



BOOST
fat loss
energy
focus

REDUCE
cravings
bloating
inflammation

DETOX DAY **KIT**

An a la carte menu to create
an easy detox day.

A detox you'll LOVE during AND after

A great detox can seriously reset your system.

With this kit, you're going to feel energized, cleared-out and lightened-up in all senses of the word - physically, emotionally and like you've got more mojo than ever!

But, I know first hand, that some cleanse/detox protocols can be ...kinda miserable. You can feel tired, sluggish, like your eyelids are being pushed down in this weird Quasimodo look, and even feel edgy, anxious or melancholy...oy vey. You can make it through and feel good the *next* day, but you're scared to ever do it again!

Let's upgrade a 'detox/cleanse day,' shall we?

I mean, starving myself and eating mystery powders mixed with water or superfood juices does make me feel good the *NEXT* day, but what about *TODAY*?!

Enter the DETOX DAY KIT- A DIY Detox Day where you'll feel amazing TODAY AND tomorrow. Plus, it's super simple and mom-friendly.

No need to buy supplements when you could spend that \$\$\$ on...frankly, whatever you want that's not pricey supps. I'm not anti-supps, but you certainly don't need them to detox. I consider them a convenience for getting in protein and superfoods (hurrah), not a meal-replacement, become-reliant-on-powders-for-health -and/or weight loss, type of thing. I'll show you the DIY detox ways, and once you've got these skills, they will support you the rest of your life. Now *that* is smart & sustainable!



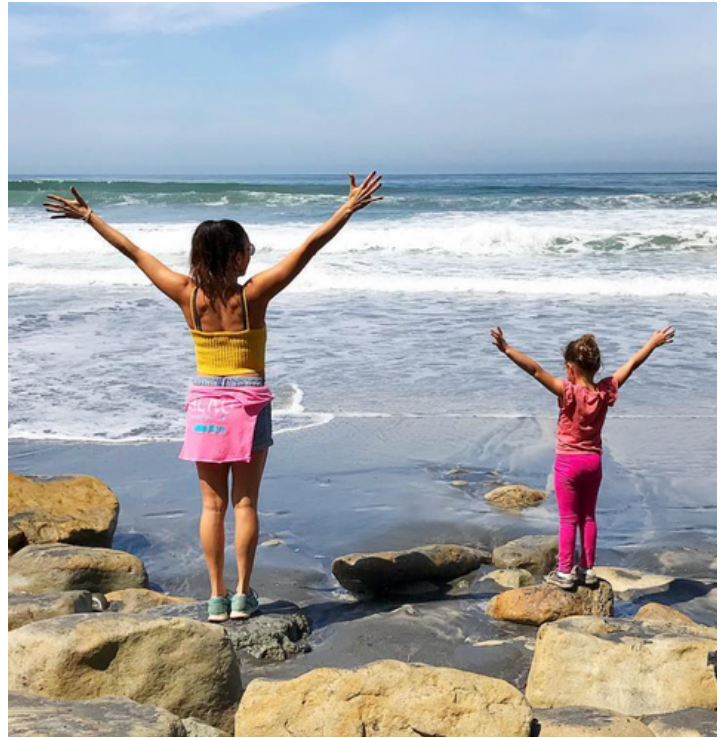
Benefits to expect

INCREASE IN...

FAT LOSS
ENERGY
FOCUS
ENJOYMENT OF HEALTHY FOODS
(a detox can really reset your
palette and enhance
your tastebuds)

DECREASE IN...

CRAVINGS
BLOATING
INFLAMMATION
FAT-STORING HORMONES



What IS a detox?

"While there's no clinical, universal definition for "detox," it essentially refers to flushing the body of toxins it has accumulated through diet or the environment. The body detoxifies itself already, through digestion and elimination. That's right, it does the whole thing naturally, no green juice required. There are ways that we can aid our bodies in their natural detoxification process. And the best way to do this is through what we eat." ~Sarah Aldrich

Yep, our body detoxes itself, *and* we can help it along with the food we eat...or don't eat. Ha! We're harnessing the power of food to FEEL AWESOME! Holla, you're a balla., or whatever you want to be. 😊

All we're doing is supporting our body's detoxification processes - our body does this naturally already, we're just helping it. So, there is no need to get super overthink-y about this process.

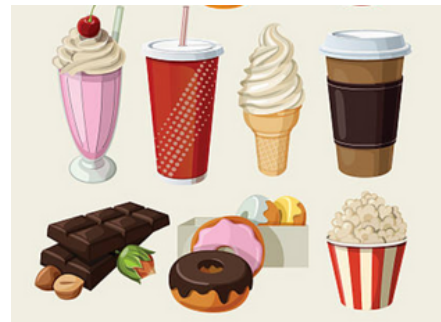
As a mom, I live by the K.I.S.S. motto, 'Keep it super simple.' So, don't overthink planning your detox. It doesn't have to be 'perfect.' Think, rich in veggies, water, protein, healthy fats...low in carbs, NO ARTIFICIAL cruddios, minimize pre-packaged foods and ideally, no sugar, grains or dairy. It's short-term, and you will feel amazeballs.

