

THE
integrative
women's health
INSTITUTE



Preconception Detoxification and Preparation Program SUMMER EDITION

JESSICA DRUMMOND MPT, CCN, CHC
WITH RECIPES FROM HEATHER PIERCE GIANNONE

A NOTE FROM Jessica...



In the summer, the focus is on activity, growth, light, and creativity.

Summer is the season of action!

During this summer cleanse, focus on basking in the sunlight, being more physically active, and expressing your creativity. This is the best season for travel, art, play, laughter, gardening, and getting dirty in the mud.

Your challenge for this season is to start each day thinking...

“How much fun
can I have, today?”

Jessica Drummond, MPT, CCN, CHC, the Founder and CEO of The Integrative Women's Health Institute, is passionate about caring for and empowering women who struggle with women's health conditions such as endometriosis, PCOS, hormonal imbalances, weight gain, period pain, painful sex, and post-surgical, orthopedic, or pregnancy related pelvic conditions.

She is equally passionate about educating clinicians in confidently and safely using integrative tools to treat chronic pelvic pain and other women's health conditions. Having over a decade of experience as a pelvic physical therapist plus owning a private women's health clinical nutrition and coaching practice gives her a unique perspective on the integrative, conservative options for pelvic pain management and women's health optimization.

Summer Cleanse

PRINCIPLES

- In summer, foods are eaten fresh and cooked lightly.
- Eat less food overall, and don't eat too much meat, eggs, or nuts. These heavy foods can add to fatigue.
- More water and less salt are used in summer cooking.
- Flavors emphasized in the summer are spicy, fiery, and pungent. Adding spices like cayenne pepper, red hot pepper, and fresh ginger, and black pepper are good for bringing heat to the surface to then be released from your body.
- On the hottest days, it's best to eat in a cool, comfortable space (such as on a covered patio), and eat cooling fresh salads, fruits, and cooling teas like mint and chamomile.
- Some of the best cooling fruits for summer are apples, watermelon, lemons, and limes.

HOW YOU MAY FEEL DURING THE Summer Cleanse

- Tired or achy
- Light and energetic
- Relaxed
- Grouchy
- Irritated with your friends or family
- Irritated with me!
- Withdrawal headaches, especially if you drink a lot of caffeine
- You might find it challenging to stick with this program when some of your “comfort foods” are not available

SUMMER'S EMOTIONAL FOCUS: Growth & Exploration

In the summer, it's helpful to focus on growth. Obviously, in the preconception phase you are focused on growing your family.

Connect with your partner and begin to brainstorm a vision for your growing family. How will adding a child (or more children) change your relationship, work, health, outside relationships, personal development, spiritual practice, or any other part of your life?

When we grow, we often have to let go of something to create space for that growth. Have you created space in your life for this growth in your family?

Summer Cleanse

EXERCISES

'Wake up with energy' routine

1

Get up with the sun.

Go into the bathroom, scrape your tongue and brush your teeth.

Drink 2 teaspoons of raw apple cider vinegar mixed into 16 ounces of water.

Spend 5 minutes in silence, prayer, meditation, or just standing barefoot in the grass.

'Clean up your skincare' routine

2

Wash your face with a cleanser that is not contaminated with endocrine disrupting chemicals. My favorite skincare brand is Annmarie Skincare. Visit <http://bit.ly/agskincare> for a sample kit.

Exploration afternoon

3

Sometimes our lives are so busy that we miss the exploration opportunities that are right under our noses.

Spend an afternoon this week exploring your neighborhood, town, or even your house. What is surrounding you right now that you didn't even realize was there to enjoy?

Here's some inspiration:

- Spend some time preparing your nest. Energetically creating space for a new baby is part of the preconception preparation.
- Notice the flowers on your normal walking route.
- Try a new restaurant within a 30-minute drive.
- Go to a local museum.
- Meet up with a friend you haven't seen in too long!
- Go to the movies.
- How can you explore the abundance that is all around you?

Summer Cleanse EXERCISES

4

Stretch and Grow Journaling Exercise

Like the abundant growth in our gardens at this time of year, it's a good time to reflect on your own growth.

First, carve out 30 minutes of time in your calendar. Sit quietly for the first five minutes and just breathe, calming your mind.

Then, spend 10 minutes (without stopping) writing down all of the things that you have already done in your life this year to grow.

Here's some inspiration:

- Is this your first cleanse program? Growth!
- Have you read any thought provoking books? Growth!
- Have you gotten outside your comfort zone? Maybe attended a new event? Growth!
- Have you met and made friends with any new people? Growth!

Now... stop for 5 minutes, and celebrate all of the growth that you have already experienced this year.

It's essential to stop and celebrate so that we can fully appreciate all that we have already accomplished.

Finally, spend 10 more minutes creating a growth goals list.

In what ways would you like to grow this year?

Learn a new language? Learn how to cook a new recipe? Go on an adventure with your family? Learn the fine art of setting boundaries, and saying, "No." Spend more time painting? Start a business? Get a promotion or a new job? Try a new fitness class? Try a new restaurant?

And, of course preparing for a new baby. Growth!

Summer Cleanse

EXERCISES

5

Dine alfresco

How you eat can be as healing as what you eat. Setting a nice table, talking about pleasant subjects, and eating by candlelight is a much healthier way to eat than eating in your car between ballet drop off and soccer pick up or between meetings.

Take at least one evening this week and really dine.

You can eat outside for a picnic dinner, or make even a weeknight fancy by turning off the TV, playing soft music, and lighting a few candles. Dine, don't rush.

6

Break out of your exercise rut. Add some exploration!

Summer is a season of outdoor movement and play. This week, keep it simple.

Go outside and walk, play with your kids, or garden. You will have added benefits for balancing your hormones if you do it barefoot in grass or sand.

