

# ***The Camp Spring Cleaning Detox***

## ***How To Make Stubborn Fat Melt Off Your Body So You Can Enjoy Spring In Full Bloom... While Showing Off A Firm And Energetic Physique!***

Winter has come and gone. And we're entering the bridge to bathing suit season. But before we get to the other side, it's important to take advantage of the next several months to get into your best shape yet...

Spring time is the best time of year for exercise fanatics... Because you can take your workout outside. And even add some "extra training" to your day while you enjoy the weather—going for a bike ride with your spouse, a hike with your kids or working in the yard.

And in order to soak up spring for all it's worth, it'll be important for you to do those things for your body that make energy easy to come by—and enhances your body and mind. And that's exactly what we have for you in this guide... ***The Spring Cleaning Detox that'll rejuvenate your body, melt away stubborn body fat and give you fresh energy that feels as good as a springtime breeze.***

Use this guide over the next several months—nutrition, training and supplementation—and you'll experience your most exciting spring season yet!

## ***Spring Cleaning Detox Nutrition Plan***

When you think about a "detox", your mind probably moves to eating nothing but greens and drinking water for 7-days. And typically, 7-day detox advocates make claims that a detox is a magic wand that'll change your health from day 1 to day 7 (and every day afterwards). But the problem is, a 7-day detox won't provide you with lasting results that you love...

And that's why our *Spring Cleaning Detox* nutrition plan, isn't your typical "detox". This is a detox that's meant to last—and doesn't restrict you to smoothies and greens (though they are a part of the plan).

Over the next several weeks, you'll pack your plate with plenty of healing fruits, vegetables and spices, while maintaining a healthy protein intake that builds lean muscle and burns stubborn body fat straight off your body. As always, you'll drink plenty of water to flush out toxins that may be causing your body to store fat instead of torch it.

Starting today, you'll begin shaping your body *the way you want it to look*. And will feel more alive and energetic to enjoy this season to the full. Just implement the full-proof plan listed out for you in the coming pages and you'll be in great shape for an unbeatable spring.

## **Supplement Spotlight** *MyoFX 21-Day Detox*

Before starting the *Spring Cleaning Detox* nutrition plan we want to let you in on a supplement that will help you get the very best results over the next several weeks...

### ***MyoFX 21-Day Detox.***

This invigorating supplement is a 3-week herbal supplement that'll give an extra cleanse to your body so you function at your best and see the best results in the shortest amount of time possible. Plus, we've designed it to be incredibly convenient and easy to use every day by separating each effective dose into its own packet.

Grab this detox today and get your *Spring Cleaning Detox* started on the right track!

## ***Greens And Vegetables***

Greens and vegetables are the best way to flood your body with invigorating nutrients that help your body heal, reverse aging and prepare your body for top-notch fat loss and muscle growth—both of which automatically improve your body composition so you look and feel better than ever.

Plus, they're packed with fiber, which is an important nutrient for keeping your stomach satisfied around the clock so you don't experience pesky cravings or fall prey to late night snacking. Plus, good bacteria in your gut loves to feed on fiber—meaning that every bit of fiber will keep the greatest allies in your stomach working hard for you. See...

After years of dedicated research, there's a new saying floating around the health industry today. *You're only as healthy as your gut.* Meaning that if your digestive tract isn't clean and healthy, the rest of your body—from the inside-out—is going to suffer for it. But greens and veggies can save the day...

Greens and vegetables are loaded with fiber that keeps your digestive tract running at its best. Remember the good gut bacteria I mentioned earlier? Well, your gut contains both good bacteria and bad bacteria. Good bacteria can have a wide range of positive effects on the body – everything from regulating blood sugar, to immunity, healthy brain function to weight control. Bad bacteria, on the other hand can cause inflammation, disease, and loads of stomach issues. But the good news is...

Greens and vegetables mostly contain insoluble fiber, meaning that it stays intact as it passes through the digestive tract, and as a result pushes other food through your digestive tract and out of your body more quickly than other fiber sources. Also, because insoluble fiber remains in your stomach intact, your good bacteria ends up digesting it and using it as fuel for survival—

which is exactly what you want... Because the more friendly bacteria you have in your gut, the better off your health will be.

To sweeten the pot even more, because leafy green fiber is an insoluble fiber source, it takes longer to digest, and as a result, keeps you fuller for longer periods of time—just like protein does. When you pair protein and leafy green veggies together, you won't have to worry a bit about pesky cravings, hunger pangs or late-night snacking.

On top of these benefits, one study, published in the *Journal of Nutrition*, discovered that the high vitamin and mineral content of leafy greens can also improve fat burning altogether—and help you burn fat around the clock... [1]

Really, throughout your spring detox, you can't go wrong with any kind of vegetable. Here's a full list of every one you'll want to enjoy over the next several weeks while you gain these incredible benefits:

- Spinach
- Kale
- Broccoli
- Brussels Sprouts
- Cabbage
- Asparagus
- Green Beans
- Peas
- Cucumbers
- Celery
- Cauliflower
- Carrots
- Beetroot
- Zucchini
- Bell Peppers
- Chiles
- Sweet Potatoes

With these greens and vegetables packed onto your plate, blended into smoothies and filling up your salad bowl, you'll instantly improve every function in your body. Because every time you dig into healthy portions of these wholesome foods, you'll fill up on time-reversing and skin clearing antioxidants. And load up on vitamins and minerals that stoke your metabolism and help your body burn fat and build muscle around the clock—even when you aren't near the gym.

Don't forget to pair these electrifying foods with the MyoFX 21-Day Detox for the best results!

## ***Fruits***

Even though fruits have higher calorie content than greens and vegetables, they'll be incredibly helpful in your *Spring Cleaning Detox*. In fact, there are entire "fruit flushes" that're recommended getting the best out of your body.

Like greens and vegetables, fruits are packed with antioxidants that rejuvenate your body. And reverse oxidation in your body—a harmful process that causes inflammation and your stress hormone, cortisol, to rise. When cortisol rises, you become stressed, fatigued and your body even begins storing fat instead of burning it...

So by making fruit a priority during this *detox* you can rest-assured that you'll improve your mood, body composition and performance.

