

# THE CLEAN SWEEP

CLEAN FOODS

WEEK  TWO



# THE CLEAN SWEEP

CLEAN FOODS

---

DAY 01:

WEEK TWO

---

## GRAINS AND BEANS

I strongly suggest reading Dr. Gundry's book, [The Plant Paradox](#), for the most comprehensive and extremely convincing argument on why it is beneficial to give up grains and beans. I read this book in the summer of 2017, and it caused me to stop eating grains and beans almost immediately.

One of the biggest things we want to stress in this section is that the term gluten free does not necessarily mean that it is that much healthier because most gluten free products just include other grains such as rice, corn, and pseudo grains like oats, barley, rye quinoa, buckwheat, and millet. So no overnight oats for us. The reason? All grains contain lectins, which are a major source of inflammation in the body. They penetrate the gut wall (hello leaky gut!) and enter into our bloodstream undigested, triggering an autoimmune response that can cause everything from headaches and severe digestive distress to rheumatoid arthritis and multiple sclerosis, according to [Dr. Gundry](#). Not to mention, I have been on a very specific gut healing regimen provided through [Dr. Cole](#) this past year, and when you are trying to heal the gut (which most of us need, but are unaware), grains are not beneficial.

Wheat is addictive and acts like an opiate in our brain. We tolerate its bad side effects because we are addicted to it. Animals are routinely fed grains to fatten them up before they are killed. If they cause animals to gain weight, why wouldn't they also cause weight gain in humans?



This may sound extreme, but try giving up grains for a month and see how you feel. You will definitely notice a difference in bloating after meals, and it could also result in less inflammation as well.

To reiterate, I really do my best to stay away from grains in their entirety. In his book, Dr. Gundry allows for millet. If going totally grain free seems extreme, try experimenting with millet and see how you feel. [Hillary's Eat Well blog](#) makes a great frozen millet and greens veggie burger product that is available in the freezer section of Whole Foods. It is nice to have this on hand if you are in a pinch, but if you feel bloated after eating millet, then it is a sure sign your body is not comfortable with grains.

## LEGUMES

The same goes for beans and legumes, including peanuts and cashews. They are packed with lectins, unfortunately. Have you ever noticed how bloated you feel after eating what you thought was a healthy veggie burger made of grains, beans, and nuts? Those are lectins wreaking havoc on your gut. After decades of working with patients with autoimmune diseases, Dr. Gundry noticed the more so-called healthy foods (like soy, legumes, grains, and whole wheat) that he removed from their diets, the faster their symptoms went away. They also contain “anti-nutrients,” or compounds that can interfere with the absorption of important micronutrients like iron and calcium.

## PASTA

Oh, beloved pasta. Since it is made of various flours, even whole wheat flour, it is something I avoid on the normal day to day. Even the popular gluten free pastas made of beans, including chickpeas and mung beans, are a no-go due to the bean content. I pass on grains or legumes in all forms because of the negative effects that they have on my body. We love kelp noodles, zucchini noodles, shirataki noodles, and occasionally noodles made with almond flour. Cappello's pasta is made with almond flour, cage-free eggs, tapioca flour, xanthan gum, and sea salt. While I don't love the xanthan gum, it is a far better substitute as you work on transitioning away from grains and beans.



Pasta is a good place to practice balance. One of my favorite indulgences is traditional grain pasta with homemade marinara sauce. Yes, enjoying this once in a while is part of my personal balance journey. Sometimes substitutes just don't cut it. Let's be honest; zucchini noodles are great, but they are not pasta and will never be pasta! So, go for the real deal once in a while and enjoy it! P.S. For those of you that are eliminating nightshades, check out this [pasta sauce](#) option. On this note, here is a great [BBQ sauce](#) and [ketchup](#) too.

### *DAILY CHALLENGE*

If you determine that beans and grains do in fact cause gut havoc for you, pack up all the beans and grains from your pantry and donate them to a local food bank. Also, donate the canned tomatoes and tomato paste if you are avoiding nightshades. Experiment with cauliflower rice if you haven't already. It is a wonderful grain substitute. We love it cooked in bone broth with ghee, garlic, pepper, and pink salt. You can also try cooking it in coconut milk to make a comforting curry. Please note the following. If you are not ready to donate pantry items you will no longer be using, that is okay! Keep them in the back of the pantry for now and part with them on your own time. Remember, this is your journey at your pace! Also, remember, we occasionally (very sparingly) go for a bowl of grain pasta with homemade sauce, so if you want to keep items available for that, go for it!





# THE CLEAN SWEEP

CLEAN FOODS

---

DAY 02:

WEEK TWO

---

## SNACKS AND DESSERTS

This section probably takes up the most room in your pantry. Chips, crackers, cookies, granola, and protein bars are essentials for most. It is so easy to be deceived in this section of the grocery store. You might already have a pantry full of what seems like healthy staples including Mary's Gone crackers, Purely Elizabeth Granola, or Bulletproof collagen bars (which are made with cashews and therefore contain inflammatory legumes).

## THROW OUT AND REFILL

Go through all your snacks, and pack up anything with grains, corn, oats, flour, or beans. Don't worry; Jase and I have tons of amazing snacks in our pantry, so we are going to help you fill it back up with delicious replacements that won't cause digestive distress and inflammation.

## SNACK ATTACK

Jase and I love [Siete tortilla chips](#), [The Real Coconut chips](#), and SeaSnax seaweed chips for snack breaks. They are all delicious and great when you are craving something salty!

