



FALL 5-DAY
detox

for beginners

handbook



Welcome to the Fall 5-Day Detox for Beginners!

If you've never detoxed before, rest assured – you are in good hands.

I'm committed to your detox success, and I want you to have a great experience this week. The best way to do that is to read through this guide from beginning to end.

If you have questions, feel free to contact me via email ute@nutritionrevived.com.

It's going to be a great week!

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DETOX QUICK TIPS

- Read this guide – there's a lot of great information that will help you have a successful (and possibly even fun) detox.
- Set aside 3-4 hours before the detox so you can have time to go shopping and do prep work for your recipes. You'll find the detox goes much more smoothly if you have healthy snacks prepped and ready to go in the fridge. You can also do the chopping in advance for many of the recipes so that dinner comes together quickly when you get home from work.
- Commit to the process and do the best you can – this isn't about being perfect, but rather about learning your own habits and giving your body a break.
- Find a cleanse buddy with whom you can share the cooking duties. You can each do half of the cooking and then share the food to make things a little easier.

 **PREPARATION CHECKLIST**

- Read this Fall 5-Day Detox for Beginners User Guide
- Read through the Fall 5-Day Detox for Beginners Meal Plan & Recipes – this includes your meal plan and snack ideas
- Review the Fall 5-Day Detox for Beginners Shopping List
- Schedule a specific time to go grocery shopping
- Schedule time to do meal prep work in the kitchen
- Read the Eating Out Guide (it has tips for how to eat out without blowing the detox guidelines)
- Review the Bonus Tips for Deepening Your Detox



● ● ● WHAT IS A DETOX, ANYWAY?

By definition, a *detox* is a process by which the body gets rid of poisonous substances. To *cleanse* is defined as removing dirt, or making something clean. Throughout this program, you'll see the two terms used interchangeably. Basically, a food-based detox is an opportunity to remove known toxins and "bad foods" from our diet for a pre-determined amount of time. The Fall 5-Day Detox for Beginners works through the process of taking out the bad foods and adding in good foods.

● ● ● WHAT CAN I EAT DURING THE DETOX?

To make the process easier for you, I've provided the Fall Detox Meal Plan and Recipes to ensure that you have plenty to eat during the 5 days. You do not need to follow the exact plan and can tailor each day to your personal preference. However, it's there for you if you need it.

Our goal is to have a focus on good whole grains, proteins and vegetables and to stay away from caffeine, sugar, dairy, red meat, pork and gluten.

We'll eat foods that nourish us and increase our bodies' natural detox processes. We'll also slow down our hectic lives as much as we can and pay attention to our eating habits so we can begin to learn about our relationship with food and what we can do to make some positive changes.

I encourage you to put a strong focus on all the delicious foods you *can* eat during the next few days, as opposed to what you can't eat because there truly is a lot you *can* eat.





WHAT TO EXPECT DURING YOUR DETOX

Please keep in mind that each person detoxes a little bit differently and each time you detox you may have a different experience. The goal of this week to take all processed food out of your diet, to add in whole grains and vegetables in order to increase fiber intake, and to help you recognize the habits you have that aren't supporting your health.

During your detox, you may experience the following:

- Better digestion
- Clearer skin
- Fatigue and low levels of energy, especially the first few days
- Lots and lots of energy, especially at the end and in the days after the detox
- Emotional release at unexpected times
- Feeling heavier some days, and feeling lighter other days
- Some mood swings which will be related to toxins being in your bloodstream
- Food cravings, especially for "bad" foods you know you aren't supposed to have this week
- Constipation and/or diarrhea
- Hunger or lack of hunger
- Personal insights into your eating habits
- Improved sleep
- Weight loss
- And a number of other things not listed here





