

### **WWC 7 Day Detox**

Clean up your **liver** (your main detoxifying organ) and **FEEL AMAZING**. Reduce sugar cravings and get your weight back on track. Join us!

**Day 1 & 2:** FASTING DAYS = AM & PM 2 Scoops of Detox Powder with 8oz of water, rice milk, almond milk, or coconut milk – all unsweetened. Better Lifestyle OR Better Vigor (extra energy support) 2 in the morning and 2 in the afternoon.

- If you worried about being hungry you can do 1 scoop 4 times a day. Limit “milk” to a max of 16 ounces, the rest needs to be water.
- If this is too thick, it is ok to dilute with more water. Feel free to add ice! This can be blended as well!

**DAY 3-7:** Continue Detox shakes and supplements as you did in Days 1 & 2. Day 3 you will add Daily Detox Plus; 2 AM and 2 PM. And on Day 3 you can add in food! You may not feel like eating but it is important to start adding in food.

It is recommended to follow the meal plan attached to this program, but it is also acceptable to just do 2 fruits, 2 lean proteins and 2 vegetable per day along with a healthy fat. Quinoa is acceptable as a grain. **The liver is still cleansing so it is important to eat clean.**

If you do not feel good on this program please contact the office and ask to speak to the Clinical Nutritionist to help guide you to a solution.

**DAY 8: Congrats! You made it!** It is ok to add back “regular” healthy food at this point. You will notice that your cravings and appetite have decreased. You should feel really good and even be down some pounds. If you want to continue on the shakes and supplements, you will continue to detox and it is safe to do so. If not save everything and repeat in a month or quarterly.

### Day 3-7 Sample Meal Plan

	Day 3	Day 4	Day 5
<b>Breakfast</b>	Mixed Berry Smoothie	Fruit and Quinoa Melange	Chocolate Banana Smoothie
<b>Lunch</b>	Grilled Chicken with Peaches	Quinoa Stuffed Peppers	Spaghetti Squash with Marinara Sauce
<b>Dinner</b>	Strawberry Salad with Savoy Dal (Lentil Stew)	Lemon Chicken Kabobs with Tomato-Parsley Salad	Spicy Black Bean Soup with Guacamole
<b>Core Support</b>	P.M. Only	A.M. and P.M.	P.M. Only
<b>Snack (optional)</b>	Tropical Mango Chia Pudding	Cinnamon Raisin Delight	Creamy Chocolate Pudding

	Day 6	Day 7
<b>Breakfast</b>	Tropical Mango Chia Pudding	Chocolate Banana Smoothie
<b>Lunch</b>	Sweet Potato Shepherd's Pie with Strawberry Avocado Salad	Lemon Chicken Kabobs with Tomato-Parsley Salad
<b>Dinner</b>	Quick and Easy Vegetable Quinoa with Saory Dal (Lentil Stew)	Spicy Black Bean Soup
<b>Core Support</b>	A.M. and P.M.	P.M. Only
<b>Snack (optional)</b>	Tropical Mango Chia Pudding	Rice Cake with Almond Butter or Hummus with Dipping Veggies

### Grocery List

<b>Vegetables</b>	
6 avocados	2 jalapenos
5 bell pepers	2 cucumbers
2 hads broccoli, cauliflower (each)	2 Roma tomatoes
16 oz. carrots, plus 1 bag frozen	cherry tomatoes
1 bunch celery	2 jicama
2 bags green peas, frozen	2 lbs. sweet potatoes
2 bunches leafy greens (kale and spinach)	5 cans diced tomatoes
10 onions	1 can tomato paste
Organic vegetable broth or stock	4 oz. can diced mild green chilies
2 spaghetti squash	1 package white mushrooms
	1 zucchini

<b>Nuts &amp; Seeds</b>
1 pkg. sliced almonds (raw)
22 oz. chia seeds

<b>Grains</b>
Ancient grains (amaranth, buckwheat, millet, quinoa)
Rice and rice cakes

<b>Herbs and Spices</b>	
Cinnamon	Fresh basil
Nutmeg	Fresh oregano
Pure vanilla extract	Fresh cilantro
Unsweetened cocoa powder	Dried bay leaf
Fresh thyme	Paprika
Fresh rosemary	Black pepper
Fresh ginger	Pink Himalayan salt
Fresh garlic	Crushed red ppper
Fresh parsley	Cayenne pepper
	Cumin