If it happens to be a rainy week, or way too hot, then try a new class. There are so many wonderful fitness classes available: Pilates, barre, or yoga are just a few examples.

Try something new and bring your intention of exploration into your workout. It will be so much more fun than spending another 30 minutes on the treadmill.

Summer Cleanse EXERCISES

Explore the “black box” that is your pelvic anatomy

7

Do you know the names of your pelvic body parts? The bones? Muscles? Joints?

Do you know which delicate organs sit in your pelvis for protection?

Do you know the difference between your vulva, vagina, and clitoris?

Do you know if the muscles of your pelvic floor are tense or weak?

Did you even know that you have pelvic floor muscles, and what they are for?

Studies show that even young women who are currently in their 30's were never taught much at puberty by their mothers about their unique feminine bodies.

So, during this program take the opportunity to learn more about the beautiful body that you live in!

Here are a few good resources to start your exploration...

[Pelvic floor muscle exploration >>](#)

[More pelvic anatomy >>](#)

[Your vagina 101 >>](#)

(BUT- painful intercourse is generally not caused by a large penis hitting the cervix.)

[Vagina University from Women's Health Magazine >>](#)

[Pelvic Floor Muscle Pain 101 >>](#)

[More on pelvic health >>](#)

Detoxification

PRINCIPLES

Every organ, in fact every cell, is involved in every seasonal cleanse, but the organ of focus for the summer is your heart (or your “heart-mind” from the Chinese medicine perspective.) The focus this season is on opening your heart by experiencing growth and exploration, and taking care of your heart with heart healthy foods.

Plan to commit to this program for at least 7 days. It will be even more effective if you commit to it for 21-28 days.

After the program, slowly resume your previous eating habits one at a time and notice if you feel any common symptoms like joint or other pain, headaches, weight gain, skin irritation, congestion, brain fog, loss of libido, or difficulty sleeping. If you notice unpleasant symptoms when you resume your normal eating habits, contact your healthcare professional for a more detailed consultation regarding your individual needs.

Use caution if you are on medication, pregnant, nursing, or are under a doctor’s care or in any other unusual situation. The advice offered in this cleanse program should never substitute for advice from your local doctor. And, you should never delay seeking care from your local doctor because of any information in this cleanse program.

This cleanse is appropriate for your entire family. Just be aware that young children or women who are pregnant or nursing may need to eat more often to maintain good energy and stable blood sugar. While this is not an intense detoxification program like juice fasting, most common food allergens have been removed from this program, which can cause detoxification to occur.

Always speak to your doctor before beginning any new nutrition program especially if you’re pregnant or nursing, or have a chronic illness.

WHAT TO AVOID WHILE

Summer Cleansing

-
- Stress
 - Processed meats (except for low nitrate lunch meats as a short cut)
 - Canned beans (except for Eden Foods brand)
 - Animal protein that is not organic
 - Fish that are heavy in toxins
 - Sugar or other natural or artificial sweeteners
 - Wheat or any other gluten containing grains
 - Caffeine
 - Trans fats or partially hydrogenated oils
 - Flours
 - Processed foods
 - Fast foods
 - Dairy
 - Soy (except for fermented soy products in small amounts)
 - Eggs (unless you are aware that you are not sensitive to them)
 - Peanuts
 - Corn
 - Alcohol

FOODS TO ENJOY WHILE

Summer Cleansing

Vegetables

- Lettuce
- Watercress
- Arugula
- Sprouts
- Cucumber
- Celery
- Mushrooms
- Onion
- Garlic
- Chives
- Scallions
- Spinach
- Red Potatoes
(if not sensitive to nightshade vegetables.)
- Green, Red, Orange, and Yellow Bell Peppers
(if not sensitive to nightshade vegetables.)
- Green beans
- Sugar snap peas
- Cabbage

Fats and Oils

- Avocado
- Coconut oil
- Olive oil
- Ghee
(if you are not sensitive to dairy)

Animal Proteins

- Organic poultry
- Grass fed beef (in small amounts)
- Fresh, low toxin fish (The Monterey Bay Aquarium Seafood Watch program offers the most up-to-date information on the healthiest and most sustainable fish.)
- Organic, pastured eggs
(if you're not sensitive to eggs.)
- Beans (dried, soaked, and cooked or Eden brand canned beans.)

Fruits

- Apples
- Watermelon
- Lemon
- Lime
- Berries
- Cherries
- Tomatoes
- Peaches
- Apricots
- Plums
- Grapes
- Nectarine

FOODS TO ENJOY WHILE

Summer Cleansing

Nuts and Seeds

- Almonds
- Walnuts
- Pecans
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Flaxseeds
- Chia seeds

Grains

- Brown Rice
- Quinoa
- Amaranth
- Millet
- Kasha or Buckwheat

GET ALL THE

Recipes here...

Menu IDEAS

DAY 1

Breakfast Banana and Flax Green Smoothie
Lunch Bitter Greens Salad with Cup of Summer Squash Soup
Dinner Pan-Seared Halibut with Side of Steamed Broccoli Topped with Toasted Nuts

DAY 2

Breakfast Oatmeal with Fresh Berries
Lunch Zucchini & Onion Frittata with Side of Bitter Greens Salad
Dinner Juicy Broiled Chicken with Shaved Summer Salad

DAY 3

Breakfast Berry Power Smoothie
Lunch Carrot, Broccoli, Zucchini Stir-Fry with Quinoa & Leftover Broiled Chicken Slices
Dinner Black Bean & Spinach Burritos

DAY 4

Breakfast Muesli
Lunch Poached Egg over Asparagus & Avocado
Dinner Lentil Salad with Cup of Summer Squash Soup

DAY 5

Breakfast Mango-Basil Green Smoothie
Lunch Quinoa Pilaf
Dinner Cod en Papillote with Shaved Salad

Time Saving TIPS

ON WEDNESDAY & SUNDAY:

- Shop for groceries
- Make big batches of one or all of the following to have cleansing dishes right at your fingertips:
 - Cook 2 cups of dry quinoa (makes 4 cups of cooked quinoa)
 - Zucchini & Onion Frittata
 - Summer Squash Soup (divide into mason jars and store in fridge for easy serving sizes)
 - Lentil Salad
 - Juicy Broiled Chicken
 - Peel and freeze bananas in plastic baggie for smoothies

EACH NIGHT BEFORE BED:

- Make your “overnight oats” if you’re having muesli for breakfast!
- Make a nice pitcher of the “Summer Cocktail” so you can sip all day.

