

BODY FUEL *by Dana*

*the Two Week  
Body Fuel Detox*

A little book to get you  
back on track to being  
your best self!



by  
Dana Bujalski,  
*Certified Nutrition Specialist*

# Welcome!

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My name is Dana Bujalski, and my goal is to not only share healthy delicious recipes for a balanced lifestyle, but also use my experiences to help others achieve balance and feel their very best to be their very best! I am a lover of all things health and wellness, which helps me keep my sweet tooth and busy social life in balance. I am currently located in Geneva, Illinois, living my dream as a Personal Chef, Certified Personal Trainer and Fitness Nutritionist.



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# Disclaimer

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## Disclaimer

You should get a physicians approval before consuming new ingredients or any new nutrition, diet, or exercise program.

While I strongly believe these recommendations can and will work for you, I cannot know each persons unique dietary needs or limitations. As such, these recommendations are not medical guidelines or advice, but are for educational purposes only. These recommendations are designed for healthy individuals, ages 18 and older and are not intended as a treatment for any medical condition and should not be substituted for any program prescribed by your physician. If you are taking any medications, please consult a physician before starting a new program. If you have high cholesterol, high blood pressure, diabetes, are overweight, or have any other health concerns, please complete a full physical examination and discuss any nutritional changes with your physician or registered dietician.



# Table of Contents

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Intro.....	I-3
Detox.....	4-5
Sugar Detox.....	4-9
Basic Water Detox.....	10-11
Habits & Self Care + Journal.....	12-13
Dry Brushing.....	14-16
Detox Bath / Shower.....	17-20
Digital Detox.....	21
Body Sweat.....	22
Meditation.....	23-26
Herbal Detox.....	27-28
AM Lemon Water.....	29
Coffee Detox.....	30-32
Equipment Essentials.....	33-35
Juices.....	36-38
Smoothies.....	39-42
Lunches.....	43-45
Dinners.....	46-49
Snacks.....	50-52
Desserts.....	53-55
7-Day Sample Meal Plan .....	56-58



# Intro

## My Short & Sweet Story

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Like a lot of us, I loved sweets as a child. I would (quite literally) be a kid at the candy store with my sisters when we visited our Wisconsin lake house's downtown every summer, shoving sour gummies and gumballs into my yellow striped bag with excitement. As I grew up, my sweet tooth did as well, and I would find myself mindlessly buying bags of Skittles or Starbursts to keep in my room for whenever the mood struck. It was my biggest food weakness (still is). But as health and fitness developed as a priority in my life, I realized I had to take control of my cravings for candy (along with my entire diet). I knew that the amount of sugar I was unconsciously ingesting at parties, events, or just at the end of a long work day, was having negative effects on (and inside) my body. I would go through overwhelming cravings and crashes when indulging, which led to guilt, then to a strict dietary detox, which in turn, would only make me desperate for the very thing I was restricting. I would go back to the sugar and the cycle would repeat.

Knowing this had to stop, I developed a detox to jumpstart healthy habits, not as a "quick fix", but to lead me to sustainable lifestyle and diet changes that I could rely on. I'll be the first to admit that I'll cave in to cookies at a Christmas party or nachos at a football game, but what I've learned (and what I want to teach you), is that no matter where you're at in your health journey, you can always jump right into Dana's Detox to restart and refocus on your choices.



# Intro

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By following my detox, I hope you will see a new way to control cravings without feeling restricted or stuck to a plan and, most importantly, you will connect your mind and body in order to feel powerful and confident in yourself and your choices.

In this 2-week Body Fuel Detox Guide, my goal is to simplify and jumpstart your path back to feeling healthy, energized, and confident (inside and out) after more indulgences, limited exercise, and the stress we've all experienced during COVID quarantine. Trust me, never has it been easier to "graze" all day, check the fridge absent-mindedly, or have one (or two) glass(es) of wine to end the workday at home than it has been in these months of isolation. Besides the disruption of your regular routines and habits, the mental and emotional strain of this pandemic has taken a toll on us all, which is normal and okay! If you adjusted your habits to protect your (and your family's) mental health during this time, you did the right thing. However, as we come out of quarantine, we now can recalibrate our routines as we're able to focus more on our personal health, which is what I want to help you with.

# Intro

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In this guide, I have streamlined my favorite detox recipes and life/mental habits that have helped me feel my best on a daily basis and I am so excited to share all of them with you. By starting with your inner health (what you eat, how you speak to yourself, and how you implement habits), I want to help you reclaim your best version of yourself. This simple 2-week routine is not just about what you're feeding yourself (which is important), but it's also about your mind/mental state and how it affects your body. I'm going to share how I feed my body with not only nutrients, but also with self care.

This is not a quick weight loss diet, but a guide to form new habits that you can implement in your everyday life. Changes to our routines are always so hard to maintain, so I suggest you start with committing to this 2-week plan with no pressure. After following my guide for 2 weeks, I am positive you will feel more confident in your ability to implement some permanent changes to your routine. I am also available to follow up with at [bodyfuelbydana@gmail.com](mailto:bodyfuelbydana@gmail.com). I am always more than happy to discuss your thoughts and next move.

# Detox

*What exactly is a detox?*

A detox is simply the process in which your body removes toxic chemicals and substances from your body, naturally. When you give your body a break from foods that include additives, sugar, bad fats and alcohol, and replace it with whole foods that are vibrant in color and are nutrient dense, your bodies detoxification process begins. There's plenty of herbal tea, supplements, tinctures and other forms of detoxes that can help assist you and I will go over the ones that I feel have worked best for me in the past and now.

Over a period of time, our bodies build up toxic and chemical waste and if you're not eliminating it naturally, it will continue to build and cause a whole range of symptoms that can lead to imbalances, irritations and tiredness. With that said, it is critical to constantly be aware of what is going into your body and how your body is feeling and reacting to the food or drinks. Of course, we are human and we are allowed to indulge and that's completely OKAY and you should never feel like you cannot eat something ever again after learning what is in it. It's all about taking control of what you can control and in moderation. Feeding your body with what it needs to perform its best on a daily basis for energy with work, your kids, your workouts etc. is the utmost important thing you can do for your body.



