



JAYNE WILLIAMS

detox

GUIDE

JAYNE WILLIAMS

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About Jayne

Jayne is a Certified Integrative Health and Nutrition Expert and long-time advocate of health and nutrition. Having suffered for many years with gut and stress-related issues, Jayne empowered herself to learn everything she could to get healthy and, in turn, has made it her life's work to help others to do the same. She now helps her clients improve their health in a clear-cut attainable approach, by gradually introducing healthy eating habits and living practices specific to their body and lifestyle. Most importantly, she works with each client to create a personalized plan of action that supports both their short and long-term health goals. In addition, Jayne is a Business Coach, mentoring Wellness Practitioners on how to grow their business.

Jayne is a former fitness instructor, journalist and served as the CEO of the American Red Cross in South Central Connecticut overseeing various health care programs and classes. She received her training from The Institute for Integrative Nutrition and is a Board Certified Holistic Health Practitioner through the American Association of Drugless Practitioners. Jayne is currently pursuing her Masters of Science in Nutrition and Integrative Health from Maryland University, is ACE Trainer Certified, Nutritious Life Certified, and has an additional Certification in Gut Health.

Originally from Connecticut, Jayne now lives in Orlando, Florida with her daughter and husband.

Jayne can be found on [Facebook](#), [Instagram](#), [Pinterest](#), [YouTube](#), or on her [website and podcast](#). For recipes and a free fundamental5 guide, visit www.jaynewilliams.com



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INTRODUCTION

You are about to detox your body in the most delicious and divine way. This is not a detox of deprivation. You will learn what foods give you fuel. You will learn how to release emotions. You will let go of what does not serve you. I created this seasonal detox to help you detox your liver and end sugar cravings.

When you let go of the toxins in your body, you will have more energy, you will sleep better, and you'll have regular bowel movements. When you let go of toxins, you will have fewer wrinkles and will assimilate your nutrients more efficiently because your gut is healthy.

When the liver is toxic, there is a myriad of health issues that can occur, from disease to hormone imbalances to sugar imbalances or just plain fatigue and weight gain.

I am excited to help you reboot your body.

BENEFITS OF A DETOX

So many people are addicted to sugar, and we don't even know it. When the body is tired, we eat sugar, or we crave sugar. Too often we feel out of control, or we stress, and then we cannot say no to that sweet treat.

Eating fruit or low glycemic treats are fine, but for many of us, that is never the case. We reach for the candy or the latte or the cake, even if it is gluten-free.

When you complete this program, you will have fewer cravings. As you release the toxins from your liver, you will have more energy and fewer bags under your eyes.

Trust me.

So, let's get started by discussing the benefits of a liver detox to help motivate you.

1. Energy Boost

Toxic build up in the liver results in poor digestion, bloating and even fatigue. By eating with the season, and consuming the foods in the Recipe Guide, you will naturally cleanse the liver and boost bile flow, resulting in a boost of energy.

2. Weight Loss

As you cleanse the liver, you will break down fat easier because of healthier bile flow, resulting in a faster metabolism. A fast metabolism also means more energy.

3. Immune System Support

A buildup of toxins in the liver stresses the immune system. Reducing the liver toxins will naturally improve your immune system, which will lessen colds and sicknesses.

4. Better Skin

Detoxing the liver and eating with the seasons will reduce toxins that lead to rashes, cellulite and pale skin.

There are so many reasons to give your liver love during the year, but especially during the spring, which is why I am so grateful, you are on this journey with me.

BENEFITS OF A SEASONAL DETOX

This season, we will focus on cleansing the liver and the gallbladder. The liver and gallbladder are vital for your digestion and immune system.

The liver is responsible for filtering and neutralizing harmful substances in your body. It has 500 metabolic jobs, which it cannot perform optimally when overburdened with toxins.

To have a healthy liver and be free of those sugar cravings, you need healthy bile flow, and this can only happen with a healthy gallbladder. Your gallbladder breaks down the fats you eat. So, if you get indigestion when you eat, this is the perfect program for you because you are eating foods that seasonally cleanse the gallbladder.

Not only do the liver and gallbladder have a physical job but your organs are also attached to an emotion.

