

Smoothie Cleanse (Version 1)

Smoothies only meal plan for an effective detox of emunctories.

Gives our digestive system a break without compromising nutrition.

Full of nutrient-dense colorful whole foods that offer a variety of essential macro and micro nutrients for a balanced and healthy cleanse.

Nutrients per person:

	Total	Average	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Energy (kcal)	8392	1199	1187	1229	1187	1187	1229	1187	1187
Protein (g)	181	25.8	24.8	27.3	25.9	24.8	27.3	25.9	24.8
Total lipid (fat) (g)	470	67.2	69.1	54.5	76.9	69.1	54.5	76.9	69.1
Carbohydrate, by difference (g)	856	122	116	156	97.7	116	156	97.7	116
Fiber, total dietary (g)	243	34.7	34.8	42.4	27.0	34.8	42.4	27.0	34.8
Sugars, total (g)	420	59.9	62.3	77.4	38.9	62.3	77.4	38.9	62.3
Sucrose (g)	141	20.2	22.8	28.0	8.4	22.8	28.0	8.4	22.8
Glucose (dextrose) (g)	68.4	9.8	9.5	11.2	8.7	9.5	11.2	8.7	9.5
Fructose (g)	118	16.8	17.5	21.8	11.0	17.5	21.8	11.0	17.5
Maltose (g)	0.29	0.04	0.02	0.11	0.01	0.02	0.11	0.01	0.02
Galactose (g)	1.1	0.15	0.13	0.22	0.12	0.13	0.22	0.12	0.13
Starch (g)	23.1	3.3	1.4	4.5	5.0	1.4	4.5	5.0	1.4
Calcium, Ca (mg)	2793	399	313	548	378	313	548	378	313
Iron, Fe (mg)	91.0	13.0	12.7	11.3	15.1	12.7	11.3	15.1	12.7
Magnesium, Mg (mg)	1606	229	182	232	298	182	232	298	182
Potassium, K (mg)	16835	2405	2042	2950	2404	2042	2950	2404	2042
Sodium, Na (mg)	2197	314	225	458	303	225	458	303	225
Zinc, Zn (mg)	30.2	4.3	3.6	4.7	4.9	3.6	4.7	4.9	3.6
Copper, Cu (mg)	15.1	2.2	1.3	3.4	2.1	1.3	3.4	2.1	1.3
Selenium, Se (µg)	235	33.6	10.8	13.0	88.4	10.8	13.0	88.4	10.8
Vitamin C, total ascorbic acid (mg)	1715	245	222	307	218	222	307	218	222
Folate, DFE (µg_DFE)	1793	256	180	327	301	180	327	301	180
Vitamin B-12 (µg)	20.5	2.9	2.3	3.8	3.0	2.3	3.8	3.0	2.3
Vitamin A, RAE (µg_RAE)	7799	1114	451	2625	598	451	2625	598	451
Carotene, beta (µg)	74243	10606	3979	25867	5286	3979	25867	5286	3979
Carotene, alpha (µg)	13255	1894	57.0	6487	55.1	57.0	6487	55.1	57.0
Lycopene (µg)	5.6	0.8	0.18	2.2	0.35	0.18	2.2	0.35	0.18
Lutein + zeaxanthin (µg)	59459	8494	3558	14120	10272	3558	14120	10272	3558
Vitamin E (alpha-tocopherol) (mg)	78.6	11.2	8.5	14.8	11.8	8.5	14.8	11.8	8.5
Tocopherol, beta (mg)	0.45	0.06	0.07	0.03	0.09	0.07	0.03	0.09	0.07
Tocopherol, gamma (mg)	8.7	1.2	1.4	0.35	1.8	1.4	0.35	1.8	1.4
Tocopherol, delta (mg)	3.3	0.48	0.64	0.01	0.7	0.64	0.01	0.7	0.64

