

BEATRIZ  LARREA
nutrición holística

5-DAYS

Bone
Broth

CLEANSE



JARMINO

YOUR VITALITY STARTS HERE

What is the 5-Day-Cleanse?



Beatriz Larrea is a holistic nutritionist and health coach. She has a master's degree in sports nutrition and two specializations, the first one in Pediatric nutrition and the second in hormonal therapy. Together with JARMINO she created this 5-Day-Cleanse to support the body's detoxification. The cleanse will temporarily remove foods that might trigger inflammation and digestive problems and introduce foods that are rich in minerals and nutrients, which ensure a healthy intestinal flora and help to eliminate and prevent inflammation in the body. Liquid fasting is an essential component of the cleanse because it gives a break to the digestive system releasing energy that will be better used in repairing and detoxifying. Liquid and powder collagen bone broth is a key part of the 5-Day-Cleanse. It contains different amino acids, which help prevent intestinal damage and improve the lining of the digestive tract, preventing permeability and leaky gut syndrome – one of the most important causes of inflammation. Additionally, bone broth has the highest score in the satiety index helping you feel satisfied throughout the fasting days.



Who is this plan best for?

This 5-Day-Cleanse works great for anyone who wants a quick start to relieve the digestive system and to effectively start the body's detoxification process without spending hours in the kitchen. The recipes we prepared for you are simple, and you're getting all the benefits of fasting without actually giving up food.

Good to know

To make life easy for you, you will find all recipes you need for the 5-Day-Cleanse in this guide. However, you can always change the recipes for others, as long as they follow the foods allowed during this cleanse.

Does the plan promote weight loss?

The principles of this diet bring your body in a favorable state to lose weight: Switching your body from glucose to fat burning. Improving your insulin response to blood sugar spikes, you help to balance your blood sugar. Fasting is a great route to simulate fat burn and optimize your metabolism. Because it is only 5 days you might not experience much weight loss during the cleanse, but if you keep the principles afterwards, you will be able to promote weight loss.



The 5-Day-Cleanse Plan

After 14 hours of fasting, you will have your first meal at 9 am: An energizing greens-and-berries smoothie with healthy fats and collagen-protein that will satisfy your hunger without spiking your blood sugar, while the berries and greens provide vitamins, minerals, and fiber that help to move your digestive system, while giving you an energy boost. Not having food before 9 am increases your fasting window so you burn more fat, improve your hormonal profile and get the anti-aging effects of fasting.

It is very important that you drink enough liquid throughout the day. In the mornings I recommend herbal tea. This will keep you hydrated, flush toxins out of your body, and keep your plumbing moving so you avoid belly bloat.

5-Day Plan

Breakfast 9 am	Energizing smoothies with collagen, fibre and healthy fats.
Morning until 11 am	Herbal tea like chamomile, ginger, Dandelion Tea, Milk Thistle. Peppermint
Lunch 12-14 pm	Soothing bone broth based soup or easy to digest vegan meal
Snack 16 pm	Nourishing beef bone broth
Dinner before 19 pm	Calming bone broth based soup

Why collagen?

The protein in collagen stabilizes your insulin, makes you feel satisfied and it contains a sequence of amino acids that improve gut health.

