

Junk Food Cleanse



WHOLE FOODS IDEA BOOKLET

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Junk Food Cleanse

Whole Foods Idea Booklet Contents

WHOLE FOODS LIST

Page 3

HELPFUL TIPS

Page 4

HEALTHY SNACK LIST

Page 5

BREAKFAST IDEAS

Page 6

LUNCH IDEAS

Page 7

DINNER and DESSERT IDEAS

Page 8

WHOLE FOODS RESOURCES

Page 9

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Whole Foods List

Fruits and Veggies

All (in their original state, dried, or fermented)
(No potato chips or French fries)

Meats

All fresh meats and whole eggs
(No processed meats ie. lunchmeat, sausage)

Dairy

Fresh Raw Dairy
Plain Whole (full fat or similar) Yogurt
Organic Cheeses
Unsweetened Kefir
Whole Organic Butter
(No regular milk or dairy substitutes - you may choose to make an exception if you find this too difficult. Homemade Almond Milk or Rice Milk is an acceptable substitute)

Grains

Whole or Steel Cut Grains
Sprouted Whole Grains and Sprouted Grain Products
(No white bread or grain products)

Oils

Extra Virgin, Cold Pressed, or Expeller Pressed Oils
(No Hydrogenated, Partially Hydrogenated, or "Vegetable" Oil Blend)

Sweeteners

Raw Honey
Real Maple Syrup
Agave Nectar, Brown Rice Syrup
Date Sugar (ground dried dates)
Green Stevia Whole Leaf
(No white sugar or artificial sweeteners especially)

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Helpful Tips

Getting Started

1. Throw or give away all of the Junk Food in your house. Get rid of it before it goes into your body.
2. Read all the labels on your items so that you can see what you are throwing out— a bunch of processed food that isn't even really food.
3. Make a Meal Plan for the week. Compile some Whole Foods recipes that you love or would like to try. Write down what you will be eating for Breakfast, Lunch, Dinner, Snacks, and Dessert for the whole week.
4. Grocery Shop. Stick with the perimeter of the store and the Healthy Foods section. Read labels. Anything with a non-pronounceable ingredient stays on the shelf.
5. Prepare your food. When you get back from the grocery store, prepare as much food as you can in advance. Cut up veggies for snacks. Wash a bunch of grapes and put them in a bowl in the fridge. Cook a big pot of whole grains (brown rice or quinoa for example). Cook up chicken breasts for lunches. Make a huge salad. Cook steel cut oatmeal in advance and divide it up into portions for the week's breakfasts. Make some homemade salad dressing (Oil + Vinegar + Herbs + Lemon Juice + Spices) or veggie dip (Plain Yogurt + Herbs + Spices). Make a big pot of soup or chili.
6. Stick to your plan. I suggest doing this cleanse for 10-14 days to start.
7. Stick to water as much as possible as your go-to drink. Drink a lot of it.
8. Watch the sneaky sweets, carry around some trail mix or whole fruit instead.
9. Get plenty of rest. Also, it helps at night to pick a time to stop eating such as 8pm.
10. If withdrawal symptoms show up such as headache, nausea, or cravings, be gentle with yourself and give it a few days. Drink lots of water, get plenty of rest, and try to satisfy your body with a healthier, whole foods version of what you are craving.
11. Email me at anytime with a quick question at Brandy@SoothsayersAria.com or set up a Sacred Chat or Guidance Session for extra support at the website below.

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Healthy Snack List

Healthy Snacks To Try

Skip the cookies, cakes, chips, crackers, and candy bars – try these instead when cravings strike:

Crunchy

Apples, frozen grapes, nuts and seeds, organic baby carrots, crunchy crudité's of veggies and dip, hummus with sprouted whole grain toast, baby carrots, bell peppers, celery and non-hydrogenated peanut butter, light/plain popcorn - use coconut oil to pop in a covered pan.

