



The Adrenal Thyroid Revolution

## Week 1 Sample Daily Menus and Lifestyle

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast + Daily Dose Supplements</b>	Smoothie Bar (Green Dream) (If fruit is a food that you're omitting, swap in one of the egg-based breakfasts for smoothies this week.)	East Meets West Frittata (omit the bell pepper) + mixed greens with Olive Oil Lemon Dressing	Smoothie Bar (Omega Brain Power)	Asparagus & Onion Breakfast Scramble (omit the starch) + mixed greens with Olive Oil Lemon Dressing	Smoothie Bar (Choco Cherry Greeny)	Breakfast Scramble or Omelet of choice + mixed greens with Olive Oil Lemon Dressing	Smoothie Bar (Hot Mama Super Smoothie)

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<b>Mid-morning</b>	Jump Start Detox Nutrient Broth	Jump Start Detox Nutrient Broth	Jump Start Detox Nutrient Broth	Coconut yogurt with raw cacao nibs or hemp seeds	Hard-boiled egg with Himalayan sea salt sprinkle	Coconut yogurt with raw cacao nibs or hemp seeds	Hard-boiled egg with Himalayan sea salt sprinkle
<b>Mindful lunch + SOS Solution Supplements (if you've personalized your plan ahead)</b>	Salmon Caper Board (skip the potatoes and crackers)	It's a Wrap option (use lettuce) or Make Your Own Salad + a soup	Leftover frittata + mixed greens with Olive Oil Lemon Dressing	The Middle East Board (make with last night's dinner's leftovers; omit crackers and nuts)	Green Tara Lentil Bowl (use wild rice or quinoa)	Nappy Raw Citrus Salad	The Middle East Board (omit crackers and nuts)
<b>Midafternoon</b>	Jump Start Detox Nutrient Broth	Jump Start Detox Nutrient Broth	Jump Start Detox Nutrient Broth	Hard-boiled egg with Himalayan sea salt sprinkle	Jump Start Detox Nutrient Broth	Hard-boiled egg with Himalayan sea salt sprinkle	Coconut yogurt with raw cacao nibs or hemp seeds
<b>Dinner + SOS Solution Supplements (if you've personalized your plan ahead)</b>	Sweet Potato and Kale Salad (omit the corn) + Lemon-Rosemary Chicken and/or Chickpeas as a vegan option	Grilled Tangy Chicken with spinach (or vegan option) + Roasted Root Veggies	Falafel patties Vegan Quinoa Tabouli Roasted cauliflower with paprika + optional leftover Lemon-Rosemary Chicken	Satay Chicken or Beef with quinoa or wild rice	Nappy Raw Citrus Salad	Fiesta Fish Tacos + Ginger-Lime Kale + guacamole + roasted root vegetables	You're a Dahl Buddha Bowl

## **Vegan Detox Nutrient Broth**

Potassium broth helps to alkalize your system and provides you with essential electrolytes to keep your cells happy and energized while you detox. It is easy and inexpensive to make. The addition of turmeric and rosemary adds an antioxidant boost that also lends some support to your liver. This recipe makes 6 to 8 cups. Prepare it the day before you begin your detox. It keeps in the fridge for up to five days and can even be frozen for future use! If you feel hungry, have an extra cup!

### Ingredients:

- 4 medium organic white potatoes (or sweet potatoes if sensitive to nightshades or during Reboot), cleaned but not peeled
- 6 large organic carrots, cleaned but not peeled
- 2 large organic yellow onions
- 6 stalks organic celery
- 1 cup chopped fresh organic parsley
- 1 tbsp. turmeric powder
- 1 tsp. dried rosemary
- 2 tsp. good-quality salt
- 12 cups filtered (or pure) water

### To prepare:

Chop the veggies and place them and the parsley, turmeric, and rosemary into a large stainless steel pot. Add the salt. Cover with water. Bring to a boil, then simmer for 1 hour. Strain out and discard the vegetables, saving the broth. Drink 1 to 2 cups daily.

Serves: 6 to 8

Prep and cook time: 80 minutes