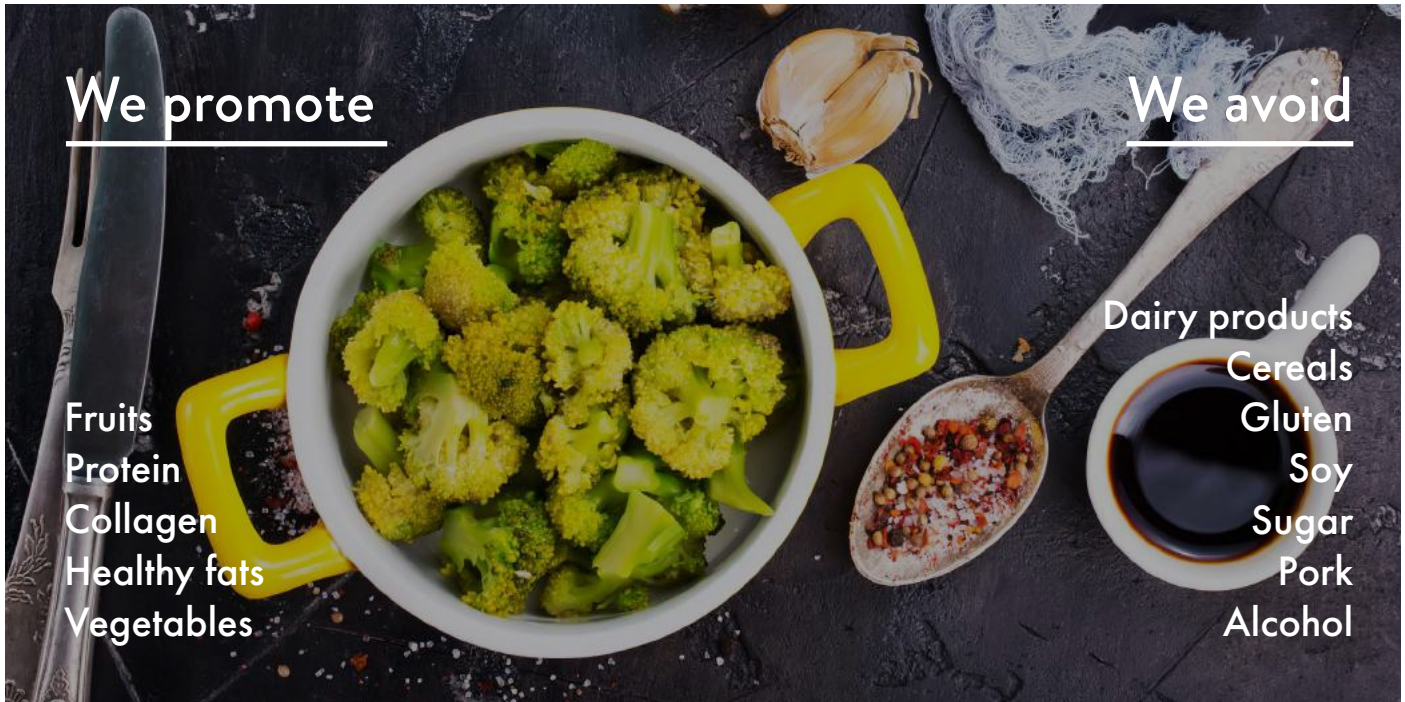
For lunch you will have a soothing soup based on bone broth (3 of the 5 days) or a easy to digest meal (2 of the 5 days). Enough protein, fat, antioxidants and fiber will nurture your body and ease your digestions.

If you feel hungry in the afternoon, open a jar of nourishing but low calorie bone broth, heat it and drink it slowly. The broth will curb your cravings and will make you feel satisfied.

Enjoy your dinner before 7 pm. The soups we prepared for you are made of protein, healthy fats and fiber-rich vegetables. Having an early dinner will regulate your hunger hormones, improve insulin sensitivity and will enhance the effect of anti-aging hormones like melatonin. An easy to digest dinner also eases digestion, enhances the detoxification process and allows you to sleep better.