Some other great snack options are [Barnana Himalayan Pink Salt Plantain Chips](#), [Simple Mills Crackers](#), [Simple Mills Cookies](#), [Lesser Evil Paleo Puffs](#), [Grain Free Cereal](#), [Bubba's Grand Garlic Parm Nana Chips](#) (these are made with nutritional yeast instead of dairy and are so addicting), and [Jackson's Honest sweet potato chips made with coconut oil](#). We avoid potato chips because sadly potatoes cause inflammation and are hard to digest.



Also, many are fried with those pesky vegetable oils.

There are quite a few brands now doing sweet potato or plantain chips with coconut and avocado oil, though (hooray!)! Check your labels carefully. Those should be the only two ingredients other than sea salt.

#### EXTRA SNACKS THAT ARE GOOD TO HAVE ON HAND!

Grass fed and finished pork rinds

Tiger nuts

Simple Mills almond crackers (go for the sea salt, rosemary, or black pepper options)

Cassava flour tortillas (you can fill these with kraut and herbs or leftover roasted veggies or sweet potatoes)

Coconut wraps

#### MY FAVORITE SNACKS

I am a big fan of an apple and almond butter as a midday snack. I also love fresh berries, juices, bone broth, and nutrient-filled smoothies. or watermelon eaten alone on an empty stomach for ideal digestion. I also am the biggest fan of carrots and jicama paired with guacamole. And I must mention the Sweet Laurel Bakery recipes as I make at least two recipes a week so that our home is full of healthy snacks!

Jase's favorite snack is Cocobakes sourdough bread with avocado, radish, lemon juice, and cilantro. He also likes Siete chips with bean-free hummus made with almonds, garlic, and lemon juice. He is also a big fan of my homemade snack balls made with figs, salted almonds, and shredded coconut, which I throw into the Vitamix and roll into balls.

#### COCONUT FIG BALLS

2 cups dried figs

1/4 cup almonds

A pinch of sea salt

1/4 cup shredded coconut flakes

Cut stems off figs. Place figs, almonds, and coconut flakes into blender. Blend until smooth.

Roll into bite sized balls, serve, and enjoy!



I also love splitting open dates and adding in a schmear of almond or coconut butter. You can also add a sprinkle of coconut flakes if you want more texture. You can also melt some dark chocolate, pour it over the dates, then freeze them for a decadent snack. Yum!

## THERE'S ALWAYS ROOM FOR CHOCOLATE

So, prepare yourselves. Jase and I rarely eat chocolate. Crazy, right?! But I feel you chocolate lovers, and the good news is there are so many good dark chocolate options out there with minimal sugar and dairy. Some great options: [Eating Evolved chocolates](#), especially their [keto cups](#) made with coconut butter, and all the [Hu Kitchen bars](#). Both are made with coconut sugar. Eat it sparingly, and strive to eat chocolate that is at least 80 percent cocoa. Read ingredients closely, as always! Avoiding ingredient labels with soy lecithin, dairy, or sugars other than coconut sugar is a good way to go. If you can, choose a 100% cacao bar and eat it with coconut or almond butter.

### *DAILY CHALLENGE*

I know breaking up is hard to do, especially when you are saying goodbye to all of your salty and sweet friends. Remember the fact that it doesn't have to be all or nothing. Lifestyle changes do not happen overnight, so give yourself grace as you go through your pantry and toss out snacks that do not fit into your new lifestyle. As a fun replacement, buy a couple of the snacks I recommended or make one yourself!

Also, I want to encourage you to practice mindfulness when eating snacks. Are you really hungry or are you reaching for a snack because it is a habit and something you always do at 4 p.m. or right before bed? Is it hunger or boredom? If it is hunger, then go for it. I encourage you to work on using green juices, smoothies, and bone broth as a snack replacement to help carry you through until the next meal. Bone broths are especially filling because of their high fat content.





# THE CLEAN SWEEP

CLEAN FOODS

---

DAY 03:

WEEK TWO

---

## GOOD FATS VS BAD FATS

I know I have given you a lot of information in the last ten days. I would say the hardest part is over, and it is all downhill from here. Remember these are MAJOR changes, so go at your pace as you figure out what works for you. Putting on too many restrictions too quickly can feel forced, suffocating, and could even have a reverse effect, eventually sending you face first into a plate of cookies! To avoid the crash, take it slow and day by day, implementing and sticking with what feels right for you. Every small change is a victory and a step that is getting you closer to feeling your best!

Today I am getting into the oh-so controversial fats. This one kinda blew my mind because many of us grew up avoiding fat and often chose labels that were low-fat and non-fat. Little did I know that all those low-fat products were filled with sugar. The sugar industry sadly had us deceived by studies that blamed fat for America's obesity epidemic and many health problems.

The truth is out, thankfully, and now we know that our bodies need fat to function properly for everything from brain function to heart health. The brain is comprised of sixty percent fat, and a quarter of our body's cholesterol is found in our brain. Good saturated fats may also reduce the risk of stroke and increase the beneficial HDL cholesterol.

In order to get rid of the inflammation in our bodies, [Dr. Cole](#) suggests getting your body into a state of ketosis, where it is able to burn fat instead of sugar. Traditionally, the belief is that carbs are necessary to fuel our bodies through glucose. But Dr. Cole says glucose only gives quick energy bursts and leads to a hard crash, whereas fat gives a long, slow





burn and stabilizes your blood sugar. Ketones can actually pass through the blood-brain barrier to increase brain function and boost energy, Dr. Cole says.

High fat diets can drastically reduce inflammation levels and heal our stomachs. I was surprised by how much Dr. Cole stressed eating a decent amount of fat (about one to three tablespoons) at every meal. He says the more healthy animal fat you eat, the quicker your stomach will heal because fat helps to seal and heal the gut lining.