Basic Smoothie

Mix and Match Formula

INGREDIENTS

8 oz. liquid from Liquid Column
 2-3 items from Bulk + Nutrition Column
 1-3 items from Sweetener + Flavor Column
 1-3 items from Superfoods Column

TOOLS

Blender
 Liquid measuring cup

The Formula

LIQUID	BULK +	SWEETNER +	SUPERFOOD +
water	1/2 cup cooked oatmeal	1/2 banana (frozen is better)	2 tbsp ground flaxseeds
coconut water	1/2 cup pureed pumpkin	1/2 cup frozen berries	2 tbsp chia seeds
unsweetened almond milk	1/2 cucumber	1/4 cup frozen mango	powdered greens
coconut milk	3-4 leaves kale, spinach, collard greens	1 tsp vanilla extract	2 tbsp raw cacao
rice milk	protein/meal replacement powder	1/2 tsp ginger	2 tbsp psyllium husks
	1/2 avocado	1/2 tsp cinnamon	1/4 cup fresh herbs
	1 - 2 tbsp natural peanut or almond butter	1/4 tsp nutmeg	1 tbsp fresh grated ginger root
		1/2 pear or apple	
		lemon slice	

* certified gluten free oats

Cleansing Summer Cocktail

Watermelon and cucumber are amazing natural diuretics, helping you to de-puff and de-bloat while making drinking water way more exciting. It's a great sneaky "summer cocktail" to enjoy at barbecues and gatherings!

INGREDIENTS

1 cup seedless watermelon chunks
1/2 cucumber, sliced
3-5 sprigs of mint

TOOLS

Pitcher
Knife
Cutting Board

DIRECTIONS

Fill a pitcher with watermelon chunks, cucumber slices, and herbs, and fill with filtered water. Drink throughout day to help hydrate, de-puff, and to keep you satisfied.

Green Detox Smoothie

(using Mix and Match Smoothie Formula)

INGREDIENTS

8 oz. water or coconut water
1/2 cucumber
3-5 leaves of kale, spinach,
or romaine 1 avocado
Small slice of lemon (optional)
1/2 pear or apple (optional)
1/4 cup fresh herbs
(parsley, mint, basil)

TOOLS

Chef's knife
Cutting board
Blender
Dry measuring cup

DIRECTIONS

Place all ingredients in blender and blend until smooth.

Mango-Herb Green Smoothie

(using Mix and Match Smoothie Formula)

INGREDIENTS

8 oz unsweetened almond milk
2-4 kale leaves (stalks removed)
1/2 cup frozen mango
5-6 basil or mint leaves
1 slice of organic lemon, optional*

TOOLS

Chef's knife
Cutting board
Blender
Dry measuring cup

DIRECTIONS

Place all ingredients in blender and blend until smooth and enjoy.

VARIATIONS

If you're super sensitive to sugar, replace mango with 1/2 an avocado.

* if you know you have a citrus sensitivity or are cleansing for the first time, leave this out.



Strawberry-Blueberry Power Smoothie

(using Mix and Match Smoothie Formula)

INGREDIENTS

1.5 cups of unsweetened almond milk
or water
1 scoop of protein/meal replacement
powder (such as Vega)
2 tbsp ground flax seeds
1 cup baby spinach or kale
(torn off the stems)
1/4 cup blueberries, frozen or fresh
1/2 cup strawberries, frozen or fresh

TOOLS

Blender
Measuring spoons
Dry measuring cup

DIRECTIONS

Place all ingredients in blender and blend until smooth and enjoy.



Creamy Banana Green Smoothie

(using Mix and Match Smoothie Formula)

INGREDIENTS

1 cup water or almond milk
3-5 leaves of kale (or spinach), no stems
1/2 avocado
1/2 frozen banana
2 tbsp ground flax seeds

TOOLS

Blender
Chef's knife
Cutting board
Measuring spoons

DIRECTIONS

Place all ingredients in blender and blend until smooth and enjoy.



Basic Breakfast Porridge

Mix and Match Formula

Made too much quinoa or brown rice for dinner?
Leverage those leftovers by enjoying them in a tasty breakfast porridge!
It couldn't be easier.

INGREDIENTS

- 1 cup grain from Grain Column
(See Note below)
- 1-3 tbsp of items from Sweetness Column
- 1-2 tbsp of items from Nuts + Seeds Column
- 0-2 items from Extra Oomph Column
- 1-4 items from Seasonings Column
(just a dash less than 1/4 tsp)
- 1/4 cup of item from Creaminess Column (optional)

TOOLS

- Measuring spoons
- Dry measuring cup
- Liquid measuring cup
- Medium saucepan
- Wooden spoon

DIRECTIONS

1. Bring water and grain to a boil. (See Note below).
2. Add fruit/dried fruit, Nuts+Seeds, "Extra Oomph."
3. Lower heat to low and cook for 5-7 minutes, or until creamy.
Stir in "Creaminess" component if desired.
4. Add sweeteners like raw honey or maple syrup to taste.