Weight Loss For Women with Kim Dawn MoreLifeFreedom.com

	Total	Average	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vitamin K (phylloquinone) (µg)	6862	980	1033	1295	587	1033	1295	587	1033
Fatty acids, total saturated (g)	240	34.2	34.5	22.8	45.3	34.5	22.8	45.3	34.5
Fatty acids, total monounsaturated (g)	47.4	6.8	4.5	4.5	12.4	4.5	4.5	12.4	4.5
Fatty acids, total polyunsaturated (g)	37.3	5.3	4.6	5.7	6.0	4.6	5.7	6.0	4.6
18:2 n-6 c,c (g)	11.4	1.6	1.3	1.3	2.5	1.3	1.3	2.5	1.3
18:3 n-3 c,c,c (ALA) (g)	17.1	2.4	2.6	3.3	1.3	2.6	3.3	1.3	2.6
20:5 n-3 (EPA) (g)	0	0	0	0	0	0	0	0	0
Fatty acids, total trans (g)	0.22	0.03	0.05	0.03	0.01	0.05	0.03	0.01	0.05
Phytosterols (mg)	475	67.9	61.3	49.0	96.6	61.3	49.0	96.6	61.3
Alcohol, ethyl (g)	1.5	0.21	0	0.74	0	0	0.74	0	0

Dietary Servings:

	Total	Average	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fruit	33.1	4.7	4.7	4.4	5.0	4.7	4.4	5.0	4.7
Meat Alternative	9.7	1.4	1.6	1.4	1.1	1.6	1.4	1.1	1.6
Milk Alternative	6.6	0.94	0.73	1.2	0.97	0.73	1.2	0.97	0.73
Vegetables	30.7	4.4	4.3	5.5	3.4	4.3	5.5	3.4	4.3

Macro-Nutrient Balance:

	Total	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Alcohol	0.12	0	0.42	0	0	0.42	0	0
Carbohydrates	40.8	39.2	50.7	32.9	39.2	50.7	32.9	39.2
Fat	50.4	52.4	40.0	58.3	52.4	40.0	58.3	52.4
Protein	8.6	8.4	8.9	8.7	8.4	8.9	8.7	8.4

Monday

Breakfast



Green Cucumber Detox Smoothie with Apple

Lunch



Raspberry Maca Smoothie

Dinner



Turmeric Mango Smoothie

Snack



Cucumber Cooler

Tuesday

Breakfast



Kale Clean Up

Lunch



**Turmeric Mango Smoothie
(leftovers)**

Dinner



Delicious Detox Smoothie

Snack



Medicinal Mushroom Latte

Wednesday

Breakfast



Nourish Dust



Anti-Inflam Smoothie

Water
1 cup

Lunch



Delicious Detox Smoothie
(leftovers)

Dinner



Raspberry Maca Smoothie
(leftovers)

Snack



Brain-Adrenal Balancing Smoothie

Thursday

Breakfast



Green Cucumber Detox Smoothie with Apple (leftovers)

Lunch



Raspberry Maca Smoothie (leftovers)

Dinner



Turmeric Mango Smoothie (leftovers)

Snack



Cucumber Cooler (leftovers)

Friday

Breakfast



Kale Clean Up (leftovers)

Lunch



Turmeric Mango Smoothie
(leftovers)

Dinner



Delicious Detox Smoothie
(leftovers)

Snack



Medicinal Mushroom Latte
(leftovers)

Saturday

Breakfast



Nourish Dust (leftovers)



Anti-Inflam Smoothie (leftovers)

Water
1 cup

Lunch



Delicious Detox Smoothie
(leftovers)

Dinner



Raspberry Maca Smoothie
(leftovers)

Snack



Brain-Adrenal Balancing Smoothie (leftovers)

Sunday

Breakfast



Green Cucumber Detox Smoothie with Apple (leftovers)

Lunch



Raspberry Maca Smoothie (leftovers)

Dinner



Turmeric Mango Smoothie (leftovers)

Snack



Cucumber Cooler (leftovers)



Green Cucumber Detox Smoothie with Apple

A powerfully delicious & healthy smoothie to help your body cleanse.