His book, [Ketotarian](#) is a must-read. I have learned so much from Dr. Cole and am so thankful for this advice, guidance, and encouragement on my gut healing journey! View this next page where Dr. Cole shares 10 gut health facts that are just mind-blowing and so eye-opening.

## THE BAD GUYS

I am sure you have heard the phrase “heart healthy fats” a lot. It is widely misused, especially when referring to vegetable fats like canola, vegetable, soybean, corn, sunflower, and safflower oils, as well as any oil that says partially hydrogenated. These oils are cheap, abundant, and are in everything from salad dressings to packaged cookies and ice cream. They are super toxic and very inflammatory. We advise to stay away!

## THE GOOD GUYS

I use [coconut oil](#), [avocado oil](#), and [ghee](#) daily. I also like [olive oil](#) but only as a finishing oil for salad dressings or other toppers, rather than for cooking. Even a healthy fat like olive oil can turn into a bad fat in oxidizing high heat. Note the smoking point sections below as you keep reading!

The lesson here is that we should not be afraid of fats. Learning how to not shy away from healthy fats will probably be a big mind shift for some. If so, be patient with yourself, as you will have to actually retrain your brain to strive for more healthy fats since we have been told for so long to avoid them. The thing is, eating fat does not make you fat. Healthy fats are much needed by our bodies and brains, all within healthy doses and practical amounts of course. As we have been saying, take it slow, see how your body reacts, and adjust accordingly.



Also, I know I said it in the beginning, but please consult a doctor before making any big changes in your diet. Everything I am sharing are things I have learned and experienced, but each person is different, and I am not a doctor!

## SMOKING POINTS

The general rule of thumb is to use saturated fats like ghee, avocado, coconut, palm oils, and animal fats when cooking because they have higher smoke points and can tolerate higher temperatures. It is very important to buy organic ghee and animal fats that are also grass-fed. It is a bit more expensive, but healthy fats are healing, whereas fats from unhealthy animal sources are full of hormones, grains, and toxicity.

I like [Fourth and Heart](#) organic ghee and [Chosen Foods](#) and [Primal Kitchen](#) avocado oil. Fatworks also has a great line of grass-fed beef and lamb [tallow](#) and [duck fat](#).

### *DAILY CHALLENGE*

Try to increase the amount of healthy fats you have gradually, by one to three teaspoons a week. Gradually add in more, aiming for one to three tablespoons per meal, depending on how your body feels and reacts. For some, that may seem like a lot or even too much, so please do not push it and again, seek your doctor's consult first.

burn and stabilizes your blood sugar. Ketones can actually pass through the blood-brain barrier to increase brain function and boost energy, Dr. Cole says.



DR. COLE (FUNCTIONAL MEDICINE DOCTOR):

## 10 TIPS FOR GREAT GUT HEALTH

Hippocrates, the father of modern medicine once said “All disease begins in the gut.” The wellness world is finally starting to agree with this age-old thought with science beginning to provide proof to what we have known all along – if you want a healthy body, you need a healthy gut. As a functional medicine practitioner, I often see the gut playing a pivotal role in a person’s health, regardless if they are coming in with digestive symptoms or not. Here are some facts you may not have known about your health powerhouse:

### 1. IT IS EXTREMELY VAST

The collection of bacteria in your gut is known as your microbiome. There are approximately 100 trillion microbes living in your gut. To get an idea of how much that is, you can line up 1 trillion dollar bills back to back and they would extend from the earth to the sun and back again. That’s just a small percentage of what is living inside of you.

### 2. IT HAS AMAZING HEALING CAPABILITIES

The surface area of your gut is roughly the size of an entire tennis court and covered in special cells called enterocytes. These cells regenerate so rapidly you actually get a completely new gut lining every 2 to 3 weeks. As long as you don’t have any chronic health conditions like inflammation or autoimmunity studies have shown, you can heal your gut in as little as 12 weeks with gut bacteria improving in just three days of changing up your diet. Even if you do have chronic health problems, due to the nature of your gut’s regeneration, healing is only a matter of time and consistency.

Running gut labs can give you a baseline idea of where you stand in order to know how to start healing. Eliminating inflammatory foods and replacing them with gut healing superfoods like bone broth, healthy fats, and supplements like probiotics and l-glutamine are great ways to jump start the process.



DR. COLE (FUNCTIONAL MEDICINE DOCTOR):

## 10 TIPS FOR GREAT GUT HEALTH

### 3. IT CONTROLS YOUR WEIGHT

Studies have shown that lower microbiome diversity is associated with increased weight. People who struggle with weight loss resistance tend to have a higher amount of the bad bacteria Actinobacteria and Firmicutes and lower amounts of the beneficial bacteria Bacteroids and Verrucomicrobia.

### 4. IT PLAYS HOST TO YOUR IMMUNE SYSTEM

Close to 80 percent of your immune system is located in your gut. It is no surprise then that many autoimmune conditions are linked to microbiome dysfunctions.

### 5. IT IS YOUR SECOND BRAIN

Your gut and brain were formed from the same fetal tissue when you were growing in your mother's womb and is inextricably connected for the rest of your life through the gut-brain axis. A whole area of research known as "the cytokine model of cognitive function" is dedicated to the connection between your gut and brain health. In fact, lower levels of *Lactobacillus helveticus* and *Bifidobacterium longum* are linked with increased rates of anxiety and depression. Also, close to 95 percent of your happy neurotransmitter serotonin is produced and stored in your gut. If you want a healthy brain look no further than the status of your microbiome.