LIVER = ANGER
GALLBLADDER = RESENTMENT

Allow yourself to let go daily and do the physical and emotional tools in this program to release the toxic burden, emotionally and spiritually, and be free.

HOW TO MAKE THIS DETOX EASY TO BEGIN

As the renowned Benjamin Franklin once said, "If you fail to plan, you are planning to fail." As much as we may want to find instant health and success on a detox, you'll need a certain amount of planning so you can purchase healthy alternatives to your favorite sugary foods.

1. Declutter your kitchen and eliminate all sugary foods from your cabinets and meals.

It is hard to resist if you have it in your cabinet. Throw out processed foods and sweets that are too tempting to be resisted. Make the decision to live on fresh foods for the next two weeks

2. Eliminate sugary beverages.

Do you know the worst way of consuming sugar is in liquid form? Yes, the sugar present in beverages like soda and other energy drinks is directly absorbed into the bloodstream and causes more damage to your body. Don't be fooled into thinking diet sodas are healthy either. Diet sodas have artificial sweeteners that can harm your liver.

3. Consume good fats.

Usually people blame fats for causing excessive weight gain and obesity. In fact, the real cause lies in the flour and sugar that we constantly eat. Fats are necessary as they are required for regulating the level of sugar in the blood and carry minerals and vitamins throughout the body. Additionally, these good fats keep you feeling full for a longer duration. You should eat both the fats and proteins at every meal. Some of the best sources of fats for you are olive oil, omega 3, avocados, coconut oil, and seeds.

4. Eat healthy mid-day snacks.

I encourage you to look in your Recipe Guide and make some of the healthy snacks, like protein balls, or buy kale chips so you always have a healthy on-the-go snack.

5. Get sufficient sleep.

Getting enough sleep and falling asleep at an appropriate time is essential for normal body functioning. Insufficient sleep or sleeping at inappropriate hours can also imbalance your appetite-controlling hormones.

Make a habit of going to sleep at the same time every night and staying asleep for 7-9 hours.

BEFORE YOU BEGIN

Before embarking on this journey, I suggest you take the time to set yourself up for success by doing the following:

1. Familiarize yourself with the documents to get a good idea of what each phase entails.
2. Prepare your kitchen for success. Read labels and see what foods you need to throw, give, or store away during your program. Put some music on and have fun with it.
3. Go shopping using the shopping list; aim to purchase organic when possible.
4. Schedule time in your calendar for your new habits. The act of writing something down makes you commit to it.
5. Look for a plant-based protein powder to add to your smoothies for a boost of energy in the morning. I love hemp and pea protein.
6. Create a special and sacred space for yourself to practice your daily meditation.
7. Reduce toxins in your home by purchasing natural beauty and cleaning products. Read your Toxin Guide to familiarize yourself with toxins and why they lead to disease, sugar cravings and poor sleep.
8. Purchase mason jars or glass containers for packing and storing foods.
9. Drink a green juice daily or buy a green powder at your local health food store. I love chlorophyll, wheatgrass or spirulina. You can add 1 tablespoon to 20 ounces of water.
10. Remember to chop your vegetables at the beginning of the week so they are ready to eat in the refrigerator.

SYMPTOMS OF A TOXIC LIVER

The signs and symptoms of a toxic liver include the following:

- Yellowing of the skin as well as the whites of the eyes, commonly called jaundice
- Itching
- Loss of appetite
- Abdominal pain in the upper right quadrant
- Fatigue
- Nausea and vomiting
- Rash
- Weight loss
- Dark colored urine
- Cravings

When the liver is toxic, blood sugar imbalances can happen. If the liver is congested, it will put a strain on the pancreas. The best way to reduce these crazy cravings is to love your liver and eat foods that support a liver detox, foods that are low in glycemic index, and foods that are seasonal. Good news. You will end your cravings as you detox your body.

YOU HAVE THE POWER TO CHANGE YOUR LIFE.

YOUR DAILY DETOX PROTOCOL

You are not going to feel deprived. There are plenty of foods to give you energy. To make it easy for you to do this program, I have created a simple protocol. aka a plan, so you don't have to worry. I suggest printing out this plan and taping this to the refrigerator.