Sweet

Fresh, whole fruit, organic yogurt and ripe fruit, apples and almond butter, sprouted date bread with jam, frozen yogurt (freeze your own!), dried fruit, organic dark chocolate chips or carob chips, use leftover grains to make sweet porridge (drizzle maple syrup and sprinkle cinnamon, add soymilk and bananas, heat with fruit juice, etc.), smoothies (mix whatever you have in the kitchen: fruit, ice, yogurt, carob powder, etc.), freshly squeezed fruit juices (make your own and try different combos), sweet vegetables (yams, sweet potatoes, squashes - acorn, butternut, kabocha) cut into chunks; sprinkled with cinnamon and baked, fruit "ice cream": peel a banana, freeze, blend in a food processor with nuts, berries or raisins and serve; can be put through the screen of a juicer for a creamier consistency.

Salty

Olives, pickles and pickled vegetables, tabouli, hummus, oysters and sardines, steamed vegetables with tamari/shoyu or umeboshi vinegar, sauerkraut (it will also knock your sweet craving right out!), fresh lime or lemon juice as seasonings or in beverage, salted edamame, sprouted tortillas with salsa or guacamole.

Creamy

Smoothies, yogurt, avocados, rice pudding, dips and spreads - like hummus and baba ghanoush, puréed soups, puddings made with avocado or mashed banana, mashed sweet potatoes, coconut milk.

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Breakfast Ideas

Breakfast Suggestions:

Eggs/Omelets
Homemade Breakfast Potatoes
Fruit (banana, berries, half of a grapefruit)
Green Smoothies
Sprouted Whole Grain Toast w/Peanut Butter and Raw Honey
Sweet Potatoes
Steel Cut Oatmeal w/fruit, nuts, maple syrup

Recipe: CrockPot Porridge

Great way to try new whole grains!

1. Mix and match the following whole grains to equal 2 1/2 cups total: barley, oat groats/ steel cut oats, brown rice, wild rice, buckwheat/kasha, millet, rye, kamut, spelt, corn meal, whole soft wheat/bulgur/whole wheat couscous, or quinoa
2. Rinse grains and place in slow cooker
3. Add 1/3c ground flax seeds, a pinch of sea salt, and 1tsp ground cinnamon to slow cooker
4. Top with 7-8c filtered water (you may need more water)
5. Cook on low 6-8 hrs or overnight (may be ready in as little as 4 hours though)
6. Divide into 10-12 1/2c servings and top with nuts, seeds, dried or fresh fruit, and/or milk of choice (homemade rice, almond, or raw organic dairy), natural sweetener if desired (maple syrup, agave nectar, brown rice syrup, stevia)
7. Place leftovers in refrigerator to last all week

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Lunch Ideas

Lunch Suggestions:

Grilled Chicken/Steak/Salmon over a big veggie Salad
Soup (skip the crackers)
Leftovers from Dinner
Baked Potato
Buddha Bowl (see recipe in Veg Pledge Recipe Booklet)
Collard Green Wraps
Sprouted Whole Grain Wraps
Fresh food prepared at a sit-down restaurant with whole food ingredients (not fast food)

Recipe: Collard Green Wraps

Healthy lunch idea that is fun, cleansing, and delicious!

Prepare filling:

1. Blanch a bunch of **Asparagus Spears** for 2-3 minutes in boiling water. Take them out of the water and drain. Cut off tough bottom stems leaving about 5 inches at of Spear. Drizzle with fresh squeezed Lemon and Sea Salt.
2. Boil diced **Sweet Potatoes** for 8-10 minutes or until cooked/soft. Drain sweet potatoes and put in a bowl. Top with sea salt, pepper, olive oil, optional garlic powder.
3. Slice 2 whole **Avocado's**.
4. Get out 1 cup of cooked **Brown Rice or Quinoa** leftovers.
5. Optional: cooked **Black Beans** or other prepared Beans, Sunflower or **Pumpkin Seeds, Herbs and Spices** of choice.

Prepare Collard Greens:

1. Cut stem off of **Collard Greens** at the base of the leaf. Also cut out a few inches of the tough stem from inside the leaf, leaving the leaf as intact as possible.
2. Boil each Collard Green for 1-2 minutes in a swallow pan of water until leaf is bright green and slightly softened.
3. Take the leaves out an set them on a plate as you go.