This is not an un-do a bad night go-to strategy, this is a boost for fat loss and health

BEING REAL + WARNING - Back in my binging days, one of my mental habits during a binge was to tell myself, 'Oh, I'll just eat less tomorrow.' Or, 'I'll just detox tomorrow and eat super clean.' That sneaky little lie reeled me into so many binges. 'Oh, I've already been so 'bad,' I might as well keep going and just start super fresh tomorrow with a detox.'

FIRST, always stay present with your food decisions. I was making food decisions based on the next day, not the present moment, when my body was screaming at me, 'I'm full, I don't want this, uggg this really hard on me.' Nope, I'd **IGNORE** my body and only focus on how, 'I need to consume as many cookies as possible before the clock strikes midnight, and Cinderella goes back on her diet.' Yikes. Sad...but true. I know many women have been there, maybe you have too. It's okay. We're here now, doing our best. Let's move forward, let's progress!

My vulnerable BINGING & 'SPITTING' STORY + LOVING INVITATION



If you're repeatedly doing detoxes or cleanses to 'un-do' overeating or binging, then frequent detoxes **AREN'T** the fix. You have a deeper issue. I know, because that was me. I was obsessed with 'detoxing' because I had a binge eating disorder. The deep root that created this was my former false belief of, 'I'm not skinny enough.' I would then go on weight loss plans with minimal flexibility, and in order to have more of the unhealthy treats I was craving, I would chew those foods up and spit them out into a disposable cup. Wow, super vulnerable here.

After I was 'spitting' in secret for a year or so, I started secretly doing it in public in restaurants by spitting my food out into napkins when pretending to wipe my mouth. My 'spitting' habit got worse, and led to frequent nights alone in my car, spitting donuts and cookies from 7-11. Yup, I've done crazy stuff with food, and I've let go of any shame regarding it, because I understand how it all happened, and I know I was doing the best I could with the knowledge and skills I had at that time. I was just trying to distract myself from sadness and anxiety, and at night, they would feel overwhelming sometimes. I felt lost. Food was comforting, I could count on it to feel good...for 30 minutes. It became a habit my body craved. Oh, to bite into a snickerdoodle...over and over. It's delicious. Then the sickness hits 2-10 cookies later. If that's you now, I **LOVE YOU. YOU ARE LOVED.** This can change!

I encourage you to get to the root of the problem, so that a cleanse/detox is a bonus reset, not a repair-all-the-damage from yesterday, the weekend, last week, type thing. You may be unaware of how much it is draining your life and your beautiful soul, so please, seek support. I've got you. You can email me at enjoy@jessicajoylife.com if you're struggling with this. Xx

DETOX ROCKSTARS + the opposite

A simple way to think about detoxing

INCREASE 'DETOX ROCKSTARS'

All dem CLEAN, whole foods

- PLANTS & HERBS (every meal)

lemon
ginger & garlic
celery
cucumber
dark leafy greens
turmeric
cayenne & all natural spices!
low-starch veggies
grapefruit
All fresh herbs! Load 'em up

PROTEIN- BASED (recommended at every meal)

Bone broth
Eggs
Salmon (Metab boosting omega-3s)
Fish
Good-quality protein powder

HEALTHY FAT BASED

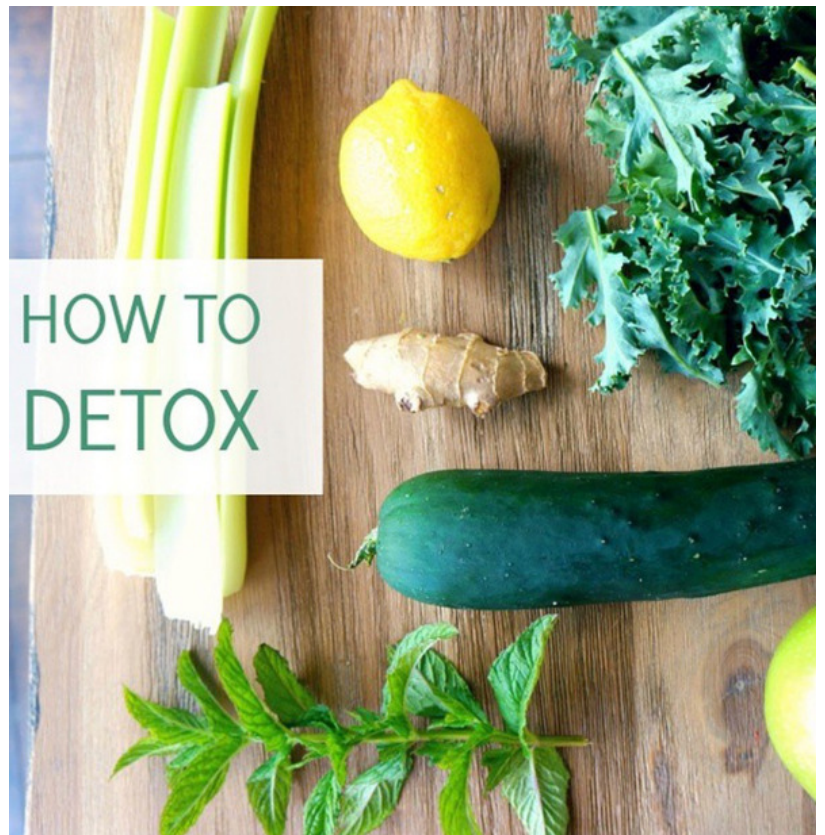
MCT oil, brain octane etc
Coconut oil
Olive oil
Avocado
Raw nuts & seeds

