

7 Day Spring Detox

	AM Prep	Breakfast	Lunch	Supper	PM Prep
Day 1	<p>C, C, F Tea For the day or 2.</p> <p>Chia pudding.</p> <p>All ingredients for lunch + extra blanched veggies.</p>	<p>Berries first then:</p> <p>Chia pudding w coconut flakes + sunflower + hemp seeds.</p>	<p>Chicken breast w Avocado Caesar Salad.</p> <p>Miso/Broth + with blanched broccoli, cauliflower and carrots + dulse.</p>	<p>Subtle Asparagus Soup</p> <p>Add some Basic Kale Salad to your soup</p> <p>Corn tortillas or rice cakes if you want.</p>	<p>Basic Kale Salad - some for dinner + leftovers.</p> <p>Soak millet.</p> <p>Pull Salmon from freezer.</p>
Day 2	<p>Cook A Pot of Spiced Millet</p> <p>Prep and cook your Salmon Fillet</p> <p>Steam beets, toss w fresh OJ, flax oil + cinnamon.</p>	<p>Green Smoothie and Baked Grapefruit.</p> <p>and/or</p> <p>Chia Pudding of choice</p>	<p>Salmon fillet.</p> <p>Reheat Spiced Millet and blanched veggies, serve in a bowl with Chevre. Add seeds if you like.</p>	<p>Miso/Broth with veggies and or ½ cup Spiced Millet.</p> <p>Steamed Beets over Basic Kale Salad. Serve with chevre and seeds.</p>	<p>Soak rice and Mung Dal for Kitchari.</p> <p>Prep a batch of C, C, F tea.</p>
Day 3	<p>Cook your pot of Kitchari.</p> <p>Prep any extra veggies you'll be eating.</p> <p>Prep and cook your chicken breast if you're having that at lunch.</p>	<p>Kitchari</p> <p>Sip Broth as needed.</p> <p>C, C, F tea.</p> <p>Detox Tea</p>	<p>Kitchari</p> <p>Sip Broth as needed.</p> <p>C, C, F tea.</p> <p>Detox Tea</p>	<p>Kitchari</p> <p>Sip Broth as needed.</p> <p>C, C, F tea.</p> <p>Detox Tea</p>	<p>Soak rice and Mung Dal for Kitchari.</p>
Day 4	<p>Cook your pot of Kitchari.</p> <p>Prep any extra veggies you'll be eating.</p> <p>Prep and cook your chicken breast if you're having that at</p>	<p>Kitchari</p> <p>Sip Broth as needed.</p> <p>C, C, F tea.</p> <p>Detox Tea</p>	<p>Kitchari</p> <p>Sip Broth as needed.</p> <p>C, C, F tea.</p> <p>Detox Tea</p>	<p>Kitchari</p> <p>Sip Broth as needed.</p> <p>C, C, F tea.</p> <p>Detox Tea</p>	<p>Soak rice and Mung Dal for Kitchari.</p> <p>Prep a batch of C, C, F tea.</p>

	lunch.				
Day 5	<p>Cook your pot of Kitchari.</p> <p>Prep any extra veggies you'll be eating.</p> <p>Prep and cook your chicken breast if you're having that at lunch.</p>	<p>Kitchari</p> <p>Sip Broth as needed.</p> <p>C, C, F tea.</p> <p>Detox Tea</p>	<p>Kitchari</p> <p>Sip Broth as needed.</p> <p>C, C, F tea.</p> <p>Detox Tea</p>	<p>Kitchari</p> <p>Sip Broth as needed.</p> <p>C, C, F tea.</p> <p>Detox Tea</p>	<p>Soak rice and Mung Dal for Kitchari.</p>
Day 6	<p>Cook your pot of Kitchari.</p> <p>Prep any extra veggies you'll be eating.</p> <p>Prep and cook your chicken breast if you're having that at lunch.</p>	<p>Kitchari</p> <p>Sip Broth as needed.</p> <p>C, C, F tea.</p> <p>Detox Tea</p>	<p>Kitchari</p> <p>Sip Broth as needed.</p> <p>C, C, F tea.</p> <p>Detox Tea</p>	<p>Kitchari</p> <p>Sip Broth as needed.</p> <p>C, C, F tea.</p> <p>Detox Tea</p>	<p>Soak Millet</p> <p>Chop cauliflower, broccoli and carrots to be blanched.</p> <p>Basic Kale Salad</p> <p>Prep ingredients for Cream 'O Green Soup.</p>
Day 7	<p>Cook Spiced Millet</p> <p>Make Cream 'O Green Soup</p> <p>Blanch Chopped Veggies.</p>	<p>Cream 'O Green Soup</p>	<p>Re-heated Blanched Veggies, drizzled with olive oil + herbs and black pepper. Serve with Chevre.</p> <p>Bowl of hot Broth with Spiced Millet and Basic Kale Salad.</p>	<p>Cleansing Raw Borscht</p> <p>Chocolate Spiced Chia Pudding</p>	<p>Pull a whole chicken from the freezer thaw in the fridge.</p> <p>Soak some beans and/or pull a salmon fillet from the freezer.</p>

