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# I. INTRODUCTION TO THE 7-DAY QUICK START PROGRAM

## WELCOME TO THE PROGRAM

Are you hoping to fit into a smaller pant size in time for a special occasion? Or fit into smaller clothes in time for the next season? We can help! The 7-Day Quick Start Program is designed to deep clean your body and help you shed those last 5-10 pounds for good. If you're struggling with chronic health problems (acne, fatigue, bowel sluggishness, etc.), this program can help with those too! Sometimes a thorough detoxification program is all your body needs to "reset" itself and end the vicious cycle of illness and inflammation. When you're done, you'll feel thinner, healthier, and more mentally aware. You'll be able to start over with a clean slate and tackle the challenges that come your way!

## WHAT IS CLUB REDUCE?

Club Reduce was created to help you – and others like you – to lose weight, address physical ailments, and restore full body health. Being a member of Club Reduce will give you great benefits and weight loss tools, as well as fantastic discounts on our products and services! You will receive access to daily food journals, delicious recipes, example menus, and much more. If you've signed up for this program, don't forget to enroll as a Club Reduce member! Club Reduce gives you dozens of useful tools to assist you on your path to total wellness.

## WHY YOU ARE HERE

Most people have 5-10 pounds that they'd like to lose, but can't. Those last few pounds can be stubborn! You've probably tried a variety of diets and fitness routines, only to wind up frustrated because of little or no improvement. We understand that this can be frustrating, and we want the very best for you as our patient. To help get your body back on track, we've designed a thorough detoxification program that will help your body expel the toxins that caused you to gain weight in the first place.

You may think that your diet is pretty healthy most of the time. Unfortunately, many toxins can sneak into your diet, even from the "healthier" foods that you buy. For example, most breakfast cereals contain artificial sweeteners or high fructose corn syrup, and the milk that you buy is probably contaminated with hormone and antibiotic residues. The salad dressing that you're using for lunch is probably loaded with inflammatory vegetable oils and preservatives, and the alfredo sauce that you're eating for dinner probably contains gut-damaging "emulsifiers."

Because these types of foods can contribute to bad health over the course of several years, you may not recognize the signs of poor nutrition and internal toxicity. Your body can become very unhealthy without you even realizing it! *Those stubborn 5-10 pounds may be a sign that something is going terribly wrong.* This detoxification program that you're about to embark on will get your body back on track so that you can enjoy your future – your vacation on the beach, your perfect wedding, or whatever else you'd like to do – without worrying about the way you look or feel.

## II. WHAT YOU CAN ACCOMPLISH IN 7 DAYS

Your body is designed to heal itself. If you scrape your knee, smash your thumb, or bruise your knuckles, your body will repair the damage. However, if you scrape the same knee every day, you never give your body a chance to heal. This is what it's like when you bombard your body with processed food and toxic chemicals on a daily basis. Your body needs a rest from the constant assault in order to heal. This resting process is called *detoxification*. To make your detoxification program as effective as possible, it's important to eat a super-clean diet on the two days before and after your liquid detox. We'll provide you with all of the supplements and information you need to succeed! You can lay back, relax, and know that your body is getting everything it needs.

### DETOXIFICATION 101: A BEGINNER'S GUIDE

Your body's natural healing abilities are really quite incredible. When your body accumulates more toxins than it can handle, it tries to force them out so that they can't do further damage. You don't even have to think about it – your body knows how to do this automatically. Toxins are eliminated through body openings – the pores of the skin, eyes, ears, nose, mouth, rectum, and urinary tract – as a part of your body's natural cleansing system. When you consume more toxins than your body is able to eliminate, that's when you gain weight and develop cellulite!

Think about your kitchen sink. Over time, it can accumulate chunks of solid food, grime, and bad bacteria that clog the disposal and get all over your dishes. Your gut works in the same way! It needs to be cleaned periodically to function optimally. When you clean your gut on a detoxification program, you will typically expel between 2-8 pounds of waste materials, built-up fluids, and other toxins! During this process, the liver, kidneys, colon, and blood are purified and begin to function more effectively. Your body is restored to optimal health. When your body is allowed to heal naturally, weight loss becomes much easier.

#### *THE EXPERIENCE OF DETOXIFICATION*

On a detox program, you may experience both high and low points. Both the “highs” and the “lows” are normal parts of the detoxification process. Though you'll probably have more energy than you've had in the past, you may also experience a “healing crisis.” If you have a healing crisis, congratulations! Healing crises happen because your body is pulling toxins out of long-term storage to be processed for elimination. This can temporarily cause unpleasant symptoms for a short period of time (headaches, skin breakouts, diarrhea, sweating, or other flu-like symptoms). While unpleasant, a healing crisis is actually a good thing! A healing crisis lets you know that your detoxification program is really working.

For some, symptoms are psychological in nature. You may find that your emotions become more intense during this time, and a handful of people may experience anxiety, irritability, or depression. You won't be able to bury your emotions with food, and this can be challenging. Instead of numbing your feelings with food, listen to those feelings! Process them as they arise. This opportunity to release pent-up feelings can be emotionally healing. Whatever you do, don't give up! Your body is hard at work repairing years of dietary damage.