Here's a list of the best antioxidant enhancing fruits you can eat over the next several weeks to get the most out of your *Spring Cleaning Detox*:

- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Cranberries
- Cherries
- Plums
- Grapes
- Oranges
- Pomegranates
- Avocados

When you combine these powerful fruits with the greens and vegetables above into a big salad, you'll fill up with high-quality fuel for hours, impressive antioxidants and fiber that'll clear your stomach of bad bacteria and fill it with friendly bacteria.

## ***Spices***

One reason most people hesitate to take on a detox is because they think their food will be "lacking in taste" for however the detox lasts. But not the *Spring Cleaning Detox*. You can pack every single meal with flavor by using the following spices to your advantage. Each one holds great fat-burning and metabolism boosting properties and will give you an extra edge as you craft your body this spring.

***Cinnamon:*** Cinnamon is a loveable and diverse spice that balances blood sugar, curbing cravings and helps you feel fuller for longer periods of time. You can add cinnamon to just

about anything you'd like (and it'll still taste great)... Including your morning cup of coffee, oats, plain yogurt or tea.

**Cumin:** Cumin is a powerful spice that can slim up your belly in a hurry. In fact, researchers at Iran's Shahid Sadoughi, University of Medical Sciences randomly split 88 overweight or obese women into 2 groups. For 3 months, both groups decreased their daily intake of calories by 500, but only one group was also given 3 grams (a little less than 1 teaspoon) of cumin powder daily (mixed with yogurt). At the end of the 3-month trial, the cumin group members decreased body fat percentage by 14.64%—almost triple the 4.91% loss of the control group. How easy! Just by dashing this spice onto a salad, you'll get extra fat-loss benefits that you'd otherwise miss out on.

**Garlic:** Eating more of this herb can help you burn body fat and access new energy that you've been hoping to find for years. A study published in *Nutrition Research and Practice* found that garlic supplementation can reduce belly fat because it increases thermogenesis—fat burning—in your body. Plus, this process boosts your metabolism and so you'll lose calories around the clock. Instead of taking a garlic supplement, buy some fresh garlic and add it to soup and a protein source.

**Pink Himalayan Salt:** This salt effectively helps your body purge toxic minerals by improving blood circulation and mineral balance. It also improves digestive disorders and has been used to increase food absorption in the digestive tract. As a bonus, this salt also reduces water retention and eliminates bloating so you can look and feel your best in every environment this spring.

These spices will unlock the body and energy you crave over the next several weeks. But you don't have to stop there. Here's a list of other impressive spices that'll give some extra flavor to your food and pep in your step:

- Ginger
- Turmeric
- Mint
- Cardamom
- Black Pepper
- Mustard

## ***High Protein***

With your greens, vegetables and fruits in place, it's now time to get some meat on your plate...

Protein is your most important macronutrient for building lean muscle that keeps you looking and performing your best everywhere you go.

Not only does protein build muscle—but it also kick-starts your metabolism and fire's up your fat burning hormones so you can shed pounds around the clock...

On top of that, protein has been scientifically proven to balance your hunger hormones. In fact, a single serving of protein has the unique ability to eliminate sugar cravings for hours after you eat *and* keep your stomach satisfied for longer periods of time... So you're not tempted by "taboo" foods like candy bars and cupcakes...

One exciting study published in the *Journal of the American College of Nutrition*, discovered that after eating protein, you'll feel **more full** with **less food** when compared to other food options [2]. The reason is this—protein reduces hunger hormone (ghrelin) levels, while also increasing your satiety hormone (peptide YY) which makes you feel full and satisfied around the clock.

To let you in on how powerful filling your plate with protein is, let's take a look at a 2005 study that included 19 overweight women. Over the course of 12-weeks, women were placed on 2 separate diets—one in which protein made up 15% of their daily caloric intake and another which made up 30% of their daily caloric intake. When they transitioned to making 30% of their daily caloric intake protein, the women consumed on average *441 fewer calories* each day without intentionally restricting any other food group [3]...

These women ate over 400 fewer calories daily and didn't even realize it! That's how helpful protein will be during your *Spring Cleaning Detox*. But that's not all protein will do for you...

Protein works as a 1-2 punch for you body... building muscle and burning fat without costing you any extra effort. Protein contains amino acids that kickstart your metabolism and help you slim down and fuel up on energy so you can look and feel great all spring season long. In fact, a large study which measured the relationship between muscle mass and metabolism, found that the more lean muscle you have, the faster your metabolism is going to run—and that, of course will lead to more fat burning over the next several weeks [4].

Plus, a study found in the *Journal of the American College of Nutrition*, discovered that your body uses more effort to metabolize protein than it does other food sources such as carbohydrates. And as a result, eating protein increases thermogenesis 100% in high protein diets when compared to low-fat diets [5]. This heightened thermogenesis will melt unwanted body fat all over so you show off the lean look you desire...

The bottom line—you don't want to miss out on all the benefits that protein has to offer you over the next several weeks (*and beyond!*)... Fill larger meals with at least 20 grams of protein (the full size of your hand) to experience these exciting benefits.

Some of the best protein sources you can eat are:

- Eggs

- Chicken breast
- Lean ground beef
- Salmon
- Tuna
- Turkey
- Bison
- Protein shake

And speaking of *the best* protein sources you can eat, I also want to shed light on *the most convenient* protein sources as well. See, you don't have to spend hours slaving away in the kitchen to get your protein "fix" every day. In fact, you can prepare a high-quality protein meal (or snack) in less than 1-minute using an elite protein powder.

Protein shakes and smoothies are a quick and easy way to fill up on protein that'll build muscle, burn fat, satisfy your stomach and help you look and feel your best around the clock. But not all protein shakes are created equally. Some protein powders you'll find at the local retail or health store are packed with additives and "filler ingredients" that won't do what you want your protein to do for you...

So instead of settling for a "run of the mill" protein powder that won't meet your expectations, get your hands on high-quality protein powder that'll last you weeks and won't break the bank.

To meet your protein requirement this spring, check out the protein powders I've listed below. Each powder is the cleanest, non-hormonal, non-GMO blend available. Every serving is packed with 25 grams of protein that'll add muscle, torch fat, and keep your stomach satisfied for hours.