BEVERAGES

Green tea or matcha
Beverages with detox foods (lemon,
cucumber, smoothies etc.)
ACV – apple cider vinegar
Nut milk

AVOID or LIMIT

- Sugar
- Packaged foods even if labeled 'healthy'...they can have extra salt, sweeteners, artificial ingredients etc.
- Unnatural sweeteners (high-fructose corn syrup, artificial sweeteners etc.)
- Grains
- Dairy
- Fried-foods
- Dark and/or fatty meats (beef, pork)



Steps to your custom detox day

HOW MANY CALORIES DO I PLAN FOR?

Here's what to consider, and then plan accordingly. You can use this same kit to try all different kinds of detox days (which I recommend 1-4 times a month) so don't overthink it. Do what feels right and learn from there.

If you're focused on fat loss, I'd recommend starting with a baseline of 500 calories, then aiming to cap-out at around 800 based on hunger & energy level. This occasional deep calorie deficit will really support tapping into your fat stores and rebalancing fat-burning and fat-storing hormones.

If you're focused on resetting your energy, gut, cravings and/or overall health, aim to hit 800 calories, then up to even 1200 based on hunger that day. Keep yourself pleasantly satisfied, so your body is spending more energy on healing than digesting. But, if halfway through the day, you're struggling major, feel free to up your intake to 1500.

HOW I DETOX - I give myself a BIG calorie window to play with, 500-1200 calories, I have plenty of veggies, soups, beverages and some healthy treats planned and ready to go. I always intermittent fast until about 11am every day, (my body has adapted to it and I love it). From there, I listen to my body and honor what it's telling me. Doing this makes me feel safe, because I know I can trust myself to listen to my body's signals. If I hit 800 calories and I'm still hungry, I don't have to freak out, I just give myself some more and I'm okay with it. Luckily, these recipes are seriously filling. I am a hungry lady, and I am full on these.

ROUNDING OUT THE DAILY N.E.W.S.

So far, this has all been about nutrition, and some hydration. We also need to factor in ALL of what I call, The Daily N.E.W.S.

NUTRITION
EXERCISE
WATER
SLEEP

EXERCISE - Get your sweat on, but in a gentle way. Our skin is our biggest organ, and sweating not only cools, but cleanses toxins. That being said, an easy sweat sesh can be supportive, but I wouldn't recommend anything too intense. We want your body using its energy on restoring and healing overall, not from a tough workout too. A trip to the sauna can be great if you have access, but don't worry if you don't.

WATER - Drink at LEAST half your body weight in ounces. I'll show you how to make it yummy & healthy.

SLEEP - This is so important and often overlooked. Sleep deprivation seriously throws off your hormones. Get a baseline of 7 hours the night before and that night. Plan ahead to make this happen, and instigate an 'electronics off curfew.'

Plan & prep the day before

The goal is to not only detox, but to de-stress. Deciding to dive into this THAT MORNING or maybe just the night before, isn't going to create a rejuvenating experience we're looking for. You'll likely need to make a grocery trip for this, and having a few things prepped the day before can make the whole process really smooth and breezy.

1. Determine your baseline calories and give yourself a calories window.

NOTE - If you're struggling at 800, when that's your cap-out, then I'd encourage you to go up to 1000- 1200, and then slowly, week by week, you may be able to work your way down to 800. But really, 1200 is still great when you're combining it with all these detox foods! Listen to your bod. And, if it gets really rough, go up to 1500, just keep eating 'detox rockstars.'