# Detox

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In the Body Fuel Detox, you will learn what is necessary to eliminate or avoid in order for you to maximize the results of a deep detox from the inside out of your body. Detoxing goes far beyond what you eat. I have accumulated several methods that I am SO excited to share with you that I have taken and used over the past several years that has left me with more energy than I know what to do with!

The key is to be consistent, be true to yourself as to why you want to create this lifestyle, praise yourself for doing whatever you can do, never be too hard on yourself if you fall off the wagon. Not only are these methods for a detox, but they create a standard for your lifestyle and what your health means to you. Taking the time for yourself everyday from the moment you wake up till the moment you go to sleep, your body relies on you to nourish it and take care of it constantly. When you treat it like a temple, your body will do incredible things for you!

# Sugar Detox

*Kick that sugar habit!*

In my 2-week Detox, I want to point out what are good/bad sugars and where they can be hiding that you had no idea about. There's sugar in pre-packaged foods, ingredients we use to cook with, meals at restaurants etc. It's always going to be there and it's not all bad for us. Sugar is not bad for you unless you're eating copious amounts of it without a care. Our bodies do know how to digest and utilize sugar unless there's an underlying issue that you have and have to be considerably cautious, which is why it is important to read labels and understand what's processed sugar and what is not. Sugar provides us with zero nutrients, zero vitamins, zero minerals, fiber or antioxidants. It's super addictive which is why we crave it! Think of your sugary treat that when you start to eat, you cannot set down and then the next minute it's gone... The sugar triggers the release of dopamine, a neurotransmitter that makes us feel happy and great, therefore, it's highly addictive.

# Sugar Detox

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This is where I must tell you, I am not here to stop you from eating sugar completely or to scare you about sugar, it's the truth and we should be well aware how sugar can effect our bodies and minds. SO! If you have a sweet tooth and don't want to ditch the cookies during this Detox or want an alternative for the rest of your life, I'm excited to share with you some of my fave sweets I like to eat without feeling the guilt and the consequences post sugar rush. There is such an abundance of foods that are still SO yummy and nourishing that you can cook up using some great alternatives!

If you have been eating more sugar than normal over the quarantine and jump on this 2-week detox, there's no doubt you may experience some withdrawals like; anxiousness, nervousness, irritability or even low mood. You'll kick this feeling anywhere between 5-7 days at most! Give yourself time to feel the detox and again, drink lots of water!

# Sugar Detox

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Monosaccharide sugars, aka, 'simple or refined' carbs or sugars are listed as; dextrose, fructose and glucose on labels.



Disaccharides, aka, 'complex sugars' are listed on labels as, maltose, lactose and sucrose. Sucrose is the most common sugar used that we see- this is white sugar which is made from GMO's, usually. Brown sugar is the same thing but with added molasses for color.

To keep things a bit more simple, try to avoid sugars ending in '-ose' except for fructose, which is a natural occurring sugar in fruit.

Now that we know what 'the bad' sugars are, lets go over sugar alcohols. Since there are a wide variety in the health community these days with alternatives, which are the best?! Sugar Alcohols are neither a sugar or alcohol, I'll clarify! In short, sugar alcohols comes from plants that do not spike your blood sugar, but they should be only eaten in moderation. Xylitol and Erythritol are the most popular of the several others; sorbitol, maltitol and mannitol. If eaten in large quantities, it can cause bloating, digestive stress and diarrhea. A couple other OK alternatives are Monk Fruit and Stevia. Don't forget to READ your labels!

# Sugar Detox

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Here's a list of where artificial sugars can be: 'the -ose list'

- Ketchup
- Salad Dressing
- Granola and Cereals
- Yogurt
- Dark chocolate covered anythings
- Energy Drinks
- Jellies/Jams
- Nut Butters
- Gluten free packaged foods

# Basic Water Detox

*Drink plenty of water, period!*

What's the first thing you drink or eat in the morning? If you didn't answer water, then this is where it will become a new habit for you to start! Water is the number one fluid to assist in detoxification because when your body is dehydrated, it will not effectively eliminate waste and will hold on to what it can. Often, water is the one thing that most people drink the least of because it is so 'plain'. I'm sorry to tell you that, yes, water is plain but not everything we consume is going to be our favorite thing or taste amazing, but, that can change! It's MIND OVER MATTER!

If you did not know how much water helps our bodies until after reading this, you'll rarely want to set your water bottle down or 'forget' to drink water through the day. Water helps our bodies function optimally. In fact, your body is 60 percent water. Your brain and heart are 70 percent water, and your lungs are roughly 80 percent water. Pretty amazing, right!?



# Basic Water Detox

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## So, how much water should YOU drink?

Well, if you've ever had someone tell you you're suppose to drink "half your body weight in ounces of water", then you're right. BUT, what about for someone who sweats during their workouts, the amount we lose in our stool, urine and even caffeine consumption can effect water fluctuation. With that said, I suggest drinking enough water to the point where your urine is a light pale color, and you can also check in with yourself with how thirsty you are feeling. Even if you're not thirsty, still aim to drink half your body weight in ounces, if not more. Tip: eating all your veggies and fruits will also keep you hydrated!

If you're picky about where your water comes from like I am and the quality is as important to you as it is to me, that's great news! The reason being is because water can be contaminated from chemicals from near by farms. The best and easiest way to avoid unnecessary chemicals is doing your research on your tap water where you live. In fact, according to the EPA (Environmental Protection Agency), although they regulate our public water supplies, does not mean your water is free of contaminants like, cadmium, copper, fluoride, heavy metals, chlorine, copper or more. If your tap water is safe to drink, it may not taste the best and that's where you can decide what filter is best for you.

## Filter Suggestions:

- Berkey
- Apex MR-1050 Alkaline
- Brita
- Alka Viva

# Habits & Self Care

*Create positive change tailored to you!*

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**What creates a habit and how can I start creating a change for myself to relish new habits I desire for myself?**

When it comes to creating habits for yourself, it begins with asking YOURSELF the questions first. The questions you ask yourself will only pertain to you and your life. This is where and how you check-in with yourself making sure you're cup is full and you can create self-care habits daily for your well being.