Mix and match for a delicious variety of protein shakes this season:

- **MyoFX Chocolate Whey Protein Isolate**
- **MyoFX Cinnabon Whey Protein Isolate**
- **MyoFX Vanilla Whey Protein Isolate**
- **MyoFX Chocolate Peanut Butter Protein Isolate**

### ***Putting It All Together***

Do you have your checklist all set to go?

- Plenty of greens and vegetables
- Good amount of antioxidant-heavy fruits
- High protein portions

- MyoFX 21-Day Detox
- MyoFx Protein Powder

If you put the above list to use this spring, your body will reward you with a lean and energetic new you. We're confident you'll be shocked by how effective this program actually is for helping you achieve better health. Start putting it into practice today... You'll be glad you did!

## ***Spring Cleaning Detox Training Plan***

To show off your best body and most thriving energy levels during the *Spring Cleaning Detox*, you're going to put in a little "leg work" this season... Mainly, HIIT (High Intensity Interval Training).

This type of training is proven to be the most effective method for burning fat, building muscle, and regulating your sex-hormones, which have a profound effect on achieving your best body [6].

High Intensity Interval Training is a training method in which you give your all-out, 100% effort during quick bursts of exercise. After each burst of exercise, you'll have short recovery periods—and burn more fat in less time, no questions asked. Even more impressive is the fact that HIIT creates an "afterburn" effect, meaning that you'll continue to burn calories hours after you've finished your training.

Some of the other benefits of High Intensity Interval Training are:

- Increases your metabolism...
- Doesn't require equipment...
- Can be done anywhere...
- Quick workouts that won't keep you in the gym for hours...

For more impressive results from HIIT, we recommend that you train *while fasted*—meaning that if you work out in the morning, you should do so *before* you eat, not after.

One study, published in the *American Journal of Physiology*, tested the effects of pre-exercise meals on fat burning during exercise in a small group of men. Six healthy and active men were tested for fat oxidation both after an overnight fast followed by exercise and a small breakfast followed by exercise. Researchers concluded that the subjects burned more fat after exercising in a fasted state instead of a fed state [7].

Essentially, when you train in a fasted state, your body breaks down fat cells for energy, and mobilizes it for top-notch fat burning—which is a must-have when you're trying to get your best-looking body this spring.



Another study published in *Acta Physiologica (Oxford)*, discovered that when you train in a fasted state, blood flow increases in your abdominal region and as a result, burns more fat in those stubborn stomach fat areas [8]. This way, you can show off a slim stomach when you head to the beach or go to a pool party.

As an added benefit, when you train in a fasted state, your glycogen stores become depleted. Your glycogen stores are those deposits in your body where glycogen is saved for future use. Particularly, when you train...

Which is actually a problem if you want to get and keep your lean physique this spring...

See, when your glycogen stores are loaded up with glycogen, your body burns the glycogen for fuel instead of burning fat for fuel. However, when you train in a fasted state, you deplete your glycogen stores and your body mobilizes and uses fat for energy instead. Which ensures that every workout is a fat-burning one.

If you aren't used to training in a fasted state and you're worried about feeling a little sluggish on your way to the gym, check out the **MyoFX Pre-Workout** supplement that'll increase energy, improve mental focus, boost endurance and maximize strength in the gym.

It's also packed with beta-alanine, a natural amino acid that's been proven to enhance performance in the gym.

So with the training, fasting, and supplement settled, what are some examples of HIIT that you can add into your workout this week?

Here are some suggestions:

### ***H.I.I.T. Circuit Workout Examples***

#### **Bodyweight HIIT Workout #1 (repeat this circuit 3 times):**

- 50 sit-ups
- 40 jump squats
- 30 lunges (15 per leg)
- 20 push-ups
- 10 bodyweight squats
- 30 second burpees

#### **Bodyweight HIIT Workout #2 (3 rounds, 45 seconds per exercise, 15 seconds of rest):**

- Crunches (45 seconds)
- Push-ups (45 seconds)
- Scissor kicks (45 seconds)

- Shoulder rotations (45 seconds)
- Side lunges (45 seconds)

**Bodyweight HIIT Workout #3 (Repeat this circuit 4 times, 15 seconds of rest between exercises)**

- Mountain climbers (45 seconds)
- Jump squats (45 seconds)
- Front Plank (45 seconds)
- Jump rope (45 seconds)

**Bodyweight HIIT Workout #4 (Repeat this circuit 5 times, 15 seconds rest between exercises)**

- Sprint (30 seconds)
- Squat jump (30 seconds)
- Side-lunges (30 seconds)
- Scissor kicks (30 seconds)

**Bodyweight HIIT Workout #5 (Repeat this circuit 8 times, 30 second rest between exercises)**

- All-out sprint (45-seconds)

HIIT is a dynamic form of exercise. There's never a dull-moment when performing HIIT. And all you need to succeed in this training plan is dedication and your best effort. With those two ingredients combined, you won't fail to unlock an incredible body with a steady flow of energy throughout the day.

The workouts I've given you above are physically and mentally challenging so make sure you stretch your muscles and your mind beforehand! You can also perform HIIT on a stationary bike, with hill sprints, or even kettlebell swings. If you're stale on HIIT ideas, just type HIIT workouts into your internet browser and you'll have plenty of other recommendations to work off of.

## ***Step-Outside Spring Workouts***

Now that the weather is beautiful outside, you have a great opportunity to get some fresh air exercise...

Take the following HIIT workouts outside and enjoy your *Spring Cleaning Detox*, with a cool breeze and rays of sunshine.

### ***Step-Outside Spring Workout #1***

***Superset 1:***

- Push-ups (45 seconds)
- Burpees (45 seconds)
- Rest 30 seconds
- Repeat one more time

***Superset 2:***

- Walking lunges (45 seconds)
- Jump lunge (45 seconds)
- Rest 30 seconds
- Repeat one more time

***Superset 3 (core burnout):***

- Single leg bicycles (20 seconds per side)
- Push-up to twist (30 seconds)
- Oblique crunch (30 seconds)
- Plank hold (30 seconds)

***Step-Outside Spring Workout #2***

- Jump rope (60 seconds)
- Jump squats (60 seconds)
- Jump rope (60 seconds)
- Side lunges (60 seconds)
- Jump rope (60 seconds)
- Walking lunges (60 seconds)
- Rest 60 seconds
- Repeat twice

***Step-Outside Spring Workout #3***

- Up-hill sprint (15 seconds)
- Bodyweight squats (45 seconds)
- Jog down hill
- Rest 30-seconds
- Repeat 6 times

***Step-Outside Spring Workout #4***

- Bike ride (full effort) 30-seconds

- Bike ride (half effort) 60-seconds
- Repeat 12 times

## ***Spring Cleaning Detox Supplement Guide***

Supplements were never meant to be an end-all-be-all solution to looking great...

