

LOOK GOOD • FEEL GREAT

*Cleanse***1**TM

7-Day Cleanse and Detox Meal Plans

RECIPES



Message from
Bill Romanowski
Founder, Nutrition53
4 Time Super Bowl Champion

During my 16 years as an NFL athlete, clean eating habits and the right nutritional supplements fueled my career. I had the benefit of working with the best nutritionists, doctors, and fitness trainers in the world to develop strategies that helped my energy skyrocket on and off the field.

I know the foods you eat have a direct impact on how you feel in your own body. When I founded Nutrition53, I wanted to share the knowledge I gained during my time as an athlete to empower other people to feel confident in their own skin. I worked with my team of experts to formulate every Nutrition53 product. It became clear to me that our clients needed more detailed information on eating clean and reducing toxins, so we developed the Nutrition53 Seven Day Cleanse.

It's never easy to make changes in life, but the rewards are worth it. Accept the challenges ahead of you to change the way you fuel your body. Your reward is a healthy transformation towards more confidence, energy and vitality.

If you care about someone, please share the Nutrition53 Seven Day Cleanse with them so they can accomplish their goals too.

Peace,
Bill

DAY ONE



BREAKFAST

QUINOA BREAKFAST BOWLS

Quinoa makes a nutritious and delicious satiating breakfast! To amp up the flavor, add a teaspoon of vanilla or banana extract.

- Ingredients:**
- ¼ cup quinoa
 - 2/3 cup water
 - ¼ cup nut milk
 - ½ cup any fresh ripe berries
 - 1 tbsp chopped nut of choice
 - Pinch of cinnamon
 - Pinch of nutmeg
 - Salt to taste

Directions:
Combine all ingredients, except berries, in a 3 quart pot. Bring to boil and then cover and simmer for 20 minutes until all liquid is absorbed. Stir occasionally and check for liquid absorption. Add berries and nuts after cooking and serve hot.

Note:
Take one serving of **Cleanse1™** with this meal



SNACK 1

½ OUNCE ALMONDS AND ONE TANGERINE



LUNCH

SPICED TOMATO SOUP

Serves 4

- Ingredients:**
- ¼ tspred pepper flakes
 - ¼ tsp cinnamon
 - 1 28oz can of crushed tomatoes
 - 1 cup cooked chickpeas
 - 2 cups water or vegetable stock
 - Salt and pepper, to taste

Directions:
In a soup pot over medium heat, sauté the oil, onions and garlic until the onions are translucent and the garlic is fragrant. Add cumin, coriander, turmeric, pepper flakes, and cinnamon. Stir until fragrant, approximately 30 seconds.

Add the crushed tomatoes, chickpeas and stock. Simmer for 20 minutes, season with salt and pepper to taste.

Note:
Take one serving of **Cleanse1™** with this meal



SNACK 2

¼ CUP GUACAMOLE OR HUMMUS WITH VEGGIE STICKS

DINNER

SEAFOOD CAKES

Serves 2

- Ingredients:**
- 1/2 lb. crab meat, shrimp, canned tuna or other desired fish
 - 1 red bell pepper, small dice
 - 1 green bell pepper, small dice
 - 1 bunch scallions, chopped

Directions:
Sauté the bell peppers in 1 tbsp olive oil. Preheat oven to 350.
Combine the crab/fish, bell peppers, scallions and chickpea flour, Dijon, eggs, herbs and other spices/herbs of choice. Mix lightly until it holds together when pressed in hand.

Note:
Take one serving of **Cleanse1™** with this meal

Form into small cakes or balls. Bake on foil lined baking sheet, or saute in pan until golden. Serve on top of fresh green salad.



DAY TWO



BREAKFAST

PIÑA COLADA CHIA SEED PUDDING

Ingredients:

- 1 cup unsweetened nut milk (almond, cashew etc.)
- 1 cup fresh cut pineapple, not canned
- ½ banana
- 1/3 cup chia seeds
- ¼ cup unsweetened, shredded coconut

Directions:

In blender or food processor, blend together first three ingredients. Slowly pour in chia seeds while blender or processor is on low speed. When fully blended, remove to a bowl and stir in coconut.

Refrigerate covered overnight.

