

Phase 2 of the WWC Detox Program

After completing the 7 day reset there are many options to continue to detox and to keep feeling good.

Option 1: Continue with 1 Daily Detox shake a day and follow the same recipes and Phase 2 recipes. Substituting a different protein shake for the evening time; Better System Plus, Standard Process Veg-e Complete, or Mitocore. Continue the Daily Detox Plus Supplements taking 2 daily along with Better Vigor 2-4 daily.

Option 2: Continue the same Detox Protocol. This can be done up to 30 days. The only difference is to increase your Daily Detox Plus Supplements to 3 pills twice a day.

Option 3: Slowly add back regular foods. It is recommended that you only add 1 thing every 2-3 days. If you discover a symptom that has disappeared during detox then discontinue eating that food for a while.

Option 4: Start Shape Reclaimed. This is another program that has you eating clean and will help you continue to detox at a cellular level. Great for hormone balancing and weight loss. Set up an appointment one of our Clinical Nutritionists, Julie or Stacey to get started.

Helpful Hints!

- If you are happy where you are, gently go back to eating “normal”. Adding back dairy and gluten sparingly. You may find that you feel reset with cravings and your taste for foods has changed.
- Be careful with alcohol post cleanse! The liver is nice and clean and the alcohol will absorb quickly.
- Intermittent fasting is a good reset. 3 days a week & 12-20 hours without “food”. Water is encouraged.
- If you haven’t reintroduced exercise, now is the time!
- Get tested with the diet vials to see if there is another program your body would benefit from.
- Zeron Laser treatments to reduce fat cells!

Additional Recipes for Phase 2 WWC Reset Detox

Organic Herb and Veggie Baked Chicken

1 whole organic chicken	1 cup fresh basil, chopped
Small carrots	¼ cup thyme and rosemary
1 lg white or yellow onion	¼ olive oil
6-8 small red potatoes, halved	salt and pepper to taste

Stuff chicken with veggies and herbs. Surround chicken with extra vegetables in a baking dish. Place herb mixture under skin of chicken as well as inside. Sprinkle some olive oil on surrounding vegetables. Bake 350 degrees for 20 minutes per pound.

3 Bean Salad

1 can garbanzo beans (drained and rinsed)	1 tbsp fresh chopped rosemary
1 can cannellini beans (drained and rinsed)	½ red onion (finely chopped)
1 can kidney beans (drained and rinsed)	1/3 cup apple cider vinegar
2 stalks of celery (finely chopped)	¼ cup olive oil
1 cup fresh, finely chopped parsley	¼ tsp black pepper & 1 tsp salt

In a large bowl, mix the celery, parsley, onion, 3 beans and rosemary. In a small bowl whip up the vinegar, oil, salt and pepper and add to beans. Chill beans in the fridge for hours to soak up the flavors of the dressing.

Vegetable Broth

2 cups spinach	2 cups broccoli heads
2 quarts distilled water	3 cups celery stalks
2 cups red-skinned organic potato peels	1 small zucchini

Chop all the veggies into very fine pieces. Place them in water and bring to boil with lid on. Lower the heat and simmer for 20-30 minutes. Strain and drink the broth. This will keep for 3 days in fridge and can be frozen.

Vegetable Jambalaya

2 ¼ oz whole grain rice	2/3c organic vegetable broth
2 tbsp. olive oil	8 oz fresh or canned chopped tomatoes
2 garlic cloves crushed	1 tbsp tomato paste
1 red onion cut into bite sized pieces	1 tsp creole seasoning
1 green bell pepper diced	½ tsp chili flakes
½ cup frozen peas	salt and pepper to taste
1 cup broccoli florets	1 eggplant, diced

Coook rice as directed on package. Heat the olive oil in a skillet and cook garlic and onion for 2-3 minutes. Add the eggplant, bell pepper, peas and broccoli stirring occasionally for 5 minutes. Stir in the vegetable broth, tomatoes, tomato paste, creole seasoning and chili flakes. Use salt and pepper to taste and cook for 15-20 minutes. Stir in the rice and cook until hot.

