding superfoods:

- Hemp, flax or chia seeds
- Spirulina
- Almond butter or coconut oil
- Avocado
- bee pollen
- unsweetened shredded coconut
- raw cacao powder or cacao nibs
- raw honey
- goji berries or superfruit powder
- superfoods (maca, lucuma, wheatgrass powder)
- matcha powder
- detox greens: dandelion, parsley, cilantro, radish
- sprouts of any kind
- camu camu for vitamin C
- protein powder (I like Sunwarrior)
- currants or dates (limit if weight loss is desired)
- berries, frozen or fresh

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SMOOTHIE RECIPES:

Cranberry, Ginger & Orange

1 cup almond, coconut or hemp milk

½ cup cranberries (fresh or frozen)

1 orange (peeled and deseeded)

1 chunk ginger (or 1 tsp ginger powder or 2 – 3 drops ginger essential oil)

Optional: 1 scoop sunwarrior protein or collagen peptides

Pumpkin, Nut & Spice

1 cup almond, coconut or hemp milk

½ cup pumpkin puree

Handful of walnuts

1T Maca

2 – 3 dates, deseeded

1 teaspoon cinnamon

Optional: 1 scoop sunwarrior protein or collagen peptides

Tangerine, Ginger & Turmeric

1 cup almond, coconut or hemp milk

2 tangerines, peeled and deseeded

1 chunk ginger (or 1 tsp ginger powder or 2 -3 drops ginger essential oil)

1 teaspoon turmeric

1 Tablespoon raw honey

Matcha Mocha PEP

1 cup almond, coconut or hemp milk

1 cup spinach

1 T raw cacao

1 T cacao nibs

1T spirulina

1 teaspoon matcha powder

½ cup peppermint leaves (or 2 – 3 drops peppermint essential oil)

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BREAKFAST OPTIONS

1. Fresh Pressed Juice
2. Superfood Oatmeal
3. Smoothie
4. Protein Bites with Matcha Latte
5. Breakfast Hash (via Chef Page Bonus Recipe Doc)

LUNCH AND DINNER OPTIONS

1. Detox Soup (via Chef Page Bonus Recipe Doc)
2. Kale, Avocado & Grapefruit Salad (via Chef Page Bonus Recipes)
3. Superfood Greens
4. Carrot Ginger Soup with salad
5. Miso Soup with salad

SNACKS, DESSERTS AND DRINKS

1. Green apple with pumpkin seeds or sunflower seeds
2. Celery with almonds or walnuts
3. Rice cake with 1 tablespoon almond butter and cinnamon
4. Celery, carrot sticks and hummus
5. Superfood Smoothie
6. Fresh pressed juice
7. 1/2 cup of cultured vegetables with 1/4 avocado
8. Kombucha with gluten free crackers
9. Chocolate Pudding Squares (via Chef Page)
10. Snickerdoodle protein bites (via Chef Page)

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CHALLENGE AM RITUAL

- 1) WAKE UP 15 – 30 MINUTES EARLIER
- 2) DRINK A 6 – 8 OUNCES FILTERED WATER
- 3) TAKE PROBIOTICS
- 4) PAUSE, BREATHE AND SET INTENTIONS
- 5) DO 10 MINUTES OF [SUN SALUTATIONS](#) OR [30 MIN CORE YOGA](#)
- 6) DRINK HOT LEMON WATER WITH CAYENNE
- 7) EAT / PACK A HEALTHY BREAKFAST

CHALLENGE PM RITUAL

1. At least 3 times this week write in your journal or on a notepad
2. At least 2 times this week, take an Epsom salt bath with essential oils
3. Nightly, drink a cup of herbal tea or a golden milk
4. At least twice, do [PM gentle yoga](#) with twists to support digestion
5. Go to bed 15 – 30 minutes earlier than usual
6. Turn your phone, computer and TV off an hour before bed