Foods allowed during the Cleanse



Allowed

- Greens & Salads: Salads such as watercress, dandelion, batavia, chicory, frisée, lollo verde, lamb's lettuce, romaine, rocket, radicchio, etc., cress, sprouts, fresh herbs (e.g. parsley, coriander, nettle, basil)
- Vegetables
- Fruits
- Fats & Oils: Cold-pressed organic oils such as linseed oil, hemp oil, borage oil, sesame oil, coconut oil, olive oil, avocado oil, ghee, coconut milk, fish oil
- Seeds & Nuts: Almonds, cashews, pumpkin seeds, pine nuts, sesame seeds, sunflower seeds, walnuts, macadamia
- Fermented foods: Sauerkraut, kimchi, pickled vegetables (unpasteurized)
- Spices: Herbal salt, sea salt, rock salt, pepper, Himalayan salt, ginger, cinnamon, cayenne, chilli, nutmeg, curry, vinegar, etc.
- Drinks: Still water, tea, e.g. sage, nettle, centaury, marigold, fennel or herbal tea blends, hot lemon (prepared with fresh lemons only), almond milk-based shakes.
- Good quality animal products: Wild caught fish, grass-fed beef, free-range chicken

Forbidden

- Conventionally raised animal products and processed meat products: e.g. sausage, ham, salami
- Milk and dairy products: e.g. yoghurt, cheese, cream, ice cream
- (Pseudo) Grains & Corn: Bread, wheat, amaranth, oat flakes, buckwheat, millet, quinoa, rice, pasta, corn, chips, crackers, biscuits, corn starch, wheat flour, spelt flour
- Soy products: e.g. tofu, soy milk, soy sauce, hoisin, tamari or teriyaki sauce.
- Fat & Oils / Refined Industrial Fats: Sunflower oil, butter, peanut oil, corn oil, margarine and vegetable fat, vegetable oil, soybean oil, grape seed oil, frying fat
- Sweeteners: All types of sugar (e.g. cane sugar, coconut blossom sugar), artificial sweeteners (e.g. stevia, saccharin, aspartame), honey, maple syrup, jam.
- Drinks: Soft drinks, alcohol, sweetened fruit juices



The 5-Day-Cleanse Principles

Healing the gut

During the 5-Day-Cleanse, you will temporarily remove potentially allergenic foods and you will be eating foods that promote gut health. To do this, for example, we will incorporate prebiotics and antioxidants, which stimulate the growth of health-promoting bacteria, into your diet. The gelatine and the amino acids contained in the bone broth is designed to heal damage in the intestinal wall.

Easing digestion

Most of your energy is used in the digestion of heavy meals. When you are fasting and eating food in a liquid form all that energy is released and used for other important tasks, such as reparation, detoxification and healing.

Reduction of inflammatory processes

As more and more studies are showing, there is a link between poor gut health and inflammation in the body. And this inflammation can become chronic and have a wide variety of effects, from acne and wrinkled skin to digestive problems, weight issues, autoimmune diseases and depression (1). With the 5-Day-Cleanse, we want to remove inflammatory foods and promote foods that have an anti-inflammatory effect in the body.

Metabolic flexibility

Through the cleanse, we want your body to switch fuel supplies. Our diet, high in refined carbohydrates and sugar, has turned our body and mind dependent on glucose. Metabolic flexibility means that your body can switch from glucose to fat burning. Fat is a cleaner source of energy and improves weight loss. Through fasting, exercise and a whole food diet, we will increase fat burn and metabolic flexibility.

Fasting

Fasting is a great route to simulate fat burn and optimize your metabolism. During fasting, the hormonal balance is optimized as the insulin level decreases and you create more metabolic flexibility.



Why bone broth during the Cleanse?

Why do we focus on bone broth during the Cleanse? It's simple: bone broth is a true super food that contains many valuable nutrients:

Collagen:

The protein of collagen is a component of connective tissue and is responsible for the function of joints and the strength of hair, skin and nails. (2)

Gelatine:

Boiling the bone broth for a long period of time causes the collagen to break down into gelatine. Gelatine supports digestion and supplies the digestive tract with nutrients. Gelatine thereby helps prevent intestinal damage and helps improve the lining of the digestive tract, preventing permeability and leaky gut syndrome. (3)

Glutamine:

An amino acid that protects the intestinal lining and boosts metabolism. (4)

Glycosaminoglycans (GAGs):