<b>Beans</b>
2 cans black beans, garbanzo beans (each)
1 pkg. red lentils

<b>Meats</b>
1 lb. beef (grass-fed only)
8 chicken breast halve (cage-free only)
1 lb. ground turkey (organic only)

<b>Oils and Dressing</b>
1 bottle apple cider negar, balsamic venegar (each)
Olive, flax seed, sunflower oils (cold pressed)

<b>Fruits</b>
5 apples
1 lb. of bananas
8 oz. of fresh berries (any)
3 lemons, limes (each)
2 large or 4 small mangoes
3 peaches (fresh)

1 box raisins
1 box dried cranberries
1 pint of strawberries (fresh)
1 pkg. of strawberries (frozen)
1 pkg. of blueberries (frozen)
1 15 oz. pkg. of peaches (frozen)
1/2 cup dates

<b>Miscellaneous</b>
Almond or hazelnut butter
1/2 gallon almond milk or coconut milk
Organic chicken broth
1 box stevia packets (optional)

### Entrée Recipes

#### **Grilled Chicken Breast with Sweet Peaches**

(Cooking time: 20 min., Serves 2, Calories per serving: 400-500)

##### **Ingredients**

- ½ Tbsp. of apple cider vinegar
- ½ Tbsp. of fresh ginger, finely chopped or grated
- ½ tsp. of fresh thyme leaves
- 1 clove garlic, crushed
- 2 Tbsp. of olive oil
- Pink Himalayan salt and pepper to taste
- ½ tbsp. pink Himalayan salt
- ¼ tsp. black pepper
- 1 medium red onion, cut into wedges
- 2 peaches cut into wedges
- 2 boneless chicken breast halves

##### **Instructions (can use a tabletop grill or outdoor grill)**

1. Combine vinegar, herbs, 1 ½ Tbsp. of oil, and a dash of salt and pepper in a small bowl. Set aside.
2. Combine onions, peaches, remaining oil, ¼ tsp salt, and 1/8 tsp. of pepper.
3. Season the chicken with ¼ tsp. salt and 1/8 tsp of pepper.
4. Grill chicken and onions until chicken is done throughout and onions are tender, 5-6 minutes per side if outdoor grill, 6 minutes total if on table top grill.
5. Place peaches on grill and cook until tender, 3-4 minutes per side.
6. Drizzle vinaigrette onto chicken and serve with onions and peaches.

\*May substitute turkey breast for chicken

### **Spaghetti Squash with Marinara Sauce**

(Cooking time: 60 min., Serves 2, Calories per serving: 250)

#### **Ingredients**

- 1 large spaghetti squash
- 1 Tbsp. olive oil
- ½ cup yellow onion, chopped
- 1/8 cup celery, chopped
- 1 clove garlic, minced
- ½ Tbsp. fresh parsley
- ½ Tbsp. fresh basil
- ¼ Tbsp. fresh rosemary
- ¼ Tbsp. fresh oregano
- 2 black olive, diced
- ½ cup mushrooms, sliced
- ½ cup carrots, peeled and grated
- ¼ lb. ground grass-fed beef
- ¼ tsp. black pepper
- ½ tsp. pink Himalayan salt
- 1 28 oz. can diced tomatoes
- 1 dried bay leaf
- \*May substitute pea protein crumbles, ground buffalo, or ground turkey for beef

#### **Instructions Spaghetti Squash**

1. Prick squash in multiple areas with fork.
2. Place squash in glass baking dish.
3. Bake for 40 minutes at 375 degrees F.
4. Remove squash from oven and let cool. Cut length-wise with a knife.
5. Scoop the seeds and strings from the center of the squash and discard.
6. Gently scrape the edges of the squash with a fork to shred pulp into strands.
7. Transfer shredded pulp into a separate bowl and add ½ Tbsp. of olive oil and mix throughout.
8. Strands should resemble cooked spaghetti.