## CLEANSING WITH FRESH VEGETABLE JUICE

On this program, you'll be detoxing with fresh vegetable juice. To have fresh juice available, *you'll need to make the juice yourself*. The vegetable juices that you find in the store (V8, for example) are usually made from concentrate and can contain unhealthy artificial additives. Store-bought juice is pasteurized at a high heat, killing all of the beneficial enzymes and reducing nutrient content. Homemade juice is guaranteed to be free of the additives you don't want and full of the nutrients that you do!



**Warning:** On this program, you'll want to drink 4-6 juices each day (16-20 ounces each). If you drink too little juice, your body will go into starvation mode and you won't lose as much weight. We recommend adding a small amount of fruit to each juice (less than ¼ of the total juice) to make sure that you're getting enough calories each day. This has the added benefit of making your juice taste exceptionally delicious!

In order to make vegetable juice yourself, you'll need a juicer. There are two types of juicers that you can buy – masticating or centrifugal. Centrifugal juicers use a fast spinning blade to separate juice from pulp, often heating the juice to high temperatures through friction. This destroys some enzymes and renders the juice less nutritious! The process also rapidly exposes the juice to air, oxidizing the vegetable particles and causing the juice to stay fresh for only a short period of time.

Masticating juicers (often called “slow” or “squeeze” juicers) are much gentler on your vegetables – they crush and press them against a mesh filter, cold-pressing a highly-nutritious, enzyme-rich juice. They are also able to remove far more juice from your produce, leaving you with up to 30% more juice to consume! This juice will stay fresh for much longer. Although it's okay to use a centrifugal juicer (a Jack LaLanne, for example), you should avoid store-bought juice. If you don't have a juicer, another great option is to blend vegetables (like tomatoes, cucumbers, and spinach) with water in a high speed blender. One advantage of this method is that the juice is complete with all of its original fiber!

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## STRUCTURING YOUR PROGRAM

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On this program, you'll use your Quick Start 7-Day Cleanse Kit and Nutritional Shake to help maximize your nutritional intake and deep clean your body as thoroughly as possible. In your 7-Day Cleanse Kit, you'll find two things: *Power-Cleansing Detox Packs* and *Essential Greens*. Here's how you'll use each of these supplements to maximize your results:

- On the first and last two days of your program (days 1-2 and days 6-7), you'll replace two meals with the Nutritional Shake.
- On each of the 7 days, you'll take two Power-Cleansing Detox Packs, one with breakfast and one with lunch.
- On each of the 7 days, you'll drink two Essential Greens drinks, either as a snack or with a meal.

You'll find that these supplements make your detoxification program *much* easier and *much* more effective. You'll feel incredible when you're done! As far as your diet goes, here's what you'll do:

## ***DAYS 1-2: GETTING IN THE ZONE***

The first two days are “prep days” designed to clean up your diet and ensure that you get maximum results throughout the remainder of your detox. To accomplish this, you’ll replace two of your three meals with the Nutritional Shake. For your main meal – either lunch or dinner – you’ll eat a large serving of vegetables (a plate of steamed veggies, a soup, a salad, or a stir-fry). In this meal, you can include healthy fats (extra virgin olive or coconut oil), fresh herbs, vegetable broth, and additive-free spices. You also have the option to include a single serving of fruit. Don’t forget to drink your Essential Greens and take your supplements!

## ***DAYS 3-5: A LIQUID-ONLY CLEANSE***

For days 3-5, you’ll drink a liquid-only diet of Essential Greens, homemade vegetable juice (4-6 juices that are 16-20 ounces each), lemon water, and caffeine-free herbal tea. This part isn’t as hard as it sounds. Your body will be getting all of the nutrients that it needs, and you’ll be feeling better than ever. These liquid foods provide a source of easily absorbable energy that won’t spike your blood sugar. Though you’ll have all of the calories, vitamins, and minerals that your body needs, your digestive system will be given a break. This gives the gut a chance to rest, restore, and *finally* heal. When you’re done, you’ll be able to start eating solid foods on a brand new, clean slate. Herbal supplements are used to provide additional nutrients and facilitate this healing process. For more information about homemade vegetable juice, see pg. 4.

Note: Your doctor may recommend that you extend this portion of your program, if needed. Consult with your doctor if you’re interested in this possibility.

## ***DAYS 6-7: TRANSITIONING BACK TO SOLID FOODS***

How you come off a detox is just as important as how you detoxify. On days 6 and 7, you’ll transition off of the liquid-only detox by eating the same types of food that you ate on days 1 and 2. You’ll replace two of your three meals with the Nutritional Shake, and eat a large serving of vegetables for your remaining meal. As you complete your detox program, many of the negative symptoms that you have been experiencing will have already begun to disappear. The effects of a three-day cleanse are dramatic. Your body is now clean and will no longer tolerate abuse. A couple of beers will make you drunk, you may become ill after eating pizza, and a candy bar may give you a headache. All these foods are very unhealthy, and your new, clean body will be more sensitive to toxins. You’ll feel ready to tackle any new challenges that come your way.