All of these questions can help you think about your personal self-care and what habits you want to create for yourself. When you ask yourself questions, it will help paint the picture for what is needed in your life and what doesn't serve you any longer. Once you have narrowed down your questions, take note of what makes you feel good and make it part of your day to review these questions and hold yourself accountable of these. Make them a part of your day as well as positive affirmations.

# Habits & Self Care

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## Questions to get started:

1. How is my energy feeling today? Happy, depleted, neutral, overwhelmed, excited...Why am I feeling like this? How can I maintain this good energy? How can I change my mood to be more positive?
2. What am I grateful for? Am I grateful? Can I be grateful for the same things everyday?
3. Am I being true to myself? Have I accomplished the things I said I wanted to do? Am I preaching what I am doing? Am I honest with who I am?
4. Am I speaking positively to myself?
5. Am I am who I say I am?
6. Can I do this on my own?
7. Do I treat people the way I want to be treated?
8. Did I honor myself today with respect?
9. Have I made objectives with myself?
10. How did I take care of myself this week?
11. Do I hold myself accountable?
12. Do I carry energy from one activity to the next? Good or bad energy.

# Habits & Self Care Worksheet

Print one sheet for every single day of the detox.

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To-do List: Fill up these spaces with self-care actions that must be done for you in order to create it as a habit.

Notes to Self: Use this space to list what you're grateful for and how you're feeling. Think about the above questions.

Affirmation of the day: Use this space to write down a few words about yourself that you will repeat through the day. Write these passages down on post cards and keep them in a nearby place to always re-read!

# Dry Skin Brushing

*Make your skin absolutely glow!*

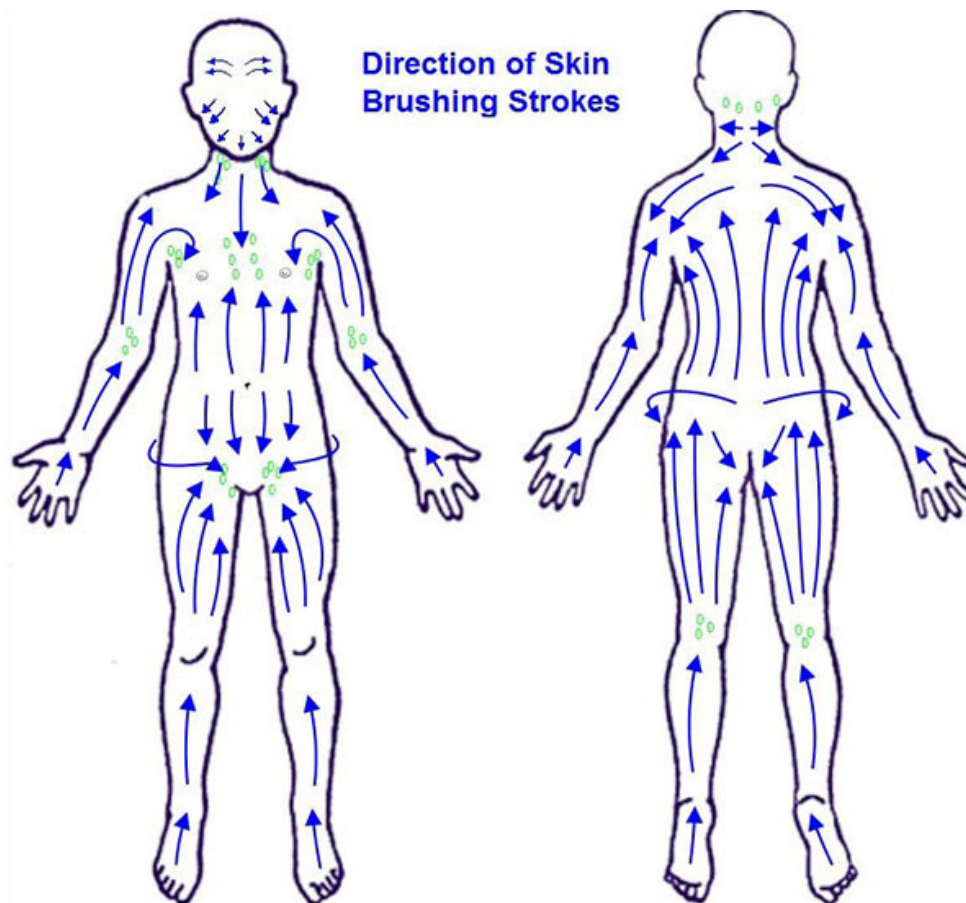
If you have never heard of this, I am excited that I am the first to open a whole new world of skin detoxing to you! I have been using this method for nearly 6 years and it has made a significant difference in my energy and has become my everyday habit. Our skin is our largest organ of elimination which is crazy to think! I couldn't think of a more inexpensive way to detox first thing in the morning than this. It has been practiced for centuries around the world including Russia, India and Scandinavia. Dry brushing removes dead skin cells that need to be removed to allow your skin to breath better and to regenerate new cells removing old toxins. It opens the pores to allow the toxins to be removed when you sweat.



# Dry Skin Brushing

## Benefits of Dry Skin Brushing:

- Removes dead skin cells making skin softer
- Increases energy
- Stimulates the lymphatic system which improves your circulatory system enhancing the detoxification process
- Improves blood flow that could have been in stagnation
- May eliminate cellulite





# Dry Skin Brushing

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## How to Dry Brush

1. Brush before your shower when skin is most dry.
2. Starting at your feet, brush in circular small motions working your way up and always in the direction of your heart. Avoid areas that are sensitive or inflamed.
3. Focus on the areas where your lymph nodes are; back of the knees, groin, tummy, armpits, neck and elbows. This will stimulate a bit more drainage leaving you feeling incredible!
4. This whole process can be anywhere from 5-20 minutes long. Just enough to where you have brushed every inch of your body. During this time, listen to meditative music, focus on your breathing patterns or thinking of your intentions for the day or from the day.
5. Shower as you would, scrubbing extra well removing any excess dead skin cells.
6. Recover and use a natural light lotion or body oil after your shower to rejuvenate your skin to keep in smooth.

**TIP:** Choose a brush with a long handle so you can reach your back well. Your brush should not scratch your skin, but, fairly rough to brush your skin safely.

