



Educational Ingredient 101 Video Resource Guide for your 5-Day Whole Foods Cleanse

Want to learn more about a new ingredient? See below for some online video recommendations about some ingredients in the 5-Day Whole Foods Cleanse. These are common foods in my whole foods cleanse recipes that may be new to you. Enjoy!

Acorn Squash – How to Cut
<https://youtu.be/cv3j2v1eiuo>

Avocados 101
https://youtu.be/_CXOg4r_o18

Beets 101
<https://youtu.be/zEta7oc865E>

Bok Choy 101
<https://youtu.be/N6u38pf6r6s>

Chia Seeds
<https://youtu.be/w-O6JP6myuw>

Coconut
<https://youtu.be/7pKK4tWfYT4>

Coconut Oil 101
https://youtu.be/-mntvx_tw_0

Collard Greens 101
https://youtu.be/oJWucetO_no

Fennel 101
<https://youtu.be/9pOh6SCE7EM>

Kale 101
<https://youtu.be/S4vbtI20nB4>

Lentils 101
<https://youtu.be/NUSMWSE7xco>

Mushrooms 101
<https://youtu.be/AszaCXFTAbg>

Quinoa 101
<https://youtu.be/fKlKFVCFyLM>

Spaghetti Squash
<https://youtu.be/mPFerHz6zOM>

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