



Bianca Pennington

NOURISH HEAL GLOW

4-DAY TOTAL RESET

This cleansing process will take **6 days total**. There is one pre- and post- fast day which are explained further in this pamphlet.

THINGS TO KNOW BEFORE STARTING:

- If you experience dizziness or fainting when you don't eat **please** consult your Doctor **BEFORE** you start fasting.
- It is very important to drink plenty of water for **ALL 6 days**. It is recommended that you drink at **LEAST** half of your body weight in ounces per day. Adding 20 ounces more than your body weight per day is ideal. If you do drink more than this amount, feel free to add lemons.
- If you don't own a juicer you can go to a natural food store with a juice bar- they can juice the recipes for you or you can go to your local juice bar. You want these juices fresh pressed daily for **MAXIMUM** nutrients to the body. Suggestions for popular natural food stores:
 - Sprouts
 - Whole Foods
- If you aren't sure of a natural food store or juice bar close to you, a simple google or yelp search will guide you in the right direction :)

Pre-Fast: Days 1 and 2

During the **FIRST** day only eat ORGANIC, CLEANSING foods. Remember to drink plenty of water in the amount of half of your body weight in ounces per day. Adding 20 ounces more than your body weight per day is ideal. If you do drink more than this amount feel free to add lemons.

Cleansing foods (organic):

- Organic vegetables
- Organic fruits (Low-glycemic)
- Hummus
- Organic greens of all kinds
- Sprouted beans/lentils (fresh, not canned)
- Vegetable soups
- Sprouted brown/wild rice or quinoa

(Clogging) Foods to avoid:

- Chicken and red meat
- Cold cuts
- Pasta, bread, or white flour products
- Dairy, milk, or yogurt
- Sugar
- Alcohol
- White potatoes (starches)
- ANY diet products

- Soft drinks
- Coffee
- Cigarettes
- Oatmeal
- Whole wheat/gluten products

Liquid Fast: Days 3, 4, 5, and 6

On these days you will not be consuming any solid foods; instead you will be following the chart pictured below.

Breakfast	Lunch	Dinner
24 oz. green goddess juice 10 oz. Young coconut water	16 oz. green goddess smoothie or juice	16 oz. green goddess smoothie
1 TBS Udo's oil*	1 TBS Udo's oil*	1 TBS Udo's oil*
One cup of Ginger Tea		One cup of Ginger tea
*For a snack you can have 12 oz. of fresh watermelon or pineapple juice	*If you're hungry have a clear broth (vegetable or miso) about an hour after your green juice	*If you're hungry have a clear broth (vegetable or miso) about an hour after your green juice

Recipe for Green Goddess Juice:

- Broccoli- 1 branch
- Celery- 4 sticks

- Cucumber- 1
- Kale- 4 pieces
- Spinach- 2 handfuls
- Apple or carrot-1 (makes juice sweet)

Recipe for Green Goddess Smoothie

- 1 cup kale or romaine lettuce
- 1 large Gala apple (or other sweet apple), roughly chopped
- 1 English cucumber, peeled and roughly chopped
- 1 tablespoon fresh lemon juice
- 1 teaspoon fresh grated ginger
- 1/2 tablespoon coconut oil
- 1 tablespoon raw honey
- 4 Ice cubes
- Stevia (if you want it sweeter)

Directions

1. Place all ingredients except honey and ice into a high-speed blender and blend on high until very smooth
2. Blend in ice and honey to taste

***Udo's oil helps move toxins out of the body and is sold at health food stores, vitamin stores, or on Amazon.**

***Ginger Tea: I like Yogi Brand. Any organic, unsweetened, natural herbal Ginger tea will work though.**

Post-Fast: Day 6

During the **LAST** day only eat organic cleansing foods. Remember to drink plenty of water in the amount of half of your body weight in ounces per day. Adding 20 ounces more than your body weight per day is ideal. If you do drink more than this amount feel free to add lemons.

Cleansing foods (organic):

- Organic vegetables
- Organic fruits (Low-glycemic)
- Hummus
- Organic greens of all kinds
- Sprouted beans/lentils (fresh, not canned)
- Vegetable soups
- Brown/wild rice or quinoa

(Clogging) Foods to avoid:

- Chicken and red meat
- Cold cuts
- Pasta, bread, or white flour products
- Dairy, milk, or yogurt
- Sugar
- Alcohol
- White potatoes (starches)

- ANY diet products
- Soft drinks
- Coffee
- Cigarettes
- Oatmeal
- Whole wheat/gluten products

Recipes to enjoy on Day 1 and 6:

Breakfast:

Fruits low in sugar-

- Blackberries
- Blueberries
- Cranberries
- Currants
- Grapefruit
- Green apples
- Kiwis
- Kumquats
- Limes
- Lemons
- Pomegranates
- Strawberries

Smoothies-

You can combine 2-3 of the above fruits with ice, a cup of fresh greens, young coconut water or unsweetened coconut milk and make a smoothie on Days 1 and 6.