Here is your daily protocol:

During Phase 1

I want you to focus on

1. Reducing sugar
2. Taking processed foods out of your life
3. Reducing your coffee and soda intake
4. Eating less bread and white carbohydrates
5. Chewing your food 30 times each bite
6. Drinking more water

Then, make sure you have the following:

1. The foods you need on the list for Phase 2
2. BPA-free containers for your food
3. Your probiotics for your program
4. Any teas you need to buy
5. The self-love you need to take care of yourself and support from your loved ones
6. Sugar testing kit, if you want to test your blood sugars

Phases 2 & 3

During Phases 2 and 3, you can add additional physical and emotional detox tools to your regimen.

- If you want to perform an enema or get a colonic, I suggest doing one during Phase 2 and one during Phase 3.
- If you want to take an Epsom Salt Bath, you can take one every other night during Phases 2 and 3.
- Below is a simple schedule but feel free to add any of the tools I have outlined in the guide or additional ones, such as sauna, deep breathing, yoga, meditation, massage, or having additional spa treatments, like clay baths, facials, or wraps.

PLEASE NOTE: if you are testing your blood sugars during this program, follow the directions and do your fasting and test 2 hours after eating.

UPON RISING:

Drink Lemon Water Elixir (see Recipe Guide)
Tongue scrape
Dry skin brush
Take a probiotic

BREAKFAST:

Drink a cup of coffee substitute or green tea
Eat breakfast

MID-MORNING:

Eat a snack of your choice

LUNCH:

Eat lunch
Deep breathing for 5 minutes.
Phone Detox: Make sure not to check your phone for at least 15 minutes. Enjoy the weather. Take a walk if possible.

AFTERNOON:

Drink an electrolyte drink (check my Hydration with Benefits on my website)

Eat a snack of your choice

DINNER:

Eat dinner

Detox from your phone

MID EVENING:

Detox Facebook contact list or Detox email list for 20 minutes

BEFORE BED:

Write in your Food Diary and Journal for 10 minutes

Epsom Salt Bath two times a week for pure relaxation

YOUR DETOX DIET BREAKDOWN

It's so easy to go on and on about what you shouldn't eat on a detox program but so many times people are left with the question, "What CAN I eat?"

I never leave you hanging for answers, so in this section, we discuss all the healthy alternatives that you should work into your daily diet. When you know what the good alternatives are, then it's easier to be prepared and to forgo your sugary snacks and drinks.

DO EAT LIST

(All Phases)

Dairy-free milk: almond, coconut, flax, hemp, and sunflower

All fruits and vegetables (except nightshades [tomatoes, potatoes, peppers, eggplant]; however, you can eat goji berries, which are the only approved nightshade fruit/vegetable along with cayenne pepper)

Healthy fats: coconut oil, flaxseed oil, grapeseed oil, almond oil, sesame oil, and olive oil

Seeds: pumpkin, sunflower, sesame (black and white), hemp, chia, and flax

Beans: mung, lentils, and adzuki only

Clean protein: (see extensive list below)

Drinks: organic coffee (suggested phases 1 and 3 only), coffee substitutes (such as chicory or root blends like Mountain Rose Herbs and Dandy Blend, or yerba mate, green tea, or herbal tea), filtered or distilled water, mineral water, coconut water, fresh green juices, and smoothies

Sweeteners: stevia, monkfruit, dates (minimal), raw honey (minimal)

Detox tea suggestions: Traditional Medicinals Brand—Dandelion Root Tea, Daily Detox Tea, Nettle Tea, or Smooth Move Tea

Elixirs and tonics: Cranberry Cleanser and Lemon Water Elixir

Cultured foods and drinks: coconut water kefir, Kevita, kombucha, fermented vegetables (homemade or store-bought)

DO NOT EAT LIST

(Phases 2 & 3)

(If you see **, you will add this food back in during Phase 3. If you see a *, this food is not included in this program).

- Coffee
- Sweeteners (white sugar, brown sugar, corn syrup, agave, or cane juice)
- Artificial sweeteners
- Sugar alcohols (often found in chewing gum, like xylitol, or protein bars)
- Nightshades (except goji berries and cayenne pepper)
- Eggs**
- Soy milk
- Yeast
- Nuts**
- Alcohol
- Dairy products
- Corn (grain)
- Cheese
- Gluten
- Grains (except seed-like grains, or soaked/sprouted)**
- Wheat**
- Processed foods
- Soft drinks
- Nitrates often found in lunch meats
- Potatoes (except for sweet potatoes or yams)
- Beans (except for mung, lentils, and adzuki—be sure to soak them first per instructions to soak beans).