7 Day Spring Menu

	AM Prep	Breakfast	Lunch	Supper	PM Prep
Day 1	<p>Cook your beans and/or your salmon fillet.</p> <p>Chia Pudding</p> <p>Endive, Corn, Radicchio Slaw</p>	<p>Heat up in a frying pan - spiced Millet with Basic Kale Salad, Sun dried tomatoes and canned artichoke hearts. Serve with chevre, sun seeds and hemp seeds.</p>	<p>Endive, Corn, Radicchio Slaw With Corn Tortillas and chevre and/or Salmon.</p> <p>Matcha Chia Pudding with coconut flakes.</p>	<p>Subtle Asparagus Soup</p> <p>Endive, Corn, Radicchio Slaw served.</p> <p>Corn tortillas or rice cakes if you like.</p>	<p>Make a soup with your beans and/or season them to have with veggies or grains.</p> <p>Prep your chicken for roasting if you'll roast in the AM.</p>
Day 2	<p>Roast Chicken or prep your chicken to roast tonight.</p> <p>Sesame Kale Salad</p> <p>Peel, chop and Steam 2 or 3 beets.</p>	<p>Green Smoothie and/or Chia Pudding with fixings.</p> <p>Coconut flakes, sun seeds, raisins and rice cakes. Or have this at lunch.</p>	<p>Sesame Kale Salad (add in some roasted chicken if you prepped it)</p> <p>Steamed Beets with Chevre and hemp seeds.</p>	<p>Bean Soup if you made it.</p> <p>Or.</p> <p>Cream 'O Green Soup</p> <p>Kale Chips</p>	<p>Roast your chicken for tomorrow if you haven't yet.</p> <p>Rainbow Cabbage Slaw</p>
Day 3	<p>Pull the remainder of meat from the chicken bones and make bone broth in the crock pot OR do this tonight.</p> <p>Look ahead, prep any veggies that you can.</p>	<p>Eggs and Sauteed Greens, toss in some artichoke hearts if you still have some in the fridge. Serve with chevre.</p>	<p>Chicken Tacos with Corn Tortillas and Rainbow Cabbage Slaw</p> <p>Finish up the bean soup if you made it.</p>	<p>Green Smoothie</p> <p>Baked Grapefruit</p>	<p>Chard, Dandelion, Curry Salad</p> <p>Pull the remainder of meat from the chicken bones and make bone broth in the crock pot overnight.</p>
Day 4	<p>Mix some leftover roasted chicken with Chard, Dandelion, Curry Salad.</p>	<p>Subtle Asparagus Soup</p>	<p>Chard, Dandelion, Curry Salad with chicken that you mixed together this morning.</p> <p>Bone broth.</p>	<p>Cleansing Raw Borscht.</p> <p>Kale Chips.</p>	<p>Mustard Seed Sauce</p> <p>Asparagus, cauliflower and radishes to be blanched.</p> <p>*Soak Quinoa.</p>

Day 5	<p>Strain and cool broth. Freeze some + some in the fridge.</p> <p>Blanch prepped veggies.</p> <p>Cook quinoa.</p>	Breakfast BLT Salad	<p>Reheat grains and blanched veggies, serve in a bowl with Mustard seed sauce.</p> <p>Chia pudding.</p>	Broth supper fast.	<p>Prep cauliflower, broccoli, carrots to be blanched.</p> <p>Thinly slice fennel bulb to be roasted.</p>
Day 6	<p>Prep everything for lunch.</p> <p>Blanch veggies for lunch.</p> <p>Roast Fennel for breakfast.</p>	<p>Miso or bone broth with Roasted fennel, grated ginger, pinch of red chili flakes and a bit of Basic Kale Salad. All served right in the same bowl. Add a teaspoon of ghee or toasted sesame oil.</p>	<p>Chicken breast w Avocado Caesar Salad.</p> <p>Reheat in a pan with ghee - blanched broccoli, cauliflower and carrots and Roasted Fennel. Serve on the side.</p>	<p>Subtle Asparagus Soup</p> <p>Endive, Corn, Radicchio Slaw served with corn tortillas or rice cakes.</p>	<p>Basic Kale Salad</p> <p>Ginger Miso Dressing</p> <p>Pull Salmon Fillet from the freezer.</p>
Day 7	<p>Prep and cook your Salmon Fillet.</p> <p>Chia Pudding</p>	<p>Berries and Baked Grapefruit.</p> <p>Or.</p> <p>Eggs with sauteed greens and seeds. Sip a cup of broth with dulse or nori.</p>	<p>Salmon Fillet served with rice cakes smeared with chevre.</p> <p>Basic Kale Salad w Sundried tomatoes, sun seeds and ginger miso dressing.</p>	<p>Green Smoothie</p> <p>And/Or</p> <p>Chia Pudding with fixings of choice.</p>	Your turn to plan!