Prepare Wraps:

1. Take a Collard Green and fill with a little bit of each of the filling components.
2. Drizzle with Olive Oil, Lemon Juice, Sea Salt and Cracked Pepper.
3. Fold the Collard Green into a wrap.
4. Enjoy!

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Dinner and Dessert Ideas

Dinner Suggestions:

What you usually make for dinner

-Watch out for packaged processed add-ins such as soup mixes, flavoring packets and bouillon cubes (MSG)

-Switch or omit white bread products with Sprouted Whole Grain Products or whole foods substitutions such as Spaghetti Squash or Coarse-Ground Polenta for Pasta.

-Pass on the Pizza and Frozen Meals.

Recipe: Quick Cooking Polenta

A good Pasta substitute (for a Spaghetti Squash recipe, see the Veg Pledge Recipe Booklet)

1. According to package directions, cook Coarse Ground Polenta (it takes about 15 minutes) and let it set in a pie plate for a few minutes until you can cut it into wedges.
2. Top with your favorite Pasta Sauce and enjoy!

Dessert Suggestions:

Bowl of Berries

Sliced Star Fruit

Cup of Herbal Tea

One of the Healthy Snack List suggestions

Then, call it a night! This is why most of you signed up for this cleanse so JUST SKIP IT FOR 10 DAYS. Try not to give it too much thought and create a new night time ritual of fresh fruit and herbal tea.

To help take your mind off of eating you could also journal, make a gratitude list, read a book, take a long bath, or simply go to bed early. Enjoy your new night-time healthy eating practices and feed your Spirit with a fresh night-time routine while you are at it. It's the perfect compliment to your cleanse and fresh start.

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Whole Foods Resources

Whole Foods Recipes from Around the Internet

Whole Foods Markets Weekly Meal Plan Ideas:
<http://www.wholefoodsmarket.com/healthy-eating/meal-plans-shopping-lists>

My Whole Food Life Whole Food Recipe Blog:
<http://mywholefoodlife.com/recipes/>

100 Days Of Real Food Website:
<http://www.100daysofrealfood.com/real-food-resources/>

Get Inspired on Pinterest:
<https://www.pinterest.com/birdieb/healthy-whole-food-recipes/>

Nourishing Meals Website:
<http://www.nourishingmeals.com/>

Natural Dessert Recipes:
<http://www.wholeliving.com/136258/natural-dessert-recipes/@center/136758/natural-pantry#131329>

Books

“The Elliott Homestead: From Scratch: Traditional, whole-foods dishes for easy, everyday meals” by Shaye Marie Elliott

“Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats” by Sally Fallon

“The Nourished Kitchen: Farm-to-Table Recipes for the Traditional Foods Lifestyle Featuring Bone Broths, Fermented Vegetables, Grass-Fed Meats, Wholesome Fats, Raw Dairy, and Kombuchas” by Jennifer McGruther

“The Rodale Whole Foods Cookbook: With More Than 1,000 Recipes for Choosing, Cooking, & Preserving Natural Ingredients” by Dara Demoelt

“The Omnivore's Dilemma: A Natural History of Four Meals” by Michael Pollan

“The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating” by Rebecca Wood (Author), Peggy Markel (Illustrator), Paul Pitchford (Foreword)

“Food Additives: A Shopper's Guide To What's Safe & What's Not” by Christine Farlow

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Whole Foods Idea Booklet

Thank you and I hope you enjoyed the ideas and tips in this booklet and that they have inspired you to add in more whole foods and healthy eating practices as part of your daily routine! I suggest engaging in this way of eating for a period of 10-14 Days to start. Let me know which tips you love by contacting me by one of the methods below - I can't wait to hear from you! Also, I love trying new recipes so if you have a favorite, please share!

When we cultivate healthy eating practices and make them ingrained habits in our daily lives, we build the foundation for long term health. As an added bonus, we experience less stress, a greater quality of life, and more joy and fulfillment!

In the spirit of that, I want to support your journey further!

For further support, consider working with me through a Sacred Guidance program and sign up for a Complementary 15 minute Consultation to see if we would be a good fit. Sign up at the website or send me a private email:

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I am happy to have you as part of my community, together nurturing our Spirits through healthy eating and living practices!

In Health and Happiness,

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