Prep	Cook	Ready in	Servings
8 min	0 min	8 min	3

Ingredients for 3

- 1 1/2 cucumber(s) **Cucumber (seeds and all (remove skin if not organic))**
- 3 medium **Apple without skin**
- 3 cup **Parsley, fresh (chopped & packed)**
- 1 1/2 whole lime(s) **Lime juice (or use the entire lime)**
- 3 cup **Water**
- 3/4 tsp minced **Gingerroot (or use less as this is powerful (optional))**
- 3 tbsp **Coconut oil (optional)**

Instructions

Blend all ingredients together until smooth. The ginger is a powerful anti-inflammatory in this smoothie, and the healthy fats in the coconut help your body assimilate all of the powerful antioxidants.

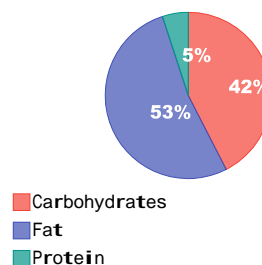
Nutrition Facts	
Per Portion	
Calories	252
Calories from fat	132
Calories from saturated fat	109
Total Fat	14.6 g
Saturated Fat	12.1 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.4 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Sodium	39 mg
Potassium	702 mg
Total Carbohydrate	26.8 g
Dietary Fiber	4.9 g
Sugars	16.2 g
Protein	3.3 g

Dietary servings

Per Portion

Fruit 1.1
Vegetables 3.3

Energy sources





Raspberry Maca Smoothie



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	5

Ingredients for 5

- 2 1/2 cup **Raspberries**
- 2 1/2 cup diced **Pineapple**
- 2 1/2 tbsp **Maca powder**
- 5 tbsp hulled **Hemp seeds, shelled**
- 3 3/4 cup **Almond milk, unsweetened, Blue Diamond**

Instructions

Place ingredients into a blender and blend on high until thoroughly combined. Add more almond milk to reach desired thickness.

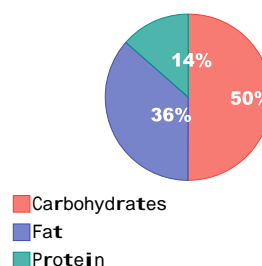
Nutrition Facts	
Per Portion	
Calories	226
Calories from fat	89
Calories from saturated fat	0.2
Total Fat	9.9 g
Saturated Fat	0.0 g
Trans Fat	0
Polyunsaturated Fat	0.7 g
Monounsaturated Fat	1.3 g
Cholesterol	0 mg
Sodium	149 mg
Potassium	481 mg
Total Carbohydrate	26.1 g
Dietary Fiber	7.1 g
Sugars	25.2 g
Protein	8.2 g

Dietary servings

Per Portion

Fruit	1.9
Meat Alternative	0.4
Milk Alternative	0.7

Energy sources





Turmeric Mango Smoothie



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	5

Ingredients for 5

- 7 1/2 cup **Water**
- 5 cup **Mango**
- 2 1/2 cup **Coconut flakes, unsweetened (toasted)**
- 5 scoop **Hemp protein powder, vanilla (can use any plant based protein powder)**
- 5 tbsp **Coconut oil**
- 5 tbsp **Flaxseeds**
- 2 1/2 piece, 1-inch **Ginger root**
- 10 tsp **Turmeric, ground**
- 2 1/2 tsp **Cinnamon**

Instructions

Place all ingredients in a high speed blender and blend until smooth.

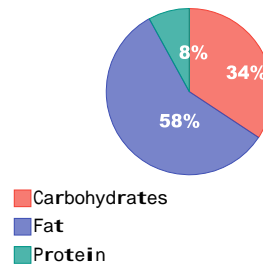
Nutrition Facts Per Portion

Calories 743
Calories from fat 429
Calories from saturated fat 206
Total Fat 48 g
Saturated Fat 22.9 g
Trans Fat 0.0 g
Polyunsaturated Fat 3.6 g
Monounsaturated Fat 2.4 g
Cholesterol 0 mg
Sodium 31 mg
Potassium 810 mg
Total Carbohydrate 64 g
Dietary Fiber 23.1 g
Sugars 34 g
Protein 14.6 g

Dietary servings Per Portion

Fruit 1.6
Meat Alternative 1.3

Energy sources





Cucumber Cooler



Prep 5 min **Cook** 0 min **Ready in** 5 min **Servings** 3

Ingredients for 3

- 1 1/2 medium stalk(s) **Celery**
- 1/8 cucumber(s) **Cucumber (peeled)**
- 3/4 medium pepper(s) **Jalapeno pepper (stemmed, seeded, de-ribbed)**
- 3 tbsp **Lime juice**
- 4 1/2 drop(s) **Stevia, liquid**
- 2 1/4 cup **Water**
- 1 1/2 cup **Ice cubes**

Instructions

Add all ingredients to a blender and puree until smooth.