# Detox Baths & Showers

*Relax like royalty regularly!*

## Detox Bath

Once you start, you won't look back! If you're a bath person, then you'll want to pick up a bag of Epsom salt. Epsom is a natural occurring magnesium-and-sulfate mineral compound with the chemical name of "magnesium sulfate heptahydrate." The name comes from the English town where it was discovered bubbling up in the water from an underground spring in the early 17th century.

According to Jim Hill, the president of the Epsom Salt Council, noticed that the wounds on animals who waded in the water seemed to heal more quickly. Thereafter, many would travel to Epsom to experience the miraculous healing benefits, particularly the relief from the painful symptoms from gout and for the natural purging effects of the water. Another inexpensive way to detox your body naturally!



# Detox Baths & Showers

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## Detox Bath How To

1. Fill up your tub with as warm water as you wish and pour 2 cups of salt into your tub. Soak for nearly 45 minutes to allow the minerals to soak in your body.
2. Play soft meditative music while you relax visualizing your body soaking in all the minerals cleansing your pores and recovering your body from a long day.
3. Reap the relaxing effects it has on your body and energy to help you sleep with ease at night time.

## Benefits

- It is involved in more than 325 biochemical reactions that benefit your heart and nervous system.
- An abundant source of calcium which is a mineral your body craves!
- May be more easily absorbed through your skin than taking it as a supplement if you're lacking it from your primary food source.
- Promotes better sleep
- Relieves stress
- Soothes sore muscles, aches and pains from exercise
- Aids constipation
- Reduces swelling

# Detox Baths & Showers

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## Detox Shower

Have you ever accidentally turned your shower on cold and it was quite a surprise but seconds later you cranked it to warm but later felt the difference the cold water made? Or jumped into a cold body of water and felt completely revitalized soon after? Now imagine going from warm water to cold water imagining the energy your body will experience from the temperature changes - although it may sound miserable to take any sort of cold shower, it is extremely detoxifying for your body that you will be obsessed!



# Detox Baths & Showers

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## Detox Shower How To

1. Step 1: Start by taking a warm shower for 3 minutes and then turn the nozzle to medium cold and let it pour over your entire body for 2 minutes.
2. Step 2: Turn it back to warm for another three as you wash your hair and then turn it back to a colder temperature and stand under for as long as you can
3. Step 3: Continue to repeat these steps over and over until you get to your coldest temp that you can stand and for as long as you can sand. Finish wish a light warm temp.

## Benefits

- Adds an increase in blood flow which improves energy and mental alternates
- Revitalizes skin complexion for a beautiful glow
- Enhances mood
- May stimulate weight loss. There's a study that found being in extreme cold temperatures activates the brown fat cell which are deep fat stores that make burning fat tougher. Toxins are fat-soluble, meaning when you lose fat, you're also detoxing.
- Can boost your immunity
- Help you recover after intense workouts

# Digital Detox

*Give your mind and thumb a break!*

Although this is not completely a physical detox that you can literally see or feel by touch, it certainly has its long term effects! I'm sure you can guess what detoxing digitally might mean. With the amount of access we have to social media, endless platforms to communicate with people on, numbers of shows and movies we can watch all day long, video games that are like real life, - it's taxing to our eyes, brains and even our fingers over time. When was the last time you took a detox from all things electronic for 24 hours? If you never thought this could be a detox, well, it's a very good one and a very much needed one! You'll find yourself 'in the moment' with those you love, better connections with people than things, creative mindset and even more time to work on projects around the house you have been meaning to get to. This is a simple way to detox to realize what really matters in life to you.

Choosing 1-2 or more days out of the week to detox from social media or the one thing that you spend a lot of time on that takes you away from physically socializing, you'll feel more refreshed and rebooted! Whether its 24 hour fast or a 5 hour fast that you can stick to so you can dedicate that time for yourself with other activities you'd like to catch up on. This is your time to reflect and create your own self care habit. I also suggest detoxing from all platforms in the evening a couple hours before bed to protect your eyes from the blue light we are exposed to especially at this hour. Sleep is a huge part of our well-being, so be sure you're getting enough and quality sleep as well.



# Body Sweat Detox

*Sweat it out to feel better!*

Sweating is the one utmost important way for our bodies to detox naturally. When our bodies sweat, our core body temperature increases and our glands release sweat through our pores which helps us cool down. In this process, our bodies are releasing heavy metals, eliminating bacteria and cleansing it of chemicals.

Just from a good sweat, our bodies will gain an immense amount of energy, enhance our moods, promote mental clarity, promoting good habits as well as sleep. Choosing your form of exercise to sweat is up to you! If you want to try a deeper sweat, I highly recommend and infrared sauna. A step up from your typical sauna. An infrared heats your body directly without warming the air around you which makes it easier for you to sit in an infrared versus a typical sauna and accessible to those who cannot tolerate the high heat from a typical sauna. Be sure to always talk with your healthcare practitioner before using one.

- Hot Yoga
- Steam Shower
- Work outs that get your heart rate up



# Meditation

*Inhale, exhale, repeat!*

This form of a detox is specifically for mindful self-care that quiets you from all things around you that has your mind running and chattering. When you first think of meditation, what's the first thing that comes to mind? If it's just sitting for a long period of time with the eyes closed, then you are correct. It's peaceful and gentle. However, you can create your own meditative state at any time of the day. Whatever or wherever it is that brings you the most peace and quietness, THAT is your meditative state.



# Meditation

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## Where

Whether you're going for a morning walk, sipping tea on the front porch, sitting looking out the window eyes open or closed, being outside in the grass or under the trees with feet bare on the ground, or just simply sitting in your quiet car before entering the house - these are all wonderful forms of meditation if it brings you peace. If you have created a special space for your meditation, which I highly suggest, add a few meaningful things to your space that bring you the most comfort and energy like, candles, gifts people have given you, crystals, a buddha, incense, anything you want! You will also want to use a pillow beneath your bottom or to kneel on. As well as a timer.