#### **Instructions Marinara Sauce (Start while squash is baking)**

1. Heat olive oil, onion, and celery over medium high heat.
2. Add herbs (except bay leaf) olives, mushrooms, and carrots and cook for about 15 minutes, until vegetables are tender.
3. Pour in a bowl and set aside.
4. Brown meat over high heat for about 5-10 minutes, until cooked. Sprinkle with salt and pepper.
5. Add can of tomatoes, bay leaf, and bowl of vegetables to meat and bring to a boil.
6. Add ½ tsp. salt to and ¼ tsp. pepper to sauce. Cover and simmer for 20 minutes, stirring often.
7. Serve sauce over squash in individual plates.

## **Quinoa Stuffed Peppers**

(Cooking time: 90 min., Serves 2, Calories per serving: 250)

### **Ingredients**

1 Tbsp. olive oil  
½ medium onion, chopped  
1 stalk celery, chopped  
1 Tbsp. cumin  
1 clove garlic, crushed  
5 oz. spinach, fresh or frozen  
One 15 oz. can of diced tomatoes, drained with liquid set aside  
One 15 oz. can black beans rinsed and drained  
½ cup quinoa  
¾ cup carrots, peeled and grated  
1 tsp. fresh hot serrano or jalapeno peppers, seeded and chopped (optional)  
1 cups water  
½ tsp. pink Himalayan salt  
2 large bell peppers cut in half with ribs and seeds removed

### **Instructions**

1. Heat oil in saucepan over medium heat.
2. Add onion and celery and cook until onion is translucent, for about 5 minutes.
3. Add cumin and garlic and sauté for 1 minute.
4. Stir in spinach and tomatoes, saving the liquid from the tomatoes. Cook for 5 minutes until most liquid has evaporated.
5. Mix in black beans, quinoa, carrots, hot peppers, salt and water. Cover and bring to a boil.
6. Preheat oven to 375 degrees.
7. Reduce heat to low and simmer for 20 minutes, until quinoa is tender.
8. Pour in liquid from tomatoes into bottom of glass baking dish.
9. Fill in each bell pepper half with ¾ cup quinoa mix and place in baking dish, cover with foil and bake for 1 hour.
10. Uncover and bake for an additional 15 minutes, until top of peppers are browned.
11. Let stand for 5 minutes and serve.

### Sweet Potato Shepherd's Pie

(Cooking time: 50 min., Serves 2, Calories per serving: 250)

#### Ingredients

1 ½ lbs. sweet potatoes	½ medium yellow onion, diced
¾ cup water	1 parsnip, diced
¼ cup unsweetened coconut milk	1 stalk celery, chopped
2 cloves garlic, diced	4 oz. mushrooms, diced
1/8 cup chicken broth	5 oz. frozen peas and carrots mix
½ lb. organic, lean ground turkey	½ cup chicken broth
Pink Himalayan salt and pepper to taste	2 tsp. tomato paste
¾ tsp. pink Himalayan salt	1 tsp. gluten-free Worcestershire sauce
½ tsp. black pepper	1 tsp. fresh rosemary, chopped
1 Tbsp. olive oil	¼ tsp. paprika

#### Instructions: Sweet Potatoes

1. Preheat oven to 425 degrees F. Place sweet potatoes in glass dish. Add water. Water should appear in glass at a depth of approx. 1 inch.
2. Poke 3-4 holes in sweet potatoes with fork.
3. Bake potatoes until tender, about 45 minutes. Start preparing filling while waiting.
4. Remove peels and mash potatoes in bowl with milk, garlic, and broth.
5. Add salt to taste and set aside.

#### Instructions: Filling

1. In a large sauté pan, brown ground turkey and season with ½ tsp. salt and ¼ tsp. pepper.
2. Add olive oil and onions, and sauté for an additional minute, until onions are translucent.
3. Add parsnip, celery, remaining ¼ tsp. salt and ¼ tsp. pepper. Cook until celery is soft, about 10 minutes.
4. Add garlic and mushrooms, and sauté for an additional 3 minutes.
5. Add frozen vegetables, chicken broth, tomato paste, liquid aminos, and rosemary. Mix well.
6. Simmer on low heat for 10 minutes. Set aside.

#### Instructions: Casserole

1. Preheat oven to 400 degrees F. In a 8"x8" square glass baking dish, spread meat mixture evenly along bottom.
2. Top with layer of sweet potatoes. Sprinkle with paprika.
3. Bake for 20 minutes, until potatoes are golden brown.