## ***ADDITIONAL TIPS FOR SUCCESS***

- Drinking enough water is especially important during detoxification. Staying hydrated is the only way to flush toxins from your body. Drinking water will reduce your cravings, improve your circulation, and help get those toxins out of your body ASAP. As a rule of thumb, you should drink half your body weight in ounces of water each day.
- Before you start your detox, stop and think about what your motivation is. Write it down and put it somewhere you can see all day long. If you’re not 100% sure why you’re doing this, you may

feel tempted to cheat. Stay focused on why you're doing this in the first place, and you'll find it much easier to succeed.

- Because your body is busy healing, you may find that you need more sleep than usual. Listen to your body and stay well rested. The most important healing happens at night. You may also want to reduce physical activity and opt for less strenuous forms of exercise. Give your body a rest – it's busy repairing the damage caused by years of abuse, and it needs all of the energy it can get.

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## WHAT TO EAT ON YOUR PREP AND TRANSITION DAYS

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On the first and last two days of your program, you'll be eating a super-clean diet designed to facilitate the detox that happens in between. On these days, you'll replace two of your three meals with the Nutritional Shake. This will ensure that your body is getting *exactly* what it needs. You'll only have one meal to plan on your own, and it will be comprised entirely of vegetables! You can have this meal for either lunch or dinner, depending on what works best for you. For this meal, try to pack in as many different vegetables as possible! The more nutrients your body gets, the more efficient your healing process will be. *It's important to choose raw, fresh, organic ingredients whenever possible.*

### ***THE SOLUTIONS4 NUTRITIONAL SHAKE***

This quick and easy meal replacement shake is great for losing weight and maintaining your blood sugar. Each time you drink a shake, you get a healthy dose of vitamins, protein, probiotics, omega-3, and digestive enzymes! The all-natural, lactose and casein-free protein comes from grass-fed, free-range cows in New Zealand. You'll want to incorporate this product into your life even after you finish your program. Used as a meal replacement, this shake will help you get all of the daily nutrients you need while helping you maintain a healthy weight for life!

### ***FEAST ON DARK LEAFY GREENS AND VIBRANT VEGGIES***

Dark leafy greens are nature's multivitamin. They're low in calories and loaded with a potent blend of antioxidants, vitamins, minerals, and fiber! Spinach, for example, is extraordinarily rich in vitamin C, which helps to boost your immune system and prevent arthritis. Collards and kale are packed with the calcium your body needs to build strong bones and avoid osteoporosis! On top of all of this, leafy greens are high in the vitamin E your skin needs to stay healthy as you age. It's important to consume plenty of dark leafy greens on your program – especially as juice on your detox days.

Eat a rainbow of vibrant, brightly colored vegetables! Bright colors – red, orange, yellow, green, blue, or purple – indicate the presence of valuable nutrients. Red vegetables like tomatoes and peppers are rich in lycopene, a nutrient that can reduce your risk of cancer and heart disease. Orange vegetables like carrots and sweet potatoes are packed with carotene – a nutrient that keeps your eyes and skin luxuriously healthy! Brightly colored vegetables pack a huge bang for their buck. The nutrients supply you with lots of energy, and they keep you feeling full and satisfied. When you eat lots of brightly colored vegetables, your body stays in “fat burning” mode, keeping you lean and healthy! Like dark leafy greens, brightly colored vegetables should be eaten in abundance.

## ***EXTRAS: A SINGLE SERVING OF FRUIT, A LITTLE BIT OF HEALTHY FAT***

With your all-vegetable meal, it's okay to include a single serving of fruit for dessert. This will help satisfy your sweet tooth and provide additional nutrients. It's also okay to use a little bit of extra virgin olive oil or coconut oil when cooking your vegetables. These oils contain all of the valuable nutrients, enzymes, and antioxidants contained in the original plant. They're so healthy that moderate amounts can actually help you lose weight!

## ***EAT ORGANIC, EAT FRESH***

Did you know that more than 500 different chemicals are routinely used on conventional produce? A single grape is covered in 15 different types of synthetic pesticides! These pesticides can be very difficult to wash off, and some are absorbed into the plants themselves. Pesticides can wreak havoc on your body – some affect your nervous system, others disrupt your hormones, and many cause birth defects in later generations. To prevent these pesticides from interfering with your detox, choose organic fruits and vegetables instead. As an added benefit, you'll also get more nutrients too! On average, organic fruits and veggies have 29% more magnesium, 27% more vitamin C, 21% more iron, and 14% more phosphorous than their conventional counterparts. That's a big difference.

Did you know that cooking your vegetables can reduce nutrient content by 25% to 75%? Your serving of vitamin-rich broccoli loses half of its nutritional value when you boil it on the stove! Boiling causes far more nutrient loss than lighter cooking methods like steaming or lightly sautéing. When you boil vegetables, many of the nutrients leach out into the water and aren't consumed. Unless you want to drink the boiled vegetable water, you should opt for a lighter cooking method. Food is always best when it's fresh!