## How

So, where do I even begin if I've never meditated before and how long should I meditate? Do I speak to myself out loud or sit in quietness? All the above! Speaking allowed has helped me only focus on my intentions and has allowed me to fully be in the moment. Sometimes I cannot get my mind to stop pulling me in all directions when I am thinking to myself and I end up backtracking my thoughts again. I suggest starting with the minimal amount of time your mind lets you be calm until it starts to travel off, and then each time you meditate, try to going for a longer period of time. If you're being interrupted by your thoughts and want to get back on track, my tip is to realign your focus but saying to yourself, "This is my time and I choose to use this time for me. I have time for me and I'm making time for me." Over and over until you feel yourself gaining control of your thoughts once again.

# Meditation

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## How to Meditate

- Set up your space and begin to calm your mind. Eliminate any distractions around you. Sitting on the edge of your pillow with your hips above your knees, right hand over your heart and left hand on belly.
- Take three deep breaths, in through your nose and sighing out loud through your mouth. Feeling your stomach expanding on the inhale.
- With your eyes closed, focus on your third eye, just in between your eyes.
- Repeat a mantra that pertains to your life at that moment that fills you up, something you are maybe working at in your life, or use a mantra that you want to use continuously over and over. Keep it short so you can remember it and repeat 5-10 times at the end of your practice.



# Meditation

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## Mantras you can say:

“I am successful.”

“I am who I am right now because of my experiences, but I am not defined by one single experience.”

“My body fills with light.”

“I am kind to myself and I will always be kind to myself. I love myself.”

“I see the positives in a negative situation and I learn from them.”

“I have no control over things that I cannot control.”

“I am exactly where I need to be in this moment of my life.”

Another very helpful thing you can do to remind yourself of your intentions from your practice is to jot them down on post-it notes or in your calendar where you see them daily.

# Herbal Detox

*Invigorate from the inside out!*

Teas can be SO underrated and I'll never understand why. There's tea to support sleep, anxiety, energy, digestion, immunity, mother's milk, relaxation - the list goes on. Honestly, it is not a bad idea to have an inventory of all sorts, specifically, for a detox. Here's a list of my favorites that I have been using consistently.



# Herbal Detox

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## **Gaia Liver Cleanse**

To be used a few times a week. Ingredients you want to look for in a good liver cleanse tea are dandelion root, milk thistle, peppermint, chicory root, red clover and burdock.

## **Yogi Ginger Tea**

To be drank after supper every evening to aid with any digestive discomfort and also because it tastes great!

## **Traditional Medicinals Turmeric Tea**

To be used several times a week to support inflammation.

## **Traditional Medicinals Smooth Move**

To be used once in a while if feeling bloated from constipation.

## **Yogi Peppermint Tea**

To be used once in a while to sooth digestive discomfort.

## **Traditional Medicinals Roasted Dandelion Root**

To be used when feeling bloated or retaining water.



# Herbal Detox

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## Morning Lemon Water

Praise lemon water in the morning! For as long as I can remember, I have been drinking lemon water first thing in the morning and here's why you should too!

### Benefits

- **Digestion:** When drinking a cup of warm water with half a squeezed lemon first thing in the morning before anything else, you are stimulating your digestive track. The first stage of digestion is your saliva flow and stomach acid production which promotes the stimulation of bowel movements.
- **Liver Cleanse:** Lemon helps carry toxins away from the liver. Your liver is your largest internal organ. If you feel your liver is not functioning correctly, there's a big possibility you need a detox or you may need to speak with your primary physician. A healthy liver can detox almost anything that the human body encounters. As the body cleanses itself of toxins, it produces bile to support a healthy digestive track. However, the liver cannot be cleansed overnight if there may be true concern or issue, so it is very important you follow the care under your physician as well as eating and drinking natural substances to care for it on its own.

# Coffee Detox

*Wait, no coffee?? That's right!*

During The Body Fuel Detox you'll detox your body from coffee and replace it with Matcha as your new caffeine source. However, caffeine is truly not necessarily needed to have a great amount of energy. You might even find that after lowering your coffee intake, that your body is providing you with the amount of coffee you have been looking for as you're cleansing your liver. If you're not a "caffeine person", then skip ahead! If you're an avid coffee drinker, drinking it multiple of times, I am not asking you to quit cold turkey. The safest way is to slowly cut back by half the amount you typically drink while filling the other half with water on days 1-2. Days 3-4 cut back once more by another half. Days 5 and beyond, consume only decaf if at all possible and begin incorporating the matcha. To combat any coffee withdraws, drink plenty of water or try adding a drop of peppermint essential oil to your water or to your temples.



# Coffee Detox

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## **Green is the New Black**

During this detox you can choose to eliminate caffeine all together or slowly incorporate the Matcha. Here are some interesting facts as to how caffeine is working in your body.

Detoxing from caffeine is recommended in the earlier stages of a detox and that is because coffee can interfere with your body's natural detoxification process. According to Dr. Mark Hayman, "Constituents in coffee can interfere with normal drug metabolism and detoxification in the liver, making it difficult to regulate the normal detoxification process in the liver."

A few other interesting facts about having caffeine in large quantities can also increase your stress hormones. The stress responses elicits cortisol and increases insulin, which increases inflammation and can give you that "run down" feeling moments after consuming or over time, which is why we crave more. Caffeine triggers the release of adrenaline which puts you in the state of potential fight or flight reactions.

Enter Matcha. Matcha is not only just a 'green' tea - it's a fine ground powder made from tea leaves, whereas green tea is brewed leaves. This tea is delicious by itself in a hot cup of water to be drank after your cup of warm lemon water or made as a Matcha Latte.

# Coffee Detox

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## Benefits of Matcha Tea

- Rich in antioxidants
- Great source of L-theanine to improve concentration
- Increases resting metabolic rate and fat burning
- Increases energy for a longer period
- Natural Detoxifier
- Combats inflammation and oxidation
- 1 cup of matcha equals 10 cups of green tea

## How to Make a Matcha Latte

### Ingredients:

- 1-2 tsp matcha powder
- 1 Tablespoon hot water
- 2 tsp honey
- 1 cup hot milk of choice
- Other optional additions: Vanilla extract, Cocoa Butter, Monk Fruit sweetener, Collagen powder, Ceylon Cinnamon



### Directions:

- Add the powder into your cup and add the hot water.
- Whisk with matcha wooden whisk or with a spoon until there are no clumps.
- Stir in the honey and then the milk (steamed if possible!)