DR. COLE (FUNCTIONAL MEDICINE DOCTOR):

## 10 TIPS FOR GREAT GUT HEALTH

### 6. IT INFLUENCES YOUR ENTIRE HEALTH

You do not have to have digestive symptoms – like diarrhea, constipation, gas, or bloating – in order to have digestive problems. In reality, close to 22 percent of people struggling with underlying gut problems actually experience traditional gut symptoms. Instead, it will cause a cascade of chronic inflammation that will contribute to everything from autoimmune disease, cancer, skin problems, and even heart disease.

### 7. IT IS POWERFULLY CONTROLLED BY FOOD

The food you eat can either harm your microbiome or heal it. Certain inflammatory foods like gluten, sugar, or artificial sweeteners can actually alter your microbiome and create an imbalance of bacteria leading to an overgrowth of bad bacteria. However, eating probiotic rich fermented foods like sauerkraut, kimchi, and kefir provide your gut with all the good bacteria it needs to thrive.

### 8. IT IS MORE OF YOU THAN YOU ARE

There are only 10 trillion human cells. When you compare that to the 100 trillion bacteria in your microbiome, we can safely say that you are actually 10 times more bacteria than human. Also, the genes of your microbiome bacteria outnumber your own genes 100 to 1.

### 9. IT PLAYS A ROLE IN INFLAMMATION LEVELS

When your gut lining is compromised, undigested food particles and other toxins end up entering your bloodstream causing elevated ongoing inflammation throughout your body.



DR. COLE (FUNCTIONAL MEDICINE DOCTOR):

## 10 TIPS FOR GREAT GUT HEALTH

### 10. IT CONTROLS THE HEALTH OF YOUR SKIN

Your skin is your body's largest organ and one of the biggest ways your body rids itself of toxins. Chronic inflammation due to gut dysfunctions and immune-responses to different foods can appear in the form of rashes and acne.

Produce is my love language. Who is with me? This is what I buy the most of, eat the most of, and it is what takes up the most space in our fridge. Lesson one. Eat more produce! Especially those veggies; eat them at every meal! It is such a blessing that we can consume vegetables in different ways; juice them, blend them in your collagen smoothies, pile them





# THE CLEAN SWEEP

CLEAN FOODS

---

DAY 04:

WEEK TWO

---

## BAKING MIXES

This might surprise you, but I love to bake, especially around the holidays with my family or as a surprise treat for Jase. It is my happy place and relaxes me beyond measure. I have some favorite cinnamon rolls, cookies, and homemade bread that I love to indulge in. So, keep that in mind as I try to convince you to part with those boxed baking mixes in your pantry!

Yes, those baking mixes are cheap and great timesavers. If you want to keep them on hand for school and church bake sales, or for entertaining, we understand. However, we do advise to pass on them. Not to mention, you will soon come to realize how much better food tastes when it is made with real, whole ingredients!

Thankfully, there are some healthy baking mixes out there that taste really good and give that sweet fix when we need it. I personally do not use these because I find that my body (especially my stomach) feels so much better when I eat very little or no sugar, even if they are healthier sugars like coconut sugar.

Remember, sugar has a huge impact on inflammation in the body. Our bodies have to work so hard to combat the aggressive insulin spike from sugar that it throws off hormone production, causing imbalances with cortisol, progesterone, and estrogen.

If I am baking a treat, I typically use [cassava flour](#) and [almond flour](#). [Green plantain flour](#) and [tiger nut flour](#) are also good options. For sweeteners, I try to always half the amount called for in the recipe.



Once you start eating this way, your taste buds get used to less sweet foods, and you will find satisfaction with less sugar content. I use honey, [maple syrup](#), dates, figs, and [coconut sugar](#) sparingly. I do not use turbinado, agave, or any other sugars trying to masquerade as healthy.

I rarely use xylitol, erythritol, stevia, or other sugar alcohols popular among the keto crowd because I personally find that they are hard to digest.

[Simple Mills](#) has a great line of grain-free baking mixes for [cookies](#), [cakes](#), [quick breads](#), and even [pizza dough](#). Remember, the term gluten free is sadly semi-useless with baked goods because usually the products are then full of other grains like rice and oats, which still cause inflammation, so I personally avoid them. Simple Mills uses almond and coconut flours as the main ingredients, making them grain-free and friendly for the gut!

The ingredients in the Simple Mills chocolate muffin cake mix, which makes delicious cupcakes and chocolate loaf bread, has almond flour, coconut sugar, cocoa, arrowroot, coconut flour, baking soda, and sea salt. That is it! You can add a ganache on top by mixing coconut oil, cacao, vanilla, and a pinch of sea salt, or you can make a thicker frosting by adding avocado to that mix.

If you are making your own desserts, make sure to get [aluminum-free baking powder](#). Again, practice reading the ingredients list in every single thing you purchase from now on, even if you think you know what is in it!

There are plenty of healthy treats out there, and I am going to give you a few recipes to try on Sunday.

### *DAILY CHALLENGE*

Find a new sweet recipe with healthy ingredients and bookmark it. Give yourself something to look forward to! Remember this is not a diet. It is a lifestyle change! It shouldn't always feel like you are being deprived + you will soon come to realize that the desserts you once craved with the fake ingredients will no longer taste good. Pick a day to make your treat and savor it. Bonus points if you make extra and freeze the second batch!







# THE CLEAN SWEEP

CLEAN FOODS

---

DAY 05:

WEEK TWO

---

## SPICES, FLAVOR PACKETS, STAPLE HERBS, EXPENSIVE SALTS

I hope you enjoy today's material because I want to encourage you to be creative in the kitchen and experiment with different herbs and flavor profiles. It is so fun, empowering, and such a rewarding learning experience as you test all of your creations!