### **Lemon Chicken Kabobs with Tomato-Parsley Salad**

(Prep Time: 2 hours, Cooking time: 6 min., Serve 4, Calories preserving: 300)

#### **Ingredients**

3 Tbsp. fresh lemon juice, divided  
1 Tbsp. + 1 tsp. minced garlic, divided  
1½ tsp. dried oregano, dried  
¼ tsp. pink Himalayan salt, divided  
¼ tsp. freshly ground black pepper, divided  
3 Tbsp. extra-virgin olive oil, divided  
4 (6 oz.) skinless, boneless chicken breast halves, cut into 1 ½ -inch cubes  
2 cups fresh parsley leaves  
1 cup chopped cherry tomatoes  
½ lb. grape tomatoes  
1 green pepper, cut into one inch pieces  
1 red pepper, cut into one inch pieces  
1 large onion, cut into one inch pieces

#### **Instructions**

1. Combine 2 Tbsp. lemon juice, 1 Tbsp. garlic, 1 tsp. oregano, ½ tsp. salt, and ½ tsp. pepper in a bowl. Add 1 Tbsp. oil, stirring with a whisk.
2. Add chicken, and stir; marinate in refrigerator 2 hours, covered.
3. Remove chicken from bowl; discard marinade. Thread chicken, tomatoes peppers and onions onto skewers. Heat a grill pan over high heat.
4. Add skewers; cook 6 minutes or until done, turning often.
5. Combine remaining juice, garlic, oregano, salt, and pepper in a medium bowl. Gradually add remaining oil, stirring well with a whisk. Add parsley and tomatoes, toss to coat. Serve chicken on top of salad.

### Side Dish Recipes

#### **Quick and Easy Vegetable Quinoa**

(Cooking time: 25 min, Serves 2, Calories per serving: 300)

##### **Ingredients**

1 cup dry quinoa	¼ cup zucchini, chopped
½ Tbsp. olive oil	2 cups vegetable or chicken broth
1 clove garlic, crushed	¼ cup cilantro, chopped
1/8 cup yellow onion, diced	½ tsp. pink Himalayan salt
¼ cup red or green bell pepper, diced	

##### **Instructions**

1. Rinse dried quinoa under running water in strainer. Set aside
2. Heat sauté pan over medium heat and add olive oil. Sauté onions and garlic until translucent.
3. Add quinoa and continue to stir for 2 minutes.
4. Add remaining vegetables and stir until they begin to soften.
5. Add broth and bring mixture to a boil.
6. Lower heat to simmer and cover. Add cilantro and salt. Cook for 15-20 minutes until quinoa is tender.
7. Uncover and fluff with a fork.

#### **Strawberry and Avocado Spinach Salad**

(Prep time: 10 min., Serves 2, Calories per serving: 230)

##### **Ingredients**

4 cups fresh baby spinach	½ avocado, pitted and diced
1/8 cup olive oil	¼ small red onion, thin-sliced
1/8 cup balsamic vinegar	½ pint fresh strawberries, hulled and sliced
½ tsp. fresh lemon juice	1/8 cup sliced raw almonds

##### **Instructions**

1. Pour olive oil, balsamic vinegar and lemon juice together in small bowl. Whisk to mix thoroughly. Set aside.
2. Mix spinach, strawberries, avocados, onions and almonds together in salad bowl.
3. Top with desired amount of vinaigrette.

### **Savory Dal (Indian Lentil Stew)**

(Cooking time: 20 min., Serves 2, Calories per serving: 310)

#### **Ingredients**

1 Tbsp. olive oil	¼ cup fresh cilantro
½ yellow onion, chopped	3 whole peppercorns
2 cardamom pods, lightly crushed of ¼ tsp. cardamom powder	1 cup red lentils
½ tsp. cumin	¼ tsp. pink Himalayan salt
2 cloves garlic, crushed	2 cups vegetable broth
1 Tbsp. fresh ginger root, chopped	1 jalapeno or serrano pepper, seeded and chopped (optional)
¾ cup tomatoes, chopped	

#### **Instructions**

1. Heat oil in a large pot over medium high heat. Sauté onions and cardamom until onions are translucent, for about 5 minutes.
2. Add cumin, garlic, ginger root and cook for 2 minutes while stirring frequently.
3. Add tomatoes, cilantro, peppercorns, lentils, salt, broth, and jalapenos and bring to a boil.
4. Reduce heat to medium-low, cover, and simmer until lentils soften, while stirring often for about 15 minutes.