Bean Burgers

1 tsp avocado oil	1 ½ cups canned red pinto or red kidney beans, drained
1 onion, chopped	2 tbsp. chopped fresh parsley
1 garlic clove chopped	salt and pepper to taste
1 tsp coriander	1 tsp ground cumin
5 oz white mushrooms finely chopped	

Heat the oil and skillet. Add the onion and cook until soft. Add the garlic, coriander, cumin, and mushrooms and continue to cook for 5-6 minutes, stirring constantly. Transfer the mixture into a bowl. Place the beans in a small bowl and mash with a fork. Stir the beans into the mushroom mixture with the parsley and season to taste with salt and pepper. Divide the mix into 4 equal portions and brush with oil and cook on the grill or stovetop until heated through. Top with lettuce, tomato, peppers, or the topping of your choice.

Rice and Beans

1 cup whole grain rice	1 cup canned red kidney or black beans, rinsed and drained.
4 tbsp. olive oil	1 tbsp. chopped fresh basil
1 small green bell pepper, chopped	2 tsp. chopped fresh thyme
1 small red bell pepper, chopped	1 tsp. Cajun spice
1 onion, chopped	salt and pepper to taste
1 small red or green chili, chopped	
2 tomatoes, chopped	

Cook the rice according to package, set aside. Heat oil in skillet and add peppers and onion and cook for 5 minutes. Add the chili and tomatoes and cook for another 2-3 minutes. Add the vegetable mixture and the drained beans to the cooked rice blend. Add the herbs and spice and season with salt and pepper to taste.

Stir-Fried Greens

8 scallions	2 tbsp. olive oil
2 celery stalks	1 tbsp. sesame oil
1 cup white radish	2 garlic cloves, finely chopped
1 ½ cup sugar snap or snow peas	1 tsp finely grated ginger root
1 ½ cup napa cabbage	salt and pepper to taste
6 oz. bok choy or spinach	

Cut the scallion, celery, radish and peas into strips. Shred the cabbage and bok choy or spinach. Heat the olive oil together in fry pan or wok and add garlic. Add the scallions, celery, radish and peas to pan and stir-fry for 2 minutes. Add the shredded cabbage and bok choy or spinach to the skillet and go another minute or so. Add ginger and pepper and cook another minute.

Potato and Lemon Casserole

½ cup olive oil	2 small turnips, quartered
2 red onions, largely chopped	1 zucchini, sliced
3 garlic cloves, chopped	1lb. potatoes, thickly sliced
2 tsp .cumin	juice and rind of 2 lemons
2 tsp. coriander	1 ¼ cups organic vegetable stock
Pinch of cayenne pepper	2 tbsp fresh cilantro
1 carrot thickly chopped	salt and pepper to taste

Heat olive oil in a large casserole dish. Add the onion and sauté until tender. Add the spices and cook for another minute. Add the vegetables and coat in the oil. Add lemon juice and vegetable stock. Season to taste with salt and pepper. Cover and cook over medium heat for 20-30 minutes until veggies are tender. Sprinkle fresh chopped cilantro over top.

Spinach and Garlic Salad

12 garlic cloves	4 tbsp olive oil
1 lb organic spinach	½ cup chopped walnuts or pine nuts
2 tbsp lemon juice	salt and pepper to taste

Place the peeled garlic into an ovenproof dish and add the olive oil. Roast in a 375-degree oven for 15-20 minutes. Transfer the garlic and oil into a salad bowl. Add the spinach and nuts, lemon juice and remaining olive oil. Toss well to coat the salad and season with salt and pepper.