Here's a quick overview of what you'll be eating on your program:

## **PREP & TRANSITION DAYS**

<b>Foods to Enjoy</b>	<b>Foods to Avoid</b>
<ul style="list-style-type: none"><li>• Dark leafy greens</li><li>• Brightly colored vegetables</li><li>• Single serving of fruit (per day)</li><li>• Coconut oil</li><li>• Olive oil</li><li>• Organic, additive-free vegetable broth</li></ul>	<ul style="list-style-type: none"><li>• All fast food, processed food, and junk food</li><li>• Meat (fish, poultry, red meat, etc.) and eggs</li><li>• Grains (wheat, rye, spelt, sorghum, millet, barley, etc.)</li><li>• Legumes (black beans, lima beans, white beans, etc.)</li><li>• Dairy products (Milk, cheese, yogurt, etc.)</li><li>• Refined oils (canola oil, soybean oil, sunflower oil, safflower oil, peanut oil)</li><li>• Nuts and seeds (almonds, cashews, Brazil nuts, sesame seeds, poppy seeds, etc.)</li></ul>

### III. YOUR PROGRAM MANUAL RESOURCES

#### ***DAILY CHECKLISTS***

In the daily checklists, you'll have the opportunity to write down everything you ate for breakfast, lunch, snacks, and dinner (even if all you ate for a meal was a Nutritional Shake). When you come in for your one-on-one evaluations, we'll review your meal choices to make sure that you're on the right track! The checklists ask you a series of questions each day to make sure that the program is working for you (about sleep habits, exercise, etc.). They also have a space where we want you to jot down your thoughts and feelings about how the day went. Studies show that keeping a food journal will make you twice as successful at losing (and maintaining) your weight! That's a big benefit from such a simple task.

#### ***RECIPES***

All of our recipes are 100% program approved. When planning your daily meals on days 1-2 and 6-7, you can choose anything you find in our recipe section! You can also use our incredible juice recipes during your liquid-only detox. Of course, you'll still want to follow your program guidelines and replace two meals each day with the Nutritional Shake (and follow detox guidelines on days 3-5). We've put together some of our best recipes to help you maintain your weight and feel great! With food this good, you won't feel like you're missing out on anything.

#### ***EXAMPLE MENUS***

If you're too busy to plan your meals in advance, we've done it all for you! We've prepared a daily sample menu that you can use to structure your meals throughout the week. Every single day is accounted for. If you're wondering what to eat, you can just flip to the day of the program you're on and look at what's planned for that day. The recipes themselves are low-hassle, easy to prepare, and excellent for family dinners! You can choose to use these convenient example menus or design your own from scratch.

#### ***CALORIE INDEX***

We have the calorie count for all of the foods that are foundational for this program. Each time you put together a new recipe, you can easily reference the calorie index to determine how many calories you ate (or drank) in your meal!

## DAILY CHECKLISTS



## DAY 1 – Prep Day 1

**Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 7 for more information.

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

<b>Calories Allotted for the Day</b>	
<b>Total Calories You Ate</b>	

**Log Any Emotions or Situations that Affected Your Eating Today:**

[illegible]

## AM: Power-Cleansing Detox Pack, Essential Greens

PM: Power-Cleansing Detox Pack, Essential Greens

**Lifestyle Guidelines:** (✓ = Yes    X = No)

- ☐ Did you follow nutritional guidelines?
  - ☐ Did you take all of your supplements?
  - ☐ Did you track your calories?
  - ☐ Did you stay within your calorie budget?
  - ☐ Did you drink  $\frac{1}{2}$  your weight in oz. of water?
  - ☐ Did you exercise? \_\_\_\_ min.
  - ☐ Did you sleep at least 8 hours? \_\_\_\_ hrs.
  - ☐ Did you replace 2 meals with a Nutritional Shake?
  - ☐ Write down questions for next appointment:  
\_\_\_\_\_  
\_\_\_\_\_



**Date:** \_\_ / \_\_ / \_\_

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

<b>Calories Allotted for the Day</b>	
<b>Total Calories You Ate</b>	

[illegible]

PM: Power-Cleansing Detox Pack, Essential Greens

- ☐ Did you follow nutritional guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you track your calories?
- ☐ Did you stay within your calorie budget?
- ☐ Did you drink  $\frac{1}{2}$  your weight in oz. of water?
- ☐ Did you exercise? \_\_\_\_ min.

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Today is about cleansing the body!  
Only drink homemade vegetable juice during this time.

Breakfast	Ounces

Lunch	Ounces

Dinner	Ounces



PM: Power-Cleansing Detox Pack,  
Essential Greens

**Lifestyle Guidelines:** (✓ = Yes    X = No)

- ☐ Did you follow the detox guidelines?
- ☐ Did you take all of your supplements today?
- ☐ Did you drink 4-6 glasses of juice that were 16-20 oz. each?
- ☐ Did you drink ½ your weight in oz. of water?
- ☐ Did you sleep at least 8 hours? \_\_\_\_ hrs.
- ☐ Write down questions for next visit:

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**Date:** \_\_ / \_\_ / \_\_

Only drink homemade vegetable juice during this time.