Note:

Take one serving of **Cleanse1™** with this meal



SNACK 1

MUSHROOM CHIPS

Ingredients:

- 1 tbsp oil of choice (avocado, canola, olive, coconut)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 large Portobello mushroom caps, sliced as thin as possible

Directions:

Preheat oven to 400, prepare a cookie sheet by lightly coating with oil. Spread sliced mushrooms on cookie sheet and sprinkle with garlic and onion powder. Roast until crisp.

Use these for snacking, as soup or salad garnish.



SNACK 2

½ OUNCE NUTS



LUNCH

MOROCCAN SHRIMP

Serves 3-4

Ingredients:

- 16 oz of shrimp (peeled)
- 8 oz. crushed tomatoes
- ¼ cup of chopped parsley
- ¼ cup of chopped cilantro
- 1 tablespoon of olive oil

Directions:

In a saucepan over medium heat, sauté tomatoes with parsley, cilantro, garlic, oil, cumin, cinnamon, paprika and pepper.

Add shrimp and simmer until shrimp are opaque and cooked through.

Note:

Take one serving of **Cleanse1™** with this meal

DINNER

PUREED VEGETABLE SOUP

Serves 4

Ingredients:

- 1 cup diced/chopped onion
- 4 medium carrots, diced or roughly chopped
- 4 stalks celery, roughly chopped
- 1 medium sweet potato, peeled, roughly chopped
- 2 cloves smashed garlic
- 1 cup spinach, kale or chard greens
- 4 cups vegetable broth
- 1 tbsp olive oil
- 2 sprigs fresh thyme or 2 tsp dried
- ½ tsp salt *
- 1 tsp pepper *
- ¼ tsp cayenne *
- 2 tbsp chopped chives or scallion for garnish

Directions:

Saute' the onion, carrot and celery in sauce pan until onions are translucent. Add the garlic and sauté until it becomes aromatic. Add the sweet potato, greens, thyme and broth. Cover and bring to a boil, then turn heat down and simmer for 15-20 minutes until vegetables are tender. Transfer to blender, or use a stick blender to puree soup. Add salt, pepper and cayenne to taste. Transfer to bowl, garnish with chives or scallion.

Chef's note: Salt, pepper and cayenne are approximate amounts for this recipe. Add a bit at a time at the end of the recipe and taste as you do so to get the desired flavor.

Note: Take one serving of **Cleanse1™** with this meal



DAY THREE



BREAKFAST

SWEET POTATO OATMEAL BAKE

Quinoa makes a nutritious and delicious satiating breakfast! To amp up the flavor, add a teaspoon of vanilla or banana extract.

Ingredients:

- ½ tsp flaxseed, ground and mixed with 2 tbsp water
- 1/3 cup oats mixed
- ¾ cup water
- 2 tbsp chopped nuts
- ¼ tsp cinnamon
- 1/3 cup nut milk (almond, cashew etc.)
- ¼ of a medium sweet potato diced

Directions:

Preheat oven to 350.

In a bowl, mix oats, nuts, and cinnamon. Add nut milk and mix together thoroughly. Cook diced sweet potato in boiling water, and when tender, mix together with oats, nuts and cinnamon. Transfer all to greased baking dish and bake for 20 minutes.

Note:

Take one serving of **Cleanse1™** with this meal



SNACK 1

½ GREEN APPLE & 1 TABLESPOON
NATURAL PEANUT BUTTER

SNACK 2

½ OUNCE NUTS



DINNER

PESCE AL CARTOCCIO

Serves 2

Ingredients:

- 1 sheet tin foil
- 1 tablespoons extra virgin olive oil
- 2(6 oz) filets white fish filet (tilapia, sole, sea bass, cod)
- 2 cloves garlic, peeled and sliced
- 1 tablespoon fresh rosemary leaves, chopped
- ½ onion sliced thin into rings
- 1 sprig fresh thyme
- ¼ fennel bulb, sliced thin
- 2 lemon slices

Directions:

Preheat the oven to 375 degrees F.

Brush olive oil in center of foil, place fennel, onion, garlic and rosemary on top. Place fish filets on top of fennel, onion mixture, then place lemon slices on top of fish, top with thyme sprig. Seal the foil around the fish being sure to leave space between the top of the fish and the foil.

Place on a baking sheet and bake it in the oven for 30 minutes. Remove the sheet from the oven and allow the fish to rest inside the bag for 30 minutes before opening (Be careful when you open that the steam does not burn your hand). Serve with lemon wedges on the side.

