



HEALTHY HORMONES CLEANSE

30 DAY TOTAL BODY DETOX

THE GOAL: balanced hormones, energy, glowing skin & a happy, healthy body!

THE PURPOSE: to dissolve and eliminate toxins and congestion that have formed in any part of the body, causing inflammation, disease & disharmony. To keep YOUTH and ELASTICITY, regardless of our years.

*Adapted from Beyond the Pill by Dr. Jolene Brighten. Highly recommend purchasing & reading this book before doing the cleanse.

FOODS TO EAT ———

- Vegetables, fruits, grass-fed meats & wild-caught fish, nuts & seeds, legumes, healthy fats, herbs (seasonings) water, herbal teas, matcha.

SUPPLEMENT REC'S ———

- Liver support tincture or capsules
- Glutathione
- Whole food multi
- Lugols Solution Iodine
- Selenium
- Zinc piccolinate
- Magnesium Bisglycinate
- Youngevity Plant Minerals
- B Complex
- Vitamin C (non-gmo, lyposomal recommended)
- Digestive Enzymes
- Omega 3

- Gut repair supplement (L-Glutamine, etc.)
- Collagen

LIFESTYLE REC'S ———

- Coffee enema daily, or 2-3x/week.
- Gratitude journal, reading.
- Get outside, sunshine, vitamin D!
- Dry skin brushing.
- Gua sha (facial massage)
- Drink liver & gut supportive teas
- Do something you love!
- Earthing (feet on the ground i.e. sand, grass, etc.) daily
- Coconut oil pulling.
- Use natural, clean skin care products.
- SLEEP.
- Exercise daily
- Reduce your time spent on your phone, TV, and computer.

SEED CYCLING ——— for women

Seed Cycling is helpful to balance hormones during your cycle. All you need is 2 Tablespoons of seeds per day.

DAY 1-14 OF CYCLE: 2 Tbsp. ground pumpkin and flax seeds

DAYS 15-30 OF CYCLE: 2 Tbsp. ground sesame and sunflower seeds

WEEK ONE ———

Each day, make & follow each recipe below for optimal results.

DAY 1 ——— start with lemon water in AM

BREAKFAST: Piña Colada Smoothie

LUNCH: Sweet potato Frittata

DINNER: Mediterranean Lamb Sliders & Cauliflower Tabbouleh

DAY 2 ——— start with lemon water in AM

BREAKFAST: Morning Matcha Smoothie

LUNCH: Mediterranean Lamb Sliders & Cauliflower Tabbouleh (leftovers)

DINNER: Herb Steak & Broccoli

DAY 3 ——— start with lemon water in AM

BREAKFAST: Eggs & Avocado

LUNCH: Herb steak & broccoli (leftovers)

DINNER: Whole Chicken & Roasted Vegetables

DAY 4 ——— start with lemon water in AM

BREAKFAST: Creamy Strawberry Cauliflower Smoothie

LUNCH: Whole chicken & roasted vegetables (leftovers)

DINNER: Sesame Carrot & Cabbage Bison Stir Fry

DAY 5 ——— start with lemon water in AM

BREAKFAST: Lemon Berry Boost

LUNCH: Sesame Carrot & Cabbage Bison Stir Fry
(leftovers)

DINNER: Lemon Garlic Salmon, Zucchini & Garden Salad

DAY 6 ——— start with lemon water in AM

BREAKFAST: Coconut yogurt (unsweetened) with berries
& walnuts

LUNCH: Lemon garlic salmon, zucchini & garden salad
(leftovers)

DINNER: Curly Kale with Cilantro Artichoke Pesto

DAY 7 ——— start with lemon water in AM

BREAKFAST: Coconut yogurt (unsweetened) with berries
& walnuts

LUNCH: Curly kale with cilantro artichoke pesto (leftovers)

DINNER: Juicy Burgers on Romaine

RECIPES —

BREAKFASTS

Piña Colada Smoothie

- 1 lime (zest the peel into the blender, and then peel the lime, adding the flesh to the blender.)
- 2 romaine lettuce leaves
- 1/2 cup full fat coconut milk
- 1/2 cup coconut water
- 1 cup frozen pineapple chunks
- 1 Tablespoon hemp seeds
- 1/4 cup cilantro
- Collagen

— Combine all ingredients in a high speed blender until smooth.

Morning Matcha Smoothie

- 1 frozen banana
- 1/2 cup full fat coconut milk
- 1/2 cup water
- 1 cup spinach
- 1 Tablespoon chia seeds
- Vanilla bean, 1/2" piece

- 2 teaspoons matcha
- Collagen

—— Combine all ingredients in a high speed blender until smooth.

Creamy Strawberry Cauliflower Smoothie

- 1/2 cup riced cauliflower
- 1 cup frozen strawberries
- 1 cup almond or macadamia milk
- Collagen

—— Combine all ingredients in a high speed blender until smooth.

