



24 Hour Holiday Recovery Detox

(you can do for one, two, even three days after "a little too much fun")

GOALS:

- ✓ Alleviate water retention and bloating
- ✓ Boost metabolism
- ✓ Detoxify the liver (fatty toxins)
- ✓ Balance out blood sugar levels (so you don't crave the carby foods and keep the "yuk" going)

- ❖ Recipes are low glycemic and make 1 serving.
- ❖ Take a probiotic and an omega 3 supplement to support the liver and digestive system.

**Stick to this plan for 24 hours either before a party OR
in between days of celebrating during the holidays.**



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Drink 5-6 cups a day

SUPER FLUSH

- Water (2 cups)
- Cucumber (use slices)
- Lemon (1/2 lemon)
- Ginger (1/4 inch fresh root)

Drink A LOT of water! Try this special flush drink IMMEDIATELY upon waking.

BREAKFAST

POWER BOOST CEREAL

- ½ cup cooked quinoa
(cook according to package directions ahead of time)
- 1 Tbsp. coconut oil
- 1 tsp. ground cinnamon
- 1 ounce of sliced almonds
- 1 Tbsp. of flaxseed
- 1 cup coconut milk

Mix ingredients in a bowl.

SNACK (SEE OPTIONS)



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LUNCH

CLEANSING SALAD

- ¼ cup pumpkin seeds
- 1 medium beet, peeled and julienned (or chopped)
- ¼ cup chopped cilantro leaves
- 1 cup spinach leaves
- 2 Tbsp. lemon juice
- 1 Tbsp. extra virgin olive oil

In a large bowl, combine ingredients. Toss and serve.

SNACK (SEE OPTIONS)

DINNER

LENTIL DELUXE SOUP

- ½ cup red lentils
- ¼ tsp. red pepper flakes
- ¼ tsp. turmeric
- 1 cup vegetable broth

Bring ingredients to a boil. Reduce heat and then simmer uncovered for 15 minutes. Serve.

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4:25 PM



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DRINK 1-2 HOURS BEFORE BED

STRAIGHT UP BLISS TEA

- 6-inch piece of fresh ginger
- 1 teaspoon turmeric
- 2 cinnamon sticks
- ½ teaspoon cayenne
- spoonful of raw honey (optional)
- squeeze of lemon

Peel ginger and slice thinly on the diagonal. Use the side of the knife to smash the ginger (exposing more surface area). Add ginger slices to a saucepan with 6 cups of water and bring to a boil. Turn the heat to low and simmer for 10 minutes. Add the cinnamon sticks, turmeric, and cayenne. Simmer for another 10 minutes. Strain into a mug. Stir in a spoonful of honey and squeeze of lemon.

SNACK IDEAS

carrots sticks with hummus, apple with nut butter (no peanut butter as it is acidic and can cause digestive issues), or a green juice or smoothie.