2 smoothie ideas-

Berry Smoothie

Ingredients

- 1 cup frozen unsweetened raspberries
- 3/4 cup young coconut water or unsweetened coconut milk
- 1/4 cup frozen unsweetened strawberries
- 1 1/2 Tbsp honey
- 2 tsp finely grated fresh ginger
- 1 tsp ground flaxseed
- 1-2 tsp fresh lemon juice

Directions

- Combine all ingredients in blender, adding lemon juice to taste.

Green Protein Smoothie

Ingredients

- 1½ cups spinach
- 1/2 cup frozen blueberries
- 1 green apple

- 1 tablespoon pumpkin seeds
- 2 medium ribs celery, chopped
- 1 cup young coconut water or unsweetened coconut milk
- 1 tsp honey
- ¼ cup chopped flat-leaf parsley
- ¼ cup chopped fresh mint

Directions

- Combine all ingredients in blender.

Lunch/Dinner:

Detox Tabbouleh

Makes 4 servings

Ingredients

Salad:

- 1 large cauliflower, leaves removed
- 1 pint (1.5 cups) grape or cherry tomatoes, sliced
- 1.5 cups fresh parsley, minced
- 1 english cucumber, diced
- 1 yellow bell pepper, diced
- ¾ cup cilantro, minced
- 2-4 green onions, thinly sliced (about 1/2 cup or more)
- 2 tablespoons hulled hemp seeds

Dressing

- 1/3 cup apple cider vinegar
- 2 tablespoons olive oil (or extra virgin olive oil)
- 1 tsp raw honey
- 1/4 teaspoon fine grain sea salt

Directions

- If using a food processor, use the grater blade attachment. Drop cauliflower florets into the machine to grate. If using a box grater, quarter the cauliflower and grate each piece until just the stem is left. Scoop into a large bowl. Discard leftover stem pieces.
- Stir the rest of the vegetables (tomatoes, parsley, celery, cilantro, and green onion) into the bowl.
- Whisk together the dressing in a small glass or jar. Pour onto salad and toss to combine, adjusting salt to taste if desired. You can serve it immediately or place it in the fridge for a few hours so the flavors can develop a bit more. Just before serving, sprinkle with hemp seeds for added protein.

Shredded Kale Salad

Makes 4 servings

Ingredients

For the Vinaigrette:

- Juice of 3 lemons (about 1/2 cup)
- 2 teaspoons olive oil (any cold-pressed oil will work)
- 2 cloves garlic, minced
- 1/2 teaspoon of honey

- Salt and black pepper, to taste

For the salad:

- 2 bunches kale (about 6-8 cups), destemmed and finely chopped
- 1 english cucumber (or regular cucumber), diced
- 1 red bell pepper, diced
- 1 orange bell pepper, diced
- 1 yellow bell pepper, diced
- 1 cup shredded carrots
- 1 heirloom tomato, diced
- 1/2 small red onion, diced
- 1/2 cup chopped cilantro
- 1/3 cup chopped parsley
- 1 tablespoon hemp seeds
- 1 avocado, diced

Directions

- To make dressing: place lemon juice, olive oil, garlic, honey, and salt in bowl; whisk together until combined and set aside.
- In a large bowl, toss kale, bell peppers, onions, cucumbers, tomato, carrots, and pine nuts together. Add dressing, cilantro, and parsley. Use hands to massage kale with dressing; this is important so that the kale absorbs the dressing. Place in refrigerator for 30 minutes to an hour to let flavors soak in.
- Before serving, toss salad again. Top with hemp seeds and avocado. Makes 4 servings. Enjoy!

Hummus Collard Wraps

Makes 2 wraps

Ingredients

- 2 collard leaves
- ½ cup of hummus of your choice
- ½ cup cucumber, peeled and sliced into short thin strips
- 1-2 carrots, peeled and sliced into short thin strips
- ½ cup zucchini, sliced into short thin strips
- ½ cup red cabbage, sliced thin
- ½ avocado
- ½ cup micro greens, sprouts or baby greens

Directions

- Wash and dry collard leaves and then use a paring knife to shave down the stems. This will make them much easier to fold.
- Steam the wraps for a minute or two to soften them up.
- Place collard leaves on a flat surface, spread ¼ cup of hummus near the top/middle of each leaf, fill each leaf with the remaining veggies, splitting each amount between the two wraps. Wrap the leaves as you would a burrito. Cut each wrap in half and enjoy

Creamy Greenie Soup

You do not have to heat this soup unless you are enjoying leftovers. When you blend this together in the blender or food processor it will be room temperature.