DAILY DETOX

1. Dry Skin Brushing daily before a shower with a loofah, hot towel, or skin brush to improve circulation and support detox.
2. Sweat and Exercise at least 15 minutes a day.
3. Epsom Salt Baths with lavender essential oil for 20 – 30 minutes
4. Neti Pot to cleanse nasal passages and sinuses
5. Essential Oils diffuse to clean air (toss candles)
6. Essential oils topically and internally to support detox
7. Yoga with Twists to support digestion and detox
8. [Self Massage with foam roller](#) to improve circulation and relaxation
9. Digital Detox – minimize social media, TV and computer time
10. Skin Care – detox your toiletries and make up bag
11. Detox your home cleaning products
12. Donate unused items to Goodwill or Purple Heart

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DETOX RECIPES

*****IF YOU'RE DOING THE JUICES...[PLEASE READ THE & BENEFITS FAQ HERE](#) BEFORE THE REBOOT START**

Superfood Oatmeal

1 cup whole rolled gluten-free oats
1 cup almond or coconut milk
1/2 teaspoon cinnamon
1 teaspoon vanilla extract
2 T chia seeds

Optional Superfood booster extras:

- pumpkin or sesame seeds
- flax seed, ground
- goji berries or raisins
- maple syrup or raw honey
- cocoa nibs, chopped walnuts or almonds

In a glass mason jar, add oats and chia seeds and stir in milk and vanilla extract. Top with optional extras. Refrigerate overnight. Eat cold or reheat. Add extra almond milk if desired.

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Detox Green Pancakes

- 2 cup spinach
- 3/4 cups Almond, Hemp or Coconut Milk
- 1 tablespoon Ground Flax seed
- 1 tablespoon Almond Butter
- 1 banana
- 2 Tablespoons raw cacao nibs
- 1 teaspoon spirulina
- 1 pinch himilayan salt
- 1 tablespoon Maple Syrup
- 1 cup gluten-free pancake mix (I use Bob's Red Mill)

Combine all the ingredients except the pancake mix in a blender and mix until smooth and spinach is pureed. Stir in the pancake mix. Melt 2 Tablespoons of coconut oil in a large pan. Pour the batter into small circles and cook on medium heat. Flip when the pancakes start bubbling and the bottom is lightly browned. Continue cooking for a minute or two on the other side. Serve with syrup, cocnut butter or almond butter!

Detox Green Smoothie

- 1 banana (or avocado if you prefer low sugar)
- 1/2 cup coconut water
- 1/2 cup almond, coconut or hemp milk
- 1 teaspoon chorella or spirulina
- 1 cup spinach or kale
- Optional: 1 scoop vanilla protein powder (I use Sunwarrior)

Blend all ingredients in blender until smooth and creamy. Add ice or extra water if desired.

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MISO SOUP WITH SEA VEGETABLES

Serves 2

- 5 cups water
- ½ inch ginger, diced
- 1/2 cup sliced radish
- 1 cup shitake mushrooms
- ½ cup parsley
- 1 cup chopped kale or spinach
- 5 teaspoons miso of your choice
- 2 scallions, thinly sliced

In a large pot add water, ginger and sliced radishes and bring to a boil. Then lower to a simmer and cook 5 minutes. Put a few tablespoons of the water broth from the pot to a small bowl and add miso to the bowl and mix in the miso to form a puree. Place the miso puree in the soup pot and simmer for 2 or 3 minutes (miso should not be boiled because it will kill the beneficial bacteria). Finally, add the greens and simmer for 2 more minutes and then remove from heat. Top with sliced scallions and serve.

SUPERFOODS GREENS

- 2 cups mixed dark greens (kale, arugula or spinach)
- ½ cup cabbage, chopped
- ¼ cup broccoli sprouts
- ½ avocado, chopped
- 1/3 cup celery, chopped
- 1/3 cup jicama, chopped
- 1/3 cup parsley and cilantro (combined), chopped
- 3 Tablespoons hemp seeds

Dressing: Combine Juice of 1 lemon, 3 T olive oil, 2 tablespoons raw apple cider vinegar, 1 teaspoon nutritional yeast, 1 teaspoon sea salt.