Again, people always ask me if I get bored eating the same things or if my food tastes bland, and the answer is no. The food I make and eat is really delicious, so fresh, and diverse in flavors. The meals have tons of flavor thanks to healthy fats and lots and lots of fresh herbs and seasonings. A home cooked meal is the greatest comfort in our home. Also, Jase and I always talk about how much zest and flavor people miss out on when they eat packaged, processed, low quality foods! Whole foods really do have the most pure, most satisfying tastes and make for a very real, honest and enjoyable food experience every single time.

Let's talk spices! Dried spices go bad faster than you think, so today is a good day to go through your spice drawer. Check all the expiration dates and throw out all things expired or anything that is clumped together in a big block.

I season everything with [Himalayan pink sea salt](#), fresh ground [black pepper](#), and usually fresh garlic. The dried spices I use the most are oregano, thyme, ginger, turmeric, cinnamon, and cumin. Bay leaves are also great for soups and stews.

As you go through your pantry, you may have spice packets like ranch dressing mix for dips or taco seasoning.



These are typically filled with lots of additives (which can include monosodium glutamate and more) instead of just dried herbs.

Yuck! They usually include sugar, maltodextrins, gums, and other icky ingredients. Practice reading the ingredient lists here, and throw out or donate anything that includes ingredients other than real, whole foods that you recognize, know, and can pronounce.

As I said before, I do personally avoid nightshades, and that includes nightshade spices like chipotle, curry, cayenne, and chili powder. Believe it or not, I do notice that something as tiny as spice can impact my stomach issues and cause bloating, so if that happens, I avoid them moving forward.

## SECRET WEAPONS

My biggest flavor boosters are in my fridge. Fresh garlic, ginger, and turmeric make such a difference in a dish. I also always have a ton of fresh green herbs on hand. My favorites are basil, cilantro, parsley, mint, and dill. A little secret: I add cilantro, dill, and mint to all of my salads, and it seriously makes the flavor insane! It may sound like a crazy combo, but it is jam packed with health benefits on top of the super delicious taste. Scallions, AKA green onion, and chives are great additions too and can also be tolerated by those who have trouble digesting other onions. Broccoli sprouts are loaded with nutrients, and I add them in too!

Fresh herbs, [lemon juice](#), and [olive oil](#) make for the most delicious salad dressing and marinades for meats and chicken. These are also great additions in a cup of bone broth, too!

Flavor combos are totally up to you! Play around with them and try a few different ones. Be sure to add some healthy fats and good acids (like citrus or vinegars) with the herbs.

## HEALTH BENEFITS OF FRESH HERBS

The best thing about herbs? They are about so much more than flavor. They are tiny powerhouses of healing that have been used for years to mend diseases. We will get more into herbs and supplements, such as holy basil and oregano oil, in month three. Today I just want to share some of the amazing things fresh herbs can do for your body.



-Basil is extremely powerful; it is an anti-inflammatory, anti-bacterial, and an adaptogen, which means that it helps the body respond to stress.

-Parsley fights against environmental carcinogens as well as free radical damage.

-Cilantro acts as a detoxifier, removing heavy metals from the body.

-Dill is helpful in lowering cholesterol, aiding in digestion, fighting inflammation, fighting against free radicals, and it has an antimicrobial effect as well.

-Turmeric is a powerful polyphenol that fights inflammation. Pair it with black pepper for max absorption!



LEORA CAYLOR ( FOUNDER OF THE WILDERY )

## TURMERIC TIPS + LATTE RECIPE

### TURMERIC: SPICE WORLD'S WONDER CHILD

There's one spice, though, that seems to be leading the pack. Enter turmeric, wonder child of the spice world.

It's everywhere now, from turmeric shots at your local juice bar, to turmeric-infused kombucha, to an ingredient in your face masks. I've even seen turmeric cocktails, and if a spice has made it to Happy Hour, then you know it's #winningatlife.

Turmeric (or *Curcuma longa*) is not new on the scene though; it's been a staple in Indian cuisines for centuries, usually prepared with fats and other spices that work synergistically to enhance flavors. With a long list of [scientifically-supported benefits](#), its recent popularity on a more international scale is well-deserved.

### PUMPKIN TURMERIC SPICE LATTE RECIPE

As promised, here's my favorite spin on the classic Pumpkin Spice Latte. Start by warming up the coconut milk on your stovetop, hot but not boiling. The fat content in the coconut milk helps to enhance the absorption of the turmeric (i.e. bioavailability!). Add in the remainder of the ingredients and blend. Enjoy!



LEORA CAYLOR ( FOUNDER OF THE WILDERY )

## TURMERIC TIPS + LATTE RECIPE

### PUMPKIN TURMERIC SPICE LATTE RECIPE

1 cup *Coconut Milk*\*

1 tbsp *Pumpkin Puree*\*

1/2 tsp *Turmeric Spice*\*

1/2 tsp *Pumpkin Pie Spice Blend*\* or *Cinnamon*\*

1/2 tsp *Honey*\* (optional - for sweetening, but usually not needed)

1 scoop *Collagen* (optional - excellent source of protein)

\*Organic if possible

\*\*Cinnamon for topping

**TIP:** I get most of my staples from [Thrive Market](#), which allows for significantly reduced, wholesale prices after membership, so I've linked to them above. For 25% off your first order, you can use the link provided.

**DISCLAIMER:** As with any supplement, run everything by your medical team, keeping your own unique health status and needs in mind.