The best known of these nutrients are hyaluronic acid, glucosamine and chondroitin sulphate. They support the ability of collagen to bind water and contribute to the formation of mucus, which calms intestinal inflammation. (5)

Glycine:

An amino acid that is a key component of bile acid and plays an important role in fat digestion and blood cholesterol regulation. (6,7)

Arginine:

Has an anti-inflammatory effect and reduces infections caused by cold and flu viruses. (8)

Proline:

The essential amino acid assists in protein synthesis and in building tissue structure and healthy muscle cells. It also protects against free radicals and oxidative stress. (9)

Glutathione:

As an antioxidant, scavenges free radicals in the body and prevents the breakdown of red blood cells. (10)

Helpful tips

In order to make the cleanse as pleasant as possible for you, we have put together below a few tips and tricks that you should take to heart.

Do's during the diet

- Pay attention daily to:
 - Thoroughly chewing your meals
 - Drink enough water (2-3 litres per day)
 - Consciously breathe deeply several times
 - Fresh air
 - Gentle exercise (e.g. taking a walk, yoga)
 - Sufficient sleep (7-8 hours)
 - Relaxation moments
 - Baths, steam bath, sauna, massages

Don'ts during the diet

- Avoid the following foods completely:
- Alcohol & cigarettes
 - Coffee & black tea
 - Industrially manufactured products
 - Sweets & baked goods
 - Milk & dairy products
 - Cereal products
 - Soya & soya products

Handling cleanse symptoms

Some symptoms may occur during the 5-Day-Cleanse, due to the change in diet and thus metabolism. In the first few days, you may experience a kind of drowsiness combined with headaches or even fatigue and/or a slight lack of concentration. It is also possible that on the second or third day you will want to give up everything. The overall change, the carbohydrate and sugar withdrawal or the cleansing mechanisms in the intestines might be the reasons here.

Counter these symptoms with sufficient fluids, such as still water, herbal tea, fresh ginger or lemon tea. Get out into the fresh air and exercise if you experience headaches or fatigue. Also make sure to breathe deeply every now and then, because oxygen gives you with energy. At the same time, stay calm and keep in mind that these symptoms will decrease or disappear and turn into a higher level of energy, a better body feeling and clarity.

Other symptoms during the diet can be night sweats and increased sweating in general, muscle ache or tension or even an unpleasant taste in the mouth. These are cleansing symptoms that can occur temporarily. You can counteract these with an increased mineral intake, for example, bone broth, nuts or bananas, as well as relaxation baths with Epsom salts, visits to the sauna, calf wraps and sufficient fluids.

Please keep this in mind: If your body reacts very strongly during the diet, symptoms do not subside after two or three days, or you feel very bad/unwell, interrupt the diet and slowly return to your usual diet.



Breakfast recipes - Smoothies

Day 1: Turmeric milkshake

Ingredients:

- 1 cup coconut milk
- ½ cup almond milk
- 1 banana
- 2 teaspoons turmeric
- 1 teaspoon almond butter
- 2 tablespoons chia
- ¼ teaspoon vanilla extract
- 1 pinch cinnamon
- Himalayan salt
- Pepper
- 1 tablespoon collagen powder
- Optional: ice

Day 2: Chocolate Smoothie

Ingredients:

- 2 cups almond milk
- 1 tablespoon hazelnut butter or ¼ avocado
- 1 banana or 1 date
- 1 teaspoon of maca (optional)
- 1 tablespoon raw cacao powder. (If you like it to taste more like chocolate you can add 1 tablespoon)
- ½ teaspoon cinnamon
- Cocoa nibs and desiccated coconut for garnish (optional)
- 2 tablespoons of hemp seeds.
- 1 tablespoon collagen powder
- Optional: ice

Day 3: Youth Smoothie

Ingredients:

1 cup almond drink 1/2 cup coconut yogurt.
1 handful of spinach 1 cup of frozen blackberries (raspberry,
strawberry and blueberry) 1 tablespoon of hemp seeds
1 tablespoon collagen powder
1/2 banana
Optional 1 teaspoon of acai
Optional: ice