In a large bowl add mixed greens, cabbage, avocado, celery, jicama and fresh herbs. Top with lemon juice, vinegar, nutritional yeast, hemp seeds. Toss salad in dressing.



CARROT & GINGER SOUP

2 Tablespoons olive oil

½ yellow onion, chopped

2 inches ginger root, minced

1 garlic cloves, minced

3 cups vegetable or bone broth

1 apple, cubed

½ pounds carrots, peeled and chopped

Sea Salt & ground pepper

In a large pot over medium heat add olive oil and sauté onion until translucent, about 3 minutes. Add garlic and ginger and sauté another minute until fragrant.

Add vegetable stock or broth, carrots and apple and cook for 20-30 minutes. Place soup into a high speed blender and blend until smooth or keep as a chunky soup.

Turmeric Cauliflower

1 head cauliflower, broken into bite sized pieces

¼ cup olive oil

1 T sea salt

2 T turmeric

¼ cup nutritional yeast

Combine all ingredients and bake at 350 for 30 minutes to slightly brown.



HOT DETOX FRIENDLY DRINKS

Golden Milk (simply heat milk and add other ingredients)

1 cup nut milk (almond, coconut or hemp)

1 teaspoon turmeric

1 teaspoon cinnamon

pinch fresh ground pepper

1 Tablespoon coconut sugar, raw organic honey (or 1 drop stevia)

Hot Lemon & Cayenne w/ honey

juice of half a lemon

1 tablespoon honey

1/4 teaspoon cayenne (can use up to 1/2 tsp if you want the heat)

1 tablespoon fresh ginger (or 1 drop ginger essential oil)

1 cup water

DIRECTIONS: Boil water. Peel and chop ginger into fine pieces. Add lemon, honey, cayenne and ginger to a mug. Top with boiling water and let steep for five to ten minutes, until the ginger is strong and aromatic.

Matcha Latte

1 tsp matcha powder

1/4 cup hot water

3/4 cup vanilla almond, coconut or hemp milk

1 tsp honey or coconut sugar (or stevia)

1 Tablespoon coconut oil

Pup matcha powder in mug an add hot water. Stir well. Heat the milk, sweetener and coconut oil. Mix together. I prefer blending everything in my Vitamixer so it's frothy and smooth. Can be served iced as well. Enjoy!



Lemon Goji Chia Balls

- 1 C walnuts
- 1 C dates (soaked in water for an hour to soften, and drain)
- 3T Goji Berries - you can briefly soak goji berries in water to soften (drink the water – Vit C ☺)
- 3T chia seeds
- Zest and juice of 1 lemon (organic) + 3 – 4 drops of lemon essential oil (optional)
- 1 scoop vanilla raw vegan plant-based protein powder (I use Sunwarrior vanilla)
- 1 scoop collagen
- 1 teaspoon ginger powder (or 3 – 4 drops ginger essential oil)
- 1 teaspoon vanilla
- 1 † Himalayan sea salt

Blend walnuts in high speed blender or food processor until fine texture. Add dates and goji berries - Blend to a sticky dough. Blend together all other ingredients and stir with date and walnut mixture until well blended. Roll into balls and refrigerate. Zip loc to go!

Matcha Energy Balls

- 1 cup gluten-free oats
- ½ cup almond meal
- 2 teaspoons matcha powder
- 2 teaspoons raw cacao powder
- 2 Tablespoons cacao nibs
- 1 scoop Sunwarrior vanilla protein powder
- ¼ teaspoon Himalayan sea salt
- 2 Tablespoons raw honey
- ¼ cup coconut butter, melted (or coconut oil)
- 1 teaspoon vanilla extract
- 4 – 5 drops peppermint essential oil (optional)

Topping:

- ¼ cup coconut sugar
- 1 tsp matcha powder

Mix together oats, almond meal, salt protein, matcha and cacao powder in a big bowl. Blend together coconut butter, honey and vanilla in a separate bowl. Combine everything into big bowl. Roll into balls. Mix together sugar / matcha mixture and roll the balls in topping. Refrigerate.