

Hi there!

I put together some sample recipes from my New Year 5-Day Whole Foods Cleanse so you can taste some of the delicious and healthy recipes during the cleanse. Scroll down to page two and let me know what you think, I would love to hear back from you!

Here's the scoop:

- This group New Year 5-Day Whole Foods Cleanse will be from Monday, January 21 – Friday, January 25, 2019.
- This 5-Day Cleanse is whole foods based, meaning you'll be eating lots of fruits and veggies, whole grains, and lean proteins. You won't be hungry, I promise.

When you sign up, you'll get:

- Receive over 50 recipes to choose from, so you'll be able to pick meals you and your family will enjoy.
- A proven protocol that can help you drop weight, sleep better and have more energy.
- A pre-cleanse live training webinar where I'll walk you through what we'll do and what to expect, plus you'll be able to ask any questions you have.
- "Eating out guide," "Deepening your Cleanse" guide, and more bonus hand-outs to support you.
- A post-cleanse live training webinar on how to continue to focus on real foods after the cleanse.
- Tons of support from me and the Whole Foods Cleanse community via our members-only Facebook forum.
- If these dates don't work for you, you're welcome to sign up for the 5-Day Whole Foods Cleanse anyway and run it on your own. Email me for additional support! Cleanse can be run multiple times.

For more details and to register visit: [www.mindfulhealthwithlori.com/5daydetox](http://www.mindfulhealthwithlori.com/5daydetox).  
Sign up today, the early-bird rate is open until January 17<sup>th</sup> at Midnight EST!

If you have questions, feel free to contact me via email at [info@mindfulhealthwithlori.com](mailto:info@mindfulhealthwithlori.com) I look forward to supporting you in the 5-Day Whole Foods Cleanse!

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## New Year 5-Day Whole Foods Cleanse Sample Recipes

### Ginger Apple Muffins

Serves 3

Ingredients:

- ½ C almond flour
- ½ C brown rice flour
- ½ tsp baking powder
- ¼ tsp salt
- 2 tsp ground ginger or 1 TB fresh grated ginger
- 2 eggs (free-range organic or farm fresh eggs)
- 1 TB extra-virgin olive oil
- 1 TB honey
- ¾ C apple, finely diced (or diced fresh peaches)

Directions:

1. Preheat the oven to 350° F.
2. Sift together the almond flour, brown rice flour, ground ginger, baking powder and salt. With gluten-free baking, do not overmix the ingredients.
3. In a separate bowl, whisk together the eggs, olive oil, and honey.
4. Toss the apples in the flours and then slowly fold in the egg mixture. Let it rest for 10-minutes.
5. Once a batter, dollop it into muffin cups or a greased mini-muffin tin.
6. Bake for 10-15 minutes for the mini-muffins and 18-25 minutes for the larger muffins. When a toothpick inserted in comes out clean, the muffins are done.

Note: Make a double batch and freeze or refrigerate extras. If needing more sweetness, drizzle with honey. These are yummy with other sweet fruits such as peaches, too.

## One Pot Chicken & Broccoli with Nut & Lime Sauce

Servings 2 people

### Ingredients:

- 2 small chicken breast fillets
- 2 medium heads broccoli, chopped bite size
- 2 carrots, chopped bite size
- 4-5 TB (shy of 1/3 cup) smooth cashew butter or tahini (sesame seed paste)
- 4 TB lime juice (this is usually two limes)
- 4 TB water
- 4-5 TB (shy of 1/3 cup) Tamari Sauce (gluten-free soy sauce)
- small bunch cilantro, optional
- Sprinkle of hot pepper flakes, optional
- Quinoa, brown rice or cauliflower rice (optional – See basic recipes for directions)

### Directions:

1. Cut chicken breasts in half lengthwise so they'll cook quicker. Place chicken in a medium saucepan large enough to fit them in a single layer. Cover with cold salted water and bring to a gentle simmer. Set your timer and simmer for 8-10 minutes or until chicken is cooked through (165F) when tested with a meat thermometer. Or when no longer pink in the middle if you cut through one to test.
2. Remove chicken from the pot with tongs and place in a bowl. Slice broccoli stems finely and chop florettes into bite sized pieces. Chop the carrots to bite size pieces. Bring chicken cooking water back to the boil. Add more water if necessary. Add vegetables and simmer, covered for 5 minutes or until vegetables are no longer super crunchy. Drain vegetables and divide between two bowls.
3. Using clean fingers or two forks, shred cooled chicken into bite sized chunks and toss in with the vegetables. If using rice, place into bowls then top with veg/ chicken mixture.
4. Stir together nut butter, lime, water and tamari sauce until you have a smooth sauce. Taste and season with more soy or lime if needed and dollop sauce on bowls. If you'd prefer a thinner sauce add a little more water. Option to add honey if you need the sauce sweeter. Drizzle sauce over the chicken and broccoli. Top with cilantro (if using).

For vegetarian version, use boiled or poached eggs, pan fried organic tofu or cooked chickpeas instead of the chicken. Add any raw or cooked chopped veg like steamed beans, bok choy or bell peppers.

**Prepare Ahead:** Cook the chicken, vegetables and sauce as per the recipe but keep each component separately. Will keep in the fridge for a week or can be frozen. Serve cold or allow sauce to come to room temp and warm chicken and broccoli in a frying pan / wok with a little oil. Recommend making double or triple the recipe for four or six servings for additional meals.

**Note:** Peanut butter can be used instead of cashew butter or tahini after the detox.

## Sweet Potato “Toast” with Guacamole

Servings: This will vary on size of potatoes and amount of filling.

Ingredients:

- 2 tsp extra-virgin olive oil
- 2 sweet potatoes — scrubbed clean, peels on
- 1 tsp kosher or sea salt
- 3/4 tsp black pepper
- One container of fresh guacamole (or combine 2 medium avocados — peeled, pitted, and diced, 1TB fresh lime juice, 1/2 tsp smoked paprika, 1/4 sea salt)
- 3 TB chopped cilantro
- 1/4 - 1/2 cup cherry tomatoes sliced
- 1/4 - 1/2 cup pumpkin seeds

Directions:

1. Preheat oven to 425 degrees F. If necessary, move the racks to the upper and lower thirds of the oven. Line two rimmed baking sheets with foil. Brush sheets with 1/2 tablespoon olive oil each. With a very sharp knife, slice the sweet potatoes into 1/2- to 1/4-inch slices. They can be sliced the long way to replace toast or the short way for more snack bites. Arrange the slices in a single layer on the oiled baking sheets, then brush tops with the remaining 1 tablespoon olive oil. Sprinkle with 1 teaspoon salt and black pepper. Bake for 20 to 25 minutes, until golden brown underneath, rotating the pans 180 degrees and changing their positions on the upper/lower racks halfway through. Remove the pans from the oven, flip the slices over, and then roast for an additional 8 to 11 minutes, until golden on top.
2. Meanwhile, open the fresh guacamole or make your own. In a small bowl, combine the avocado, lime juice, salt, and smoked paprika. Mash lightly with a fork, leaving the mixture slightly chunky. Set aside.
3. Transfer the baked sweet potato slices to a serving plate. Top each with a dollop of the avocado mixture, halved cherry tomatoes, cilantro and pumpkin seeds. Serve warm or at room temperature.

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