2. Pick your recipes and snacks

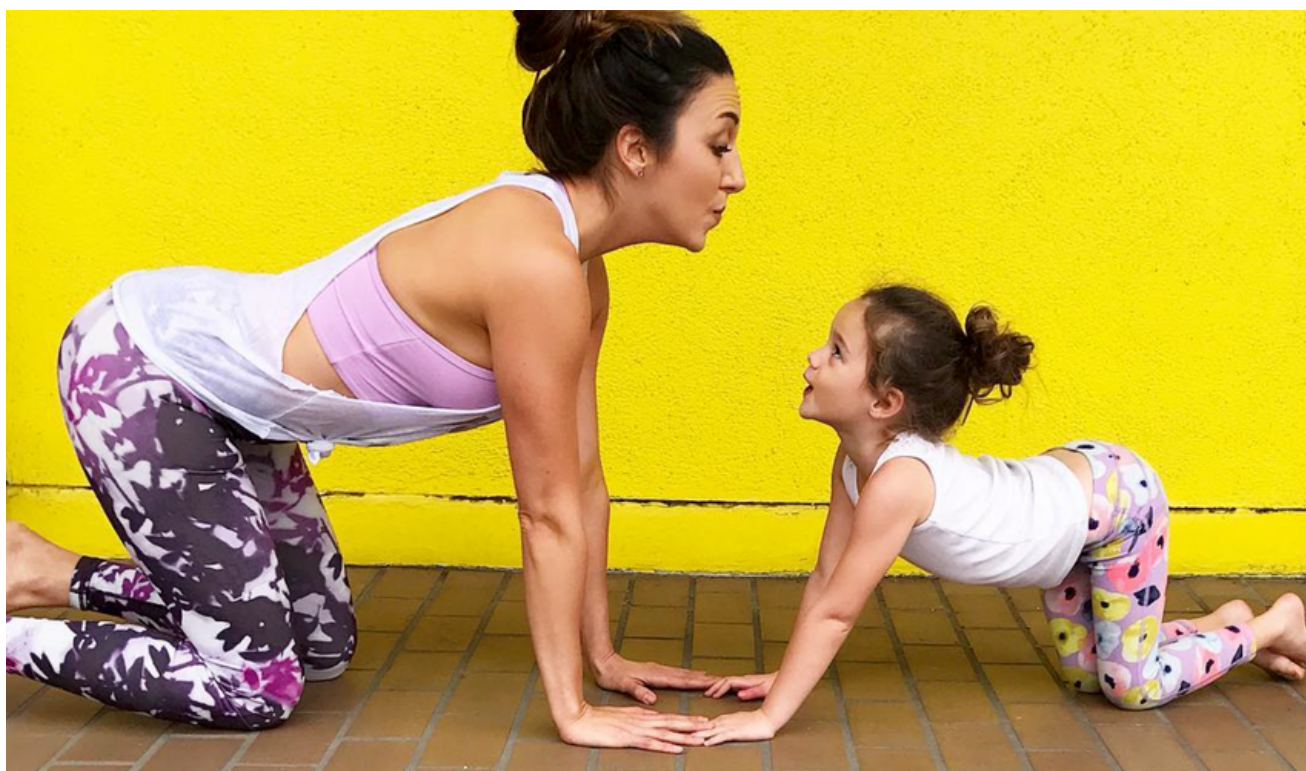
Start simple at first. Feel free to have the same lunch and dinner. Choose easy snacks etc. Choose 1-2 beverages, not all of them. Use the K.I.S.S. strategy, Keep It Simple, Sexy. Overwhelmed ain't sexy - SIMPLE IS.

3. Write your grocery list & shop

Go through each recipe and add any ingredients you need to your grocery list

4. Do some food prep

You don't need to prep everything ahead, but aim to have breakfast, a snack & a beverage ready to go.



Detox a la carte Menu

Choose from the menu to create your customized detox day.
Consume 500-1,200 calories total to support detoxing & fat loss

BREAKFASTS

- Mint smoothie, includes vanilla or chocolate protein powder) – 260
- Skinny horchata smoothie, includes vanilla protein powder) – 175
- Egg + greens + avocado – 175

SNACKS

PLANT-BASED

- Detox spice smoothie – 110
- Veggies + pico or salsa – 10-75, varies based on type of veg + portion
- Bento box - customize a veggie, fruit & nut plate - varies

PROTEIN-BASED

- Hardboiled egg/s – 70 each (egg white only - 20)
- Cooked chicken breast – 40 per oz, (about the size of 3 fingers (pointer, index & ring finger = 1 oz.)
- Turkey meatballs ~ 50 per meatball

LUNCHESES and/or DINNERS

- Faux pho – 40 per cup. Add calories for lean protein + noodles
- Crockpot curry stew – 10 per cup. Add calories for lean protein + avocado
- Bye Bye Bloat, Detox Salad - 220 Add calories for lean protein
- Lettuce-Wrapped TACOS 175-200, including protein
- Asian Lettuce Cups 200, including protein

BEVERAGES

0 calories

- Lemon & ginger water
- Sexy water (make a pitcher of it)
- Green tea
- ACV + cinnamon shot
- Coffee (black)

Low-calorie

- Turmeric latte - 30
- Matcha latte - 30
- Healthy hot cocoa - 35-50

SWEET FIX

- Freezer fudge crunch - 65 per cube
- Fudgsicle cubes - 5 per cube
- Strawberry chia pudding - 180

DESIGN IT YOUR WAY!

You don't have to create a traditional meal plan, with a breakfast, lunch, snack/s and dinner. You could have 2 breakfasts and 2 snacks, or eat the same big pot of soup all day with a smoothie in the middle. Do you, Boo! Just make sure you're getting protein and vegetables throughout the day and tracking your calories.