But they're definitely helpful *tools* to carve out lean body with pulsing energy levels—so you can live life to the fullest this spring (and stay a few steps ahead of everyone else leading into bathing suit season).

So which supplements are the best ones to optimize your health during your *Spring Cleaning Detox*?

Let's find out...

### **MyoFX 21-Day Detox**

You're only as healthy as your gut...

And because this eating plan may be a stretch from any diet you've been used to in the past, you want to help your digestive tract adjust as smoothly as possible while ensuring it's as healthy as can be.

For that reason, I recommend getting your hands on MyoFX 21-Day Detox... A 3-week herbal supplement with vitamins that'll cleanse your kidney, liver and colon – the three most important organs for nutrient absorption in your body.

This is the easiest detox supplement on the planet... It contains 21 *separate* packets, each with 6 capsules (the daily dosage) so you don't miss out on a single day of your detox.

**Get your hands on MyoFX 21-Day Detox today!**

### **MyoFX EFA Complex**

While on your *Spring Cleaning Detox*, you run the risk of missing out on essential polyunsaturated fatty acids, essential nutrients that cannot be manufactured in your body and can only be obtained through your diet. In fact, these fatty acids are the building blocks that other fatty acids and sex hormones need in order to thrive.

In short, you don't want to miss out on PUFAs... They're essential to the very hormonal functions that keep your fat-burning furnace firing around the clock. Some of the other perks include:

- Increased metabolic rate because EFA's increase energy levels
- Increased insulin sensitivity by delaying stomach emptying time; This allows the digestive system to absorb carbohydrates more slowly resulting in a decreased insulin response
- Decreased blood pressure due to its blood thinning abilities
- Are converted into prostaglandins (natural anti-inflammatory agent produced in the body) that help decrease inflammation and pain; reduced muscle soreness after strenuous workouts and shortened recovery time
- Increased brain function, mood and intelligence; the brain is 60 percent fat and needs omega-3s to function properly
- Improved stamina and endurance due to optimal production of hormones
- Reliable source of energy without increasing body fat
- Increased production of hormones

The bottom line is that you don't want to miss out on the essentially fatty acids that your body needs to thrive year-round. Cover all your bases with one simple supplement.

- **Grab your MyoFX EFA Complex supplement today!**

## Glutamine FX

After training, you want to make recovery as quick as possible by packing your muscles with the essential amino acid that makes up more than 70% of your muscle tissue...

Introducing Glutamine FX...

A study published in the *International Journal of Nutrition and Exercise Metabolism* discovered the undoubted effectiveness of L-Glutamine on muscle recovery and reduced muscle soreness, indicating that you won't find a better supplement on the planet to help you rejuvenate after a workout [11].

On top of this extraordinary benefit, Glutamine FX will hand deliver:

- Better brain function – Is an essential neurotransmitter in the brain and helps with memory, focus and concentration.
- Build and keep muscle – Promotes muscle growth and decreases muscle wasting
- Improved athletic performance and recovery from endurance exercise
- Curbed cravings for sugar and alcohol
- Healthy blood sugar level support

**Don't miss out on this game-changing supplement. Grab Glutamine FX today!**

## **MyoFX Whey Protein Powder**

When your goal is to consume plenty of protein that'll build muscle, torch fat, and curb hunger cravings throughout the day, look no further than the highest-quality whey isolate you can get your hands on.

MyoFX Whey Protein Isolate is conveniently packed with 25 grams of high-powered protein per serving so you can make sure you're consuming enough protein this season to look and feel your best...

Your physique will be 'untouchable' with a couple scoops of your favorite flavors each day. Plus MyoFX Whey Protein Isolate contains:

- Fast acting protein – Great for post workout! Quickly get the muscle back in a positive nitrogen state for optimal recovery.
- No Lactose – Great for clients who are lactose intolerant and cannot take other milk derived proteins.
- Non-Hormonal – Our protein comes from cows that are grass fed and not loaded with hormones!
- Non-GMO – The acronym GMO stands for Genetically Modified Organisms, which refers to any food product that has been altered at the gene level
- Less than 1g of sugar and fat
- Gluten Free
- 5 grams of BCAA per serving – an added bonus to increase post workout recovery
- 5 delicious flavors – Chocolate, Vanilla, Cinnabon, Natural Chocolate, Natural Vanilla.

**Mix and match your favorite flavors so you get plenty of delicious varieties from your protein this spring. Grab MyoFX Whey today!**

## **LipoFX**

Do you want a little extra help burning the fat off before a day at the beach? Look no further than the supplement that'll help you torch fat 24/7...

With its unique blend of Green Tea Extract and Caffeine, LipoFX is the supplement that'll give you a leg up on the competition. This supplement has been scientifically formulated to promote fat burning while you sleep *and* shut down your fat-storage hormone (cortisol) by calming your nervous system.

For over-the-top benefits for your physique, LipoFX also:

- Contains Glucomannan which takes up space in the stomach and promotes a feeling of fullness (satiety), reducing food intake at a subsequent meal.
- Valerian root which aids in calming of the nerves and relaxation of the muscle for improved rest
- Increases metabolism of fat by using L-Carnitine Tartrate and Guggul Lipid Extract
- Increases mood and relaxation with 5HTP
- Chromium Picolinate to help regulate normal blood glucose levels

**To burn fat around the clock year-round get your hands on LipoFX today!**

## **PreFX**

If you need a little “pick-me-up” before your workouts, don’t miss out on a pre-workout supplement that’ll send off surge of electric energy through your veins and help you achieve a pumping workout.