# Equipment Essentials

*Kitchen tools for wellness success!*

Having high-quality and effective kitchen equipment is another way you can make your journey to wellness more enjoyable. Working with poor tools can be discouraging and create feelings of inadequacy in the kitchen that should never arise with proper equipment! Below you'll find the key tools I use for success in the kitchen.

**Blender:** Whether or not you're detoxing, every kitchen needs a high quality blender not only for smoothies but for soups, purees, pestos, dressings and nut butters. A food processor is also a great investment which you might find best for pestos and nut butters.

Recommended Brands: Vitamix, Blendtec, Kitchen Aid, Oster

**Chef's Knife:** Having at least one good quality chef's knife on hand is key! Keep it in a safe and protected place so you keep this knife in its best shape. No, you do not need a large set of knives but a couple that you can chop and slice with effectively and safely is so important!

Recommended Brands: Shun, Wusthof, Zwilling J.A. Henckels

# Equipment Essentials

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Wood Cutting Board: Wood vs Plastic cutting boards 101. When it comes to choosing which is best and why, always go with a wooden board and that is because wooden boards will prevent your knife from slipping while chopping as well as keeping your knife nice and sharp. With that said, in my detox, you will be doing lots of chopping fresh veggies and fruit!

Another major important factor in choosing a wooden board vs. a plastic board is sanitation. According to Dean Cliver, and University of California researcher, found that cutting on a plastic board leaves lots of grooves where bacteria can hide. Even when ran through the dish washer, the bacteria can still spread. Ben Chapman, a food safety researcher at NC State says, “Hard woods like, maple, cherry and walnut are fine-grained, and the capillary action of those grains pulls down fluid, trapping the bacteria - which are killed off as the board dries after cleaning.” So therefore, choose a board with fine-grain versus large-grain like cypress wood.

I have partnered up with Hiawatha Woodworks, a local craftsman based in Wisconsin. If you're looking to invest in a new board, please contact me!

# Equipment Essentials

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## Other Small Essentials:

- Arrangement of mixing bowls
- Wooden spoons
- Baking Pans (rigid ones and/or glass pans)
- Glass storage containers
- Variety of pots and pans

## Bonus Appliances:

- Juicer
- Cast Iron Pan (get an extra dose of iron simply through using cast iron)
- Stasher Bags
- Mason Jars for storage (get away from using anything plastic)





# Juices

*Make your own sunshine in a cup!*

If you do not have a juicer, you can blend the ingredients with a bit of water and then strain.

## Green Machine Juice:

1 bunch Mint, 1 inch knob Ginger,  
1 small Green apple, 1/2 cucumber,  
1/2 bunch parsley, lemon juice

Benefits:

- Aids Inflammation
- Assists Digestion Discomfort
- Liver Detoxification
- Vitamin A, C and K
- Good source of minerals



## Red Heart Beet:

2 small beets, 2 celery stalks, 1 inch,  
knob ginger, 2 carrots

Benefits:

- Can improve athletic performance
- Help fight inflammation
- Promote energy
- Many vitamins and minerals



# Juices

## Straight Celery Juice:

1 entire bunch of celery

Benefits: (according to Medical Medium, Anthony William)

- Flushes toxins out of the liver
- Helps fight many Autoimmune conditions
- Depression
- Anxiety
- Brain Fog
- ADHD
- Dizziness



## Blue Spirulina Lemonade:

1/4 tsp blue spirulina, 1 cup iced, water, 1/2 lemon, squeezed

Benefits:

- High in antioxidants
- Anti-inflammatory properties
- Protects “Bad” LDL Cholesterol from Oxidation
- High in B vitamins and minerals
- (Juicer NOT needed)



# Juices

## Anti-inflammatory Tonic Juice:

1 cup warm water

2 tsp turmeric powder

1/2 squeezed orange

juice of one lemon

dash ceylon cinnamon

dash cayenne (optional)

Benefits:

- Help fight inflammation
- May decrease blood pressure and blood sugar
- Stimulate appetite
- Fight bad bacteria
- High in Vitamin C
- (Juicer NOT needed)



# Smoothies

*My best friend the blender!*

## Tips for Your Smoothies:

- Freeze whole bags of greens - ex: kale, spinach, mixed greens
- Steam sweet potatoes, keep skin on, mash or blend with a small amount of liquid and freeze in small batches in silicone trays or ziplock bags
- Purchase pre-cooked veggies i.e cauliflower, mixed veggies
- Rinse your fresh fruit and freeze immediately
- Purchase already frozen fruits whenever possible

## Heavy Metal Detox Smoothie:

- 1 cup wild blueberries
- 1 orange, juiced
- 1 banana
- 1/2 bunch cilantro
- 1 tsp spirulina
- 1 Tbs barley grass powder
- 2 tsp Atlantic dulse
- 1 cup water
- 1/2 cup almond milk or water



# Smoothies

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## The 'Sweet' Veggie Smoothie:

- 1 cup frozen greens (i.e. kale, spinach, mixed greens, chard)
- 1/2 cup frozen cauliflower
- 1/4 cup frozen sweet potato, steamed then mashed and then frozen
- 1 scoop vanilla protein powder
- 1/2 frozen banana
- 1/3 cup frozen blueberries
- 1 Tbs honey
- 1 Tbs chia seeds or flax meal
- 2 cups liquid of choice, water or dairy free milk





# Smoothies

## Anti-inflammatory Smoothie:

- 1 cup frozen pineapple
- 1/2 green apple
- 1 tsp turmeric powder
- 1 inch knob ginger
- 3-5 mint leaves
- 1 scoop vanilla protein powder
- 2 cups liquid of choice, water or dairy free milk



## Strawberry Banana Split:

- 4 frozen strawberries
- 1/2 frozen banana
- 1/4 cup frozen pineapple
- 2 scoops Arbonne Strawberry Protein powder
- 1.5 cups dairy free almond milk



