



NOURISHcleanse
SAMPLE FOOD PLANS
Winter 2021

MENU PLAN: SIMPLE



Simple: General Suggestions

Continue with your time restricted eating (TRE) window of 12 hours. If you want to explore making that window smaller, like 10/14, 8/16 you may do so. Remember, begin eating 1 hour after waking and try to make that the same time each day. And be finished with all food and beverages (except water or herbal tea) after 12 hours (or less if you are experimenting with a smaller TRE window.)

For this week follow the Simple Path menu. You will find a vegetarian option anytime a fish or meat recipe is offered. The menu is meant to simplify and ease your digestion for the week. Listen to your body. If you are not hungry then don't eat, or have smaller portions. Conversely, if you feel hungry then consider eating bigger portions during your meal. We recommend your dessert to be enjoyed at lunch rather than dinner. And, drink good quality water throughout the day. Remember, often hunger is actually dehydration.

Enjoy your meals during the time. Invite pleasure. Eat with yours senses. Remove distractions. Eat slow. Say a prayer. Make it a ritual, even a celebration. Share the meal with family. Try to prepare your meals in advance and enjoy that as a practice as you would doing yoga.

Since digestion is the third biggest activity your body does on a daily basis (respiration and cardiovascular are the first two), giving your body a chance to take a digestive rest is essentially putting "energy credits" back in your energy body.

	BREAKFAST	LUNCH	DINNER	DESSERT (OPTIONAL)
DAY ONE	Winter Detox Soup Homemade Yogi Tea/Black Coffee/Matcha Green Tea Latte	Buddha Bowl	Baked Wild Alaskan Salmon with Warm Greens and Citrus Dressing <i>or</i> Roasted Butternut Squash with Kale Golden Milk	Coconut Chocolate Mousse
DAY TWO	Cleansing Soup Homemade Yogi Tea/Black Coffee/Matcha Green Tea Latte	Sweet Potato, Spinach and Quinoa Bowl	Beef Stew with Cauliflower and Kale <i>or</i> Delicata Squash Stuffed with Lentils and Sweet Potatoes Golden Milk	Goji Berry Bites
DAY THREE	Repeat Day One	Repeat Day One	Repeat Day One	Repeat Day One
DAY FOUR	Kitchari	Kitchari	Kitchari	Herbal Tea
DAY FIVE	Repeat Day Two	Repeat Day Two	Repeat Day Two	Repeat Day Two
DAY SIX	Cassava and Green Banana Pancakes Homemade Yogi Tea/Black Coffee/Matcha Green Tea Latte	Roasted Sweet Potato, Rainbow Chard and Kale Magic Noodle with Creamy Basil Dressing	Veracruz Style Fish with Roasted Root Vegetables <i>or</i> Cauliflower, Potato and Chickpea Curry with White Rice <i>or</i> Quinoa Golden Milk	Salted Chocolate Avocado Pudding
DAY SEVEN	Repeat Day One or Two	Repeat Day One or Two	Repeat Day One or Two	Repeat Day One or Two

MENU PLAN: SEASONED



Seasoned: General Suggestions

For the Seasoned Path, we introduce an *eat, stop, eat* rhythm within your TRE, which we encourage you to make smaller, anywhere between 10 - 8 hours, instead of 12 hours. An *eat, stop, eat* rhythm means you'll eat breakfast (1 hour after waking) and one late afternoon/early evening meal. For example, an 8 am breakfast and a 5 pm dinner. And as part of this week, you may choose a ONE day fast, starting after dinner all the way to the next day's dinner. On that fast day, you can have bone broth, water, black coffee and tea until you have your evening meal. You will find a vegetarian option anytime a fish or meat recipe is offered.

Enjoy your meals during the time. Invite pleasure. Eat with yours senses. Remove distractions. Eat slow. Make it a ritual, even a celebration. Share the meal with family. Try to prepare your meals in advance and enjoy that as a practice as you would doing yoga.

Since digestion is the third biggest activity your body does on a daily basis (respiration and cardiovascular are the first two), giving your body a chance to take a digestive rest is essentially putting "energy credits" back in your energy body.

	BREAKFAST	LUNCH/DINNER	DESSERT (OPTIONAL)
DAY ONE	Winter Detox Soup Homemade Yogi Tea/Black Coffee/Matcha Green Tea Latte	Baked Wild Salmon with Warm Greens and Citrus Dressing or Buddha Bowl Golden Milk	Salted Chocolate Avocado Pudding
DAY TWO	Cleansing Soup Homemade Yogi Tea/Black Coffee/Matcha Green Tea Latte	Beef Stew with Coconut Lime Sweet Potatoes or Sweet Potato, Spinach and Quinoa Bowl Golden Milk	Coconut Chocolate Mousse
DAY THREE	Repeat Day One	Repeat Day One	Repeat Day One
DAY FOUR	Fast	Kitchari	
DAY FIVE	Repeat Day Two	Repeat Day Two	Repeat Day Two
DAY SIX	Kitchari	Veracruz Style Fish with Roasted Root Vegetables or Roasted Sweet Potato, Rainbow Chard and Kale Magic Noodle with Creamy Basil Dressing Golden Milk	A Square of Dark Chocolate
DAY SEVEN	Repeat Day One or Two	Repeat Day One or Two	Repeat Day One or Two