PreFX has been scientifically developed and is packed with high-powered ingredients that’ll give you plenty of sustainable energy throughout your workout while also improving your fat-burning and muscle building capabilities. PreFX promises to:

- Increase energy – PREFX is powered with 120mg of Caffeine Anhydrous the purest form of caffeine. We have added just enough caffeine to give you that pre-workout boost without over stimulating your nervous system.
- Increase mental focus – DMAE has been added to sharpen your focus while training and has also been shown to stimulate the nervous system as well for added energy.
- Increase endurance – Over 1000 mg of Beta Alanine has been added to help lessen the lactic acid burn while increasing muscle endurance and firing power.
- Increase strength – 1000 mg of Creatine HCL has been added as well to increase strength and muscle volume

Get your hands on this unbeatable pre-workout today!

## ***Now What?***

Don’t start your *Spring Cleaning Detox* without at least browsing through the supplements I’ve listed for you above. They’ll prove to be incredible allies to keep you looking and feeling your best this spring and beyond.

Treat yourself to these high-powered supplements for unbeatable results that you’d otherwise miss out on.

## ***Spring Cleaning Detox Recipe Book***

### ***Recipes That Fill You Up And Flatten Your Belly***

#### **Blueberry Coconut Baked Oatmeal**

##### **What You Need (8 servings):**

- 1 ½ cups steel cut Irish oats
- ½ teaspoon ground ginger
- ½ teaspoon fine sea salt
- 1 teaspoon baking powder
- 4 cups unsweetened vanilla almond milk
- 2 cups light unsweetened coconut milk
- 3 ½ cups fresh blueberries
- ¼ cup unsweetened dried blueberries
- ¼ cup unsweetened coconut flake
- use pure maple syrup, honey or your favorite natural sweetener to taste

##### **How-To Make It:**

###### *Oatmeal*

1. Pre heat oven to 350 degrees F with the rack in the center. Lightly coat a 13X9X2" inch baking dish with cooking spray.
2. Combine all ingredients in a large bowl adding blueberries and coconut last. Sweeten to taste.
3. Bake for about one hour. The oatmeal will appear not done when you take it out of the oven. Remove from the oven and let it cool to room temperature. Then put it in your refrigerator overnight for best results. It will thicken nicely as it cools.

###### *Blueberry Sauce*

1. Heat the blueberries with a splash of water over medium high heat. When you hear them sizzle reduce heat to medium and cook for about 5 minutes until saucy.
2. Mash the blueberries against the side of the pan with a spatula.
3. Serve oatmeal with some almond or coconut milk and blueberry sauce.

##### **Nutritional Content (per 1 serving):**



Calories: 150  
Protein: 5g  
Carbohydrates: 27g  
Fat: 2g

## **Egg/Veggie Rainbow Bowl**

### **What You Need:**

- 1 small sweet potato
- 1 medium beet
- 1 teaspoon olive oil
- 2 cups brussels sprouts, halved
- 2 large eggs
- ½ small avocado, sliced
- 1 cup cooked farro
- sesame seeds (optional)
- For turmeric tahini sauce:
  - Tahini sauce:
    - 2 tablespoons tahini
    - 2 tablespoons lemon juice
    - 1 tablespoons olive oil
    - ½ teaspoon turmeric
    - ¼ teaspoon salt

### **How-To Make It:**

1. Preheat oven to 400° F.
2. Wash sweet potato and pierce with a fork in several places. Wrap tightly in foil. Wash beet and wrap tightly in foil. Place both in the oven and bake 30-45 minutes or until soft. Remove from oven. Once cool enough to handle, cut into cubes.
3. In a small nonstick skillet, heat olive oil over medium heat. Add brussels sprouts and cook, stirring, until bright green and crispy on the outside, 5-8 minutes.
4. Meanwhile, bring water to a boil in a small saucepan if using eggs. Gently place eggs in the water and boil gently for 6 minutes. Drain and place eggs into an ice water bath to stop the cooking. Once cooled, carefully peel and cut in half right before placing in the bowls.

5. To make the sauce, whisk together all sauce ingredients until smooth or blend in a blender.
6. Divide farro between two bowls. Add sweet potatoes, beets, and brussels sprouts. Top each bowl with avocado, one egg, and a drizzle of turmeric tahini sauce. Sprinkle with sesame seeds.
7. Bowls can be made ahead of time and refrigerated for healthy prepped lunches.

## **Nutritional Content:**

Calories: 270

Fat: 15g

Carbohydrates: 26g

Protein: 12g

## **Cleansing Spring Salad**

### **What You Need:**

#### *Salad*

- 2 medium golden beets (or 3 small)
- 4 large carrots
- 1 cucumber
- 3 tablespoons sesame seeds
- ¼ cup chopped cilantro
- ½ cup microgreens or sprouts
- 4 cups mixed greens of your choice (baby spinach, arugula, pea shoots, etc.)
- 1 avocado

#### *Dressing*

- 3 tablespoons brown rice vinegar
- 1 ½ tablespoons honey or maple syrup
- 2 tablespoons olive oil
- 1 teaspoon toasted sesame oil
- ¼ tsp sea salt

### **How-To Make It:**

1. Peel and slice the beets and carrots. Put them in a steamer basket over boiling water and steam just until tender (about 7 minutes).

2. While the beets and carrots steam, quarter and slice the cucumber and place in a large mixing bowl. Toss with the sesame seeds, cilantro, and half of the microgreens or sprouts. Set aside.
3. Remove the beets and carrots from the heat and rinse them under cold water to cool them quickly. Strain well to remove excess water and toss them with the cucumbers.
4. Whisk together all of the dressing ingredients in a small bowl and pour half of it over vegetables. Toss well to combine.
5. Arrange the mixed greens on a platter and drizzle with the remaining dressing. Top the greens with the beets, carrots and cucumbers. Garnish with the remaining sprouts and sliced avocado.