Breakfast	Ounces

Lunch	Ounces

Dinner	Ounces



PM: Power-Cleansing Detox Pack,  
Essential Greens

- ☐ Did you follow the detox guidelines?
- ☐ Did you take all of your supplements today?
- ☐ Did you drink 4-6 glasses of juice that were 16-20 oz. each?
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- ☐ Write down questions for next visit:

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Today is about cleansing the body!  
Only drink homemade vegetable juice during this time.

Dinner	Ounces



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Replace two meals with the Nutritional Shake today. For your third meal, eat a large serving of vegetables (steamed veggies, a soup, a salad, or a stir-fry). Reference the chart on pg. 7 for more information.

Breakfast	Calories
Mid-Morning Snack	Calories
Lunch	Calories
Mid-Afternoon Snack	Calories
Dinner	Calories
Calories Allotted for the Day	
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  - ☐ Did you exercise? \_\_\_\_ min.
  - ☐ Did you sleep at least 8 hours? \_\_\_\_ hrs.
  - ☐ Did you replace 2 meals with a Nutritional Shake?
  - ☐ Write down questions for next appointment:  
\_\_\_\_\_  
\_\_\_\_\_



**Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Breakfast	Calories

Mid-Morning Snack	Calories

Lunch	Calories

Mid-Afternoon Snack	Calories

Dinner	Calories

<b>Calories Allotted for the Day</b>	
<b>Total Calories You Ate</b>	

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PM: Power-Cleansing Detox Pack, Essential Greens

- ☐ Did you follow nutritional guidelines?
- ☐ Did you take all of your supplements?
- ☐ Did you track your calories?
- ☐ Did you stay within your calorie budget?
- ☐ Did you drink  $\frac{1}{2}$  your weight in oz. of water?
- ☐ Did you exercise? \_\_\_\_\_ min.

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# WHERE TO GO FROM HERE

## IF YOU REACHED YOUR GOAL

If you reached your goal weight or restored your body to the level of health you were aiming for, congratulations! You're feeling healthy and happy, but now what? At this point, you'll need to make some decisions about your long-term weight and health maintenance. Here at Club Reduce, we offer a Maintenance Program that can help this transition go as smoothly as possible. We don't want you to start eating just anything! Any new foods must be reintroduced slowly, and certain foods shouldn't be reintroduced at all. On a Maintenance Program, we'll help you find a custom fit for your diet so that your new, healthy eating habits will last a lifetime.

## IF YOU STILL HAVE ROOM TO IMPROVE

If you haven't reached your goal weight or accomplished your health goals, don't despair. There's so much more you can do! Here in our clinic, we offer programs that can completely change your life, whether you need to lose 5 pounds or 50. Our weight loss programs are so successful because we take a holistic approach to treating the whole person, rather than just the physical symptoms of disease. We believe that your food habits, stress levels, and interpersonal relationships all contribute to the condition in which you find yourself today. Rather than treating superficial symptoms, our treatments focus on addressing the causes of illness and treating your problems at the source.

### ***NUTRITIONAL PROGRAMS***

The way that you live and the daily decisions that you make determine your level of health. According to the U.S. Center for Disease Control and Prevention, the quality of your medical care accounts for only 10% of your overall health. Predisposed, hereditary conditions account for another 18%. Everyday lifestyle conditions – the foods you eat, your activity level, and the toxins you are exposed to – account for 72%! As a holistic facility, we want to educate you on the principles of proper nutrition so that your success lasts a lifetime. Our nutritional programs are designed to empower you to obtain optimal health, wellness, and balance in your life – physically, emotionally, and spiritually. The first step in this process is reforming your relationship with food.

### ***TREATMENTS***

To meet your holistic needs, we offer resources that help you improve your food habits, reduce stress levels, sleep better, reduce the appearance of cellulite, lose inches, and increase your physical activity. Self-Mastery Technology (SMT) sessions help you to make emotional eating a thing of the past! They can also reduce your stress levels and make healthy sleep habits come more naturally to you. Our Whole Body Vibration (WBV) and Exercise with Oxygen Therapy (EWOT) sessions will make exercise something to get excited about! We also offer Body Wraps for inch-loss and cellulite reduction that allow you to lose 4-14 inches in one hour. You can even relax in the Infrared Sauna and expect to burn up to 600 calories in half an hour – the equivalent of running 10-15 km! When you visit us, we'll customize a treatment plan that addresses your own specific needs.