HOW TO SOAK GRAINS, BEANS, SEEDS, AND NUTS TO REMOVE PHYTIC ACID

1. Add the grains, beans, seeds, or nuts to a bowl of warm or room-temperature water.
2. Add 1-2 tablespoons of lemon juice or Bragg's raw apple cider vinegar.
3. Soak the grains, beans, seeds, or nuts for 12-24 hours.
4. Leave the bowl sitting on your countertop.
5. Empty the grains*, beans*, seeds, or nuts* into a colander and rinse at least six times to remove any remaining phytic acid.
6. Cook the grains or beans as usual or store the seeds or nuts* in your fridge for 1-2 days.

“Freeing yourself was one thing, claiming ownership of that freed self-was another.” — Toni Morrison, *Beloved*

FOOD RE-INTRODUCTION SCHEDULE

Here is your food re-introduction schedule for reference. Follow the meals laid out in the Suggested Meals, and Shopping List document.

During days 8 & 9, you will reintroduce nuts.

Day 8: Veggie Spring Rolls with Almond Dipping Sauce

Day 9: Spiced Cauliflower and Broccoli with Mixed Greens and Walnuts

During days 10 & 11, you will reintroduce grains.

Day 10: Vegetable Stir Fry with Soba Noodles

Day 11: Vegan Taco Night with Brown Rice

During days 12 &13, you will reintroduce eggs.

Day 12: Spinach and Onion Omelet

Day 13: Strawberry Spinach Salad with Eggs

During day 14, you will reintroduce wheat.

Day 14: Cinnamon Toast with Apple

CLEAN PROTEIN OPTIONS

The US Department of Agriculture recommends that all men and women over the age of 19 should get at least 0.8 grams of protein per kilogram of body weight per day (or 0.37 grams per pound). That means a woman who is 130 pounds should get at least 48 grams of protein, which could look like 7 ounces of salmon or 7 eggs.

Here are some of the clean protein options that work great in this program.

ANIMAL-BASED PROTEIN SOURCES

(DURING ALL PHASES OF DETOX)

MEATS (nitrate-free and organic is best)

- Chicken, pasture-raised
- Turkey, pasture-raised
- Bison, grass-fed
- Beef, grass-fed
- Lamb, grass-fed

FISH, SEAFOOD*

- Canned fish (sardines, anchovies, wild salmon), but look for BPA-free cans if possible
- Fresh or frozen fish, such as wild Pacific salmon or non-fatty white meat fish, like Pacific cod, trout, sea bass, mackerel, Dover sole, or albacore
- Shellfish, such as wild shrimp or scallops

*Make sure your choices are low in mercury. A list of low-mercury fish can be found here: <http://www.nrdc.org/health/effects/mercury/guide.asp>

PLANT-BASED PROTEIN SOURCES

(During All Phases of Detox)

(These are simply suggestions for vegan options.)

- Three tablespoons hemp seeds, one-fourth cup sunflower seeds, or one-fourth cup pumpkin seeds
- Avocado
- One cup of green peas
- Coconut meat
- Sprouts
- Two tablespoons of chia seeds or chia gel
- Chia pudding
- Nutritional yeast: one to two tablespoons, if tolerated
- One to two scoops of plant-based protein powder for smoothies, soups or even mixed into a dip
- Miso soup

PAY ATTENTION TO HOW FOOD AFFECTS YOU

During the detox, think about some health issues you may have and how food can contribute to them. Please use your food diary daily, as this will help you create the "healthy blueprint" for your life.

Do you experience?

- Poor sleep
- Headaches
- Sugar cravings
- Adrenal issues
- Hormonal imbalances
- Aging
- Skin Spots
- Foggy brain

I have broken down the program into 3 phases.

During Phase 1, I want you to reduce sugar, coffee, and processed foods. Be smart. If you know there are additives and preservatives – say no. Reduce cheese and foods on the DO NOT EAT list.