Day 4: Green smoothie that I love

Ingredients:

2 cups almond drink.
1/2 cup chopped spinach.
1/4 stalk celery.
1/2 green apple
1/2 frozen banana
1/4 cucumber
juice of 1 lemon.
4 Brazil nuts.
1 pinch of cinnamon
1 pinch of turmeric.
1 tablespoon collagen powder
Optional: ice



Day 5: Matcha milkshake

- 1 tablespoon matcha
- ½ banana
- Spinach
- ¼ avocado
- 1 tablespoon collagen powder
- 1 teaspoon flax seeds
- Optional: ice

How to prepare it?

Put all ingredients into a blender and blend until you have a creamy consistency. Add some water if you like your smoothie more liquid.

Lunch Day 1

Cherry tomato soup with basil (serves 1)

Ingredients:

1/2 can cherry tomatoes (200g)
175ml chicken bone broth (1/2 jar)
50ml coconut milk
1/2 small onion
1/4 clove garlic (if desired)
Fresh basil
1 tbsp apple cider vinegar

2 tbsp coconut fat or ghee
Sea salt, to taste
Ground black pepper, to taste
Ground chilli, to taste

Preparation:

Chop the onions and garlic. Heat the coconut oil or ghee in a saucepan and sauté the onions and garlic until the onions are translucent.

Add the cherry tomatoes, coconut milk, chicken bone broth and apple cider vinegar and simmer for 10 minutes over medium heat. Then puree everything in a blender or with a hand blender. Pour everything back into the pot and season over a gentle heat with salt and pepper to taste.

Pour the hot soup into a plate and top with some basil.



Roasted pumpkin, olives, avocado and arugula salad (serves 1)

Ingredients:

- 1 small pumpkin
- 1/4 tablespoon paprika
- 1/4 tablespoon of Provencal herbs
- 1/2 bag of arugula
- 1 hand pitted olives
- 1/2 avocado

For the sauce:

- 1 tablespoon tamari.
- 1 tablespoons apple cider vinegar.
- 1 tablespoons olive oil.
- Salt and pepper to taste.

Preparation:

Preheat the oven to 200° (if it is an air oven, to 180°). Peel and cut the pumpkin, put it in a baking tray and season it with salt and pepper, the paprika and the Provencal herbs, mix everything well, to make sure that all the flavors bind well. Let the pumpkin cook for about 40 minutes, until tender. Once done, set aside and let it cool. Make the sauce by mixing all the ingredients together, and season to taste. Mix the sauce with the arugula and olives, then cut the avocado, and add them at the same time as the pumpkin, when it is cold.



Lunch Day 3

Broccoli soup (serves 1)

Ingredients:

1 shallot coarsely chopped
1/2 small yellow onion, thinly sliced
150g broccoli florets or frozen broccoli
1/8 apple, peeled and diced
1/2 potato, boiled and roughly chopped
175ml chicken bone broth (1/2 jar)
100ml coconut milk

1 pinch thyme
1 pinch oregano
1 pinch turmeric
1 pinch curry powder
1 pinch cinnamon

2 tbsp ghee or coconut oil
2 tbsp olive oil
Sea salt, to taste

Black pepper, to taste
Ground chilli, to taste

Serving suggestion: Garnish with toasted pine nuts and fresh parsley.

Preparation:

In a large pot, melt the coconut oil or ghee over medium heat. Add the shallots and onions. Sauté until they have softened.

Add the broccoli florets, apple, potatoes and chicken stock. Top up with some extra stock or water if the vegetables are not completely covered. Turn the heat to high until it comes to a boil. Simmer everything until the vegetables have softened. This will take between 15 and 25 minutes.

Stir in the spices and cook for another 5 minutes. Use a blender to puree the soup or press it through a fine sieve. Pour the soup back into the pot and add the coconut milk and mix well.