Note: Take one serving of **Cleanse1™** with this meal



LUNCH

MOROCCAN SHRIMP (LEFTOVERS)
2 CUPS SPINACH SAUTÉED
WITH 1 TSP OLIVE OIL



DAY FOUR



BREAKFAST

QUINOA BREAKFAST BOWLS

Quinoa makes a nutritious and delicious satiating breakfast! To amp up the flavor, add a teaspoon of vanilla or banana extract.

- Ingredients:**
- ¼ cup quinoa
 - 2/3 cup water
 - ¼ cup nut milk
 - ½ cup any fresh ripe berries
 - 1 tbsp chopped nut of choice
 - Pinch of cinnamon
 - Pinch of nutmeg
 - Salt to taste

Directions:
Combine all ingredients, except berries, in a 3 quart pot. Bring to boil and then cover and simmer for 20 minutes until all liquid is absorbed. Stir occasionally and check for liquid absorption. Add berries and nuts after cooking and serve hot.

Note:
Take one serving of **Cleanse1™** with this meal

SNACK 1

1 BROWN RICE CAKE WITH 1 TBSP NATURAL PEANUT BUTTER



LUNCH

TEX-MEX EGG WHITE OMELET

- Ingredients:**
- 1 ½ tbsp olive oil
 - 2 oz lean ground turkey or chicken
 - ½ medium red pepper, chopped
 - ½ medium red or white onion, chopped
 - ½ stalk celery, chopped
 - 1 jalapeno pepper, chopped
 - ¼ tsp smoked paprika
 - ¼ tsp ground cumin
 - 1/4 tsp cayenne pepper
 - ½ chopped fresh tomato
 - 1 Tbsp fresh cilantro, chopped

Directions:
Whisk together eggs, paprika, cumin, and cayenne, set aside. In a skillet over medium heat, sauté the peppers, onion, celery in 1 Tbsp olive oil until soft and the onions are translucent. Add the ground turkey and sauté until cooked through. Place sautéed vegetables in separate bowl from egg mixture and set aside. Wipe skillet clean with paper towel. Then add ½ tsp olive oil to skillet and return to stove over medium heat. Add egg mixture to skillet and let cook about 30 seconds. Then run a spatula around pan allowing uncooked eggs to flow underneath. When surface of eggs are almost cooked, turn off the heat and spoon the vegetable/turkey mix over the surface.

Lift half of the omelet with spatula folding it over the vegetables. Let sit 5 minutes, then slide onto plate. Top with chopped tomato and cilantro.

Note: Take one serving of **Cleanse1™** with this meal

SNACK 2

SPICED SWEET POTATO FRIES

Serves 2

- Ingredients:**
- 1 large sweet potato
 - 1 teaspoon olive oil
 - 1 teaspoon curry powder
 - ¼ teaspoon garlic powder
 - ¼ tsp cayenne pepper
 - Salt and pepper, to taste

Directions:
Preheat oven to 400 degrees F.

Toss sweet potatoes in oil, curry powder, garlic, cayenne, salt and pepper. Spread fries on baking sheet and bake until brown and crisp, about 25-35 minutes. Serve hot.



DINNER

CAJUN SPICED SALMON

Serves 4

- Ingredients:**
- 1 large salmon filet
 - ¼ tsp cumin
 - ¼ tsp smoked paprika
 - ¼ tsp coriander
 - ¼ tsp chili powder
 - ¼ tsp cayenne pepper
 - 1 lime, juiced
 - 1 tbsp olive oil
- Salsa Recipe:**
- ¼ avocado, diced
 - 1 small tomato, diced
 - 3 scallions, chopped
 - 1 lime, juiced
 - 1 tsp olive oil
 - 1 small bunch cilantro, roughly chopped

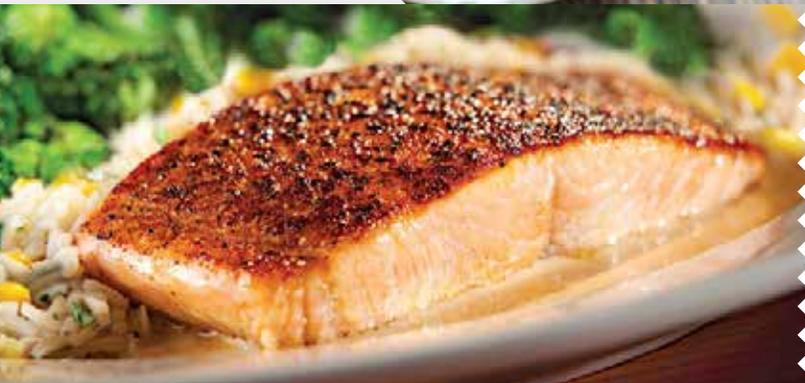
Directions:
In small bowl, combine cumin, paprika, coriander, chili powder and cayenne pepper. Set aside.

