

## **Cleanse Transitions**

### **How to Transition In or Out of a Cleanse**

When motivating yourself to start a cleanse, ease in with simple transition foods, such as a healthy soup or topper snacks (recipes to follow in the next few pages). Don't be too hard on yourself. Be kind but determined! Create a plan that will get you conscious and involved. Plan to drink more water and get some exercise. Plan to have a healthy soup for three days straight. This will help you discover what you like and give you confidence to create foods you love. Oh yes! It really is that simple. Take your time, plan ahead, and remember that any time you fast, it is between you and your higher power. Controlling your fears takes consciousness and determination.

When you finish a cleanse, you should ease back into your previous diet or cooked diet choices, slowly, with grace. If you like the Ultimate Breakfast, and you feel good when you eat it, remember that you can have it every day. The Ultimate Breakfast can be modified. Switch your juice and/or switch the ground nuts and seeds. Make the crunchy pudding that you prefer. Plan a soup and salad dinner. Make sure you get the nutrients and proteins you need. Healthier choices get you on the road toward better health, with new habits that create a lifestyle change.

### **Dancing Green Smoothies**

1 cup nut or seed milk  
1 Tbs. super food of choice  
¼ cup raw, soaked nuts or seeds (minimum 6 hours)  
½ avocado  
¼ to 1 cup of water

Choose one of the following leafy greens: 3 cups spinach, 2 large kale leaves, or 2 handfuls salad greens. Pick and choose; experiment with your ingredients. Blend to preferred consistency.

### **Try a Smoothie-A-Day!**

#### **Sunday Heart-Centered Smoothie!**

1 cup almond milk  
1 cup frozen peaches  
2 cups spinach or kale leaves  
1 cup ice  
¼ tsp cinnamon  
¼ tsp nutmeg  
pinch of cayenne  
pinch of pink Himalayan salt

Place all ingredients in a blender, whip up with joy. Be careful to add and taste the amount of cayenne consciously! Serves 1-3

## **Monday, Brain Builder with Spice!**

2 Tbs. walnuts  
2 Tbs. goji berries  
2 Tbs. chia seeds or flour  
1 cup almond milk  
1 Tbs. cocoa  
dash of cayenne  
pinch of pink Himalayan salt  
add more liquid to preferred consistency

Soak walnuts and goji berries in ¼ cup water overnight in refrigerator. Place almond milk in blender with all ingredients and whip. Be careful to add, and taste the amount of cayenne.

Serves 1

## **Tuesday, Immune Boost Smoothie!**

2 cups plain coconut milk  
1 cup blueberries  
2 Tbs. hemp seeds  
2 cups spinach  
1 cup ice cubes  
pinch of pink Himalayan salt  
Stevia to taste

Place the coconut milk and other ingredients in blender or Vita mix and whip to perfection.

Serves 1-2

## **Wednesday, Lung Health Smoothie!**

2 cups apple juice (fresh is best)  
2 Tbs. chia seeds  
1 Tbs. Diatomaceous earth  
pinch of pink Himalayan salt  
1 cup ice cubes

Blend or shake in a glass jar!

Serves 1-2

### **Thursday, Soothing Digestive Smoothie!**

1 cup fresh pineapple  
1 cup coconut milk  
¼ tsp ground ginger  
2 Tbs. hemp seeds  
pinch of pink Himalayan salt

Place the coconut milk, pineapple, and other ingredients in blender or Vita mix and whip to perfection. Serves 1-2

### **Friday, Kidney Health Smoothie!**

1 cup frozen or fresh banana  
2 cups coconut or almond milk  
2 Tbs. chia seeds  
1 tsp. Blackstrap molasses  
½ tsp. cinnamon  
pinch of pink Himalayan salt

Place the coconut milk, banana and other ingredients in blender or Vita mix and whip to perfection.  
Serves 1-2

### **Saturday, Detox Smoothie!**

2 cups almond milk  
2 Tbs. pumpkin seeds (raw and soaked)  
2 cups kale leaves  
2 Tbs. hemp seeds  
1 Tbs. Diatomaceous earth  
pinch of pink Himalayan salt

Place ingredients in blender or Vita mix and whip to perfection.  
Serves 1-2