# Smoothies

## Chocolate Bliss ENERGY Smoothie:

- 1/2 cup frozen wild blueberries
- 1 Tbs cacao powder
- 2 Tbs cacao nibs
- 1 Tbs peanut butter
- 1 handful frozen greens
- 1 scoop vanilla or chocolate protein powder
- 1 Tbs chia seeds
- 2 cups liquid of choice, almond milk or water
- handful ice cubes



## Blue Spirulina Smoothie Yogurt Bowl:

- 1/2 cup plain yogurt
- 1 Tbs chia seeds
- 1/4 cup milk of choice
- 1 tsp vanilla extract
- Mix and allow to sit for 5-10 minutes to thicken.
- Toppings:
  - Blackberries
  - Coconut flakes
  - Cacao nibs
  - Wild Blueberries
  - 1 Tbs Bee Pollen (optional)





# Lunches

*Hearty and healthy lunch options!*

## Salmon Salad Lettuce Wraps

4 servings

Ingredients:

- 14-16oz wild salmon, cooked and then shredded
- 4oz plain greek yogurt or vegan mayo
- 1 Tbs dijon mustard
- 2 hard boiled eggs, chopped
- 4 celery stalks, small dice
- 3 Tbs capers, chopped
- 2 Tbs dill, minced
- 1/4 red onion, small chop
- 1 tsp garlic powder
- salt and pepper, to taste
- Romaine or Butter Lettuce to serve



Directions:

1. Combine all ingredients together in large bowl and mix thoroughly
2. Divide mixture into 4 portions
3. Use as many lettuce cups to fill one serving. You can also chop one whole head of romaine and eat as a salad!

# Lunches

## Add Anti-Inflammatory Curried Chicken, Veggies and Rice

5-6 servings

### Ingredients:

- 3 Tbs coconut oil
- 1 yellow onion, small chop
- 3 cloves garlic, minced
- 1 hunk ginger, skinned and minced
- 2 red bell peppers, small chop
- 1 bunch kale or 3 large handfuls of spinach
- 1 head cauliflower, stem removed and cut into florets
- 1 can fire roasted tomatoes
- 1 cup coconut cream
- 1/2 cup red lentils
- 1.5 qt bone broth or veggies broth
- 1.5 Tbs curry seasoning
- 2 tsp turmeric powder
- dash cayenne
- salt and pepper to taste
- 3 limes, juiced



### Directions:

1. Heat the coconut oil in large deep pot over medium high heat. Add onion, ginger, bell pepper, cauliflower and lentil. Coat ingredients thoroughly with oil.
2. Sauté until onion appear translucent then add the garlic and sauté for a couple more minutes.
3. Next add the broth, coconut milk and spices. Bring to boil then reduce to simmer.
4. While waiting for liquid to come to boil, add the spices. Once simmering, add the kale or greens. Leave on a very low simmer for up to one hour if able to. Allow flavors to marry into the veggies. subheading

# Lunches

## Sticky Sesame Orange with Broccoli

4 Servings

Ingredients:

- 4 chicken breast, cut into small bites
- 4 cups broccoli
- 2 oranges, juiced and tested
- 1/3 cup coconut aminos
- 1 inch knob of ginger, grated or minced
- 2 Tbs honey
- 1 tsp xanthum gum
- 3 Tbs toasted sesame oil
- 3 green onion
- 1/2 cup cashews
- 2 cups basmati rice, cooked



Directions:

1. Over medium high heat, heat the sesame oil and brown the chicken and set aside.
2. Cook the rice in the mean time.
3. In the same pan with with whats left of the oil, add a small amount of more oil, ginger, coconut amigos, and juice of oranges.. The add the broccoli then allow to simmer on low until the liquid has reduced after 5 minutes and the broccoli becomes slightly tender.
4. Add the honey and toss well. In a small dish, add the xatham gum plus a tiny drop of the sesame oil to mix. This will help the distribution of the thickener. Then pour right into the skillet. Toss and garnish with onion and cashews!

# Dinners

*Delicious dinners to end your day!*

## Baked Honey Sesame Glazed Salmon with Roasted Baby Bok Choy & Brussels Sprouts

2 Servings

### Ingredients:

- 8oz Wild Salmon
- 2 Tbs honey
- 4 Tbs olive oil
- 2 tsp black sesame seeds
- 2 tsp fresh grated ginger
- 4 baby bok choy
- 2 cups brussels, halved
- Salt and pepper



### Directions:

1. Preheat oven to 350 degrees
2. In a small bowl, combine 2 Tbs honey plus the honey and grated ginger.
3. Brush the entire salmon with the mixture and lay on a lined baking sheet pan. Sprinkle with sesame seeds. Let salmon marinate while preparing the veggies.
4. In another bowl, add the Brussels and, olive oil and salt and pepper. Place on another lined sheet tray. Alternatively, instead of roasting, you can also sauté the Brussels.
5. Halve the bok choy and drizzle with olive oil, enough to coat. Transfer the bok choy on the same sheet tray as the salmon.
6. Bake the salmon until the liquid turns white. Roughly 15-20 minutes depending how thick the salmon is.



# Dinners

## Mixed Greens Salad with Broccolini, Acorn Squash, Cauliflower Gnocchi and Avocado

2 Servings (add protein of choice)

### Ingredients:

- 1 bunch broccolini
- 1 avocado
- 1 acorn squash, halved and seeded
- 1 package cauliflower gnocchi
- Mixed greens
- 4 Tbs olive oil
- Everything But
- the Bagel Seasoning
- 3 Tbs Red Wine Vinegar
- salt and pepper, to taste



### Directions:

1. Preheat oven 350. Oil squash with oil to cover thoroughly. Season with salt and pepper. Roast for 25 minutes or until golden brown.
2. Lightly cover the broccolini with oil and season with bagel seasoning. Roast for 15 minutes or until tender.
3. For the cauliflower gnocchi - Allow frozen gnocchi to thaw at room temp on a platter, large enough to give them space.
4. Heat a large non-stick skillet over low to medium heat and coat the bottom of the pan with oil. Saute and brown the gnocchi for 30 minutes, tossing every few minutes.
5. Dress your greens lightly with olive oil, red wine vinegar and top with veggies and protein of choice if desired.