## PINK SALT VS REGULAR SALT

I absolutely love Himalayan pink sea salt. It tastes great and has amazing health benefits, but it is more expensive and is not necessarily worth it if you are on a budget. This is a great place to save money if you are trying to cut costs. Buy the generic Whole Foods version or another grocer brand of sea salt. Just make sure it is not regular table salt. Regular table salt is highly processed and is not good for you!

Sea salt has more trace minerals than refined table salt including calcium, potassium, magnesium, zinc, iron, and sulfur. I know it sounds crazy, but sea salt tonics (water mixed with a teaspoon of sea salt) are great to drink if you are struggling with high cortisol levels and adrenal fatigue.

## HOW MUCH IS TOO MUCH?

Dr. Cole says salt recommendations vary from person to person based on age, health, and gender, but most people should strive for 1.5 to 3.5 teaspoons a day. You will need more if you are doing hot yoga or extreme workouts where you lose a lot of fluids through sweating, but the average person can get their daily salt intake met by adding sea salt to their foods.

### *DAILY CHALLENGE*

Pick a recipe to make this week where you can experiment with fresh herbs that you don't normally use. It can even be as simple as one of the salad dressing recipes from day 3.





# THE CLEAN SWEEP

CLEAN FOODS

---

DAY 06:

WEEK TWO

---

## COFFEE, TEAS, ALCOHOL

Let's get right to it because I know you are dying to know about coffee and alcohol. Let's start with coffee.

I used to drink coffee on the reg, and one of the things I missed most when I moved to LA was an almond milk latte from my favorite spot in Dallas called Number One (yes, it closed down and I was depressed for several weeks, lol)! My love for this place was so major that the barista was so sweet and gave me their almond milk recipe before I moved, so I could try to recreate it on my own. One thing I always noticed, though, was that my stomach always hurt after I had coffee. Over time, it became clear that coffee was the culprit, so I stopped drinking it because it just was not worth the digestive distress.

I honestly don't miss it at all and now crave my afternoon teas. It is such a calming ritual! I don't have any caffeine in my life because I honestly don't feel the need for it, but for those of you who need a caffeine fix in the morning, matcha is a great substitute with way more benefits. It is full of antioxidants, and Dr. Cole says it is also great for calming inflammation. You can make an almond milk matcha latte that tastes great hot or cold.

I love this [recipe](#) from [Rachael's Good Eats](#) for a bulletproof matcha latte. The recipe calls for a chunk of cacao, so it tastes like creamy white chocolate. Yum!

If you don't have trouble digesting coffee and want to keep drinking it, just make sure it is organic. This is one of the most important things to only buy organic! Non-organic coffee is one of the most chemically treated crops around. Coffee is extremely susceptible



to mycotoxins and other molds because of the way it is harvested, dried, and roasted. [Hu Kitchen coffee](#) is a great option, and you can buy it online directly from their store as well.

Dr. Cole says coffee affects everyone differently. Some people metabolize it quickly, meaning they have a high tolerance for caffeine and can drink it more than once day without feeling jittery. Oddly, there are all kinds of health benefits associated with drinking coffee for that group including a longer life span, lower cancer risk, and better memory. If your body metabolizes coffee slowly, then it can have the opposite effect on your health, increasing your risk for high blood pressure, heart attacks, digestive issues, and higher cortisol levels, according to Dr. Cole. The only way to tell is through genetic testing. As always, listen to your body and figure out what is best for you! Whether it is no coffee, one cup in the morning, or more, figure out what works for you by being aware of how your body responds to a little coffee and go from there. Some people can tolerate one small cup in the morning, some (like me) can't tolerate it at all, and others can tolerate coffee throughout the day.

## BRING ON THE TEA

Who else loves tea? It took me a minute to really enjoy it and make it a part of my lifestyle, but it soon became something I look forward to. Not to mention, tea is so rich in nutrients and health benefits. I always buy the [Traditional Medicinals brand](#). These are my staple flavors: [Ginger](#), [Raspberry Leaf](#), [Licorice Root](#), [Red Clover](#), [Nettle Leaf](#), [Rose Hips](#), [Tulsi with Ginger](#), and [Dandelion](#).

My favorite thing to do is mix two or three teas together, and licorice root is always included because it is the perfect natural sweetener + it is an anti-inflammatory and soothing herb that works as a natural remedy for ulcers and leaky gut. It also regulates cortisol, strengthens the immune system, soothes pains, and helps to loosen and expel mucus if you have a cough. I generally drink tea hot in the afternoon or evening, but I will occasionally drink it in the morning as well.

## ALCOHOL

I know this will be a hard one for some of you, but alcohol is a big no-go for those struggling with digestive issues and autoimmune disease because it causes inflammation in the body.



As Dr. Axe says, “Alcohol reacts like sugar in the system, causing inflammation. Alcohol is also a depressant that can affect your thoughts, feelings, and actions and provoke anxiety. Steer clear.” I rarely drink alcohol, usually only two to four times a month. When I do, I prefer red wine or a Tito’s vodka drink mixed with freshly squeezed juices and no sugar or sweetener.

Did you know that alcohol is a hormone disruptor? It reduces testosterone and can increase cortisol levels in both men and women. It could also be to blame for those few extra pounds around your belly that just won’t go away.

Listen to your body, and be honest with yourself about how you feel after drinking alcohol. Is it just a social thing for you because everyone else is doing it? Is it an everyday thing where it has become a habit to wind down with a glass of wine every night? Check in with yourself about how often and why you are drinking. If you are struggling with bloating and other stomach issues, try cutting it out for a month and see how you feel. Even one month without alcohol can help restore hormone function back to healthy levels.