NOTE: WATER TO GRAIN RATIOS

If using uncooked grain, ratio of water to grain is generally 2 to 1. If using cooked grain, ratio is 1:1. Except for Irish/steel cut oats:

- Cooked/leftover brown rice: 1 cup of water for 1 cup of cooked brown rice.
- Cooked/leftover quinoa: 1 cup of water for 1 cup of cooked quinoa..
- Rolled oats (uncooked): 2 cups water for 1 cup rolled oats (uncooked).
- Irish oats, the ratio is 4 to 1. So 4 cups of water for 1 cup of Irish/steel cut oats.

The Formula

GRAIN	SWEETNESS	NUTS + SEEDS	EXTRA OOMPH	SPICES + SEASONING	CREAMINESS
oats	apple slices	chopped nuts	1 tbsp grated ginger root	cinnamon	almond milk
quinoa	banana slices	toasted nuts	2 tbsp ground flaxseed	ginger	coconut milk
rice	dried coconut		2 tbsp chia seeds	nutmeg	
	dried cranberries			sea salt	
	maple syrup				
	raisins				
	raw honey				

* certified gluten free oats

Oatmeal with Fresh Berries and Toasted Almonds

(using Mix and Match Breakfast Formula)

INGREDIENTS

1 cup rolled oats
(or leftover brown rice or quinoa)
1 cup water or almond milk
1 tbsp ground flax seeds
1/2 cup fresh blueberries
1/2 cup fresh strawberries, sliced
1/4 cup sliced almonds, toasted

TOOLS

Liquid measuring cup
Measuring spoons
Dry measuring cup
Chef's knife
Cutting board
Medium saucepan
Wooden spoon

DIRECTIONS

1. Bring oats and water to a boil.
2. Place almonds on baking sheet and toast in toaster oven or oven at 350 degrees until golden brown.
3. Lower heat to medium, add flaxseeds, and cook for 5 minutes, or until creamy.
4. Serve topped with berries and toasted almonds.



Muesli or No-Cook “Summer Porridge”

A great breakfast that basically makes itself overnight - since the oats are chilled and not cooked, it's a great option for those humid days when a hot porridge is the last thing on your mind.

INGREDIENTS

1/2 cup gluten-free rolled oats
1 cup unsweetened almond milk
1 tbsp chia seeds
2 tbsp of favorite dried fruit (raisins, chopped dates, apricots)
2 tbsp favorite nuts or seeds (slivered almonds, sunflower seeds, walnuts)
2 tbsp sliced fresh fruit, optional (e.g. sliced strawberries, bananas, peaches)

TOOLS

Small mason jar
or other air-tight container
Measuring cups
Measuring spoons

DIRECTIONS

1. Before bed, add oats, almond milk, chia seeds and dried fruit to the jar.
2. Cover, shake and refrigerate overnight.
3. The next morning, stir ,top with nuts, seeds or even some toasted nuts and enjoy!

Serves 2.

Will keep for up to 2 days.

Zucchini and Onion Frittata

INGREDIENTS

1 large onion, sliced
2 medium-sized zucchini, sliced thinly 1
clove garlic
1/4 cup extra-virgin
olive oil
sea salt
freshly ground pepper
6 large organic eggs*

TOOLS

Liquid measuring cup
Dry measuring cup
Chef's knife
Cutting board
Medium bowl
Whisk
Medium nonstick skillet
Wooden spoon

DIRECTIONS

1. Pre heat the broiler.
2. Trim ends of zucchini, slice thinly. Peel and mince the onion and garlic.
3. Heat olive oil in a nonstick skillet over medium heat. Add zucchini, onion, and garlic, and sauté until tender. (Or just add leftover steamed or sautéed greens to the pan). Season with salt and pepper to taste.
4. Whisk eggs with a fork and season with salt and pepper lightly. Pour egg mixture over the veggies in the skillet. Lift pan and swirl the mixture so it spreads out evenly in the pan. Cook over low heat until eggs are set on the bottom.
5. Transfer to the oven to broil until the top sets and turns golden brown, about 5 minutes.

* Skip if this is your first time cleansing or if you already know you are sensitive to eggs.



Poached Egg* over Asparagus and Avocado

INGREDIENTS

1 organic egg*
4-5 spears asparagus
pinch of sea salt
1/2 avocado, sliced
freshly ground black pepper, optional

TOOLS

Medium pot
Small cup or ramekin
Slotted spoon
Paper or cloth towel

DIRECTIONS

1. Get water hot for poached egg (see next page “How to Poach the Perfect Egg”).
2. Meanwhile, in a medium skillet, heat up olive oil over medium heat.
3. Snap the ends off the asparagus spears, add them to the skillet, add a pinch of salt, and stir occasionally until the asparagus become bright green (and slightly golden brown at parts) and tender - you should easily be able to pierce with a fork.
4. Poach egg (see next page “How to Poach the Perfect Egg”).
5. Serve egg over asparagus and sliced avocado. Finish with fresh pepper, if you'd like.

* Skip if this is your first time cleansing or if you already know you are sensitive to eggs.

How to Poach the Perfect Egg

Once you nail this, it will become a go-to meal because it's so easy, so good for you, and sooo satisfying.

STEPS

1. Take the eggs out of the fridge and let them hang out while you heat the water so they're not freezing cold when you plunge them in the pot. The fresher the egg, the easier this is.
2. Fill a medium pot with about 4-5 inches of water and put on high heat.
3. When the water starts to bubble, turn it down to medium heat. No boiling. If any bubbles come back to taunt you, lower the heat until they simmer down.
4. Crack an egg into a little cup or ramekin (if you crack it on the counter or other flat surface, the less likely you'll have to fish out pieces of shell).