# Dinners

## Cajun Roasted Chicken Breast, Cilantro Pesto with Roasted Veggies and side Massaged Kale Salad

4 Servings

### Ingredients:

- 4 chicken breasts
- For the cajun seasoning;
- 3 tsp garlic powder
- 3 tsp onion powder
- 2 tsp thyme
- 2 tap oregano
- 2 tsp paprika
- dash cayenne
- salt and pepper
- 2 red bell peppers, large chop
- 2 red onions, quartered
- 3 zucchini, large chop
- 2 bunches tuscan kale, stems removed
- 1 cup cooked quinoa
- Olive Oil
- 2 bunches cilantro
- 1/2 cup cashews
- 3 lemons, juiced
- 2 garlic cloves
- Salt and Pepper



# Dinners

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## Cajun Roasted Chicken Breast, Cilantro Pesto with Roasted Veggies and side Massaged Kale Salad

### Directions:

1. Preheat the oven to 350. Lightly coat the chicken with olive oil and use a little more than half the spice mixture to rub into the chicken. Allow to marinate while preparing the veggies.
2. Again, lightly oil the veggies and season with spices. On a sheet tray, spread out the veggies to allow enough room for roasting. Place veggies into the oven and roast for 25 minutes.
3. Immediately heat a sauté pan over high heat and brown the chicken breast on each side for color. About 3 minutes on each side. Then transfer to the pan with the veggies to finish the cooking process.
4. Using a food processor, add the cashews, garlic cilantro, lemon juice and salt pepper. Pulse on high until chopped up and beginning to look like wet sand. Then beginning drizzling in olive oil until the consistency is thin, not chunky.
5. Next, add a small amount of oil to the chopped kale and a pinch of salt all over. Lightly massage the kale to break up the fibers. Add the quinoa to the bowl and mix.



# Snacks

*Tasty snacks for between meals!*

Banana with 2 Tablespoons Almond  
Butter and handful of blueberries



# Snacks

## Cacao Energy Balls

### Ingredients:

- 1/2 cup almond butter
- 1 Tbs honey
- 2 Tbs cacao nibs
- 2 Tbs cacao powder
- 3 Tbs rolled oats or oat bran
- 1/3 cup shredded unsweetened Coconut flakes for coating

### Directions:

1. Using a food process or blender, add all ingredients together and pulse until mixture is sticking together.
2. Using a spoon or your hands, scoop out a tablespoon portion and roll into a ball and then into the coconut.
3. Tip: wet your fingers if needed before rolling into the coconut.



# Snacks

## Apple with Almonds and Cacao Nibs



### More Simple Options:

- Chopped Veggies with Hummus
- Yogurt with Berries
- Toast with 1/2 avocado and Tomatoes
- 1/4 cup Black Beans with Salsa and Beanito Chips



# Desserts

## *Sweets with a healthy twist!*

### Frozen Yogurt Strawberry and Chocolate Chip Bark

#### Ingredients:

- 2 cups plain yogurt
- 2 tsp vanilla extract
- 5 chopped strawberries
- Handful Lily's Chocolate Chips or Dark Chocolate Chips

#### Directions:

Mix in a large bowl and spread on a lined sheet tray and place in freezer for 30 minutes to an hour before enjoying. Break up into small pieces and keep frozen!



# Desserts

## Chocolate Chip Protein Cookie Dough

### Ingredients:

- 1 serving vanilla protein powder
- 2 Tbs blanched almond flour
- 1 Tbs almond butter
- splash almond milk
- (to your liking of thickness)
- Small handful of
- Lily's Chocolate Chips



### To Make:

Mix all ingredients in a medium bowl and enjoy by spoon or use a mini melon baller and make cookie dough balls.

## Strawberry Banana Protein Ice Cream

### Ingredients:

- 1 frozen banana
- 3 frozen strawberries
- 1 serving Arbonne
- Strawberry Protein
- 1/2 cup or less dairy free milk



### To Make:

You will need a food processor or blender to make this ice cream. You can add as little milk as you want. You'll need just enough to get the blades moving. Tip: Freeze for 30 min if you want to scoop it! Top with coconut whipped cream and chopped strawberries.

# Desserts

## Copycat Peanut Butter Reeces Cups

### Ingredients:

- 1 cup dark chocolate chips, Lily's brand
- 1 cup Peanut Butter, soft & creamy or melted
- 4 Tbs Coconut oil, melted

### To Make:

1. Melt the chocolate with 2 Tbs coconut oil. Pour only a small amount into mini cupcake mold. You'll need to estimate how many you want to make with the size of your mold.
2. Freeze the first layer of chocolate. Melt the PB with the rest of coconut oil and then pour of the frozen chocolate. Freeze again.
3. Pour the remainder of chocolate on the PB. Freeze. Then keep refrigerated or frozen.





# 7-Day Meal Plan

*A detox agenda to keep you on track!*

## Keys to a Successful Day and Week

- Journal every morning upon waking in your printable "Sieve the Day" journal
- Take time to plan your day
- Drink warm Lemon Water every morning
- Plan out your meals for the week
- Remember there's always enough time in the day to reflect and check-in with yourself



# 7-Day Sample Meal Plan

Start with water, then lemon water, juice and then you can choose to have a snack before lunch.

	AM	LUNCH	DINNER
<i>Monday</i>	Celery Juice	Heavy Metal Detox Smoothie	Baked Honey Sesame Glazed Salmon
<i>Tuesday</i>	Blue Spirulina Lemonade	Salmon Salad Lettuce Wraps	Cajun Roasted Chicken Breast
<i>Wednesday</i>	Celery Juice	The 'Sweet' Veggie Smoothie	Mixed Greens Salad with Broccolini
<i>Thursday</i>	Anti- Inflammatory Tonic	Chocolate Bliss ENERGY Smoothie	Baked Honey Sesame Glazed Salmon

# 7-Day Sample Meal Plan

	AM	LUNCH	DINNER
<i>Friday</i>	Green Machine Juice	Sesame Orange Chicken	Mixed Greens Salad with Broccolini
<i>Saturday</i>	Red Heart Beet	Anti-Inflammatory Curried Chicken, Veggies and Rice	Cajun Roasted Chicken Breast
<i>Sunday</i>	Celery Juice	Strawberry Banana Split	Baked Honey Sesame Glazed Salmon

# Resources

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