Makes 1-2 servings

Ingredients

- 1 cup unsweetened coconut milk

- 3 cups baby spinach
- 2 cups tomatoes, rough chopped
- 1/2 cup zucchini, chopped
- 1/4 cup cucumber
- 1 Tbs. purple onion
- 2 Tbs. nutritional yeast
- 1/4 tsp. sea salt, or to taste
- Avocado, for topping
- Sprouts or microgreens, for topping
- Cayenne pepper, for topping

Directions

- Blend everything together but keep some of the texture
- Top with avocado and sprouts

Cauliflower Soup

Makes 4 servings

Ingredients

- 4 cups chopped cauliflower
- 1 tablespoon sesame oil
- 2 garlic cloves (minced)
- 2 cups carrots (chopped)
- 2 cups Gut Healing Veggie Broth or store-bought broth
- 1/3 cup unpasteurized miso paste
- 1 cup unsweetened non-dairy milk
- Salt and pepper to taste
- 1 teaspoon dried basil

Directions

- Fill pot with 4 cups of cauliflower and 8 cups of water and bring to a boil
- Once cauliflower is al dente, drain and set it aside
- Using the same pot, bring it to medium heat and add the coconut oil
- Add 2 cups carrots and saute for 5 minutes
- Add drained cauliflower and saute for 5 minutes
- Add minced garlic and cook for 1 minute
- Remove from pot and place into a high speed blender and blend until smooth
- Scoop back into pot and add gut healing veggie broth, mylk, miso paste and spices and bring to a boil
- Once boiling, turn down to simmer and cover for 25 minutes
- Serve right away or store leftovers in fridge

Cauliflower Fried “Rice”

Makes 2 servings

Ingredients

- 1 head cauliflower, riced
- 1 ½ carrots, diced
- ½ bag frozen sweet peas
- 1 ½ cups broccoli, chopped
- 2 teaspoon sesame oil
- ¼ cup tamari
- 2 tablespoons coconut aminos

Directions

- Heat 1 teaspoon oil in a saucepan and add in the broccoli
- Next, place cut up cauliflower into blender or food processor and pulse until “riced”
- Next place peas, carrot, cauliflower rice, 1 teaspoon sesame oil, tamari and coconut aminos into pan
- Cook until vegetables become tender and serve

Stir-fry with quinoa or brown rice

Makes 2 servings

Ingredients

- 5 baby bella mushrooms
- 2 cups broccoli
- 2 large carrots, sliced thin
- ½ piece of ginger
- 5 cloves garlic, minced
- 3 tablespoons coconut oil
- 3 tablespoons liquid aminos
- 2 cups cooked brown rice or quinoa

Directions

- Cook brown rice and quinoa according to directions on package
- Wash, dry or chop broccoli and mushrooms
- Peel and slice carrots
- Mince garlic
- Heat 1 tablespoon coconut oil in pan over low heat and place garlic in the pan and brown
- Once garlic is browned, place ginger, carrots and broccoli into the pan and cook until broccoli turns bright green and slightly tender
- Place mushrooms into pan along with the additional tablespoons coconut oil

and cook until desired tenderness of veggies is reached

- Serve veggies on top of brown rice and pour garlic/ginger sauce over the top

How to sprout beans or lentils to use in dishes:

- Sort and rinse ½ cup beans or lentils.
- Transfer the beans to a bowl, cover them with 2 cups water, and leave them to soak at room temperature for 8 hours or overnight.
- Drain the soaked beans in a colander and gently rinse them with cold water.
- Place the colander over a bowl and leave the beans to drain.
- Place the colander in a dark place, such as a kitchen cabinet, to encourage sprouting.
- Repeat the "rinsing/leaving to drain/returning to a dark place" procedure twice a day or more, for 3 days, or until the beans sprout a tail that is a 1/2-inch or more long. Place the sprouted beans in indirect sunlight for several hours, to create chlorophyll and to turn the sprouted tails green before using

Dressings:

Use any of these dressings on a fresh salad of greens, cucumber, tomato, carrots, sprouted lentils/beans and any other veggie you like.

Citrus Dressing

Ingredients

- ½ Avocado

- ⅓ cup raw apple cider vinegar
- juice from 1 lemon
- juice from 1 lime
- 2 cloves of garlic, minced
- ½ tablespoon fresh ginger, grated
- ½ tablespoon raw honey

Directions

- Blend all ingredients together until smooth and enjoy.

Basic Vinaigrette

Ingredients

- Juice of 3 lemons (about 1/2 cup)
- 2 teaspoons olive oil (any cold-pressed oil will work)
- 2 cloves garlic, minced
- ½ teaspoon of honey
- ½ tablespoon fresh ginger, grated
- Salt and black pepper, to taste

Directions

- Whisk together and store in airtight glass container

Creamy Herb Dressing

Ingredients

- 1 cup tahini
- 1 lemon, juiced
- 2 tablespoons dijon mustard
- ½ cup olive oil
- 2 tablespoons garlic powder

- 1 clove garlic minced
- 3 tablespoons apple cider vinegar
- 1/8 teaspoon honey
- A few leaves of basil, chopped finely
- A few leaves of parsley, chopped finely

Directions

- Whisk together and store in airtight glass container

Guacamole

Ingredients

- 1 avocado
- 1 tablespoon lemon or lime juice
- 2 tablespoons chopped onion
- 1 tomato, chopped
- 1 teaspoon sea salt
- Dash of pepper
- 2 tablespoons pomegranate seeds (optional)
- Chopped cilantro for topping (optional)

Directions

- Cut avocado open and remove pit
- With a spoon, scoop flesh from avocado and mash with a fork in a bowl
- Mix in other ingredients and serve