5. Stir the water round-and-round a few times, then gently slip the egg right in the middle of the "vortex". That current you created from stirring will help the egg wrap around itself and stay in a perfect circle instead of billowing out.

6. Don't touch it! Let the egg gently cook (again, if you see bubbles, turn the heat down) until the white begins to set. Then you can gently cradle it with a slotted spoon to get it "unstuck" from the bottom of the pan.

7. After another minute or so, pick it up with a slotted spoon and gently touch the yolk to see if it's still super runny. Continue to cook until the egg is to your desired done-ness. I like mine nice and soft and runny so it creates a little "sauce" on my veggies

8. Remove the egg with a slotted spoon, place it over a paper or cloth towel to blot excess water, and serve. See next page for the best poached egg dish ever.



Cilantro-Lime Vinaigrette

INGREDIENTS

1/2 cup extra-virgin olive oil
1/4 cup freshly squeezed lime juice*
Zest of 1 lime*
1/4 cup chopped cilantro

TOOLS

Liquid measuring cup
Dry measuring cup
Chef's knife
Cutting board
Small bowl
Fork (or small whisk)

DIRECTIONS

Combine everything in a bowl. Whisk it together with a fork.
Makes 1 cup – about 2 to 4 servings.

* Skip if this is your first time cleansing or if you already know you are sensitive to citrus.

Simple Vinaigrette

INGREDIENTS

4 tbsp extra-virgin olive oil
1 tbsp sherry or apple cider vinegar
1-2 tbsp gluten-free dijon mustard

TOOLS

Measuring spoons
Small bowl
Fork (or small whisk)

DIRECTIONS

1. Combine everything in a small bowl. Whisk it together with a fork.
Makes 1 cup – about 2 to 4 servings.
2. Serve over simple green salad or as a dip for vegetable sticks.



Crispy Onions or Shallots

The ultimate surprise topping to veggies, meats, grain pilafs, and even soups.

INGREDIENTS

1 medium onion or 2-3 shallots
olive oil

TOOLS

Skillet or sauté pan Fork
Paper towel

DIRECTIONS

1. Slice onions or shallots in to thin rounds.
2. Heat pan over medium-high heat and add about 1 inch of oil to the pan.
3. Add onions and cook, turning with a fork frequently as they begin to brown, every 30 seconds or so. When onions are a nice golden brown, remove and place them on a paper towel to drain.
4. Enjoy over basic veggies, chicken, fish, wholegrains, or even as a topping for soup.

Crunchy Bitter Greens Salad

This is a great detox salad to balance out a heavier/more indulgent meal.

INGREDIENTS

2 cups of baby arugula
Belgian endive
Radicchio, 1 small head
Simple Vinaigrette (previous page)

TOOLS

Chef's knife
Cutting board
Medium bowl
Tongs

DIRECTIONS

Chop or tear ingredients into bite-sized pieces and gently toss with dressing. Enjoy!

Lentil Salad

INGREDIENTS

2 stalks celery
2 carrots
2 scallions
15 oz can organic lentils, drained and rinsed
3 tbsp olive oil
2 tbsp Dijon mustard
juice of 1 lemon*
1 tbsp lemon zest* sea salt
1 cup baby spinach or mixed greens

TOOLS

Colander or strainer
Cutting board
Chef's knife
Vegetable peeler
Medium bowl
Tongs

DIRECTIONS

1. Drain and rinse the lentils.
2. Peel carrots.
3. Dice carrots and celery. Slice white part of scallions into thin slices.
4. Whisk together olive oil, mustard, lemon juice, and zest with a fork.
5. Add lentils, carrots, celery and scallions to a bowl. Sprinkle with sea salt and mix with $\frac{2}{3}$ of the dressing.
6. Arrange mixed greens on a plate or bowl, drizzle with remaining dressing, and top with $\frac{1}{2}$ cup of lentil salad.

Save remaining lentil salad for a snack for easy leftovers. Serves 1-2.

*Eliminate if this is your first time cleansing or if you know you are sensitive to citrus.



Shaved Summer Vegetable Salad

I LOVE this salad because it's such an easy way to get in so many fresh veggies without even having to get out a cutting board or knife!

INGREDIENTS

2 cups baby spinach, baby arugula,
or mesclun greens
1 medium zucchini or yellow summer squash
2 medium carrots, peeled
1 cucumber
Easy Vinaigrette

TOOLS

Vegetable peeler
Tongs

DIRECTIONS

1. Add salad greens to a large serving bowl.
2. Using your vegetable peeler, just keep shaving off long, thin slices of the zucchini, carrots and cucumber right into the bowl.
3. Add 3-4 tablespoons of dressing, toss and serve!

Top with beans or broiled chicken for more protein.



Basic Soup

Mix and Match Formula

INGREDIENTS

2 tbsp from Fats Column
1-3 items from Aromatics Column, sliced or minced
1-2 items from Accent Veggies Column, thinly sliced
Sea salt and freshly ground black pepper
Any number of items from Main Ingredient Column
1 item from Liquid Column
(amount depends on amount of veggies)
1-3 items from Accent Column

TOOLS

Liquid measuring cup
Measuring spoons
Chef's knife
Cutting board
Large saucepan
Wooden spoon
Immersion blender
(or regular blender + slotted spoon)

DIRECTIONS

1. Put the olive oil or butter in large pot over medium heat. Let butter melt.
2. Add aromatics and cook, stirring occasionally, until they soften, about 5 minutes.
3. Add sea salt and pepper and stir.
4. Add main ingredient and stir.
5. Add enough broth or water to cover the vegetables and bring to a boil.
6. Stir, lower the heat to a simmer, and cover until vegetables are tender, 15-25 minutes (depending on the water content of the main ingredients and how small you sliced them).
7. Remove pot from heat, puree with an immersion blender or add veggies to a blender/food processor using a slotted spoon.
8. Return to pot (if you used the blender/food processor), taste and adjust the salt and add any other spices or herbs that tickle your fancy.