Divide between two glasses and enjoy!

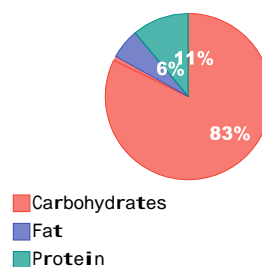
Nutrition Facts	
Per Portion	
Calories	13.4
Calories from fat	0.8
Calories from saturated fat	0.2
Total Fat	0.1 g
Saturated Fat	0.0 g
Trans Fat	0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	0 mg
Sodium	16.7 mg
Potassium	105 mg
Total Carbohydrate	2.8 g
Dietary Fiber	0.6 g
Sugars	1.1 g
Protein	0.4 g

Dietary servings

Per Portion

Fruit 0.1
Vegetables 0.9

Energy sources





Kale Clean Up



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

Ingredients for 2

6 leaves	Kale
6 medium	Carrots
2 medium	Apple
1/2 fruit	Lime
1/2 piece, 1-inch	Gingerroot

Instructions

Wash and prep all ingredients.

Juice all ingredients.

Enjoy!

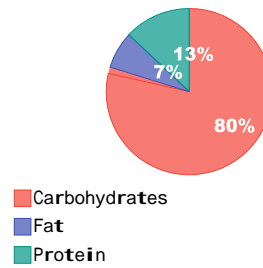
Note: The nutritional information is not precise due to the nature of juicing.

Nutrition Facts	
Per Portion	
Calories	258
Calories from fat	18.6
Calories from saturated fat	2.3
Total Fat	2.1 g
Saturated Fat	0.3 g
Trans Fat	0
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	0.1 g
Cholesterol	0 mg
Sodium	183 mg
Potassium	1469 mg
Total Carbohydrate	51 g
Dietary Fiber	11.1 g
Sugars	23.4 g
Protein	8.4 g

Dietary servings
Per Portion

Fruit 1.2
Vegetables 4.8

Energy sources





Delicious Detox Smoothie



Prep	Cook	Ready in	Servings
5 min	2 min	7 min	4

Ingredients for 4

1 cup	Almond milk, unsweetened, Blue Diamond
1 large	Apple (cored)
1 medium	Banana
1 tbsp	Chia seeds, ground
1/4 cucumber(s)	Cucumber
2 cup	Frozen berries
1 cup	Kale
0 whole lemon(s)	Lemon juice
1/2 cup	Parsley, Italian, fresh
1 cup	Water (as needed)

Instructions

Place all the ingredients into a blender. Blend on high for 1-2 minutes or until all the ingredients are smooth and blended. Add more water till you get the desired consistency. Divide into 4 mason jars.

Enjoy!

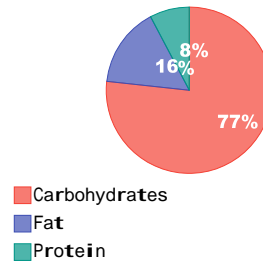
Mason jar size: 500 mL

Nutrition Facts	
Per Portion	
Calories	141
Calories from fat	22.1
Calories from saturated fat	1.5
Total Fat	2.5 g
Saturated Fat	0.2 g
Trans Fat	0
Polyunsaturated Fat	0.9 g
Monounsaturated Fat	0.5 g
Cholesterol	0 mg
Sodium	62 mg
Potassium	376 mg
Total Carbohydrate	27.0 g
Dietary Fiber	6.6 g
Sugars	18.5 g
Protein	2.8 g

Dietary servings
Per Portion

Fruit	1.6
Milk Alternative	0.2
Vegetables	0.7

Energy sources





Medicinal Mushroom Latte



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

Ingredients for 2

- 1 cup **Water (steamed)**
- 2 cup **Almond milk, unsweetened, Blue Diamond (steamed)**
- 2 tsp **Honey, raw**
- 1 tsp **Cinnamon**
- 1 tsp **Turmeric, powder**
- 1 tsp **Vanilla extract, pure**
- 2 tbsp **Chaga extract powder**
- 2 tsp **Maca powder**

Instructions

Warm the water + almond milk and then whisk (or mix in blender) in all remaining ingredients.