Being a teetotaler does not have to be forever. Maybe it is something you look forward to once a week. Again, listen to your body! Be honest with yourself and what you need. If you decide not to cut out alcohol, always practice moderation.

## KOMBUCHA

You guys, my love for kombucha is on another level. I drink [GT’s brand](#) three days a week. It is full of healthy probiotics, and drinking it somehow feels like a healthy, special treat + it is a great aid to reduce sudden bloat.

However, beware if you are having serious digestive distress, as the probiotics and carbonation can actually make things worse. Do you ever feel extremely gassy and bloated after drinking everyone’s favorite healthy brew? That might be a sign that kombucha is not for you right now.

Kombucha is a high FODMAP (Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols) food, and experts say those with IBS and sensitive stomachs should avoid carbonated drinks because the excess gas stretches the gut and can cause cramping and pain. Whether or not you tolerate kombucha also varies widely from person to person. You may respond poorly to it because you already have enough, or even too much, of the “good-for-your-gut” bacteria that is in the drink. If so, kombucha



would cause you to experience pain from an overgrowth of bacteria in your gut. On the other hand, the bacteria could be just what you need provided by the brew! Again, listen to your body and adjust accordingly. Your body will let you know whether to back off or keep drinking it.

Another fantastic option if kombucha is not your friend? [Fermenting Fairy lemonade](#). According to the founder, Lauren, “our lemonade is probiotic rich with 31 million probiotics per bottle. The combination of lemon and ginger helps in decreasing inflammation. Elderberry is a powerhouse in fighting colds and the flu, and it keeps your immune system boosted. Ginger has very powerful cancer fighting properties. Our lemonade contains fermented ginger and lemons. Fermented Ginger is 100x stronger than its raw form. Also, lavender is excellent for calming the nervous system.”

## SODA

Obviously soda is a no go for a million reasons like sugar and tons of crazy chemicals. If you are really craving a soda, try Dr. Gundry’s soda swap. Take San Pellegrino sparkling water and stir in a few tablespoons of [balsamic vinegar](#). The vinegar is naturally sweet and gives it that soda-like flavor. Or try [Topo Chico](#) mineral water.

### *DAILY CHALLENGE*

Coffee, tea, and alcohol tend to be rituals in our lives. Spend some time this week being mindful about those rituals and whether they are healing or hurting your health.



CASSIE GREEN (FOUNDER OF [CASSIE GREEN HEALTH](#)):

## ALL ABOUT ELDERBERRY Q&A

### TELL US A LITTLE BIT ABOUT ELDERBERRY SYRUP!

Elderberry syrup is the juice of cooked antioxidant-rich elderberries mixed with other superfoods. We simmer elderberries, strain and press them. Then we add organic ginger, Ceylon cinnamon, lemon juice, and a touch of honey. Then we bottle it. Our elderberry syrup is very low in sugar (1g per serving just from the honey) and has no preservatives, thickeners, or stabilizers. It's all real food based and quite delicious!

### WHY IS ELDERBERRY SYRUP SO GOOD FOR US? SHOULD IT BE A PART OF OUR DAILY ROUTINE?

Elderberries are higher in antioxidants than pomegranates, blueberries, and acai berries. They are high in vitamins C, A and B6. Elderberries have been used for centuries to help ward off and treat illness. There are also a number of scientific studies that show them to be highly effective against influenza virus as well as research showing usage against HIV and cancer. Our elderberry syrup is wonderful to use daily to help keep your immune system supported. Usually an adult could take 1-2 tsp per day (kids take about half that), although some folks simply use a larger dose only when they feel they are getting sick or if their allergies are coming on.

### WE HEAR ELDERBERRY HELPS WITH FIGHTING OFF COLDS/VIRUSES... CAN YOU ELABORATE ON THAT?

University based research in the US (as well as the UK and Israel) has been very positive showing that elderberry extract helps your body produce more cytokines, which are a key group of proteins that help regulate the body's immunity.

CASSIE GREEN (FOUNDER OF [CASSIE GREEN HEALTH](#)):

## ALL ABOUT ELDERBERRY Q&A

Other studies have shown elderberry to be effective in preventing viruses from replicating. This means if you have a cold or flu virus, taking a product like our elderberry syrup can help shorten the life of the illness.

**WHAT INSPIRED YOU TO CREATE YOUR OWN ELDERBERRY SYRUP?  
WHAT IS THAT PROCESS LIKE?**

We used to own a little organic grocery store in Dallas (one in Chicago as well) and we made it for our customers who swore by it. When we decided to close our Dallas store, our customers all asked where they would be able to get our elderberry syrup. A few of them suggested we continue producing it and sell it to other stores and juice bars. Little by little, we started selling it to independent retailers in Dallas, Austin, Chicago, Kansas City, and more cities around the country. Now we have nearly 100 retailers that carry our elderberry syrup and are soon going to be offering online ordering for direct to customer sales! The process includes simmering dried elderberries for several hours, straining them, and pressing them with a large cold press juice machine; we have a HUGE one now in our new manufacturing facility, which is way cooler than the tiny press we had in the production kitchen of our grocery store. After pressing, we mix the juice with the cinnamon, ginger, lemon and honey. We bottle it in two sizes and seal the bottles to be tamper-safe. We are still a mom and pop company (literally it's myself and my husband Gary), but we are really advanced when it comes to our process to make sure it's the best and extremely safe for our customers!



