

Nourishing Foods Cleanse

5 DAYS OF EASY & NOURISHING FOODS FOR YOUR BODY, MIND & SPIRIT

eatwellenjoylife.com

Winter - Recover Your Balance

Sample Menu

Below you will find 5 days of meals. These are guidelines to show you what 5 days of your cleanse could look like. In this Sample Menu we are moving into lighter foods as the week progresses.

These recipes are written for 2-4 people. In this menu we cook once and eat twice so there is less cooking to do. The food is delicious, you can share it with your family even if they are not doing the cleanse with you. In this cleanse we are having lunch be the largest meal of the day. Dinner is soup and vegetable or salad. I have chosen a menu that is easy to prepare. For snacks I have included the Chocolate Hemp Maca Energy Balls. Skip the snacks if you don't need them or buy one of the recommended store bought snacks if you prefer.



Sample Menu – Winter Recover 2016

Day 1

Wake up: White Chocolate Matcha Latte
Breakfast: Vanilla Chia Pudding
Lunch: Kitchari w Sautéed Spinach
1 oz fermented vegetable
Snack: Chocolate Hemp Energy Balls
Dinner: Mixed Green Salad
Cream of Mushroom Soup
1 oz fermented vegetable

Day 3

Wake up: White Chocolate Matcha Latte
Breakfast: Vanilla Chia Pudding
Lunch : French Roasted Winter Veggies
1 oz fermented vegetable
Snack: Chocolate Hemp Energy Balls
Dinner: Mixed Green Salad
left over Cream of Mushroom Soup
1 oz fermented vegetable

Day 5

Wake up: White Chocolate Matcha Latte
Breakfast: Blueberry Coconut Smoothie
1 oz fermented vegetable
Lunch: left over Buddha Bowl
Dinner: left over Energizing Kale Soup
Mixed green salad
1 oz fermented vegetable

Day 2

Wake up: White Chocolate Matcha Latte
Breakfast: Blueberry Coconut Smoothie
Lunch: Kitchari w/Pan Steamed Broccoli
1 oz fermented vegetable
Snack: Store bought Kale Chips
Dinner: Mixed Green Salad
Energizing Kale Soup
1 oz fermented vegetable

Day 4

Wake up: White Chocolate Matcha Latte
Breakfast: Blueberry Coconut Smoothie
Lunch: French Roasted Winter Veggies
1 oz fermented vegetable
Snack: Store bought Kale Chips
Dinner: Buddha Bowl w/Turmeric
1 oz fermented vegetable

*Cut up vegetables dipped in
Creamy Dill Hemp Dressing
can be had as a snack any time