You may choose to top it with a sprinkling of hemp hearts and cacao nibs for an extra healthy fat-boost + a bit of a 'crunch' to get you chewing and activate those digestive enzymes!

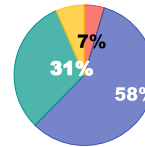
Nutrition Facts Per Portion

Calories	103
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Calories from fat	37
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Calories from saturated fat	0.4
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Total Fat	4.1 g
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Saturated Fat	0.0 g
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Trans Fat	0 g
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Polyunsaturated Fat	0.6 g
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Monounsaturated Fat	1.6 g
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Cholesterol	0 mg
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Sodium	197 mg
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Potassium	339 mg
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Total Carbohydrate	13.3 g
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Dietary Fiber	8.3 g
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Sugars	23.8 g
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Protein	1.9 g

Dietary servings Per Portion

MilkAlternative 1.0

Energy sources



- Alcohol
- Carbohydrates
- Fat
- Protein



Nourish Dust



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

Ingredients for 2

0.04 cup hulled	Hemp seeds, shelled
1/2 tbsp	Chia seeds (or ground flaxseeds)
1/2 tbsp hulled	Sunflower seeds (ground)
1/3 tbsp	Pumpkin seeds (ground)

Instructions

Directions: In a high powered blender, grind chia/flax, sunflower and pumpkin seeds until a fine powder is made. Add hemp hearts and powder mixture to a mason jar and store in the fridge for up to 1 month.

Spices to Season: all spice, anise, cardamom, cinnamon, clove, ginger, nutmeg

Uses: sprinkle on top of an apple with a touch of sea salt and lemon; add to guacamole, add to smoothies, atop salads or sprinkle on yogurt/oatmeal/hot cereals!

Note: 1 serving is 1 tablespoon

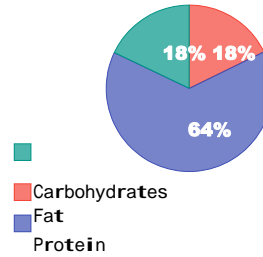
Nutrition Facts Per Portion

Calories 59
Calories from fat 38
Calories from saturated fat 1.9
Total Fat 4.2 g
Saturated Fat 0.2 g
Trans Fat 0
Polyunsaturated Fat 1.2 g
Monounsaturated Fat 0.5 g
Cholesterol 0 mg
Sodium 0.9 mg
Potassium 26.4 mg
Total Carbohydrate 2.4 g
Dietary Fiber 1.4 g
Sugars 0.1 g
Protein 2.8 g

Dietary servings Per Portion

MeatAlternative 0.3

Energy sources





Anti-Inflam Smoothie

Great smoothie to start your day or as a pre-workout . Minimal ingredients and high in nutrient dense foods.



Prep
5 min

Cook
0 min

Ready in
5 min

Servings
2

Ingredients for 2

- 4 cup **Spinach**
- 1 medium **Banana**
- 1 cup **Coconut milk**
- 1/2 avocado(s) **Avocado (ripe)**
- 1 medium **Lemon (peeled)**
- 2 piece, 1/2-inch **Ginger root**
- 2 tsp **Cinnamon (ground)**
- 2 tsp **Almond butter (no sugar added)**

Instructions

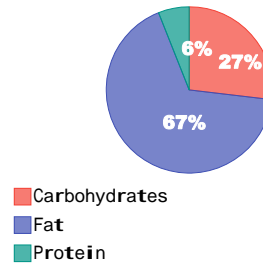
1. In a high-powered blender, add all ingredients and blend until smooth.
2. Pour into a glass and enjoy immediately.