The Formula

FATS	AROMATIC VEGETABLES	ACCENT VEGETABLES	MAIN INGREDIENTS	LIQUID	ACCENT
butter	garlic	carrots	asparagus	beef broth	coconut milk
olive oil	ginger root	celery	broccoli	chicken broth	fresh herbs
	leeks		carrot	vegetable broth	toasted pumpkin seeds
	onions		cauliflower	water	maple syrup
	shallots		tomato		spices (curry, cinnamon, ginger, etc.)
			kale		
			other root veggies (e.g. parsnips)		
			summer squash (e.g. zucchini)		
			winter squash (e.g. butternut)		

Summer Squash Soup with Fresh Herbs

(using Mix and Match Soup Formula)

INGREDIENTS

1 tbsp olive oil
1 large onion, diced
4-5 yellow summer squash, thinly sliced
Sea salt
Freshly ground black pepper
4 cups chicken broth
(or vegetable broth or water)
Fresh herbs, like mint or parsley (optional)

TOOLS

Large saucepan
Wooden spoon
Immersion blender
(or regular blender + slotted spoon)

DIRECTIONS

1. Heat the olive oil in large pot over medium heat.
2. Add onions and cook, stirring occasionally, until they soften, about 5 minutes.
3. Add salt and pepper and stir.
4. Add sliced summer squash
5. Add the stock cover the squash and bring to a boil.
6. Stir, lower the heat to a simmer, and cover until vegetables are tender, 15-25 minutes.
7. Take soup off heat, puree with an immersion blender or add veggies to a blender/food processor using a slotted spoon.
8. Return to pot (if you used the blender/food processor), taste and adjust the salt.
9. Sprinkle with chopped fresh herbs and serve.

Pan-Seared Halibut with Toasted Almonds

INGREDIENTS

1 (4-oz) fillet per person of wild-caught halibut
1 tbsp unrefined coconut oil or sesame oil
sea salt
pepper
1/4 cup slivered almonds

TOOLS

Saute pan
Spatula

DIRECTIONS

1. Heat oil in saute pan over medium heat.
2. Sprinkle sea salt and pepper on both sides of each fish fillet.
3. Cook fish on first side over medium heat for 4 minutes.
4. Flip and cook on other side for 3 minutes. While fish is in pan, sprinkle layer of almonds on top.
5. Flip over and cook for 2 minutes. Add almonds on other side.
6. Flip again to cook and toast almonds on other side. Halibut is cooked when fish is flaky and no longer translucent.
7. Take off heat and serve.

Quinoa Bowl with Asparagus, Shredded Carrots and Toasted Almonds

A surprisingly satisfying yet refreshing meal - perfect summer dinner for two.
Also great for leftovers as the flavors get better and better!

INGREDIENTS

1 cup cooked quinoa (or brown rice)
2 cups water
Pinch of sea salt
1 bunch asparagus or broccoli
1 cup slivered almonds
1 cup grated carrots

FOR THE SOY DRESSING

1/2 cup toasted sesame oil
2 tbsp low-sodium tamari soy sauce
1 tbsp apple cider vinegar
1 inch of fresh ginger root, minced
Sea salt and freshly ground black pepper

DIRECTIONS

1. Snap off ends of asparagus spears and cut into 2-inch pieces.
2. Steam asparagus until bright green and crisp - tender, about 5 minutes.
3. Toast almonds on a baking sheet in oven at 350 degrees or toaster oven for about 5 minutes until lightly golden.
4. Make dressing: whisk all ingredients together in a bowl or in a blender.
5. Grate carrots and lemon zest.
6. Place quinoa, asparagus, toasted almonds, 1 cup of shredded carrots in a large serving bowl. Pour dressing over the pilaf and gently toss.



Gluten Free Pasta with Garlic & Oil and Sautéed Greens

This is a great “end of the week” dish when you’ve run out of fresh food and are feeling too lazy to run to the store - just leverage what you’ve got in your pantry and your freezer to whip up a really satisfying meal!

INGREDIENTS

1 pound brown rice pasta
1 tbsp olive oil
1 package frozen spinach or broccoli florets
(or 2 cups of fresh)
3 tbsp extra-virgin olive oil
2 garlic cloves (minced if you really love garlic,
kept whole if you prefer just a hint of garlic)
1/2 cup frozen peas
Sea salt and freshly ground black pepper

TOOLS

Measuring spoons
Chef’s knife
Cutting board
Medium saucepan fitted with steamer
basket Colander
Large skillet
Wooden spoon

DIRECTIONS

1. Cook brown rice pasta according to package directions, but take 1 - 2 minutes off cooking time.
2. If using frozen peas, place them in the bottom of the colander so when you drain the cooked pasta, they will defrost and combine with the pasta.
3. Steam frozen greens to defrost. (Or steam fresh veggies with a sprinkle of sea salt until bright green.)
4. Heat olive oil in a large skillet over medium heat. Add garlic and sauté until golden brown (about 2-3 minutes).
5. Add cooked pasta to the pan and stir to coat with garlic and oil. Add defrosted greens and stir to coat.
6. Take off heat, season with salt and pepper, taste and adjust.

VARIATIONS

Stir in 1 (15-oz.) can of cannellini or garbanzo beans.
Top with sliced broiled chicken.

Broccoli, Zucchini, Carrot and Quinoa Stir-Fry

This is a great “end of the week” dish when you’ve run out of fresh food and are feeling too lazy to run to the store - just leverage what you’ve got in your pantry and your freezer to whip up a really satisfying meal!