BREAKFASTS

CHOCOLATE MINT SMOOTHIE ~260 calories

- 1 serving chocolate or vanilla pro pow (protein powder)
pro pow sounds like superhero food, so we roll with it 😊 120
- 1/4 cup avocado, diced 50
- Fresh mint leaves
- Spinach 5
- 1/2 small or medium cucumber (start with less) 15
- 1 1/2 - 2 cups unsweetened nut milk 60
- Stevia to taste (Add in after blending based on your taste)

Combine all ingredients in a blender, starting with just 1 1/2 cups nut milk. Once blended, add more to reach desired consistency. Taste and add a little stevia if desired.



SKINNY HORCHATA SMOOTHIE ~175

- 1 serving vanilla protein powder 120
- 1/3 - 1/2 cup unsweetened almond milk 25
- 1/2 Tbsp almond butter 50
- A few big sprinkles of cinnamon
- A handful of spinach or other leafy greens (recommended)
- Ice, optional (see instructions)

Blend ingredients together. For a really refreshing treat with a twist of fanciness, I'd recommend pouring it over ice, putting a straw in it and dusting the top with cinnamon. I prefer a tall glass to hear the ice cubes tinkling around the glass. On my heaven!



EGGS, GREENS & AVOCADO ~165

- 1 egg 70
- 2 egg whites 40
- Loads of leafy greens 5
- 1/4 cup avocado (see instructions for quick guacamole recipe) 50

Flexible instructions

EGGS - Prepare eggs as desired (over-easy, scrambled etc).

GREENS - Place on plate under the eggs or cook with your eggs

AVOCADO - Slice and sprinkle with salt & lemon or lime. OR, make a quick guacamole (seasoned with a lil salt and lime or lemon juice, then schmoosh it all with a fork)





DETOX SPICE SMOOTHIE - 110

- 1/2 cup water
- 1 small apple, diced 50
- 1 cup spinach or kale
- 1/2 lemon
- 1/2 inch slice of ginger
- 1/8 - 1/4 tsp cayenne pepper
- 1 tbsp real maple syrup or honey (60)

Directions

Add all the ingredients to your blender and blend until everything is smoothly mixed. Adjust to taste (add more ginger or stevia or even cayenne, if desired) Sip slowly!

FRESH PICO de GALLO + VEGGIE 'CHIPS' ~25-100, varies

Slice your veg into chip-like shapes. Dip away!

QUICK PICO RECIPE

- 3 roma tomatos, diced
- 1 small red onion, diced
- 1-2 Tbsp cilantro (if you don't have it, just leave it out)
- A squeeze of lemon or lime juice
- S&P to taste
- 2-4 Tbsp jarred salsa to add extra flavor (optional)

QUICK GUACAMOLE RECIPE 1/4 cup 50

- 1/2 - 1 avocado, diced
- sprinkle with lime or lemon juice
- sprinkle with salt
- Schmoosh together, then taste. Add more salt or lime/lemon if desired



BENTO BOX ~ 100, varies

- 1 small fruit or 1/2 large fruit (keeping the sweetness low today) ~ 50
- Veggies of choice ~25-50
- 1 Tbsp. nut butter or 2 Tbsp nuts/seeds ~100



TURKEY MEATBALLS, LOW-CARB - 40 per meatball, makes 25

1 pound lean ground turkey or ground chicken
1 zucchini, grated and blotted, see instructions.

Can swap w/2 cups cauliflower rice (if you have neither, just leave 'em out)
1 tsp each salt & pepper
1 tsp each cumin & oregano (or Italian seasoning)

1. Preheat oven to 425'
2. Line a baking sheet with foil or parchment paper and spray with oil.
3. Grate zucchini & blot with a paper towel to remove some excess moisture
4. Combine all ingredients into a bowl
5. Divide mixture into 5 equal parts. With each 1/5 mixture, make 5 meatballs.
6. Lay all meatballs onto baking sheet
7. Cook for 15 minutes, or until cooked through
8. Allow to cool, and refrigerate in an airtight container for up to 5 days.



HARDBOILED EGGS - 70 per whole egg, 20 per egg white

My FAVE way to prep hardboiled eggs so they PEEL EASILY (steam them for 12 minutes)

1. Pour an inch of water into a large pot
2. Bring to a simmer
3. Place eggs in a steamer basket
4. Once the water is simmering, add the steamer basket of eggs, and put the lid on the pot
5. Keep the water simmering, and set a timer for 12 minutes
6. Once timer goes off, turn off the heat, drain the water, and refill the pot with cold sink water. Then, EASILY PEEL YOUR EGGS. I peel mine all at once then wrap them in foil to store in the fridge for up to 5 days.



GRILLED OR ROASTED CHICKEN BREAST STRIPS 40 per oz ~ size of your last 3 fingers

HOW TO ROAST CHICKEN BREASTS

1. Preheat oven to 425'
2. Line baking sheet/s with foil for easy clean up & spray w/cooking oil
3. Place chicken breasts on the tray (I often slice mine in half if they're thick)
4. Season both sides with salt + pepper, plus any extra dry seasonings you like
5. Bake/roast until internal temperature is 165' using a meat thermometer. Cooking time varies depending on thickness of chicken. Start with 15 minutes for thin pieces. Allow to cool for 5-10 minutes before slicing, then refrigerate in an airtight container (I often use a gallon ziploc bag) and store in fridge for up to 5 days.