During Phase 2, eat the foods on your suggested meals list. I have planned all your meals, so you don't have to stress about which foods to eat and how to prepare them healthfully. Also by following the Suggested Meals, so you won't have to stress about what to eat. The foods in Phase 2 of the detox are seasonal foods and low allergy foods.

During Phase 3, we are adding back foods that are possible allergens, such as:

- Nuts
- Grains
- Eggs
- Wheat

You see, too often we eat foods that cause a histamine reaction and we bloat, or we get tired and then we have cravings. We think the food is good for us just because we hear chia seeds or quinoa are good but many people are intolerant of them. A true elimination diet would be longer than 7 days, so consider this a jumpstart or introduction.

The meals are grain-free and bean-free, but if you feel that you can't do a grain-free and vegetarian detox, please don't deny yourself as stress is a major toxin and we don't need that in this detox program. Add the clean proteins you need and make it simple.

TIP: Buy already cooked meats or fish or add to your meals. Another easy protein is sprouts or seeds that require no cooking. Keep it simple, and the detox will be enjoyable.

True elimination diets would have you add back foods for 2 days and multiple times during that day. The goal of this detox is to end cravings, eat seasonally and jumpstart your body.

I want you to see how food affects your:

- Mood
- Energy
- Sleep
- Coloring on your face
- Hair
- Nails
- Bloating

SUGAR CRAVINGS AND YOUR GUT

According to John Hopkins School of Medicine, “Hidden in the walls of the digestive system, this “brain in your gut” is revolutionizing medicine’s understanding of the links between digestion, mood, health and even the way you think.” Impressive, isn’t it?

However, due to our intake of antibiotics and prescription pills coupled with stress, poor nutrition, toxins and other factors, bad bacteria can overtake your gut, and its health can deteriorate quickly. When bad bacteria thrive, we get sick, tired, and bloated, and experience weakened immune systems, allergies, and depression. In fact, gastrointestinal disorders are responsible for many of the health problems we face today.

However, even if your gut health is suffering, you have an opportunity to change it. The most important step is taking a probiotic supplement, which will help restore the good bacteria in your gut and prevent the bad bacteria from thriving.

There are so many probiotics on the market but here are my favorites:

1. Seed-(include link with discount code)
2. Amare-include my link)

PLEASE NOTE: buy your probiotic, so you can improve your digestion and reduce those sugar cravings.

HOMework

- Buy your choice of probiotics.
- Start keeping a journal about your feelings and thoughts about this detox program. There is no right or wrong way to feel but owning and accepting those feelings will help you through the process. Seeing your words on paper can also be empowering and motivating. (You can print off a journal for FREE on my website (The Fundamental5 Guide))

SIMPLE DETOX TOOLS FOR ULTIMATE HEALTH

To help with detoxing your liver during this program, I want you to use these simple detox tools and follow your suggested daily protocol for ultimate health.

TONGUE SCRAPING

Tongue scraping eliminates toxins from your mouth. Use a tongue scraper or a spoon to reach to the back of your tongue, pull forward, and scrape off the white film, then repeat. My favorite tongue scraper is Dr. Tung's Tongue Cleaner. You can buy this on Amazon or at your local health food store. You can tongue scrape in the morning and evening before you brush your teeth.

SKIN BRUSHING

Skin brushing is wonderful for stimulating your lymphatic system. Here's how to do it:

- Skin brush with a dry brush (made for this purpose) before you shower or bathe. My favorite is by Yerba Prima, available on Amazon or at your local natural food store.
- Always brush toward your heart with the flow of the lymphatic fluid.

- Start at the soles of your feet and then move up your legs, brushing in a circular motion.
- Brush your chest and shoulders toward your heart in long strokes, and then start at the fingertips and brush toward your body. Use small, circular strokes in your armpits.
- Move in a circular motion counterclockwise on your stomach to respect the direction of digestion and encourage detoxification.

EPSOM SALT BATH

Epsom salt, or magnesium sulfate, is wonderful for:

- Lessening muscle cramps
- Adding magnesium to your body (one of the most important minerals for sleep, healthy bowels and brain function)
- Improving nutrient absorption
- Easing stress

Here's how to make an Epsom salt bath:

Add 1 cup of Epsom salts, ½ cup baking soda, ½ cup sea salt, and ¼ cup Bragg's raw apple cider vinegar (optional) to a warm bath. You can also add a few drops of essential oils, such as lavender or another favorite essential oil.