INGREDIENTS

1 cup quinoa
2 tablespoons sesame oil
1 inch of fresh ginger root
1 head of broccoli
1 medium zucchini
2-3 carrots
2 tbsp tamari soy sauce
toasted sesame seeds or gomasio

TOOLS

Colander or strainer
Cutting board
Chef’s knife
Vegetable peeler
Medium bowl
Tongs

DIRECTIONS

1. Cook quinoa:
 - Rinse 1 cup dry quinoa in a wire mesh strainer for 10 seconds.
 - Put quinoa and 2 cups of water in a medium pot and bring to a boil.
 - Reduce to a simmer, cover, and cook for 15 minutes.You can absolutely do this a day or two ahead.
2. Peel and mince ginger.
3. Peel carrots and slice thinly on a diagonal.
4. Cut off broccoli florets from stems and slice into bite-sized pieces.
5. Slice zucchini into thin discs, then cut into half-moons.
6. Heat 1 tbsp of sesame oil over medium high heat. Add ginger and stir-fry for 1 minute.
7. Add broccoli and stir-fry for 1 minute. Add carrots and zucchini and stir-fry until crisp-tender. You should be able to easily pierce veggies with a fork but they should still have a bit of crunch to them.
8. Add 1 cup of cooked quinoa to the pan (you’ll have more for leftovers), top with 1 more tablespoon of toasted sesame oil and 2 tbsp of tamari. Stir to coat.
9. Take off heat and serve. Top with gomasio or sesame seeds.

Serves 2-3.



Black Bean and Spinach Burritos

INGREDIENTS

1 tbsp olive oil
1 onion, diced
1 garlic clove, minced
1 tsp ground cumin
1 tsp oregano
1 tsp chili powder
1 cup black beans, cooked
2 cups fresh baby spinach (or frozen)
Sea salt
Cilantro, if desired
Gluten-free tortillas (or even large wedges of lettuce as wraps!) Sliced avocado, optional

TOOLS

Measuring spoons
Dry measuring cup
Chef's knife
Cutting board
Large skillet with a lid
Wooden spoon
Small skillet

DIRECTIONS

1. Sauté onion and garlic for 1-2 minutes in a large skillet over medium heat.
2. Add cumin, oregano, chili powder. Cover and cook for 2-3 minutes.
3. Add beans, sea salt, and spinach. Continue cooking until spinach is wilted and beans are heated through. Sprinkle in cilantro if desired.
4. Warm the tortilla in a separate skillet over low heat.
5. Lay tortilla flat, add bean and spinach mixture, top with avocado, and roll up.

VARIATIONS

Substitute black beans with lentils, garbanzo beans, or pinto beans.
Substitute beans with diced chicken breast.



Super Easy (and Juicy) Broiled Chicken

A great make-ahead dish for adding to protein to stir-fries, salads, burritos, etc!
I usually make about 4 or 5 at the beginning of the week to use for several days.

INGREDIENTS

About 1 1/2 pounds boneless, skinless,
white-meat organic chicken
(breasts, cutlets, or tenders)
2 tbsp olive oil
Sea salt and pepper

TOOLS

Measuring spoons
Chef's knife
Cutting board
Baking sheet
Tongs

DIRECTIONS

1. Season both sides of each chicken breast with salt and pepper.
2. In a large, airtight, plastic bag place chicken and olive oil. Toast to coat and set aside for 10 minutes or up to 12 hours.
3. Preheat the broiler.
4. Take chicken out of bag with tongs, shake off excess oil, and place on a baking sheet.
5. Broil the chicken very quickly, turning once, cooking no more than 3-5 minutes on each side. To check for doneness, use a thin blade knife and cut through the center – should be white or slightly pink.
6. Let sit on a cutting board, loosely covered with foil, for about 5 minutes to let the juices settle back into the chicken.
7. Serve right away or store in an airtight container for later slicing into a salad, wrap, etc.



Ginger-Lime Cod En Papillote

(Fish baked in parchment packets)

INGREDIENTS

- 1 (4-oz) wild-caught cod fillet (per serving)
- Sea salt
- Freshly ground black pepper
- 1 tbsp sesame oil or olive oil
- 1 tsp freshly grated ginger
- 1 tsp fresh lime zest*
- Juice from 1/2 fresh lime*
- 1 tbsp of chopped fresh cilantro (optional)

TOOLS

- Baking sheet
- Parchment paper or aluminum foil
- Grater (or good knife)

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Cut the parchment paper or aluminum into 15-inch squares (1 square per 4- oz slice of fish). Fold in half to make a crease, then open it again.
3. Place a fish fillet in the middle of one half of the parchment. Season both sides with salt and pepper.
4. Drizzle fillet with oil and sprinkle with ginger, zest, juice, and herbs.
5. Fold over one corner of the crease into a tiny triangle, then continue folding the paper over itself to make little pleats that go all the way around the folded paper, sealing the fish in. Continue process with remaining fillets.
6. Place packet on a baking sheet and bake for about 10-12 minutes, until the packet puffs up. (This will depend on the thickness of the fish too, of course).
7. Open up packet and serve!

* Skip if this is your first time cleansing or if you know you are sensitive to citrus.



Pureed White Bean or Chickpea Dip

Perfect no-fuss party snack that you can quickly whip up with pantry staples.

INGREDIENTS

1 (15 oz.) can cannellini or garbanzo beans,
drained and rinsed 1 garlic clove
2 tbsp fresh lemon juice*
1/3 cup olive oil, plus 4 tbsp
1/4 cup fresh Italian flat-leaf parsley leaves
salt and pepper

DIRECTIONS

1. Place beans, garlic, lemon juice, olive oil, and parsley in food processor.
2. Pulse until mixture is coarsely chopped. Season with salt and pepper to taste.
3. Transfer puree to a small bowl. Serve with crostini, fresh vegetable sticks (like carrots or celery), or pita chips.