LOW-CALORIE DIPS & SAUCES

Great for dipping veggies or protein

Not all of these are 'clean/chemical free' but I'm not crazy-staunch about a sliver of my diet coming from convenient low-calorie sauces that add MAJOR flavor. If it helps the veggies & lean protein go down with a yummm, I'm open to it.

But, you decide for yourself.

- Sriracha (Asian-style hot sauce)
- Dijon mustard
- Salsa (watch the sodium)
- Sugar-free or low-sugar ketchup
- Cholula (Mexican style hot sauce)
- Frank's Red Hot Wings Buffalo sauce (so good)
- Low-sugar BBQ sauce (I recommend Stubb's, check the label and get 4g sugar or less per serving. Most BBQ sauce is crazy sugary)
- Pizza sauce (this is a secret weapon. It's super low-calorie, especially in comparison to pasta sauces that contain more sugar and fat)



BYE BYE BLOAT DETOX SALAD (my fave)

(220 calories per serving, not including lean protein)

Makes 2 (2 portions of dressing, 2 of salad) Half recipe if needed.

Detox dressing (260 calories – 130 calories per serving)

- 1 1/2 TBSP ACV
- 2 Tbsp olive oil (240)
- Squeeze of lemon
- 1 tsp honey (20)
- S&P

Salad (180 calories ~ 90 calories per serving)

- 4 cups baby spinach or kale (10)
- 1 small cucumber, sliced or diced (10)
- 1 apple, sliced or diced (match it with the cucumber) (50)
- 1/2 cup avocado (1 avocado), sliced or diced (100)
- 2 Tbsp fresh parsley
- 2 Tbsp fresh cilantro
- HERB NOTE - feel free to swap or add any fresh herbs, but get at least 1-2 for their detox powers

Faux Pho (Makes 2 giant servings) (160 calories)

- 1 Tbsp minced fresh ginger
- 1 Tbsp minced fresh garlic
- 1 quarts chicken bone broth 150
- 1 Tbsp low-sodium soy sauce or coconut aminos
- 2 zucchini (zoodled) or 1 package shirataki noodles (in refrigerated section, typically near the herbs or refrigerated vegan dips) 0-40
- Cabbage (napa, green or red), sliced 1"-2" long (optional)
- Cooked chicken breast, diced or shredded (4 oz per meal. 35 calories per oz) 140
- Fresh cilantro (optional)
- Fresh basil ... I consider it an awesome finishing touch, but if you don't have it, don't sweat it
- A lil chicken bouillon (optional) – This can enhance all the flavors if it's seeming blah, but easy does it, we want to keep it low sodium
- Red pepper flakes (optional)

INSTRUCTIONS

1. Bring a medium sauce pan to medium heat (not medium high), spray generously with cooking spray or use 1 tsp coconut oil. Add ginger and garlic, saute until fragrant, 1-2 minutes. Add broth and soy sauce, bring to a boil and cook for 2-3 minutes.
2. In your bowl, layer the veggies and top with chicken, then pour the broth over top.
3. Top with your toppings of choice



ZHUSH IT UP! Optional add-ins to really make it sing!

- Bean sprouts
- Fresh lime wedges
- Thinly sliced red onion
- Thinly sliced mini-bell pepper (red)
- Bok choy
- Lemongrass
- CHOPSTICKS and/or a cute soup spoon

LUNCHES & DINNERS ... detox like a celeb

Crockpot stew 150 calories for the whole batch

Adapted from Kate Hudson's 'Vegetable Detox Broth.'

- 2 medium carrots, chopped 60
- 2 -4 stalks celery, chopped 15
- 4 garlic cloves, chopped
- 1/2 bunch kale, leaves only, chopped (Or replace with adding f fresh spinach to individual bowls after everything is cooked) 40
- 1/2 cup cilantro, chopped (can add in fresh later instead)
- 1 inch chunk fresh ginger, grated or chopped
- 1 onion, chopped
- 1/2 Tbsp turmeric (switch for curry powder if desired) 40
- 1 jalapeno, seeds removed, chopped (optional)
- 1 tsp salt
- 1 tsp pepper
- Water - enough to cover all vegetables, or move if desired
- Add chicken broth or healthy bouillon for more flavor



Combine all ingredients to the slow cooker, and cook on high for 3-4 hours, or low for 6-8, depending on how soft you like your vegetables. Once cooked, add more salt and pepper if needed, tasting as you go.

Feel free to use this as a base for a meal by adding in some cooked lean protein, and topping with some avocado etc.