HOMEWORK

Choose one or two of these self-care detox tools and implement them into your daily routine. Give each one a try and pick your favorites or commit to doing each one on the list.

TESTING YOUR BLOOD SUGAR

Testing your blood sugars is one of the best ways to bio-hack your cravings and learn how to never diet again.

Why?

When you see how you metabolize food, you take control of your body and your destiny.

You can – and I do suggest to – have regular checkups with blood tests, including getting your sugars tested but you can also take control of your health at home by testing at three different intervals each day.

Now, what are these three different times of testing?

- **Morning fasting** - it provides information for blood sugar levels before eating or drinking. Morning blood sugar readings also give a baseline number that shows how the body processes sugar during the nighttime hours.
- **Before meals** - sometimes blood sugar tends to be low before a meal. So, it suggests difficulties in managing blood sugar during the day. This number also gives a baseline to compare your after-meal testing.
- **After meals** - after meal testing provides a good idea on how your body reacts to food that you eat and if sugar can efficiently go into the cells for use. It can also help in diagnosing diabetes, which is often applicable during pregnancy. Most doctors recommend testing 2 hours after your meal and comparing your after meal result with your before meal results.

INTERPRETING THE HOME TEST RESULTS

Your target numbers may differ from one person to another, and they may also change over time depending on your health, weight, age and other factors. But before doing a home test, you should also consider the important guidelines that your doctor will give to you. If you have diabetes, it cannot be easily diagnosed just by home testing. You will still need further testing from the doctor.

Here are the blood sugar readings you should aim for when testing at home.

Fasting or before a meal:

- With diabetes: 80-130 mg/dl
- Without diabetes: 70-99 mg/dl

After meal:

- With diabetes- below 180 mg/dl
- Without diabetes- below 140 mg/dl

Remember this is simply a tool for you to learn how to track your sugars and understand how your body metabolizes food.

YOUR 14-DAY GOAL CHECKLIST

Here is your handy checklist to print out for your refrigerator:

Day 1: My goal is to reduce coffee.

Day 2: My goal is to buy a probiotic listed in the Guide.

Day 3: My goal is to drink more water and prep my kitchen for the detox.

Day 4: My goal is to buy my blood sugar testing kit and get my energy back.

Day 5: My goal is to have 8 hours of sleep and ask for help when needed.

Day 6: My goal is to write in my food diary and discover what foods make me feel balanced and free.

Day 7: My goal is to eat with intention and chew 30 times with every bite.

Day 8: My goal is to take an Epsom salt bath and take time for myself.

Day 9: My goal is to drink half my body's weight in water.

Day 10: My goal is to do a castor oil wrap and love my liver and lymphatic system.

Day 11: My goal is to try one of the detox tools and support my body.

Day 12: My goal is to do a phone detox today and listen to some music instead of scrolling on Facebook.

Day 13: My goal is to take a nice walk outside and journal.

Day 14: My goal is to love myself.

DETOX GREEN SMOOTHIE

Ingredients:

10-12 ounces unsweetened non-dairy milk (I love flax)
1 Serving your favorite unsweetened vanilla protein powder
1/4 avocado
1 Tbsp. chia seeds
1 Tsp. Blue/Green Algae or Spirulina
1/2 to 1 lemon, juiced
1 handful your favorite greens
1 small Persian cucumber
1/4 cup fresh mint leaves
Ice (optional)

Add in's at end of blending for crunch:

1 Tbsp. Raw Unsweetened Cacao Nibs
Or
1 Tbsp. Hemp Hearts

Directions:

In a blender, combine all ingredients in blender (minus Add in's) Blend until desired consistency. Optional-add in Cacao Nibs or hemp hearts and just slightly pulse to leave crunchy in smoothie. Serves 1. Enjoy!



PLEASE NOTE: ALL CONTENT WITHIN THIS GUIDE IS BASED ON MY PERSONAL KNOWLEDGE, OPINIONS AND EXPERIENCE AS A HOLISTIC HEALTH COACH. PLEASE CONSULT YOUR DOCTOR REGARDING MEDICATIONS OR MEDICAL ADVICE.

Amare: <https://www.amare.com/13176/en-us/>