

SAKARALIFE



## Sakara Life DIY 3-Day Detox

# Sakara Life DIY 3-Day Detox Guide

Reset your body and return to mindful eating.

Doing a detox is a perfect way to clean the toxins out of your diet and bring back your consciousness to what you are eating.

This doesn't mean you have to starve yourself or drink only liquids for days at a time. This 3-Day Detox is meant to be a jumping off point for shifting your diet towards a healthier, sustainable way of eating for the future by eating clean meals that are packed with nutrients to give your body the energy it needs without weighing you down.

## Top 5 Reasons to Detox Your Daily Diet:

- Get clearer, brighter, more radiant skin!
- Shed excess weight and toxins from the body
- Boost your immune system and fight disease
- Regulate your digestive system (no more bloat and puffiness!)
- Stabilize blood sugar and balance hormones

In this guide you will receive 3 days worth of delicious whole food recipes to help jumpstart your healthier lifestyle.

## What to keep in mind:

### Foods to Include:

- Whole, Unprocessed Foods
- Local Vegetables & Fruit
- Seeds & Raw Nuts
- Fruit & Veggie Smoothies
- Soups, Stews and Broths
- Organic Yogurt

### Foods to Eliminate:

- Processed Foods (anything that comes in a package)
- Processed Wheat & Sugar
- Dairy (except for organic yogurt, we love probiotics!)
- Meat
- Alcohol
- Caffeine

### Why detox?

Our bodies are naturally built to detoxify every day as part of our normal body processes. We detox by eliminating and neutralizing toxins through our colon, liver, kidneys, lungs, lymph and skin.

However, in this day and age we are exposed to a number of environmental pollutants in the air we breathe, the water we drink, and the food we eat.

Furthermore, our chemical-laden diet with large amounts of animal protein, saturated and trans fats, caffeine, and alcohol inhibit our bodies from properly performing their detoxification processes.

Detoxing through the diet is a great way to give your body a break and support its natural self-cleaning system.

# Day 1: Breakfast

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## Bulgar Wheat and Berry Breakfast Jar

*Tip: Serve up this dish in mason jars to make breakfast-on-the-go quick and easy!*

### Ingredients

- 1 cup bulgur
- 2 cups water
- 1/4 teaspoon salt
- 2 cups milk, such as almond or soy
- 1/4 cup flax seed meal
- 1/2 cup dried or fresh fruit, such as cranberries, cherries or blueberries.
- 1/2 cup nuts, such as slivered almonds, chopped walnuts or pecans



### Directions

Combine bulgur, water, and salt in a saucepan. Bring to a boil, cover, and simmer until bulgur is tender and water is absorbed, about 15 minutes. Fluff with a fork. Pour in milk and warm gently. Divide cooked bulgur among 4 bowls. Top each bowl with quarter portion of flax seed meal, dried fruit, nuts, and banana slices. Drizzle with agave syrup to taste. Serve warm or cold.

#### Did you know:

Bulgur was used during World War II for two purposes. One was as a staple to feed the troops and the other was as a sand blasting agent to clean airplane parts!

Though it has lived as a staple of the traditional Mediterranean diet for thousands of years, bulgur wheat is becoming increasingly popular in modern health food and vegetarian diets because it is rich in "B" vitamins, iron, phosphorus and manganese.

In its whole grain form, wheat can be a good source of protein and fiber!

# Day 1: Lunch

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## Sakara Classic Chopped Salad with Black Beans and Brown Rice



### Ingredients

- 3 medium celery stalks, diced
- 2 medium carrots, diced
- 1 large red bell pepper, diced
- 1 medium apple, diced
- 1 cup chopped radish
- 1 cup thinly sliced purple cabbage
- 1 cup broccoli florets
- 1 cup cauliflower florets
- 3 cups brown rice (turns into 6 cups cooked)
- 4 cups cooked black beans
- Cold-pressed extra virgin olive oil
- Aged balsamic vinegar
- Pink Himalayan Salt

### Directions

Wash all of the vegetables well with an all-natural produce wash before chopping into bite-sized pieces. Toss all the chopped veggies into a large bowl with the brown rice and black beans. Drizzle cold-pressed extra virgin olive oil over the top as well as a drizzle of aged balsamic vinaigrette. Salt & pepper to taste.