### **Nutritional Content:**

Calories: 185

Protein: 3g

Carbohydrates: 20g

Fat: 12g

### **Winter Harvest Salad With Lemon & Vanilla Bean Vinaigrette**

#### **What You Need (6 servings):**

- 1 thinly sliced sweet potato
- 1 tablespoon of olive oil
- 3 cups of baby spring mix
- 2 cups each of baby spinach and arugula
- 1 cup of roughly chopped beet greens
- 2 cups of chopped kale
- 1 grapefruit
- 1 orange
- 1 thinly sliced radish
- 1 peeled and thinly sliced red beet
- 2 shaved baby carrots
- ½ shaved fresh fennel
- 2 shaved stalks of celery
- 1 shaved small cucumber
- 6 to 8 thinly sliced Brussel sprouts
- ½ cup of pomegranate seeds
- ¼ cup of micro greens

- 2 tablespoons of sliced fresh chives
- 1 teaspoon of fresh thyme leaves
- ½ cup of goat cheese
- Kosher salt and fresh cracked pepper to taste

#### *For Vinaigrette*

- ½ small diced shallot
- 1 tablespoon of grainy mustard
- 1 ½ teaspoons of honey
- ½ cup of champagne vinegar
- Juice of ½ of a lemon
- Seeds from ½ of a vanilla bean
- 1 cup of olive oil
- 1 tablespoons of chiffonade fresh basil
- Kosher salt and fresh cracked pepper to taste

### **How-To Make It:**

#### *Salad*

1. Preheat the oven to 425°.
2. Evenly spread the sweet potato slices on a sheet pan lined with parchment paper. Drizzle on the olive oil, salt and pepper and roast in the oven for 30 minutes and cool to room temperature.
3. Simply combine all of the ingredients in a large bowl and toss together with salt and pepper.

#### *Vinaigrette*

4. Whisk together all of the ingredients in a medium size bowl until the dressing is combined and emulsified and set aside.
5. Drizzle the vinaigrette over top of the salad, mix, serve and enjoy!

### **Nutritional Content (per serving)**

Calories: 120

Protein: 5g

Carbohydrates: 20g

Fat: 2g

## **Detox Chicken Vegetable Soup**

### **What You Need (serves 7):**

- 2 Tablespoons olive oil
- 2.5 pounds chicken breasts - cut into 1.5-inch pieces
- kosher salt and freshly ground black pepper
- 1/2 teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon red pepper flakes
- 1 medium onion - chopped
- 1 stalk leek - rinsed and chopped
- 2 large carrots - chopped
- 2 stalks celery - chopped
- 3 cloves garlic - minced
- 8 ounces bella mushrooms
- 8 ounces shitake mushrooms
- kosher salt and freshly ground black pepper- to taste, season in layers
- additional garlic powder and onion powder - to taste, season in layers
- 7-8 cups low-sodium chicken broth
- 3 cups cabbage - chopped
- ½ cup pearl barley
- 2 whole bay leaves
- cilantro or parsley - to serve

### **How-To Make It:**

1. Season the chicken with salt, pepper, garlic powder, onion powder, and red pepper flakes. Heat a large stock pan to medium heat and add one tablespoon of olive oil and then the chunks of chicken breasts.
2. Cook for approximately 15-20 minutes, or until chicken is browned and just barely cooked through. Remove from pan and set aside on a plate.
3. Rinse out pan and place back on stove with another tablespoon of olive oil. Then add onion, leeks, carrots, and celery. Season with salt and pepper, and sauté for 6-7 minutes or until veggies are softened.
4. Add garlic and mushrooms to pan and stir for another 3-4 minutes.
5. Add chicken broth and heat until soup reaches a slow simmer. Add cabbage, bay leaves, and pearl barley. Cook for about 30 minutes, or until barley is done.

6. Shred the chicken chunks and add them back to the soup. Simmer on low for another 10 minutes.
7. To serve, top with cilantro or parsley.

### **Nutritional Content:**

Calories: 50

Protein: 6g

Carbohydrates: 3g

Fat: 1.5g

### **Beet Detox Soup**

#### **What You Need (serves 2):**

- 2 cups broccoli florets
- 2 celery stalks, finely diced
- 1 onion, finely diced
- 2 garlic cloves, crushed
- 1 cup greens (kale, spinach, beet greens or any other available)
- 1 parsnip, peeled and finely chopped
- 1 carrot, peeled and finely chopped
- 2 cups filtered water or low sodium vegetable broth
- ½ tsp sea salt
- ½ lemon, juice only
- 1 tsp coconut oil
- 1 tbsp chia seeds
- Toasted mixed seeds and nuts, 1 teaspoon coconut milk, to garnish

#### **How-To Make It:**

1. In a soup pot, heat the coconut oil, add the onion, garlic, carrot, parsnip, celery sticks and broccoli, and cook over low heat for five minutes, stirring frequently.
2. Add the filtered water or vegetable broth, bring to a boil, then cover the pot with a lid and let simmer for 5-7 minutes, until the vegetables are tender but not mushy.
3. Stir in the greens, then transfer into the blender, add the chia seeds and lemon, and process to obtain a smooth cream.
4. Top with toasted seeds and serve warm.

## **Nutritional Content:**

Calories: 90

Protein: 3g

Carbohydrates: 17g

Fat: 2g

## **Toasted Rice And Chicken Soup With Lemon**

### **What You Need (serves 6):**

- 5 cups chicken broth
- 1 large chicken breast boneless, skinless
- 2 large carrots finely diced
- 2 large celery stalks finely diced
- ½ cup onion finely diced
- 2 cups baby spinach roughly chopped
- Juice of 1 lemon
- ½ cup quick cooking brown rice not INSTANT RICE

### **How-To Make It:**

1. Turn your Instant Pot to the sauté function. Add 1 tbsp. of olive oil to the bottom of the Instant Pot. When it's heated add the rice, carrots, onions, and celery. Sauté until the rice starts to lightly toast. You will smell it. It takes 4-5 minutes. Add a sprinkle of salt and pepper.
2. When the rice is toasted and the vegetables are translucent add the chicken breast. Be sure to salt and pepper both sides of the chicken breast.
3. Pour in the 5 cups of chicken broth. Cook on manual high pressure for 7 minutes. Allow a natural release to happen for 5 minutes. This just means allow the Instant Pot to switch to warm for 5 minutes. You'll probably still have to manually release the rest of the steam so you can open the lid.
4. Remove the chicken and shred it. Add it back into the pot. Stir in the 2 cups of chopped baby spinach. Allow the spinach to wilt and then squeeze in the lemon juice. Garnish with 1/4 cup of parsley and serve.
5. ON THE STOVE TOP: Follow all of the same sauté instructions for the vegetables and rice but cook the chicken and broth on a low simmer for 15 minutes then shred. These are

instructions for a large chicken breast about 1.5 inches thick. The varying sizes of chicken breast will vary the cooking time so use your best judgement.