# RECIPES

## VEGETABLE JUICE

*Instructions: Making homemade vegetable juice is pretty simple once you get the hang of it. All you have to do is wash the ingredients, cut them into chunks, and run them through your juicer. Feel free to mix things up or customize recipes to suit your personal palate!*

### Basic Green Juice

Handful of spinach  
2 medium stalks of celery  
Small handful of parsley  
3 medium stalks of kale  
2 Bartlett pears  
1 lemon, cut and peeled  
1 cucumber

### Thai Green Juice

6-8 large leaves of kale, collards, or chard  
1 small bunch cilantro  
¼ medium pineapple  
2 limes, peeled

### Tropical Green Juice

6-8 large leaves of spinach or kale  
1/4 medium pineapple  
1 large mango  
2 limes, peeled

### Virgin Bloody Mary

3 tomatoes  
1 celery stalk  
½ cucumber  
½ tablespoon sea salt  
Sprinkle of cayenne pepper

### Heart-Healthy Happiness Juice

2 medium tomatoes  
2 medium carrots  
1 medium cucumber  
2 stalks of celery  
Small handful of parsley

### Can't Be Beet

2 medium beets  
1 granny smith apple  
3 medium carrots

### Carrot Ginger Spice

3 medium carrots  
1 large apple  
1 inch piece of ginger

### Sunshine Skin Saver

4 yellow peppers  
1 ripe mango  
1 medium orange  
2 inch piece of ginger

### Purple Power Juice

1 beet  
¼ medium purple cabbage  
5 celery stalks  
5 medium carrots  
1 inch piece of ginger  
1 lime  
1 apple

### Cucumber Mint Cooler

1 medium cucumber  
1 celery stalk  
1 apple  
1 handful spinach  
2-3 sprigs of mint

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## VEGETABLE RECIPES

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### Fennel and Orange Salad

2 cups raw spinach  
1 small fennel bulb, thinly sliced  
1 orange, peeled and sectioned  
Lemon Herb Dressing

1. Combine all ingredients with desired amount of dressing.

*Prep time: 15 minutes*

*Serves 2*

### Veggie Chowder

2 large tomatoes, peeled and pureed  
1 cup water  
1 medium red bell pepper, diced  
1 medium yellow onion, finely chopped  
1 garlic clove, minced  
1 tbsp. fresh parsley, chopped  
1 tbsp. fresh sage, chopped  
1 tbsp. fresh thyme, chopped

1. Combine all ingredients in a large pan and bring to a boil.  
2. Reduce heat and simmer for 10-15 minutes or until veggies are tender.

*Prep time: 20 minutes*

*Serves 4*

### Lemon Herb Dressing

½ cup extra virgin olive oil  
¼ cup fresh lemon juice  
1 tsp. dill  
1 tsp. oregano  
1 tsp. tarragon  
1 clove of garlic, crushed  
Dash of salt and pepper.

Place all ingredients in a bowl and stir.

*Prep time: 5 minutes*

*Serves 1*

### Spicy Taco Crunch Wraps

1 ripe avocado, diced  
½ large onion, diced  
¼ cup fresh lime juice  
⅛ cup fresh parsley, chopped  
½ jalapeno pepper, diced  
1 ½ tsp. sea salt  
Romaine or leaf lettuce

1. In a food processor, add all ingredients and process until smooth.  
2. Spoon into a lettuce leaf and wrap.

*Prep time: 10 minutes*

*Serves 2*

### **Nori and Avocado Salad**

1 cup chopped romaine lettuce  
1 cup chopped spinach  
½ cup alfalfa sprouts  
4 sheets of nori  
½ an avocado, diced

1. Mix lettuce, spinach, sprouts, and avocado in a medium salad bowl. Set aside.
2. Place a nori sheet in a frying pan on medium heat. Turn the nori from side to side until it goes from black to bright green. Repeat with other sheets of nori.
3. Cut nori into bite size pieces and add to salad. Toss well and add avocado.
4. Drizzle Lemon Herb Dressing over the top. Enjoy!

\*Substitute ½ cup sliced cucumber for the avocados for a lighter, equally delicious salad.

*Prep time: 20 minutes*

*Serves 2*

### **Creamy Celery Soup**

1 medium onion, diced  
1 medium celery stalk, chopped  
1 medium garlic clove, chopped  
1 tbsp. olive oil  
5 cups organic vegetable broth  
Freshly ground pepper  
4 cups chopped vegetables

1. Sauté oil, onion, garlic, and celery for 1 minute on medium heat.
2. Add remaining vegetables and sauté for another minute.
3. Add broth and bring to a boil. Simmer for 8-10 minutes or until vegetables are tender.
4. Add half of soup to blender at a time. Liquefy to a cream. Repeat with the remaining soup.
5. Reheat soup over medium heat. Add salt and pepper to taste.

*Prep time: 30 minutes*

*Serves 4-5*

### **Greek Salad**

2 cups chopped romaine lettuce  
1 Roma tomato, seeded and cut into chunks  
¼ cucumber, seeded and cubed  
¼ cup thinly sliced red onion  
¼ red bell pepper, cut into chunks

Combine all ingredients with desired amount of dressing.

*Prep time: 15 minutes*

*Serves 1*

### **Melted Tomato & Zucchini Wraps**

1 tsp. extra virgin olive oil  
½ cup thinly sliced zucchini rounds  
½ large tomato, chopped  
½ medium yellow onion, finely chopped  
Garlic powder and fresh basil, to taste  
2 iceberg lettuce leafs

1. Preheat oven to 350° and heat oil in a skillet.
2. Add vegetables and seasonings to skillet and sauté until tender.
3. Allow vegetables to cool and then place in lettuce leafs.