#### Tip:

Make this at the beginning of the week and store in a large tupperware container in the fridge so that you have a healthy snack to go to when you get home. It keeps better than lettuce leaves!

Just be sure not to add the dressing until you're serving it up. And enjoy!

Shopping at local farmer's markets may be less convenient, but in the long run it's worth it for your health!

On average, the produce we find in local chain grocery stores have to travel 1,500 miles to get to us (that's about the distance from one coast to the center of the US). Much of the produce is picked weeks before maturity, which decreases its nutritional value.

Many are genetically modified (GMO) to resist bugs and withstand harsh conditions, transferring those chemicals into our bodies. Yuck!



# Day 1: Dinner

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## Butternut Squash, Kale & White Bean Soup

### Ingredients

2 tablespoons extra virgin olive oil  
1 large onion, chopped  
3 stalks celery, chopped  
1 small butternut squash, peel, seeded and cubed  
8 cups vegetable stock  
2 tablespoons chopped fresh rosemary  
4 cups cooked white (cannellini) beans  
2 cups chopped kale  
Freshly ground black pepper  
Himalayan salt

Mix it up! There are so many different types of kale. From colorful purple kale to ruffly Russian kale to dinosaur kale (named for its dark green, somewhat scaly-looking leaf). Feel free to experiment and try them all. Baby kale is one of our personal favorites!



### Directions

Heat a 6-quart pot over medium heat. Add the olive oil, then add the onions; sauté for 5 to 10 minutes. Then add the celery, butternut squash, stock, and rosemary. Cover and simmer for about 15 minutes, or until the squash is tender.

Then add the cooked beans, chopped kale, pepper, and sea salt. Simmer for another 3 to 4 minutes. Taste and adjust salt and seasonings if necessary. Serve and enjoy!

#### **Why is Kale a *superfood*?**

Kale contains over 45 different flavonoids which provide antioxidant and anti-inflammatory benefits. One of kale's phytochemicals, sulforaphane, helps the body's detoxification enzymes clear potentially carcinogenic substances out of your system.

On top of that, it is also a good source of Dietary Fiber, Protein, Thiamin, Riboflavin, Folate, Iron, Magnesium and Phosphorus, and a very good source of Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium, Copper and Manganese.

#### **History Lesson:**

Like broccoli, cauliflower, and collards, kale is a descendent of the wild cabbage, a plant thought to have originated in Asia Minor and to have been brought to Europe around 600 B.C. by groups of Celtic wanderers.

# Day 2: Breakfast

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## Swiss Oats

*Tip: Make this the night before in empty yogurt cups so that you can grab it and go in the a.m.*

## Ingredients

2/3 cup plain organic yogurt (local if possible)

2/3 cup quick-cooking oats

2 Tbsp. Toasted pumpkin seeds

1 Tbsp. 100% Natural maple syrup or agave nectar

1/4 cup chopped dried apricots

## Directions

Combine ingredients in a medium bowl; stir to blend. Cover and pop into the fridge. Chill for at least 3 hours or up to 3 days.



### The beauty of probiotics.

Each of us has a whole system of flora growing in our digestive system. The good flora (or good bacteria) compete with bad bacteria for nutrients and space. Consuming probiotics adds reinforcements for the good bacteria in your gut, reducing the risk of bad bacteria overgrowth.

Things like refined sugar and processed carbohydrates feed the bad bacteria and in some cases can cause an overgrowth in your system. This overgrowth can prevent your body from being able to properly absorb all of the nutrients it needs from your food, causing potentially harmful deficiencies.

By increasing your fiber intake as well as your intake of fermented foods (like yogurt, kimchee, and tempeh), you can cultivate the good flora in your system and develop a healthier body.