### **Nutritional Content:**

Calories: 50

Protein: 5g

Carbohydrates: 4g

Fats: 2g

### **Healing Carrot Soup With Turmeric & Ginger**

#### **What You Need (serves 2):**

- 4 carrots, peeled and chopped
- 1 parsnip, peeled and chopped
- 1 yellow onion, roughly chopped
- 4 garlic cloves, crushed
- 2 teaspoons virgin coconut oil
- 3 cups low sodium vegetable broth, warm
- 1 teaspoon turmeric powder
- 1-inch ginger knob, peeled and grated
- Juice from ½ of a lemon
- Pinch cayenne pepper
- Fresh parsley, Greek yogurt, black sesame, coconut flakes, to serve

#### **How-To Make It:**

1. Preheat the oven to 350°F.
2. Line a baking sheet with parchment paper. Add the carrots, parsnip, onion and garlic, then season with turmeric and cayenne, drizzle with coconut oil and toss to coat evenly.
3. Roast for 15 minutes, then remove from the oven and transfer into a blender with the vegetable broth, lemon juice and ginger.
4. Blend the ingredients until smooth and creamy.
5. Pour the soup into serving bowls, garnish with fresh parsley, sesame and coconut flakes, drizzle with Greek yogurt and serve warm.

### **Nutritional Content:**



Calories: 50  
Protein: 2g  
Carbohydrates: 9g  
Fat: 1g

## **Chicken Lettuce Wraps**

### **What You Need:**

- Head of lettuce
- 1-2 tablespoons expeller pressed coconut oil
- 1 pound ground chicken
- 1 large carrot, grated
- 2 green onions, sliced
- 8 ounces water chestnuts, chopped into small pieces
- 2 cloves garlic
- ¼ cup wheat free soy sauce or coconut aminos
- 2 tablespoons real maple syrup
- 1 tablespoon apple cider vinegar
- 1 tablespoon molasses
- 1 clove garlic, minced or pressed
- 1 teaspoon grated ginger
- 2 tablespoon fresh squeezed orange juice
- 2 tablespoon water

### **How-To Make It:**

1. In a large skillet, heat oil over medium heat.
2. Add ground chicken, carrots, green onions, water chestnuts, and garlic and stir fry together, breaking up chicken, until chicken is no longer pink.
3. Mix together remaining ingredients in a bowl or measuring cup.
4. Pour about half of the sauce over the chicken mixture and bring to a low boil to slightly thicken sauce and have it incorporate with the chicken. Taste and add more sauce to your liking.
5. Fill lettuce cups with chicken mixture and serve immediately.
6. The extra sauce can be used as a condiment to serve with the wraps if more sauce is needed.

7. If you can find a clean organic Hoisin sauce, feel free to also use that as a condiment.

### **Nutritional Content:**

Calories: 300

Fat: 14g

Carbohydrates: 15g

Protein: 30g

### **Ground Turkey And Spinach Stuffed Mushrooms**

#### **What You Need (serves 2):**

- 2 teaspoons coconut oil
- 6 large Portobello mushroom caps, cleaned and gills removed (gently scrape it out with a spoon)
- 1 small onion, diced
- ½ pound ground turkey
- Handful of baby spinach leaves
- 6-8 grape tomatoes, sliced (and roasted if you prefer)
- Salt and pepper, to taste (Italian seasoning would be great too!)

#### **How-To Make It:**

1. In a large skillet over medium high heat, melt about 2 teaspoons of coconut oil. Place the mushrooms into the skillet and let cook until softened, about 5-7 minutes. Flip them halfway through. Set aside on a plate.
2. In the same skillet, add the onion and sauté until softened, about 3 minutes. Then add the ground turkey to the pan and break it up into small pieces with a spatula or wooden spoon. Cook until it's all cooked through. Sprinkle salt and pepper and other seasonings, if using.
3. Remove from heat and add the baby spinach leaves. The residual heat should wilt the spinach easily.
4. To assemble: use a small spoon and scoop the turkey spinach filling into the caps of the mushrooms. Top with grape tomatoes. Serve warm!

#### **Nutritional Content (per serving):**

Calories: 175

Fat: 5g  
Carbohydrates: 8g  
Protein: 20g

### **Tuna In Cucumber Cups**

#### **What You Need:**

- 1 large cucumber, cut into 1" thick slices
- 1 5oz can Bumble Bee® Solid White Albacore In Water tuna, drained and water squeezed out
- 1 teaspoon black pepper
- fresh dill for garnish

#### **How-To Make It:**

1. Using a melon baller or small spoon, scoop the seeds out of the cucumber slices, leaving about 1/4" on the bottom to make them into little cups. Once they have all been scooped, squeeze the water from the cucumber pulp you have scooped out, and finely chop it.
2. In a small mixing bowl, combine the drained tuna, finely chopped cucumber pulp and pepper. Stir to combine. Taste to see if you want to add more pepper.
3. If your cucumber cups have a lot of moisture, dab away the water using a paper towel. Then fill each cucumber cup with tuna, and garnish with dill.