Nutrition Facts	
Per Portion	
Calories	508
Calories from fat	344
Calories from saturated fat	229
Total Fat	38 g
Saturated Fat	25.5 g
Trans Fat	0
Polyunsaturated Fat	2.1 g
Monounsaturated Fat	8.2 g
Cholesterol	0 mg
Sodium	74 mg
Potassium	1239 mg
Total Carbohydrate	33 g
Dietary Fiber	9.9 g
Sugars	8.0 g
Protein	7.7 g

Dietary servings
Per Portion

Fruit 1
Meat Alternative 0.2
Vegetables 2.5

Energy sources





Brain-Adrenal Balancing Smoothie



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	2

Ingredients for 2

- 178 ml **Coconut milk**
- 1/2 tbsp **Coconut oil**
- 1/2 tsp **Ashwagandha powder**
- 1/2 scoop **Collagen peptides**
- 1/2 tsp **Rhodiola powder**
- 1/2 tbsp **Maca powder**
- 1/2 cup **Frozen berries**
- 1/2 drop(s) **Stevia, liquid**
- 1/2 cup **Spinach**
- 2 1/2 medium **Brazil nuts**

Instructions

Combine everything in a blender until smooth.

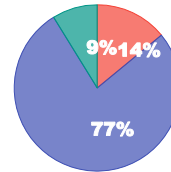
Serve and enjoy!

Nutrition Facts	
Per Portion	
Calories	302
Calories from fat	232
Calories from saturated fat	185
Total Fat	25.8 g
Saturated Fat	20.6 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.2 g
Monounsaturated Fat	2.1 g
Cholesterol	0 mg
Sodium	32 mg
Potassium	341 mg
Total Carbohydrate	10.8 g
Dietary Fiber	2.8 g
Sugars	3.8 g
Protein	6.7 g

Dietary servings
Per Portion

Fruit 0.5
Meat Alternative 0.1
Vegetables 0.2

Energy sources



Carbohydrates
 Fat
 Protein

Grocery List

Snacks & Nuts

Almond butter	10.6 gm
Brazil nuts	8.9 gm
Chia seeds	5.4 gm
Chia seeds, ground	10.8 gm
Coconut flakes, unsweetened	195.5 gm
Flaxseeds	52.5 gm
Hemp seeds, shelled	22.5 tsp hulled
Pumpkin seeds	1.6 gm
Sunflower seeds	4.5 gm

Beverage

Almond milk, unsweetened, Blue Diamond	1687.5 ml
Lime juice	73.2 ml
Water	4187.5 ml

Fruits

Apple	3.5 medium
Apple without skin	3.0 medium
Avocado	0.5 avocado(s)
Banana	2 medium
Lemon	1 medium
Lime	0.5 fruit
Mango	4.2 mango
Pineapple	0.9 fruit
Raspberries	324.9 gm

Various Groceries

Ashwagandha powder	2.5 ml
Chaga extract powder	6 tsp
Collagen peptides	4.3 ml
Hemp protein powder, vanilla	140 gm
Rhodiola powder	12.5 capsule

Vegetables

Carrots	6 medium
	1.5 medium
Celery	stalk(s)
Cucumber	1.9 cucumber(s)
Ginger root	2.1 piece, 2-inch
	0.8 medium
Jalapeno pepper	pepper(s)
Kale	0.6 bunch
Parsley, Italian, fresh	31.7 gm
Parsley, fresh	190.2 gm
Spinach	142.7 gm

Spices & Herbs

Cinnamon	12.9 gm
Turmeric, ground	22.5 gm
Turmeric, powder	2.2 gm

Canned Food

Coconut milk	426.7 ml
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Condiments

Coconut oil	117.2 gm
Vanilla extract, pure	4.9 ml

Frozen & Refrigerated Foods

Frozen berries	350 gm
Ice cubes	12.2 cube(s)

Baking

Honey, raw	0.7 tbsp
	11.9 2-4 drops
Stevia, liquid	(tsp sugar)

Other

Maca powder	51.3 gm
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