*Prep time: 20 minutes*

*Serves 2*

### **Mock “Mashed Potatoes”**

1 head of fresh cauliflower florets, chopped  
1 tbsp. organic vegetable broth  
1 tbsp. minced dried onion  
⅛ tsp. black pepper  
¼ cup water

1. Steam cauliflower until tender.
2. Combine all ingredients in a saucepan and cook on medium heat for 5-7 minutes, stirring frequently.
3. Remove from heat and either mash (for a chunkier texture) or puree (for a creamier texture).

*Prep time: 10 minutes*

*Serves 2-3*

## **Veggie Kabobs**

### Marinade

2 tbsp. coconut oil  
3 tbsp chopped fresh rosemary  
2 garlic cloves, peeled and crushed  
Juice of 2 lemons

### Kabob

1 red bell pepper, cut into 2" cubes  
1 yellow pepper, cut into 2" cubes  
1 green pepper, cut into 2" cubes  
1 onion cut into 2" cubes  
24 cherry or grape tomatoes  
12 wooden skewers

1. In a bowl, mix together all ingredients for marinade.
2. Add vegetables to marinade, turning to coat all sides.
3. Refrigerate for 1 hour.
4. Skewer vegetables and grill for 3-5 minutes, brushing on additional marinade and flipping halfway through.

*Prep time: 30 minutes*

*Serves 6*

## EXAMPLE MENUS

### DAY 1: Prep Day 1

**Breakfast:** Nutritional Shake

**Lunch:** Nutritional Shake

**Dinner:** Fennel and Orange Salad

### DAY 2: Prep Day 2

**Breakfast:** Nutritional Shake

**Lunch:** Nutritional Shake

**Dinner:** Nori and Avocado Salad

### DAY 3: Detox Day 1

**Juice #1:** Basic Green Juice

**Juice #2:** Virgin Bloody Mary

**Juice #3:** Carrot Ginger Spice

**Juice #4:** Thai Green Juice

**Juice #5:** Purple Power Juice

### DAY 4: Detox Day 2

**Juice #1:** Sunshine Skin Saver

**Juice #2:** Tropical Green Juice

**Juice #3:** Heart-Healthy Happiness Juice

**Juice #4:** Cucumber Mint Cooler

**Juice #5:** Basic Green Juice

### DAY 5: Detox Day 3

**Juice #1:** Thai Green Juice

**Juice #2:** Can't Be Beet

**Juice #3:** Carrot Ginger Spice

**Juice #4:** Tropical Green Juice

**Juice #5:** Purple Power Juice

### DAY 6: Transition Day 1

**Breakfast:** Nutritional Shake

**Lunch:** Nutritional Shake

**Dinner:** Creamy Celery Soup

### DAY 7: Transition Day 2

**Breakfast:** Nutritional Shake

**Lunch:** Nutritional Shake

**Dinner:** Veggie Kabobs

## CALORIE INDEX

<i><b>Vegetables</b></i>	<i><b>Calories</b></i>	<i><b>Serving Size</b></i>	<i><b>Measurement Unit</b></i>
<i>Artichokes</i>	42	½	Cup
<i>Alfalfa sprouts</i>	8	1	Cup
<i>Asparagus</i>	27	1	Cup
<i>Bamboo shoots</i>	42	1	Cup
<i>Beets</i>	59	1	Cup
<i>Bok choy</i>	9	1	Cup
<i>Broccoli</i>	31	1	Cup
<i>Brussels sprouts</i>	38	1	Cup
<i>Butter lettuce</i>	7	1	Cup
<i>Chinese cabbage</i>	12	1	Cup
<i>Red cabbage</i>	28	1	Cup
<i>Carrots</i>	53	1	Cup
<i>Cauliflower</i>	27	1	Cup
<i>Celery</i>	16	1	Cup
<i>Chard</i>	7	1	Cup
<i>Chives</i>	1	1	Tablespoon
<i>Collard greens</i>	11	1	Cup
<i>Cress</i>	16	1	Cup
<i>Cucumber</i>	8	½	Cup
<i>Dandelion greens</i>	25	1	Cup
<i>Eggplant</i>	20	1	Cup
<i>Endive</i>	4	½	Cup
<i>Escarole</i>	4	½	Cup
<i>Fennel</i>	27	1	Cup
<i>Garlic</i>	4	1	Teaspoon
<i>Green beans</i>	31	1	Cup
<i>Green leaf lettuce</i>	5	1	Cup
<i>Green onions</i>	32	1	Cup
<i>Green peppers</i>	18	1	Cup
<i>Iceberg lettuce</i>	10	1	Cup
<i>Jicama</i>	49	1	Cup
<i>Kale</i>	33	1	Cup
<i>Kohlrabi</i>	37	1	Cup
<i>Leek</i>	54	1	Cup
<i>Mung bean sprouts</i>	45	1	Tablespoon
<i>Mushrooms</i>	16	1	Cup
<i>Mustard greens</i>	15	1	Cup
<i>Oakleaf lettuce</i>	9	1	Cup
<i>Okra</i>	33	1	Cup
<i>Olives</i>	10	1	Tablespoon