Health benefits include:

- Regulated digestive system
- Clearer skin
- Strengthened immune system
- Improved nutrition through the enhanced breakdown of vitamins, minerals and amino acids and their absorption through the intestinal walls.

### Morning Workout Routine

Start your day with this set of movements to get your blood and stagnant fluids moving and your joints lubricated.

2-Minutes Focused Breathing

2 Sun Salutations

15 Pushups

25 Sit-ups

15 Leg-raises

Along with a whole food diet, if you do these moves daily, you will see dramatic results!

# Day 2: Lunch

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## Marinated Kale Salad with Apples & Almonds



*Tip: Use leftover kale that you didn't use for last night's soup! You could even prepare them at the same time and keep it in the fridge overnight, this salad just gets tastier with time.*

## Ingredients

2/3 cup plain organic yogurt (local if possible) Juice of 2 lemons

1/3 cup olive oil

2 tablespoons whole grain dijon mustard

1 small bunch kale, roughly chopped into ribbons

Himalayan Salt and pepper

1 Apple, chopped

2 Tbsp. almond slivers

1 Tbsp. dried cranberries.

## Directions

Whisk together the lemon juice, olive oil, and mustard in a salad bowl. Season with salt and pepper. Add the kale and toss with your hands, massaging the vinaigrette into the kale. Eat immediately, or is even better after a few hours in the fridge!



# Day 2: Dinner

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## Ayurvedic Mung Dahl with Spinach

*TIP: If you don't usually use the spices in this recipe, just buy what you need from the bulk section instead of picking up jars of each one.*

### Ingredients

- 1 cup mung dal
- 2 cups water or vegetable broth
- 2 cups spinach
- 1 tsp turmeric
- Dash cayenne pepper (or more, if you like it spicy!)
- 1/2 tsp salt
- 2 tbsp olive oil
- 1 onion, diced
- 1 tsp cumin seeds
- 2 whole cloves
- Local organic yogurt
- Black pepper to taste



### Directions

In a large soup or stock pan, combine the mung dal or yellow lentils, vegetable broth, turmeric, cayenne and salt. Bring to a slow simmer. Cover partially with a lid and allow to cook for 30-40 minutes. In a separate skillet, sauté the onion, cumin seeds and clove in olive oil for just a few minutes, until onions are soft.

Add the onions, spinach and spices to the mung dal or lentils and allow to simmer for a few more minutes, stirring well to combine. Sprinkle with a dash of black pepper and add extra salt to taste, if needed. Serve with a dollop of plain yogurt on top, eat as a soup, or over brown rice.

# Day 3: Breakfast

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## Warm & Nutty Quinoa

### Ingredients

- 1 cup soy or nut milk
- 1 cup water
- 1 cup red quinoa, rinsed
- 2 cups fresh blackberries
- 1/2 teaspoon ground cinnamon
- 1/3 cup chopped pecans, toasted\*
- 4 teaspoon agave nectar



### Directions

Combine soy/nut milk, water and quinoa in a medium saucepan. Bring to a boil over high heat. Reduce heat to medium-low; cover and simmer 15 minutes or until most of the liquid is absorbed. Turn off heat; let stand covered 5 minutes. Stir in blackberries and cinnamon; transfer to four bowls and top with pecans. Drizzle 1 teaspoon agave nectar over each serving.

\*While the quinoa cooks, roast the pecans in a 350F degree toaster oven for 5 to 6 minutes or in a dry skillet over medium heat for about 3 minutes.

Boost your immune system and balance your pH levels by drinking a glass of warm water with a squeeze of fresh lemon in it first thing in the morning.

A Chinese herbalist once told us that it also helps to reduce acne scars and age spots. Sounds good to us!