Anti-inflammatory Coconut, Ginger, and Turmeric Soup (450 for ALL of the soup, w/o cooked chicken)

Inspired by Amber Rose (chef to celebs like Gwyneth Paltrow, Kate Hudson & more) and her book, The Wholefood Pantry

- 1 quart homemade bone broth or store-bought chicken or vegetable broth (150)
- 1 can full-fat coconut milk
- A knob of fresh ginger, grated or peeled & very finely sliced
- 1/2 teaspoon ground turmeric
- Juice of 1/2 to 1 lemon (you decide on flavor preference)
- 1/4 teaspoon red chili flakes or cayenne pepper
- A small handful of cilantro, roughly chopped
- S&P
- Cooked chicken breast, diced or shredded (Optional add-in after cooking)

1. Put all the ingredients, except for the cilantro into a medium saucepan, and bring to a gentle simmer.
2. Simmer for 5 to 10 minutes, remove from the heat, and allow to cool for a few minutes.
3. Season with sea salt and plenty of black pepper, sprinkle over the cilantro. Taste and add more lemon juice if you like. Serve.

Tip: Be generous with the black pepper as it's been proved that the piperine contained in pepper helps the main potent active ingredient (curcumin) in turmeric to be fully absorbed by the body during digestion. Turmeric is a powerful antioxidant and anti-inflammatory and has been proved highly effective in reducing the risk of many chronic diseases.



LETTUCE-WRAPPED TACOS – 175-200 calories (including protein)

4 oz lean protein (cooked chicken breast, 3 turkey meatballs, shrimp or white fish) 150
Pico de gallo (25)
1/4 cup avocado or guacamole (just smooch the avo w/a lil lime juice & salt) (50)
Lettuce ‘tortillas’ (Romaine leaves ideal, bibb lettuce great, iceberg lettuce would work...but it’s low in nutrition)

QUICK PICO RECIPE

3 roma tomatos, diced
1 small red onion, diced
1-2 Tbsp Cilantro (if you don’t have it, just leave it out)
A squeeze of lemon or lime juice
S&P to taste
2-4 Tbsp jarred salsa to add extra flavor (optional)

ASIAN LETTUCE CUPS - 200 calories (including protein)

1 serving

4 meatballs or 4 oz cooked chicken or shrimp (140)
1/2 cup edamame, thawed, can swap rice or cauliflower rice 100
1/4 cup (use more or less) Asian Sauce (see below)
1 Tbsp sesame seeds 50
Bibb lettuce would be the ideal option, but you def can swap for romaine lettuce leave, cabbage leaves, or even iceberg lettuce if that’s all ya got)

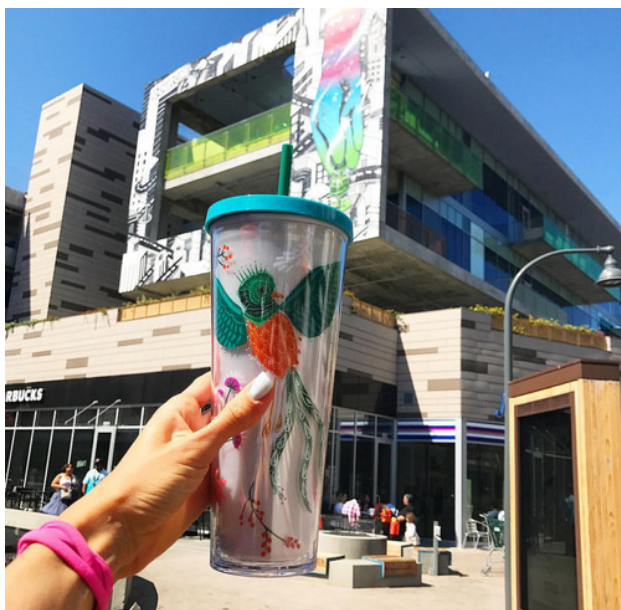
Asian Sauce - combine in an airtight container & store in fridge

4 tsp soy sauce (or coconut aminos)
1 Tbsp dijon
1 tsp rice or white vinegar
1/2 tsp black pepper
2 Tbsp water
1 tsp honey
3 green onions (white tips in sauce, greens for garnish)
1 8 oz. can water chestnuts, rinsed and drained, chopped



Combine cooked protein, edamame and or cauliflower rice (or regular rice) & a portion or all of the sauce (based on how intense you want the flavor) in a small fry pan. Heat through on medium heat and let excess liquid evaporate. Spoon mixture into lettuce leaves/lettuce cups or on top of leafy greens. Sprinkle with sesame seeds.

ZERO-CALORIE BEVERAGES ...drink up!



ZERO CALORIES

- Lemon & ginger water
- Fruit & herb infused water
(add a few fruits and/or fresh herbs to water.
Fave combos: berry + mint, cucumber + melon, cinnamon stick + apple)
- Green tea
- Herbal teas
- ACV Cinnamon Shot (or pour into a full glass)
- Coffee (black), can add unsweetened nut milk & stevia)

Hydration can be sexy or a blah to-do. Let's make it fabs!



'Detox Ice Cubes.' Add 1 cube per 16 oz water

4 parts fresh lemon juice
1 part grated ginger

Freeze into cubes and add to your water throughout the day.