Mexican Potato Salad

2 ¾ waxy potatoes, sliced	2 large tomatoes, sliced
1 ripe avocado	1 green chili, chopped
1 tsp. olive oil	1 yellow bell pepper, sliced
1 tsp. lemon juice	2 tbsp. chopped fresh cilantro
1 onion, chopped	salt and pepper to taste

Cook the potato slices in a pan of boiling water for 10-15 minutes or until tender, drain and let cool. Cut avocado and mash. Add the oil, lemon juice, garlic, and onion to avocado and mix and set aside. Mix tomatoes, chili, and yellow pepper together and transfer to a salad bowl with potato slices. Arrange the avocado mixture on top of the salad and sprinkle with cilantro. Season with salt and pepper.

Balsamic Vinegar and Fruit

3-4 of your favorite fruits: peaches, nectarine or plums

Balsamic vinegar

Fresh mint leaves

Quarter the fruits, removing pit and place in an oven safe dish. Drizzle balsamic vinegar over the fruit and bake at 400 degrees oven for 15-20 minutes. Remove fruit and garnish with mint.

Fruit Salad with Mixed Nuts

1 banana, sliced

½ cup strawberries, sliced

½ cup blueberries

½ cup of apple, chopped

½ cup of grapes

½ cup cantaloupe

¼ cups walnuts

¼ cup almonds

Black Bean Salad topped with Guacamole

1 can organic black beans

½ small onion, finely chopped

½ cup fresh chopped cilantro

½ cup diced tomatoes

A drizzle of olive oil

Squeeze of ½ lemon

salt and pepper to taste

Mix all ingredients together

Guacamole (mix all ingredients)

2 avocados

½ cup fresh cilantro

1 clove of garlic

4-5 cherry tomatoes

Squeeze of ½ of lemon

salt to taste

Phase 2 Grocery List

Vegetables

<i>Alfalfa Sprouts</i>	<i>Artichoke</i>	<i>Asparagus</i>
Avocado	Bok Choy	Broccoli
Carrots	<i>Cauliflower</i>	Celery
Cucumber	Eggplant	Green peas
Bell peppers(all)	<i>Kale</i>	<i>Leeks</i>
Napa Cabbage	Onions	Organic Vegetable broth
Parsnips	Potatoes	<i>Radishes</i>
Scallions	Spinach	<i>Squash</i>
Sugar snap peas	Tomatoes	Tomato paste
Turnips	White mushrooms	Zucchini

Oils and Dressings

Apple cider vinegar	Balsamic vinegar	<i>Safflower oil</i>
Sesame oil	Sunflower oil	<i>Walnut oil</i>

Beans and Peas

Black beans	Black eyed peas	Cannellini beans
Garbanzo beans	Green Beans	Lentils, brown or green
<i>Mung beans</i>	Red Kidney beans	<i>Split peas</i>

Herbs, Spices and Seasonings

<i>Anise</i>	Basil	Black pepper
Cajun spice	Cayenne pepper	Chili powder
Chili flakes	Cilantro	<i>Cinnamon</i>
Creole Seasoning	Cumin	Curry paste
Garlic	Ginger	Green chili
Mint leaves	<i>Mustard, dry or Dijon</i>	Nutmeg
<i>Oregano</i>	Paprika	Parsley
Red chili	Rosemary	Salt
<i>Tarragon</i>	Thyme	<i>Turmeric</i>

Nuts and Seeds

Almonds
Hazelnuts
Pistachios
Tahini

Cashews
Pecans
Pumpkin seeds
Walnuts

Flaxseed
Pine nuts
Sunflower seeds

Grains

Amaranth
Quinoa
Teff

Buckwheat
Rice(white or brown)long grain

Millet
Rice cakes

Fruits

Apple
Berries (any)
Grapes
Mango
Papaya
Pineapple

Apricot
Cantaloupe
Lemon
Melon (any)
Peaches
Plum

Banana
Cherries
Lime
Nectarines
Pear
Strawberries

Sweeteners

Brown rice syrup

Molasses

Stevia

Meats

Beef (organic only)

Chicken (organic only)

Miscellaneous

Almond butter
Unsweetened fruit juice

Cream of rice cereal
Almond milk

Rice milk

**italic listings are NOT in recipes but safe to eat*