Today's mantra:

*"I am whole, strong, powerful, healthy, harmonious and happy."*

# Day 3: Lunch

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## Green Apple Cucumber Salad

### Ingredients

2 cucumbers  
1 green apple  
1 handful fresh mint  
1/2 cup chopped walnuts  
1-3 pinches of sea salt  
juice of 1/2 lemon

### Directions

Peel stripes on the cucumbers. Thinly slice the cucumbers and apple - the thinner the better! Rub the salt into the slices. Finely chop the mint and mix it into the salad. Press gently for 30 minutes. Add the lemon juice and serve garnished with a few whole mint leaves.

#### Note:

*You can rinse the salt off if you want to, after pressing. You don't need to press this salad. You can let it sit and marinate for an hour instead—just use a little extra salt.*



#### Why eat whole foods?

"When you eat whole foods, you're getting the food in its natural state," says Tara Gidus, RD, a spokesperson for the American Dietetic Association, "you're getting it intact, with all of the vitamins, minerals, and other nutrients that are in the food." Basically, it's the healthy whole food, rather than the bits that remain after refinement and processing.

**Nature provides the perfect ratio of fiber and water content that your body needs in order to best absorb and assimilate the nutrients from the food.**

On top of that, the energetic quality of the food is better maintained when eaten closest to its natural state. That means more energy for you too!

#### How to practice Square Breathing

Square breathing is something you can do anytime, anywhere to reduce stress and help bring your body back to a place of balance.

Breathe in slowly through your nose, counting to 4 as you inhale. Hold your breath at the top for 4 seconds, allowing the oxygen to fill your lungs. Open your mouth slightly and slowly exhale to a count of 4. Hold the exhale for another count of 4. Try to work up to 4 minutes a day, but even just a few rotations is great for a little relaxation.

# Day 3: Dinner

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## Garden Vegetable Stir Fry

### Ingredients

3 cups mixed tender herbs (such as basil, Thai basil, mint, cilantro, tarragon, and celery leaves), divided

1/2 cup thinly sliced scallions, divided

1 1/2-inch piece peeled ginger, sliced

1 garlic clove

7 tablespoons olive oil, divided

2 tablespoons unseasoned rice vinegar

2 tablespoons sesame seeds

Kosher salt and freshly ground black pepper

2 cups cooked, cooled wheat berries, farro, or brown rice

4 cups chopped mixed garden vegetables (such as bell peppers, eggplant, chiles, zucchini, summer squash, carrots, celery, radishes, and cherry tomatoes)

*Note: You can use leftover vegetables from the Sakara Classic Chopped Salad for this too!*



### Directions

Combine 2 cups herbs, 1/4 cup scallions, ginger, and garlic in a mini-processor. Pulse to chop ingredients. Add 4 Tbsp. oil, vinegar, and 1/4 cup water and process until a coarse purée forms. Transfer herb sauce to a bowl and stir in sesame seeds. Season to taste with salt and pepper. DO AHEAD Herb sauce can be made 2 hours ahead. Cover and chill.

Heat 1 Tbsp. oil in large heavy skillet over medium-high heat until oil just begins to smoke. Add remaining 1/4 cup scallions and wheat berries. Stir-fry until wheat berries are golden brown and slightly crunchy, about 3 minutes. Season with salt and pepper. Divide wheat berries among bowls. Return skillet to medium-high heat and add remaining 2 Tbsp. oil. Add vegetables, season with salt and pepper, and stir-fry until brightly colored and crisp-tender, about 4 minutes. Add remaining 1 cup herbs and toss to combine. Divide vegetables over wheat berries. Drizzle with herb sauce.

Sakara Life is a healthy living company started by Whitney Tingle and Danielle DuBoise in New York City with the goal to bring balance and a bit of nature to busy city living.

Sakara Life offers Organic Meal Delivery to Manhattan and the surrounding areas. Meals are made fresh using locally-sourced, organic ingredients. They are portion-controlled and designed for optimal digestion and detoxification of the body.

- Get clearer, brighter, more radiant skin!
- Shed excess weight and toxins from the body
- Boost your immune system and fight disease
- Regulate your digestive system (no more bloat and puffiness!)
- Stabilize blood sugar and balance hormones

Sign up at [www.sakaralife.com](http://www.sakaralife.com)