



3 Day Turnaround Cleanse

By Shauna Puma St.Angel

Kick start your "self care" health program with this 3 day cleanse.

See immediate results which will assist in reaching long term health goals.

Congratulations on being a leader in your self-care program! This is a great cleanse for those who have never done a cleanse or have done various cleansing programs in the past. This cleanse is based on eating a raw food diet for 3 days. Once you hit that three-day mark and feel like you can continue for a longer period, one day at a time, I highly recommend it. Below are instructions of what to purchase and how to make the smoothies and salad dressing. If you need additional support & counseling you can reach me at puma@gracegrove.com.

Meal Plan:

Breakfast: Fruit Smoothie

Lunch: Salad & Homemade Dressing

Dinner: Vegetable Smoothie

Snack: Vegetable Smoothie

What to purchase at your local health food market:

It is very important to purchase all organic foods. The mineral, vitamin and protein levels in organic foods are much greater than conventional foods. Some of the ingredients you may need to order on-line although most health food stores are now carrying most items.

1. Approx. 6 bunches/bundles of Dark Leafy Greens, Sprouts and Mixed Salad Greens: kale, spinach, chard, parsley, cilantro, sunflower sprouts etc...
2. Approx. 3 lbs. Fresh Fruit: blueberries, raspberries, pineapple, papaya, mango, peaches etc. Try not to use much banana. Also choosing produce that is local and in season is always best.
3. Lemons
4. Cold Pressed Oils: extra virgin olive oil, flax seed &/or hemp seed oil
5. Raw Nut Butter: tahini or almond butter
6. 6-9 Avocados
7. ¼ lb. Local Bee Pollen
8. 1 small bottle of Apple Cider Vinegar- do not use any other type of vinegar
9. Spirulina and/or Chlorella Powder
10. Raw honey
11. Fresh Ginger approx. 10 inches in length and fresh Tumeric if your local store carries it.
12. 1 bottle of 100% Aloe Vera Juice
13. 1 package of Pink Himalayan Crystal Salt
14. Maca Powder
15. Cacao Powder
16. Dulse- either whole or in flakes
17. Optional- Stevia Powder

Vita Mineral Green Powder by Health Force Nutritionals

Greens Mix by Premier Research Labs

*** Order Green Powders through Grace Grove Retreat Center 928-649-0456

How to prepare your meals Each Day:

Upon Rising: Drink 16 oz. of water with 1 freshly squeezed lemon

45 min.-1 hour later: Make a smoothie in your blender

Fruit Smoothie Recipe:

16 oz. of Water or Coconut Water

1 lb. of Fresh Fruit

¼ c. Aloe Vera Juice

1 Tbsp. Spirulina or Chlorophyll

½- 1 Avocado

Bee Pollen- start with a few granules and work your way up to a teaspoon. You may want to eat a few granules first to make sure your body likes bee pollen (no adverse reactions) and then use ½ tsp.

Pinch of Salt

Optional: 1 tsp. Maca Powder

1 tsp. Cacao Powder

For Lunch you will have a salad with a homemade salad dressing.

Salad

Mix together a blend of sprouts with dark leafy greens and a spring mix. Chop and add to the salad at least 4 different types of vegetables; cucumber, celery, radish, red bell peppers etc. Add at least 1 Tablespoon Spirulina to each salad. It is also a great idea to choose 1 new vegetable that you normally don't eat to add to your salad.

***Tip: Kale is a really great source of many minerals. To prepare it so that it is very palatable raw you would massage some salt and lemon juice on it for a minute. The salt and lemon juice help to break down the fibers giving it a different texture.

Salad Dressing

Add or subtract to this recipe to your liking.

1/2 c. Tahini

1/2c. Olive Oil

¼ c. Flax or Hemp Seed Oil

¼ c. Apple Cider Vinegar

3 Cloves of Garlic

1 Chunk (Size of your thumb) of Fresh Ginger & Tumeric (if you can find it fresh at your local store)

2 Tablespoons of Honey

1 tsp. Cayenne

1 Tbsp. Dulse

Salt to taste

Water- add till you reach the consistency you like

Dinner: Vegetable Smoothie

3 c. Water

1 c. packed Dark Green Leafy Vegetable

1 tsp. Flax or Hemp Oil

¼ tsp. Chlorella Powder or 1 Tbsp. Spirulina

2 tsp. Honey (if you need to make the drink sweeter you can add ¼ tsp Stevia)

¼ tsp. Tumeric (fresh or powdered)

1 Tbsp. Fresh Ginger

Salt to taste

1 Clove Garlic

2 tsp. Apple Cider Vinegar

½ -1 Avocado

Many blessings on your Journey to Self Empowerment through this 3 Day Cleanse!

Shauna Puma St.Angel