#### **Nutritional Content:**

Calories: 55  
Fat: 0.5g  
Carbohydrates: 2g  
Protein: 18g

### **Roasted Beets And Greens Gluten-Free Pasta**

#### **What You Need (serves 2):**

- 2 bunches beets with tops
- 1 package gluten-free pasta
- 2 tablespoon coconut oil
- 1 clove garlic crushed with garlic press (optional)

- Sea salt, to taste
- Freshly ground black pepper, to taste

### **How-To Make It:**

1. Cut tops from beets and set aside.
2. Wash beets and coat lightly with coconut oil and salt and pepper.
3. Pre-heat oven to 425 degrees and roast beets for about 45-50 minutes (or until tender, smaller ones may only need 25 minutes so check frequently).
4. Meanwhile, in large saucepot, begin preparing pasta as label directs. Cook pasta to al dente (don't overcook as gluten-free pasta can become mushy!). Remove  $\frac{3}{4}$  cup pasta cooking water and reserve. Drain spaghetti and return to saucepot.
5. Coarsely chop beet greens and stems. Set greens aside.
6. Remove roasted beets from oven when cooked, allow to cool slightly before slicing the beets into small cubes. If you want to peel them at this stage, feel free.
7. In nonstick 12-inch skillet, heat oil and garlic over medium heat 2-3 minutes or until garlic is lightly golden, being careful not to burn. Increase heat to medium-high; add beet greens to skillet, and cook 3 minutes, stirring. Add roasted beets and 1 teaspoon salt and cook 1 to 2 minutes or until mixture is heated through and beet greens are wilted. Add reserved pasta water to beet mixture  $\frac{1}{4}$  cup at a time until sauce reaches desired consistency. Toss well. Season to taste.
8. Serve over warm pasta.

### **Nutritional Content:**

Calories: 275

Protein: 7g

Carbohydrates: 50g

Fat: 5g

### **Grapefruit Avocado & Shrimp Salad**

#### **What You Need:**

- 1 cup shrimp (frozen or thawed are both fine)

- 2 Tbsp chili oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 avocado, cubed
- 1 grapefruit, cubed
- 1 cup cooked rice, cold
- salad greens (optional)

### **How-To Make It:**

1. In a saucepan over medium heat, cook the shrimp in the chili oil until opaque and starting to brown. Remove from heat, and season with salt and pepper.
2. In the bottom of a cylindrical cup or measure, gently pack 1/2 of the cubed avocado as tightly as you can. Cover with 1/2 cup rice, and pack down gently, yet firmly.
3. Invert onto a plate prepared with a bed of greens (optional), then top with a layer of grapefruit, the shrimp, and a drizzle of the balsamic reduction.
4. Best served immediately, while the shrimp are still hot!

### **Nutritional Content:**

Calories: 290

Protein: 4g

Carbohydrates: 23g

Fat: 22g

### **Green Detox Smoothie**

#### **What You Need:**

- 3 cups frozen diced pineapple
- 3 cups fresh baby spinach
- 1 cup frozen diced banana
- 1 celery rib (optional)
- 1 Tbsp. grated fresh ginger (start with less and add more if desired)
- 1 Tbsp. chia seeds
- juice from half a lime

#### **How-To Make It:**

1. Combine all ingredients in a blender and pulse until smooth. Add a little water or juice if needed to help the blender blend.

### **Nutritional Content:**

Calories: 265

Protein: 5g

Carbohydrates: 54g

Fat: 2g

### **Minimalist Detox Smoothie**

#### **What You Need (serves 2):**

- 1 cup frozen berries
- 1 cup organic spinach or kale
- ½ cup bananas (previously peeled, sliced & frozen)
- 1 tablespoon flaxseed meal
- 1 cup fruit juice
- 2 tablespoons silken tofu (*optional*)

#### **How-To Make It:**

1. Add all ingredients to a blender and blend on high until smooth. If too thick, add a splash more juice or water. For more sweetness, add extra frozen banana.
2. Pour into two serving glasses (as original recipe is written) and enjoy.

### **Nutritional Content:**

Calories: 180

Protein: 3g

Carbohydrates: 41g

Fat: 2g

### **Cherry Chia Seed Pudding Recipe**

#### **What You Need (serves 4):**

##### *Pudding*

- 2 ½ cups unsweetened almond milk

- ½ cup cherries, pitted and halved
- ½ teaspoon ground cardamom
- 1 teaspoon Sweet Leaf Stevia
- 1 teaspoon vanilla extract
- ½ cup chia seeds

#### *Cashew Cream*

- ¼ cup of cashew
- ¼ cup cherries, pitted and halved
- 2 tablespoons cold water
- ¼ teaspoon vanilla extract
- 1/8 teaspoon Sweet Leaf Stevia

#### **How-To Make It:**

1. Blend milk, cherries, cardamom, Stevia and vanilla together in a blender on high until smooth. Pour the cherry mixture over chia seeds and whisk thoroughly. Let rest for 5 minutes then stir again. After 10 minutes, stir again. Cover and refrigerate at least 3 hours or overnight.
2. Soak the cashews in water and also refrigerate for at least 3 hours or overnight.
3. To make the cream, blend the cherries in a blender until you have a smooth puree. Drain and rinse the soaked cashews and add to the blender along with cold water. Blend until the cashews are liquefied and have a smooth texture. Add vanilla and Stevia and blend until well combined.
4. Before serving, give the pudding a good stir and divide into 4 cups; top with cream and more cherries.

#### **Nutritional Content:**

Calories: 60

Protein: 2g

Carbohydrates: 16g

Fat: 2g

#### **Detox Matcha Green Tea Chocolate Balls**

#### **What You Need (serves 8 balls):**

- 1 cup rolled oats
- ½ cup sunflower seeds
- 1 tablespoon raw cacao powder, plus extra for coating
- 1 tablespoon almond butter
- 1 teaspoon coconut oil
- ½ cup dry pitted dates, soaked in purified water for at least one hour
- 1 teaspoon matcha powder, for coating

### **How-To Make It:**

1. In a food processor add the sunflower seeds and process to finely ground them.
2. Add the oats, almond butter, coconut oil, drained pitted dates and cacao, and pulse to incorporate and obtain a sticky crumble.
3. On a plate add matcha powder and cacao powder, then use your palms to shape the mixture in little bowls and roll them alternatively onto matcha and cacao powder, to coat evenly.
4. Refrigerate for at least 30 minutes before serving.

### **Nutritional Content (per 8):**

Calories: 250

Protein: 8g

Carbohydrates: 32g

Fat: 10g

### **Berry-Mint Antioxidant Sorbet**

#### **What You Need:**

- 1 cup strawberries or any berries available, frozen
- ½ cup coconut water
- 10 peppermint leaves, plus extra for garnishing

#### **How-To Make It:**

1. Place all ingredients into a food processor and pulse to obtain a freezing puree.
2. Garnish with mint leaves and serve right away.



## Nutritional Content:

Calories: 50

Protein: 1g

Carbohydrates: 12g

Fat: 0g

## References:

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