Lemon Berry Boost

- 1/2 lemon
- 1 cup frozen raspberries
- 1 frozen banana
- 1/2 cup spinach
- 1 cup water
- Collagen

—— Combine all ingredients in a high speed blender until smooth.

LUNCHES

Sweet Potato Frittata

- 1 Tbsp. Coconut oil or ghee
- 2 garlic cloves, minced
- 2 sweet potatoes, peeled and thinly sliced
- Marinated artichoke hearts, around 6-8
- Fresh parsley
- 8 eggs
- Sea salt and pepper to taste

—— Preheat oven to 300 F. Heat up the coconut oil over medium heat in a medium skillet, and add garlic, sweet potatoes and artichoke hearts. Cook for 5-8 minutes until the sweet potatoes are softened. While the vegetables are cooking, whisk the eggs in a bowl and add parsley, sea salt and pepper. Once the sweet potato mixture is softened, evenly distribute it in the pan and pour the egg mixture evenly over. Place the skillet in the oven for 15 minutes, or until firm. Cut into “pie slices” and enjoy!

DINNERS

Mediterranean Lamb Sliders & Cauliflower Tabbouleh

Lamb Sliders:

- 1 pound ground lamb
- 2 cloves garlic, minced
- Olive oil

- 2 teaspoons dried oregano
- 1 teaspoon sea salt
- 1 egg
- 1 Tbsp. coconut oil
- 2 shallots, minced

—— Combine lamb, garlic, oregano, sea salt, drizzle of olive oil and the egg in a bowl. Form into small patties and place on a plate. Heat up a skillet over medium-high heat and add coconut oil. Once melted, add the patties and cook for about 1-2 minutes, flipping patties and allowing them to cook to meat preference.

Cauliflower Tabbouleh:

- 4 cups riced cauliflower
- 2 teaspoons olive or avocado oil
- 3 cloves garlic, minced
- 1 teaspoon salt
- 1/2 cup shredded carrot
- 1/4 cup coarsely chopped mint
- 1 cup coarsely chopped parsley
- 1/2 red onion, minced
- 3 Tbsp. Lime juice
- 1/2 cucumber, diced
- 1 tomato, diced
- Sea salt and pepper to taste

—— Cut the cauliflower in quarters and slice out the core. Break down each quarter into smaller pieces, and place in a food processor with the S blade. Place about a quarter of the cauliflower into the processor and pulse until crumbly. Set a skillet over medium heat and add the avocado oil. When the oil is hot, add the garlic and sauté for 30 seconds. Add the riced cauliflower and salt to the skillet, tossing the cauliflower for about 3 minutes until it is tender. Remove the cooked cauliflower and place it in a medium bowl. Store in remaining ingredients and allow

the mixture to sit for 30 minutes, preferably refrigerated, before serving. This dish can be eaten warm or cold. Top with lamb sliders and enjoy!

Herb Steak & Broccoli

- 1 fresh grass-fed steaks
- 1-2 garlic cloves, minced
- Dried oregano
- Olive oil
- Ghee or coconut oil
- 1 head of broccoli, washed and cut into quarters
- Sea salt

—— Massage steak with garlic, oregano and olive oil. Set aside. Top a baking sheet with parchment paper and place broccoli, cut side facing downwards. Drizzle with olive oil and liberally top with sea salt. Bake at 350 F for 25-30 minutes, or until cooked through and slightly crispy. While the broccoli is cooking, heat up a skillet over medium-high heat and melt a tablespoon of butter or oil. Sear steak and allow to cook until meat reaches desired preference.

Whole Chicken & Roasted Vegetables

- 1 whole chicken, 4-5 pounds
- 1 yellow onion, sliced
- 1/4 cup parsley, chopped
- 3 large carrots, peeled and cut into 2" pieces
- 2 + 1 Tbsp. Ghee or coconut oil
- 3-4 cloves garlic, thinly sliced
- 1 Tbsp. Sea salt
- 1/2 tsp. Pepper

- 2 leaves fresh sage
- 1 Tbsp. Fresh rosemary
- 1/2 tsp. Dried thyme
- 1 1/2 cups chicken, beef or vegetable broth
- Half lemon, sliced (optional)

—— Melt 2 tablespoons of ghee and sear the whole chicken over high heat in a saucepan or Instant Pot (set the setting to “sauté ” over high heat). Remove seared chicken from heat and place in a slow cooker, or place on the wire rack in the Instant Pot, breast side down. Add the 1 tablespoon of ghee to the saucepan or Instant Pot if using, and sauté the garlic, sage, rosemary and thyme over low heat until the garlic is golden. Pour over the chicken, and add the sliced onions, carrots and parsley. Pour in the broth. Season with sea salt and pepper, and top the chicken with sliced lemon if desired. Set the slow cooker to low and allow the chicken to cook for 4 to 5 hours, or until the chicken’s internal temperature reaches 165 F. Alternatively, if using an Instant Pot, pressure cook the whole chicken for 30 minutes on high. Make sure to set the vent to “sealed” before starting, and once the pressure cooker is completed carefully set the vent to “release” to allow the steam to dissipate.