Pour the soup into a plate and garnish with toasted pine nuts and some parsley, if desired.

Lunch Day 4

Quinoa salad

Ingredients:

2 hands full of baby spinach
1/2 cup of cooked quinoa
1/2 avocado
1 hand full of chopped almonds
Seeds from 1/2 pomegranate

Dressing:

1/2 tablespoon balsamic vinegar
Juice of 1/2 lemon
1 table spoon olive oil
Sea salt, to taste
Pepper, to taste

Preparation:

If possible, soak the quinoa in water for at least 8 hours. Cook it for 5 minutes. If you do not soak it, cook the quinoa as indicated on the packaging.

Wash the baby spinach. Cut the avocado in slices. Take the seeds out of the pomegranate. Chopped the almonds.

Mix the ingredients of the dressing in a cup.

Put everything together in a cup and mix.



Lunch Day 5

Cauliflower soup (serves 1)

Ingredients:

¼ of a large cauliflower, chopped
½ onion
1 teaspoon fresh lemon juice
200 ml chicken bone broth
1 teaspoon white balsamic vinegar
¼ of a teaspoon grated fresh ginger
1 pinch salt
1 pinch cayenne pepper
1 teaspoon coconut oil or ghee
Roasted almonds as topping, if desired

Preparation:

In a large pot, melt the coconut oil or ghee over medium heat. Add the onions. Sauté until they have softened. Add the cauliflower, the ginger and chicken stock. Top up with some extra stock or water if the vegetables are not completely covered. Turn the heat to high until it comes to a boil. Simmer everything until the cauliflower has softened. This will take between 10 and 15 minutes.

Stir in the spices and cook for another 5 minutes. Then add the lemon and the balsamic vinegar. Use a blender to puree the soup or press it through a fine sieve. Pour the soup back into the pot. Pour the soup into a plate and garnish with roasted almonds, if desired.



Dinner day 1



Pea soup (serves 1)

Ingredients:

- 1/2 medium onion, diced.
- 175 ml chicken bone broth (1/2 jar)
- 150 grams of frozen peas.
- 1/2 lettuce cut into large chunks.
- 1/8 teaspoon black pepper.
- 1/8 teaspoon dried tarragon leaves .
- 1/2 cup unsweetened soy, almond, or hemp milk .
- 1 tablespoon lemon juice.

Preparation:

In a saucepan, heat 2-3 tablespoons of water, along with the onion and let it cook for about 5 minutes, or until tender. Add the broth, peas, lettuce, pepper, and tarragon, bring to a boil, and simmer for about 10 minutes. Add the milk, and blend all the ingredients in the blender until creamy. If necessary, add some water. When you have all the soup ready, put it back in the saucepan and heat it a little; add the lemon juice and remove it from the heat.



Dinner day 2

Creamy pumpkin and ginger soup (for 1 person)

Ingredients:

350ml chicken bone broth (1 jar)
1/2 cup unsweetened almond or hemp milk
1/2 carrots, thinly sliced .
1 celery stalks, thinly sliced .
1/2 onion, cut in half.
1/2 teaspoon ginger, peeled and chopped .
1/2 pumpkin, peeled and diced.
90 grams of kale or spinach sprouts.

Preparation:

Mix the water, milk, broth, carrots, onions, celery, ginger and pumpkin in a pot. Cover and simmer for 30 minutes, or until the vegetables are tender.

Blend all ingredients in a blender until creamy. Garnish with kale or spinach sprouts.



Dinner day 3



Zucchini and watercress soup (Serves 1 person)

Ingredients:

- 1/2 tablespoons of virgin olive oil (reserve 1/4 teaspoon for dressing later).
- 1/4 medium onion diced.
- 1 celery, diced.
- 1 zucchini, diced.
- 1/4 tablespoon almond butter or 30 grams cashews.
- 175ml chicken bone broth (1/2 jar)
- 50 grams of chopped watercress, stems removed.
- Salt and ground black pepper to taste for seasoning.