<b><i>Vegetables</i></b>	<b><i>Calories</i></b>	<b><i>Serving Size</i></b>	<b><i>Measurement Unit</i></b>
<i>Onion</i>	46	1	Cup
<i>Parsley</i>	1	1	Tablespoon
<i>Parsnips</i>	100	1	Cup
<i>Peas</i>	118	1	Cup
<i>Red leaf lettuce</i>	5	1	Cup
<i>Red peppers</i>	3	1	Tablespoon
<i>Pimentos</i>	44	1	Cup
<i>Radicchio</i>	9	1	Cup
<i>Radishes</i>	18	1	Cup
<i>Rhubarb</i>	26	1	Cup
<i>Romaine</i>	8	1	Cup
<i>Rutabaga</i>	53	1	Cup
<i>Shallots</i>	7	1	Tablespoon
<i>Snap beans</i>	31	1	Cup
<i>Spinach</i>	7	1	Cup
<i>Sugar (snow) peas</i>	35	1	Cup
<i>String beans</i>	31	1	Cup
<i>Swiss chard</i>	7	1	Cup
<i>Tomatillos</i>	21	½	Cup
<i>Turnips</i>	36	1	Cup
<i>Water chestnuts</i>	60	½	Cup
<i>Watercress</i>	4	1	Cup
<i>Wheatgrass</i>	7	1	Ounce
<i>Zucchini</i>	19	1	Cup

<b><i>Fruits</i></b>	<b><i>Calories</i></b>	<b><i>Serving Size</i></b>	<b><i>Measurement Unit</i></b>
<i>Apples</i>	57	1	Cup
<i>Apricots</i>	79	1	Cup
<i>Avocados</i>	234	1	Cup
<i>Bananas</i>	133	1	Cup
<i>Blackberries</i>	62	1	Cup
<i>Blueberries</i>	85	1	Cup
<i>Boysenberries</i>	225	1	Cup
<i>Cantaloupe</i>	53	1	Cup
<i>Cherries</i>	77	1	Cup
<i>Coconut</i>	283	1	Cup
<i>Coconut water</i>	46	1	Cup
<i>Dates</i>	414	1	Cup
<i>Figs</i>	37	1	Piece
<i>Grapefruit</i>	97	1	Cup
<i>Grapes</i>	62	1	Cup
<i>Guava</i>	112	1	Cup

<i><b>Fruits</b></i>	<i><b>Calories</b></i>	<i><b>Serving Size</b></i>	<i><b>Measurement Unit</b></i>
<i>Honeydew</i>	61	1	Cup
<i>Kiwi</i>	110	1	Cup
<i>Lemon</i>	61	1	Cup
<i>Lime</i>	60	1	Cup
<i>Mulberries</i>	60	1	Cup
<i>Nectarines</i>	61	1	Cup
<i>Oranges</i>	85	1	Cup
<i>Papaya</i>	98	1	Cup
<i>Peaches</i>	61	1	Cup
<i>Pears</i>	80	1	Cup
<i>Pineapple</i>	82	1	Cup
<i>Plums</i>	76	1	Cup
<i>Pomegranate</i>	72	½	Cup
<i>Raspberries</i>	65	1	Cup
<i>Strawberries</i>	47	1	Cup
<i>Tangelo</i>	115	1	Cup
<i>Tangerines</i>	104	1	Cup
<i>Tomatoes</i>	32	1	Cup
<i>Watermelon</i>	46	1	Cup

<i><b>Miscellaneous</b></i>	<i><b>Calories</b></i>	<i><b>Serving Size</b></i>	<i><b>Measurement Unit</b></i>
<i>Coconut oil</i>	117	1	Tablespoon
<i>Coconut water</i>	46	1	Cup
<i>Extra virgin olive oil</i>	119	1	Tablespoon
<i>Flaxseed oil</i>	130	1	Tablespoon
<i>Nutritional Shake</i>	90	1	Scoop
<i>Solutions4 Fiber Sweetener</i>	30	1	Tablespoon
<i>Vegetable broth (Pacific)</i>	15	1	Cup

## IX. EXTERNAL RESOURCES

Eating natural, nutritious foods may be new to you. If so, you're probably wondering where to find all of these things! Thankfully, most of the ingredients you'll need are available in your local grocery and health food stores. If there's something you want but can't find, there are plenty of places you can look online! Knowing where to look online is especially helpful if you live in a remote location or don't make it to the store often. If you have trouble, ask us about local options.

### ***ORGANIC FRUITS AND VEGETABLES***

Farmers' markets, local producers, and local health food stores are excellent sources. Localharvest.com can help you to find local farms in your area. Diamondorganics.com is another great source if you live in a remote location.

### ***OLIVE AND OTHER OILS***

Cold-pressed extra virgin olive oil isn't too difficult to find. Most grocery stores (and almost all health food stores) will carry some selection. Rawfood.com sells high quality, cold-pressed organic olive oil. Florahealth.com sells a high quality flaxseed oil.

### ***SALT***

Sea salt can be found in most grocery stores. Alternatively, Celtic sea salt is available at celtic-seasalt.com.

### ***SPICES***

Most of what you need should be available at your local health food store. More options are available online at frontiercoop.com.