This process makes 1 mess, 1 time and the cubes last for weeks.



Water Prep

You've heard of food prep, but you can also prep your waters. I love using mason jars. I fill them with water, add healthy flavorings like an herbal tea bag, fresh fruit and/or herbs or one of my detox ice cubes. Pop the top, drop in a straw and sip away!



ACV Cinnamon Shot - cravings crusher

2-4 tsp ACV (apple cider vinegar with 'the mother' on the label)
2 drops stevia + dash of cinnamon + 1-3 oz water (eyeball it)

You can also pour this into a full glass of water if desired.

LOW-CALORIE BEVERAGES ...super satisfying

LOW-CALORIE (calories listed include recipe w/stevia only. Add more for honey or maple syrup (both 60 calories/Tbsp or 20/tsp)

- Turmeric latte - 30
- Matcha latte - 30
- Healthy hot cocoa - 35-50



TURMERIC LATTE (Golden milk) 30

- 1 cup unsweetened almond milk
- 1/4 -1/2 tsp turmeric
- A lil freshly ground ginger or dry ground ginger
- 1 dash cinnamon (in the drink or sprinkled on top...or both)
- Sweetener to taste (maple syrup, honey or stevia. Stevia is calorie-free)

You can heat all the ingredients in a small saucepan on the stove, but yo, I like to minimize prep time and dishes to clean, so I use the microwave. Here's how.

In a big mug, combine a lil unsweetened almond milk and all the turmeric. Stir together into a paste to ensure the turmeric gets blended in. Add remaining ingredients. Taste test for sweetness and adjust accordingly. Heat on high for 1 minute. Check temperature. Continue heating at 20 second increments. Enjoy.

MATCHA LATTE 30 (Goddess milk)

JK ☺ it's not nicknamed Goddess milk, but it IS really good for you. I mean, the stevia really helps, but I'm not about to say, 'Wow, this is delish,' ya know? It's a 'Hmm, interesting,' more than a 'Mmmm.' Try for yourself - some peeps rave.

- 1 cup unsweetened almond milk
- 1 tsp matcha powder
- Sweetener to taste (maple syrup, honey or stevia. Stevia is calorie-free)

In a big mug, combine a lil unsweetened almond milk and all the matcha. Stir together into a paste to ensure the matcha gets blended in. Add remaining milk. Taste test for sweetness and adjust accordingly. Heat on high for 1 minute. Check. Continue heating at 20 second increments. Enjoy. Some matcha is hard to blend, you may need to add it quickly to a blender to blast any chunks.



HEALTHY HOT COCOA - 35-50

- 1 cup unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- Stevia to taste

For max quality, combine all ingredients in a blender, and whir to combine. Taste for sweetness. If it's too bland or bitter, add a little stevia at a time. Whir again. Once it's reached your desired sweetness, pour into your mug and microwave for 1 minute. If prepping a big batch, warm in a saucepan on the stove. Complete once it's heated through. :)



FUDGSICLE CUBES - 5 per cube!

- 1 cup unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- 1-2 Tbsp chocolate protein powder (I used whey for better flavor)
- Stevia to taste

Combine all ingredients in a blender, and whir to combine. Taste for sweetness. If it's too bland or bitter, add a little stevia at a time. Whir again. Once it's reached your desired sweetness, pour into ice cube trays and freeze.

Not only this healthy, but you get a boost of protein & magnesium, AND it's low-calorie and low-carb so it won't spike insulin, leading to more cravings later.

FREEZER FUDGE CRUNCH ~ 65 per cube, if divided into 10 cubes

- 1/4 cup coconut oil 480
- 1 Tbsp cocoa powder 25
- 4-6 drops liquid stevia
- 1/4 cup Rice Krispies (25) or other unsweetened crunchy grain cereal
- 1 Tbsp almond butter (optional) 100
- A small dash of salt (optional) Sea salt can be a nice touch on the top

Place coconut oil in a small bowl and heat in microwave until it's all liquid (15 seconds at a time). Add remaining ingredients, taste to adjust for sweetness, then divide mixture into cubes on your ice cube tray.

NOTE - I bought some silicon ice cube trays on Amazon that I use all the time. They make 1/2" cubes. But, a regular ice cube tray will work fine.

NOTE 2 - I know Rice Krispies aren't the 'cleanest' food in the world, but it uses so little and makes a HUGE difference. And they aren't that naughty.



STRAWBERRY CHIA PUDDING ~180

- 1/3 cup unsweetened almond milk + stevia (optional) 30
- 2 Tbsp chia seeds 100

Toppings

- 1/2 cup strawberries (or any berry you want) chopped 30
- 1 tsp honey, optional 20

In a small bowl, combine chia seeds, almond milk and stevia (optional). Stir every few minutes for the first 10 minutes, then allow to rest in the fridge for another 20 minutes. Once set, top with strawberries and honey (optional).

Tip - Instead of stirring, use a lidded jar and shake & flip it every few minutes for the first 10 minutes.