CASSIE GREEN (FOUNDER OF [CASSIE GREEN HEALTH](#)):

## ALL ABOUT ELDERBERRY Q&A

**WHAT IS YOUR HOPE WHEN IT COMES TO SPREADING AWARENESS OF USING ELDERBERRY SYRUP AS A HOLISTIC HEALTH PRACTICE?**

For me, I love people using a natural remedy for health before reaching for a pill. I'm not saying there isn't a time and place for Western medicine, but I think many people are starting to see you can heal yourself (or keep yourself healthy) by using traditional, food based, organic and wild crafted products that actually help your body heal itself. I've seen lots of mainstream media outlets talk about elderberry, and that makes me smile! I hope people find ours and because it is small batch, low in sugar, and free of anything icky, maybe they might want to try it if they are going to try an elderberry syrup. And did I mention it tastes really good? 'Cause it does!





# THE CLEAN SWEEP

CLEAN FOODS

---

DAY 07:

WEEK TWO

---

## RECIPES

### DR. COLE'S BLUEBERRY SNACK BALLS

#### *Ingredients*

10 pitted [medjool dates](#)  
1/2 cup raw almonds  
1 tablespoon [almond butter](#)  
1 teaspoon organic [vanilla extract](#)  
1/3 cup frozen organic blueberries  
Shredded unsweetened [coconut](#)

#### *Method*

Process the dates, almonds, almond butter, and vanilla in a food processor.  
Add frozen blueberries and process again until well-blended.  
Roll into balls.  
Freeze for an hour to harden.  
Remove from freezer and roll in the shredded coconut.  
Store in a sealed container in the fridge.

[Almond butter \(or tahini\) chocolate bars](#)



## ADDICTIVE CHOCOLATE ALMOND BUTTER SQUARES

These are absolutely amazing and hit the spot if you are a chocolate PB lover or are craving an old school Reese's. Try using as little sweetener as possible at first. Taste the batter and add more if you need it. Remember the goal is to minimize sugar as much as possible, so it will take your taste buds some time to adjust.

### INGREDIENTS FOR THE BASE:

3 cups [raw almonds](#)  
2 tablespoons [coconut oil](#)  
1 tablespoons [honey](#) or [maple syrup](#)  
2-3 tablespoons [coconut butter](#)  
1-2 tablespoons [ghee](#)  
1 teaspoons [vanilla](#)  
Dash or two of [cinnamon](#)  
2-3 pinches of [sea salt](#)

### DIRECTIONS:

Put all ingredients in a food processor or Vitamix and combine until smooth. Pour into a square baking dish and stick in freezer.

### INGREDIENTS FOR CHOCOLATE TOP

1/2 cup [raw cacao](#)  
1/2 cup [coconut oil](#)  
1/4 cup (or less if you can handle) [honey](#) or [maple syrup](#)  
1/4 to 1/2 tsp [vanilla](#)  
2 pinches [sea salt](#)

### DIRECTIONS:

Blend on low and pour over frozen almond base. Return to freezer. Wait until it hardens and cut it in squares or crumble into shards. Store in freezer.

## RACHAEL'S GOOD EATS FAMOUS CHOCOLATE CHIP SKILLET COOKIE

Can also be made into individual cookies.

There's a reason this healthy skillet cookie has gone viral. It is that good!

## INGREDIENTS

1 pastured egg

3 tablespoons [maple syrup](#) or [honey](#)

1/3 cup melted [coconut oil](#)

1/3 cup [almond](#) or [coconut butter](#)

1 tsp [vanilla](#)

1 tablespoon [unsweetened almond milk](#)

1 cup [almond flour](#)

1/4 tsp [baking soda](#)

1/2 tsp [cinnamon](#)

1/4 tsp [sea salt](#)

1/2 to 3/4 of a dark chocolate bar or 1/2 cup dark chocolate chips (Use HU kitchen or Eating Evolved bars since they don't use soy lecithin or cane sugar. If you are getting chocolate chips, get 100 percent dark chocolate or as high a percentage as you can stand so there is less sugar and dairy)

## DIRECTIONS

Combine egg, maple syrup/honey, coconut oil, almond or coconut butter, vanilla, and almond milk together. Add in the rest of the dry ingredients. Combine well and fold in chocolate chunks or chocolate chips.

Coat an 8 or 9-inch skillet with coconut oil or ghee and pour in batter. Spread evenly around the skillet.

Crumble last bits of chocolate over the top with a few pinches of sea salt.

Bake in oven for 19 minutes.

Turn on broiler and broil for additional 1 to 1.5 minutes.

**WATCH CAREFULLY** so it doesn't burn.



## THE BEST SNICKERDOODLE COOKIES

Thank you Sweet Laurel Bakery for this lovely recipe.

For 2 dozen (Vegan, Gluten Free)

### INGREDIENTS

3 cups [almond flour](#)  
1/2 teaspoon [Himalayan pink salt](#)  
1/2 teaspoon [baking soda](#)  
1/4 teaspoon [cinnamon](#)  
1/2 cup [coconut oil](#), melted  
1/2 cup [maple syrup](#)  
1 tablespoon pure [vanilla extract](#)

### THE TOPPING

1/4 cup [date sugar](#)  
2 teaspoons

### INGREDIENTS

Preheat oven to 350 degrees and set rack in the middle of the oven.

Stir together the dry ingredients in a medium bowl. Separately, whisk together all wet ingredients and stir into the dry ingredients. Place one to two inch balls of batter onto greased and parchment lined baking pans and lightly press down. Sprinkle with the date sugar and cinnamon combination. Bake for 8-10 minutes, until just golden brown around the edges. Remove from the oven and place the cookies on a cooling rack. Enjoy!

