

## **THE QUICKIE KICKSTART 1-Day Recharge**

If you've been feeling bloated, then you know more than anyone that you need to cleanse the junk from your body. It's not always easy picking which path to take to cleanse your body for the results you want. But, I've tried to make it super simple with this 1-Day Recharge.

I don't believe in deprivation, so you should not feel deprived in any way. In fact, you should feel quite the opposite.

The reality is, no matter how clean we eat, we live in a world full of toxins. Before we even open our mouths to take a bite of food, we are exposed to vehicular and industrial pollution in the air, and there are toxins in our cleaning products and cosmetics, not to mention the havoc wreaked on our bodies by stress. So, the question is not "am I toxic?" but rather "how toxic am I?"

Are you ready to get rid of those toxins that cause fatigue, weight gain, brain fog, body aches, and loss of sleep?

*Here it is. The QUICKIE KICKSTART 1-Day Recharge:*

### **Upon Waking Drink:**

#### **Morning Lemon Elixir**

1 cup warm or room temp water  
Juice from 1 lemon  
Pinch of cinnamon and 1 teaspoon raw honey OR a couple of drops of stevia

### **Breakfast:**

#### **Blueberry Superfood Smoothie Bliss**

1 cup unsweetened almond/coconut/hemp or rice milk  
½ cup frozen or fresh, organic wild blueberries  
½ cup spinach  
1 tablespoon coconut oil  
1 tablespoon flax meal or chia seeds  
Pinch of cinnamon  
Stevia or raw honey to sweeten  
Ice (optional)

**Snack:** 10 almonds and 1 apple

## Lunch:

### Mixed Salad

2 cups mixed greens or spinach, chopped  
½ cup carrot, chopped  
½ cup cucumber, chopped  
1 cup artichokes (BPA free, canned in water)  
1 avocado, cubed  
¼ cup hemp seeds or seed of your choice  
Handful parsley, chopped  
Handful basil, chopped

Chop vegetables and mix in a large bowl. Top your salad with avocado and hemp seeds. Drizzle with dressing of choice.

**Snack:** ½ avocado w/ tomato & sea salt

## Dinner:

### Carrot Ginger Soup

4 cups chopped carrots  
6 cups bone broth or water  
1 medium onion, minced  
2-inch nub ginger root, peeled and grated  
Sea salt to taste  
Dash nutmeg  
Chopped fresh parsley, dill, or cilantro

Put carrots, ginger, and onion in a pot with broth. Bring to boil then cover and reduce heat and simmer 20-25 minutes. Remove from heat and put everything in a blender or food processor to purée. Serve hot topped with fresh herbs.

## Evening:

### Early Evening Immune Boosting Ginger Elixir

1 cup warm or room temp water

Juice from ½ lemon

1 teaspoon freshly grated ginger or 1 tablespoon if tolerated

1 teaspoon raw honey or stevia

Bring the water and ginger to a boil, and then lower flame. Add the lemon and keep at a low simmer for a few minutes. Then pour into a mug & nourish your body.

If you've loved this recharge, basically a mini-detox, and want check out more of my detox and health programs, then [click here](#).