Sesame Carrot & Cabbage Bison Stir Fry

- 1 Tbsp. Ghee or coconut oil
- 1 cup chopped yellow onion
- 2 teaspoons freshly grated ginger
- 2 cloves garlic, minced
- 1 pound ground bison (or ground beef)
- 1 tsp. Sea salt
- 2 Tbsp. Coconut aminos
- 2 tsp. Fish sauce

- 2 Tbsp. Apple cider vinegar
- 1/4 green cabbage, thinly sliced
- 2 large carrots, peeled and shredded
- 4 Tbsp. toasted sesame oil
- 1/4 cup scallions, diced
- Toasted sesame seeds

— Heat the oil in a large skillet over medium heat, and add onions. Cook for 5 minutes, or until translucent. Add the ginger and garlic and continue sautéing, stirring frequently for another minute or so. Add the bison to the skillet and break apart the meat with a wooden spoon. Sprinkle the mixture with salt as the meat is browning. When the meat is still pink, add the coconut aminos, fish sauce, ACV, tossing everything together. Add the cabbage and carrots, and cover the pan, leaving the lid slightly ajar. Simmer the mixture for 3 to 5 minutes, or until the carrots have softened and the cabbage has shrunk. Top with sesame oil and combine. Turn off the heat and serve. Top the dish with scallions and sesame seeds if desired.

Lemon Garlic Salmon, Zucchini & Garden Salad

SALMON

- 1 wild salmon fillet
- 1/2 lemon, juiced
- 2 cloves garlic, minced
- 2 Tbsp. Parsley, chopped
- 1 Tbsp. Dijon mustard
- 2 Tbsp. Olive oil

ZUCCHINI

- 1 large zucchini, thinly sliced
- Dried oregano
- Olive Oil

SALAD

- 1 head of lettuce (romaine, green leaf, etc.) washed and chopped
- 1/2 green pepper, chopped
- Handful parsley, chopped
- 1/2 cucumber, chopped

SALAD DRESSING

- 1/2 cup Olive oil
- Sea salt and pepper
- 1 tsp. Mayonnaise (sugar-free, organic)
- 1 clove garlic, minced
- 1/2 lemon, juiced
- Dried oregano

—— Preheat oven to 350 F. Top a baking sheet with parchment paper, and place the salmon on the baking sheet. Combine remaining ingredients in a small bowl to make a “dressing” for the salmon. Evenly top the salmon with the dressing, and bake for 15 minutes, or until the salmon is cooked through.

Combine salad ingredients together in a medium mixing bowl.

Combine salad dressing ingredients in a small bowl or mason jar. Whisk or shake to combine.

Curly Kale with Cilantro Artichoke Pesto

- 1 cup fresh cilantro leaves
- 1 cup fresh basil leaves
- 1/2 cup whole jarred artichoke hearts
- 2 cloves garlic
- 1/2 tsp. Sea salt
- Freshly ground black pepper
- 1/4 cup extra-virgin olive oil
- 1/2 bunch curly kale, de-stemmed and finely chopped
- 1 cup thinly sliced dandelion greens
- 1 radish, thinly sliced
- 2 Tbsp. Hemp seeds
- 1/2 mango, diced (optional)

—— To make the pesto, combine cilantro, basil, artichoke hearts, garlic, salt and pepper, and process the mixture in a food processor until everything is well broken down. While the food processor is running, drizzle in olive oil. The pesto should be smooth and slightly runny. Place the kale in a medium bowl and add half the pesto. Use your hands to massage the pesto into the greens, breaking down the tough fibres of the kale until it looks slightly wilted. Add the dandelion greens, radish and remaining pesto. This salad tastes best when allowed to sit so that the flavours can marry. When you're ready to serve it, top it with the hemp seeds and optional mango.

Juicy Burgers on Romaine

- 1 pound ground beef
- Sea salt and pepper
- 2 cloves garlic, minced
- 1 egg
- 2 Tbsp. Olive Oil
- 1 tsp. Dijon mustard
- Dash of coconut aminos
- 2 Tbsp. parsley, chopped
- 2 slices roasted red pepper, chopped
- Dried oregano
- 4-6 leaves romaine, washed
- Desired burger toppings such as tomatoes, pickles, onions...

— Combine ground beef, garlic, egg, olive oil, dijon, coconut aminos, parsley, red pepper and seasonings, and shape into burger patties. Cook over the grill or stovetop until meat reaches desired preference. Enjoy the burger on two romaine lettuce leaves with desired toppings.

Congratulations! You did a full week! You should be very proud of yourself. If you would like the full 30 day cleanse, we will have it available for purchase. Make sure you share your progress on Instagram & tag us @shelbynaturals, using the hashtag #keepglowing so we can encourage & support each other! :)

Love,

Shelby