Juice the lime, pour juice over salmon and let sit for about 10 minutes. While salmon is marinating, make the salsa by combining all ingredients in a bowl, mix well and set aside.

Heat a grill on high, or, heat a sauté pan and drizzle the tablespoon of oil in the pan. When the oil begins to shimmer, place salmon in the pan and let sear for about 5 minutes. Gently flip salmon and sear the other side until the edges begin to blacken.

When the salmon is firm to the touch, remove to a plate and top with salsa mixture.

Note: Take one serving of **Cleanse1™** with this meal



DAY FIVE



BREAKFAST

QUINOA BREAKFAST BOWLS

Quinoa makes a nutritious and delicious satiating breakfast! To amp up the flavor, add a teaspoon of vanilla or banana extract.

Ingredients:

- ¼ cup quinoa
- 2/3 cup water
- ¼ cup nut milk
- ½ cup any fresh ripe berries
- 1 tbsp chopped nut of choice
- Pinch of cinnamon
- Pinch of nutmeg
- Salt to taste

Directions:

Combine all ingredients, except berries, in a 3 quart pot. Bring to boil and then cover and simmer for 20 minutes until all liquid is absorbed. Stir occasionally and check for liquid absorption. Add berries and nuts after cooking and serve hot.

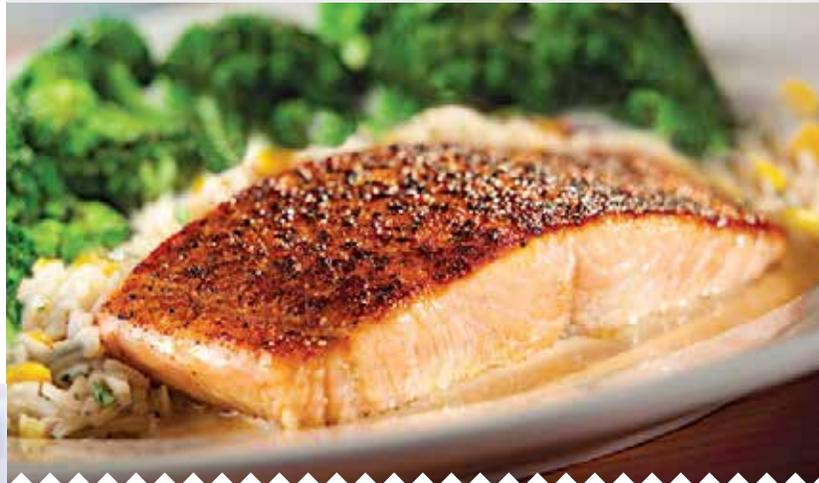
Note:

Take one serving of **Cleanse1™** with this meal



SNACK 1

1/2 GRAPEFRUIT WITH 1 OUNCE ALMONDS



LUNCH

CAJUN SPICED SALMON

Serves 4

Ingredients:

- 1 large salmon filet
- ¼ tsp cumin
- ¼ tsp smoked paprika
- ¼ tsp coriander
- ¼ tsp chili powder
- ¼ tsp cayenne pepper
- 1 lime, juiced
- 1 tbsp olive oil

Salsa Recipe:

- ¼ avocado, diced
- 1 small tomato, diced
- 3 scallions, chopped
- 1 lime, juiced
- 1 tsp olive oil
- 1 small bunch cilantro, roughly chopped

Directions:

In small bowl, combine cumin, paprika, coriander, chili powder and cayenne pepper. Set aside. Juice the lime, pour juice over salmon and let sit for about 10 minutes. While salmon is marinating, make the salsa by combining all ingredients in a bowl, mix well and set aside. Heat a grill on high, or, heat a sauté pan and drizzle the tablespoon of oil in the pan. When the oil begins to shimmer, place salmon in the pan and let sear for about 5 minutes. Gently flip salmon and sear the other side until the edges begin to blacken. When the salmon is firm to the touch, remove to a plate and top with salsa mixture.