### **Garlic Cauliflower Mash**

(Cooking time: 20 minutes, Serves 2, Calories per serving: 30)

#### **Ingredients**

2 cups cauliflower florets	¼ tsp. black pepper
1 clove garlic, crushed and diced	½ Tbsp. fresh chives, chopped
¼ cup of unsweetened coconut milk or almond milk	½ tsp. pink Himalayan salt

#### **Instructions**

1. Steam cauliflower in steam basket until tender.
2. In a medium bowl, combine all ingredients.
3. Mix in a blender or food processor to desired consistency.

### Spicy Black Bean Soup

(Cooking Time: 20 min., Serves 4, Calories per serving: 250-300)

#### Ingredients

2 Tbsp. olive oil	1 tsp. chili powder
2 medium yellow onions, chopped	1 Tbsp. cumin
2 cloves garlic, minced	¼ tsp. thyme
¼ cup green bell pepper, chopped	Two 15 oz. cans black beans, rinsed and drained
¼ cup red bell pepper, chopped	One 4 oz. can diced mild green chilies
1 jalapeno, seeded	16 oz. organic vegetable or chicken broth

#### Instructions

1. Heat oil in a pot over medium-high heat. Add onions, garlic, green chilies, bell peppers and jalapenos. Sauté until onions are translucent, about 5 minutes.
2. Add beans, broth, chili powder, cumin and thyme.
3. Reduce heat to medium low; cover and simmer until flavors blend, about 15 minutes.
4. Puree soup in batches in blender and return to pot.
5. Add lime and cilantro to garnish.

### Guacamole

(Prep time: 10 min., Serves 6, Calories per serving: 260)

#### Ingredients

3 avocados, halved, seeded and peeled	½ jalapeno pepper, seeded and minced
1 lime, juiced	2 Roma tomatoes, seeded and diced
½ tsp. pink Himalayan salt	1 Tbsp. Chopped cilantro
½ tsp. cayenne pepper	1 clove garlic, minced
½ medium red onion, diced	

#### Instructions

1. In a large bowl, place the scooped avocado pulp and lime juice, toss to coat.
2. Using a potato masher add the salt and cayenne pepper and mash.
3. Fold in the onions, jalapeno, tomatoes, cilantro, and garlic.
4. Serve with cherry tomatoes, jicama sticks or cucumbers.

## **Snack Recipes**

### **Creamy Chocolate Pudding**

(Prep time: 5 min., Serves 4, Calories per serving: 130)

#### **Ingredients**

2 medium avocados, peeled, pitted and diced  
1/3 cup cocoa powder  
1 cup almond or coconut milk beverage  
1 tsp. cinnamon  
2 tsp. vanilla extract  
¼ cup blueberry and strawberry mix  
½ tsp. pink Himalayan salt

#### **Optional:**

Stevia to taste  
2 Tbsp. blueberries  
1 Tbsp. silvered almonds

#### **Instructions**

1. Place all ingredients into a high-speed blender and puree until creamy.
2. Chill in refrigerator for 2-3 hours.

### **Rice Cakes with Almond Butter**

(Prep time: 10 min., Serves 2, Calories per serving: 320)

#### **Ingredients**

2 brown rice cakes  
4 Tbsp. almond butter  
Fresh raspberries, blueberries, or blackberries

#### **Instructions**

1. Top rice cakes with 2 Tbsp. nut butter each.
2. Garnish with fruit.

### **Quick and Simple Hummus**

(Prep time: 5 min., Serves 2, Calories per serving: 255)

#### **Ingredients**

One 15 oz. can garbanzo beans (chickpeas)

1/8 cup of olive oil

½ Tbsp. lemon juice

½ tsp. ground cumin

1 clove of garlic, crushed

¼ tsp. pink Himalayan salt

Dipping veggies: carrots, celery, broccoli, cauliflower

#### **Instructions**

1. Combine all ingredients into a blender or food processor and blend until creamy.
2. Serve with your choice of dipping vegetables.