VARIATIONS

This can also be served in a gluten-free wrap or wrapped in a Collard green leaf with grilled vegetables or with grilled chicken and greens.

* Skip if this is your first time cleansing or if you know you are sensitive to citrus.



Chunky Guacamole (Sans Tomato) with Endive



Going to a summer party?
Bring this as an appetizer and nobody will even notice you're on a cleanse!

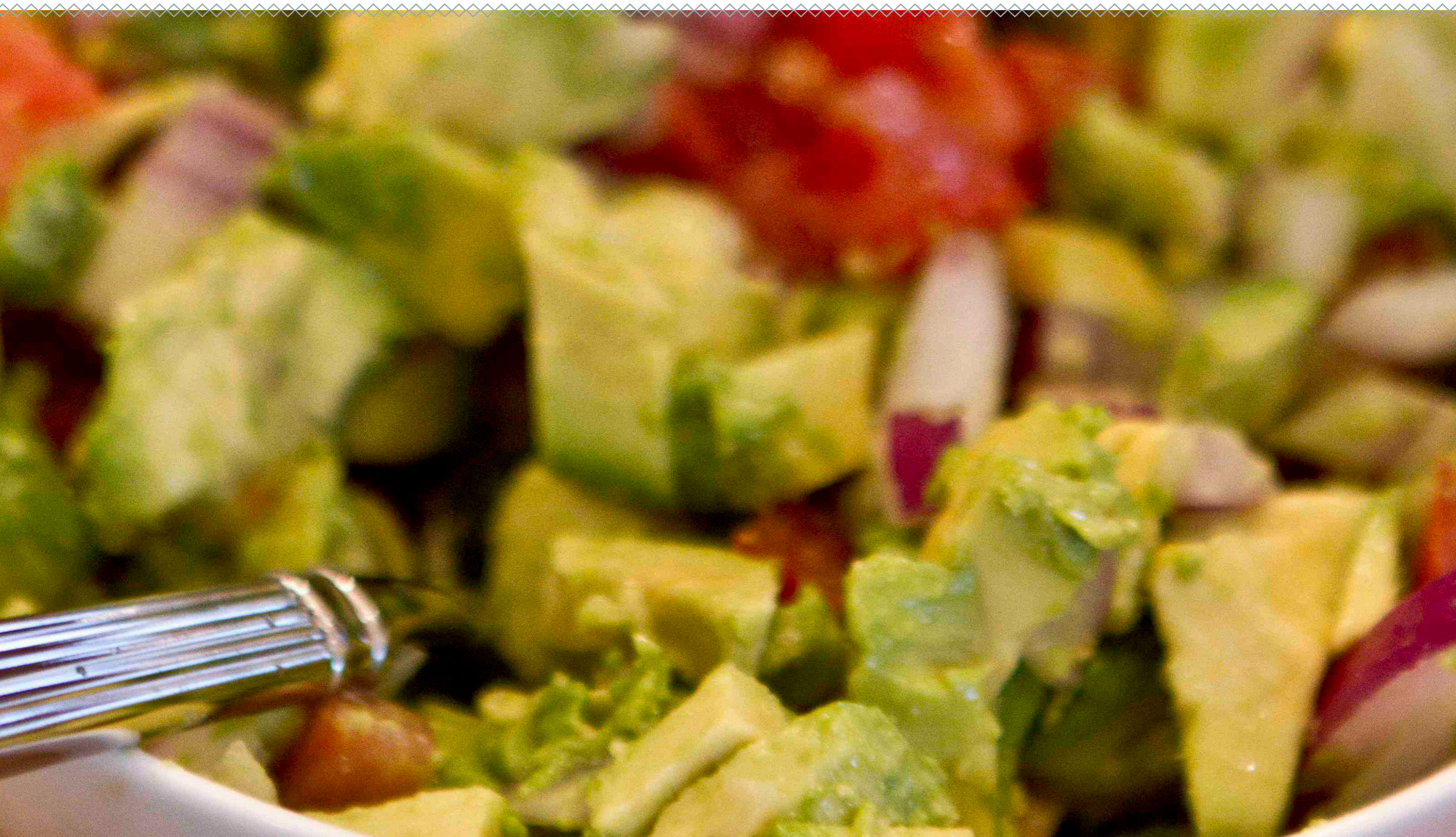
INGREDIENTS

3 avocados
1/2 red onion
juice of one or two fresh limes*
sea salt
fresh cilantro
1 head Belgian endive

DIRECTIONS

1. Slice the avocado and onion into equal-sized chunks.
2. Gently mix all ingredients into a medium-sized bowl. You want to make almost a salty lemonade/limeade with the lime juice so be generous with it.
3. Garnish with extra cilantro and serve with tortilla or multigrain chips or Belgian endive leaves for a crunchy, lighter snack.

* Skip if this is your first time cleansing or if you know you are sensitive to citrus.



Refreshing Nori Wraps

INGREDIENTS

Toasted nori sheets
(the stuff they wrap sushi rolls in)

TOOLS

Cutting board
Chef's knife

ANY COMBINATIONS OF THE FOLLOWING:

2-3 grated carrots
leftover brown rice or quinoa
sliced avocado
sliced cucumber

DIRECTIONS

1. Place nori sheet on a flat, dry surface. At the end closest to you, lay the veggies, rice, or any combination of the above ingredients flat along the width of nori sheet.
2. Roll up the ingredients. Slice roll in half and enjoy!



RECIPES FROM Heather



Heather Pierce Giannone is a certified holistic health coach and Creator of *Go Feed Yourself* - a digital program teaching you how to make fast, healthy meals that keep you focused and productive.

She also shares free recipes and easy cooking how-to videos on her website and on her YouTube show, *The Feed with HPG*.

www.heatherpierceinc.com