Note:

Take one serving of **Cleanse1™** with this meal



SNACK 2

¼ CUP RED PEPPER DIP WITH VEGGIE STICKS

DINNER

LENTIL SOUP WITH CINNAMON

Serves 6

Ingredients:

- 1 onion, chopped
- 1 tbsp olive oil
- 2 carrots, diced
- 2 cloves garlic, minced
- 2 cups dry lentils
- 8 cups water
- 1/2 cup spinach, rinsed and thinly sliced
- 1 tsp cinnamon

Directions:

In a large soup pot, heat oil over medium heat. Add onions and carrots, and stir until onion is tender. Stir in garlic, cook for 2 minutes until garlic is fragrant.

Stir in lentils. Bring to a boil. Reduce heat, add cinnamon and simmer for 30 minutes. When ready to serve stir in spinach, and cook until it wilts.

Note:

Take one serving of **Cleanse1™** with this meal



DAY SIX



BREAKFAST

SWEET POTATO OATMEAL BAKE

Quinoa makes a nutritious and delicious satiating breakfast! To amp up the flavor, add a teaspoon of vanilla or banana extract.

Ingredients:

- ½ tsp flaxseed, ground and mixed with 2 tbsp water
- 1/3 cup oats mixed
- ¾ cup water
- 2 tbsp chopped nuts
- ¼ tsp cinnamon
- 1/3 cup nut milk (almond, cashew etc.)
- ¼ of a medium sweet potato diced

Directions:

Preheat oven to 350.

In a bowl, mix oats, nuts, and cinnamon. Add nut milk and mix together thoroughly. Cook diced sweet potato in boiling water, and when tender, mix together with oats, nuts and cinnamon. Transfer all to greased baking dish and bake for 20 minutes.

Note:

Take one serving of **Cleanse1™** with this meal



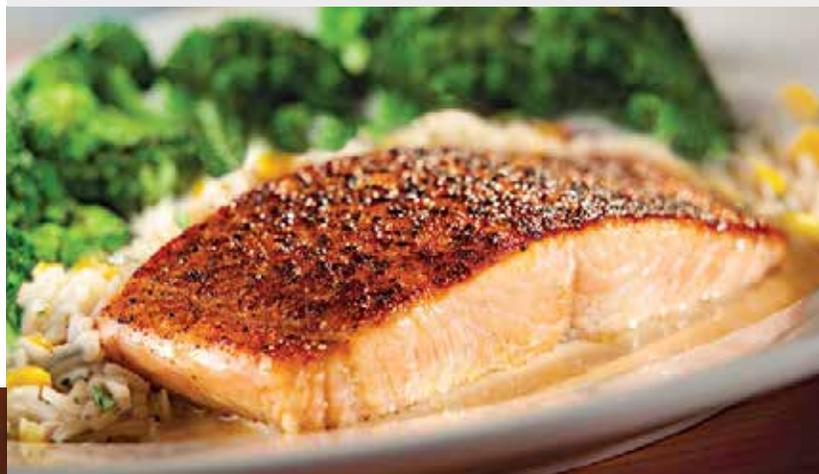
SNACK 1

½ GREEN APPLE & 1 TABLESPOON NATURAL PEANUT BUTTER



SNACK 2

½ OZ. NUTS



LUNCH

CAJUN SPICED SALMON

Serves 4

Ingredients:

- 1 large salmon file
- ¼ tsp cumin
- ¼ tsp smoked paprika
- ¼ tsp coriander
- ¼ tsp chili powder
- ¼ tsp cayenne pepper
- 1 lime, juiced
- 1 tbsp olive oil

Salsa Recipe:

- ¼ avocado, diced
- 1 small tomato, diced
- 3 scallions, chopped
- 1 lime, juiced
- 1 tsp olive oil
- 1 small bunch cilantro, roughly chopped

Directions:

In small bowl, combine cumin, paprika, coriander, chili powder and cayenne pepper. Set aside. Juice the lime, pour juice over salmon and let sit for about 10 minutes. While salmon is marinating, make the salsa by combining all ingredients in a bowl, mix well and set aside. Heat a grill on high, or, heat a sauté pan and drizzle the tablespoon of oil in the pan. When the oil begins to shimmer, place salmon in the pan and let sear for about 5 minutes. Gently flip salmon and sear the other side until the edges begin to blacken. When the salmon is firm to the touch, remove to a plate and top with salsa mixture.