Preparation:

In a skillet, heat the oil over medium heat. Add the onion and celery, and cook for 5 minutes, until tender. Add the zucchini and sauté for about 3 minutes. Add the almond butter or cashew nuts and broth and bring to a boil. Reduce the heat, and simmer for 5 minutes, or until the zucchini is tender. Add the watercress, and simmer for another 3 minutes, then reduce the heat.

Put all in a blender or food processor, and blend, along with 75ml of water, until creamy. Return it to the pan and stir it well.

Season with salt and pepper, and dress each dish with the reserved oil, and serve with the salad and protein of your choice.

Dinner day 4

Bell pepper bisque (1 person)

- 1 tablespoon of olive oil.
- 1/2 small onion, diced.
- 1/2 head of garlic, minced.
- 2 large tomatoes, diced, or 1/2 can whole tomato.
- 350 ml chicken bone broth (1 jar)
- 1/2 cup roasted peppers, chopped.
- 2 teaspoons sea salt (not necessary if using canned beans).
- 1/2 cup fresh basil.

Preparation:

In a medium saucepan, heat the oil over medium heat. Cook the onion and garlic, stirring frequently, about 4 minutes, or until the mixture is almost translucent.

Add the tomatoes and broth and bring to a boil. Leave until the tomatoes are cooked. In a blender, add the soup, peppers, salt, and basil, puree until creamy.

It can be served warm or cold.



Dinner day 5



Coconut and carrot curry (for 1 person)

Ingredients:

- 1 tablespoon of coconut oil.
- 1/4 small onion, diced.
- 1/4 stick celery, chopped.
- 1 cup of chopped carrots.
- 1/2 head garlic, minced.
- 1/2 tablespoon curry powder.
- 250 ml bone broth.
- 1/4 can coconut milk.
- 1/2 teaspoon of sea salt.
- 1/4 cup fresh cilantro.
- Pinch of red peppercorns.
- The peel of an orange (optional).

Preparation:

Heat the oil in a medium saucepan over medium heat. Cook the onion, celery, and carrots, stirring frequently, about 10 minutes, or until the mixture is tender. Add the garlic and curry, and cook for another minute. Add the broth, coconut milk and salt, and cook for a few minutes. Whisk. Garnish with the coriander, red pepper and orange peel. Serve warm or cold.



Which JARMINO products do I need for the Cleanse?

1x pack of Beauty Collagen powder (450g)

1x pack of chicken bone broth (6 jars)

1x pack of beef bone broth (6 jars)

Beauty Collagen: You will only use 5 of the 30 servings you get during the 5-Day-Cleanse. Take one serving every day on the 25 days after the Cleanse.

In our online store you will find a pack with all JARMINO products you need for the Cleanse.



After the Cleanse

It may well happen that towards the end of the 5-Day-Cleanse you think that you would like to continue in exactly the same way because you feel so good. That's very good! Take as many newly discovered healthy habits back into your everyday life as possible.

As a general rule, slowly and with a lot of mindfulness get your body used to your everyday diet again. Start eating whole foods again slowly and rather use whole grain products instead of wheat or refined grain products. Also try to stay away for sugar as much as possible and eat it only as a weekend treat.

Keep drinking enough and make sure you have a high vegetable content in your daily diet and a good balance of proteins, fiber and healthy fats. If possible, stick to natural foods and avoid any industrially manufactured products. This way you can do something good for your body in the long run and avoid gaining weight again after the diet.

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DISCLAIMER

This guide is intended solely as a source of information. Under no circumstances should the information contained in this work be used as a substitute for the advice of a qualified medical practitioner. Such a doctor should always be consulted before starting any new dietary regime.

The accuracy of the information contained in this guide has been verified to the best of our knowledge and belief (as of 2021). The author and publisher accept no liability whatsoever for any damage resulting from the implementation of the information presented here.



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