Note:

Take one serving of **Cleanse1™** with this meal

DINNER

MOROCCAN SHRIMP

Serves 3-4

Ingredients:

- 16 oz of shrimp (peeled)
- 8 oz. crushed tomatoes
- ¼ cup of chopped parsley
- ¼ cup of chopped cilantro
- 1 tablespoon of olive oil

Directions:

In a saucepan over medium heat, sauté tomatoes with parsley, cilantro, garlic, oil, cumin, cinnamon, paprika and pepper.

Add shrimp and simmer until shrimp are opaque and cooked through.

Note:

Take one serving of **Cleanse1™** with this meal



DAY SEVEN



BREAKFAST

PIÑA COLADA CHIA SEED PUDDING

Ingredients:

- 1 cup unsweetened nut milk (almond, cashew etc.)
- 1 cup fresh cut pineapple, not canned
- ½ banana
- 1/3 cup chia seeds
- ¼ cup unsweetened, shredded coconut

Directions:

In blender or food processor, blend together first three ingredients. Slowly pour in chia seeds while blender or processor is on low speed. When fully blended, remove to a bowl and stir in coconut.

Refrigerate covered overnight.

Note:

Take one serving of **Cleanse1™** with this meal



SNACK 1

MUSHROOM CHIPS

Ingredients:

- 1 tbsp oil of choice (avocado, canola, olive, coconut)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 2 large Portobello mushroom caps, sliced as thin as possible

Directions:

Preheat oven to 400, prepare a cookie sheet by lightly coating with oil. Spread sliced mushrooms on cookie sheet and sprinkle with garlic and onion powder. Roast until crisp.

Use these for snacking, as soup or salad garnish.

SNACK 2

KALE AND WHITE BEAN SALAD

Ingredients:

- 1 onion, chopped
- 2 carrots, diced
- 1 tbsp olive oil
- 2 cloves garlic, minced

Directions:

In a large soup pot, heat oil over medium heat. Add onions and carrots, and stir until onion is tender. Stir in garlic, cook for 2 minutes until garlic is fragrant.

Stir in lentils. Bring to a boil. Reduce heat, add cinnamon and simmer for 30 minutes. When ready to serve stir in spinach, and cook until it wilts.



LUNCH

LENTIL SOUP WITH CINNAMON

Serves 6

Ingredients:

- 1 onion, chopped
- 1 tbsp olive oil
- 2 carrots, diced
- 2 cloves garlic, minced

Directions:

In a large soup pot, heat oil over medium heat. Add onions and carrots, and stir until onion is tender. Stir in garlic, cook for 2 minutes until garlic is fragrant.

Stir in lentils. Bring to a boil. Reduce heat, add cinnamon and simmer for 30 minutes. When ready to serve stir in spinach, and cook until it wilts.

Note:

Take one serving of **Cleanse1™** with this meal

DINNER

PUREED VEGETABLE SOUP

Serves 4

Ingredients:

- 1 cup diced/chopped onion
- 4 medium carrots, diced or roughly chopped
- 4 stalks celery, roughly chopped
- 1 medium sweet potato, peeled, roughly chopped
- 2 cloves smashed garlic
- 1 cup spinach, kale or chard greens
- 4 cups vegetable broth
- 1 tbsp olive oil
- 2 sprigs fresh thyme or 2 tsp dried
- ½ tsp salt *
- 1 tsp pepper *
- ¼ tsp cayenne *
- 2 tbsp chopped chives or scallion for garnish

Directions:

Saute' the onion, carrot and celery in sauce pan until onions are translucent. Add the garlic and sauté until it becomes aromatic. Add the sweet potato, greens, thyme and broth. Cover and bring to a boil, then turn heat down and simmer for 15-20 minutes until vegetables are tender. Transfer to blender, or use a stick blender to puree soup. Add salt, pepper and cayenne to taste. Transfer to bowl, garnish with chives or scallion.

Chef's note: Salt, pepper and cayenne are approximate amounts for this recipe. Add a bit at a time at the end of the recipe and taste as you do so to get the desired flavor.

Note: Take one serving of **Cleanse1™** with this meal