GENERAL CLEANSING GUIDELINES

- Take the opportunity to become really mindful of your habits this week. How often do you want to reach for a piece of candy? Are you looking for a snack because you're truly hungry or because you want a distraction from your work? The key to changing your "bad" health habits is to become aware of them first.
- Remember to drink plenty of water. Your goal is to drink $\frac{1}{2}$ your weight in ounces each day. Consume herbal teas to stay warm. You can flavor your water with lemon, cucumber, or even a bunch of basil popped into a pitcher and covered with water.
- Try to keep your meals mindful. The idea for this cleanse is to give your digestion a break by taking out foods that are harder for your body to assimilate. Keeping an eye on portions will make it even easier for your system to digest your foods. However, be sure to eat enough so you are satisfied and not hungry. No point to starving yourself!
- Sit down and enjoy your meals. Turn off the TV, radio, phone and computer, and put down the newspaper. Inhale deeply 5-8 times before each meal. Put down your fork between bites. If you can't do this at every meal, then focus on doing this really well for one meal each day.
- Be sure to focus on your body and your own self-care for the week. This is a great chance for you to turn your energies inward, rather than focusing on taking care of spouses, children, colleagues, and other people in your life.
- Recognize that it's the fall and it may be quite cold outside! This may cause you to be hungrier than you would be during a spring or summer detox, and that's okay. Pay attention to what your body needs from you and don't restrict the amount you eat if you truly feel hungry.
- Keep taking all medications as prescribed by your doctor. If you have any questions about medications, or if you have special dietary needs, please contact me directly so we can adjust your detox accordingly.
- Try to limit the amount of work you do the week of the detox. This doesn't mean you have to take a week off, but skip after-work events if possible in favor of giving your body and mind a rest. There are 360 other days to this year that you can use to network and finish up projects.

- You can absolutely exercise during the week, but be sure to pay attention to what your body is telling you. It may be asking for more rest, or more movement. Try to tune into what's happening with your body. Exercise is a great tool in detoxifying as it activates your lymphatic system, so at a minimum try to take a walk every day, stretch, or do a few jumping jacks to get your blood flowing.
- Listen to your body. If you are hungry, eat something. If you're thirsty, drink something. If you're sleepy, take a nap. It's amazing how much we can learn from our bodies and our cravings once we start to listen.
- Make an effort to eat at home for as many of the meals as possible, and to pack food with you if you know you won't be home for most of the day. If you do need to eat out, order dishes that have a lot of veggies and some lean protein, and ask if the veggies can be steamed instead of sautéed in oil and butter. I ask for a double serving of vegetables to replace the white potatoes and rice that often accompany dinner entrees. Of course, you'll want to steer clear of dishes with heavy sauces and anything fried. Refer to the "Eating Out Guide" for more tips and advice on what to order when eating out.
- Be sure to get enough essential fatty acids (EFAs) during your cleanse. You can have olive oil, avocado, wild-caught salmon, coconut butter, coconut milk, coconut cream, ghee, butter, pretty much all nuts (except no peanuts), flaxseed, pumpkin seed, sesame seeds, etc. Eating EFAs with each meal will help you feel full and will keep you satisfied longer.
- Finally, remember to ask for help if you need it!



 **DAILY PROTOCOL**

This daily protocol is a guide for how your days should be structured during the detox. If something doesn't work for you, then just do your best to make this protocol fit your schedule. This protocol has additional bonus detox steps you can take to increase the benefits of this process.

The Meal Plan and Recipes guide includes all the recipes you'll need to make this week's meals, plus a suggested meal plan to help you get the most out of your meals. Refer to the meal plan to get specifics on what to eat each day for breakfast, lunch and dinner.

WAKE UP:

- 8 oz. hot water with juice of half a lemon

BREAKFAST:

- Green or herbal tea
- Morning meal per the meal plan
- 8 oz. filtered water
- Supplements: 1 probiotic, 2,000-4,000 IU Vitamin D, 2000 mg Vitamin C, 1000 mg Vitamin B (this is a bonus step – skip if you are pregnant or nursing)

MID-MORNING:

- Snack (if needed): a handful of soaked almonds, an apple with almond butter, miso soup, black bean dip with carrots, etc.
- A cup of Nettle or Dandelion tea (this is a bonus step – both Dandelion and Nettle help your liver clear out toxins. Skip this step if you are pregnant or nursing)

LUNCH:

- Lunch per the meal plan
- 8 oz. filtered water

LATE AFTERNOON SNACK:

- Dandelion or Nettle tea (bonus step)
- Snack as needed: a handful of soaked almonds, an apple with almond butter, miso soup, etc.
- Go outdoors for a walk if you can – this is a great cure for the mid-afternoon energy slump. If the weather is bad, turn on some music and dance around for a bit – anything to get you up and moving.

DINNER:

- Turn off all media (TV, computer, radio, and even your phone!) and focus on your meal. Take a few deep breaths before you begin eating.
- Dinner per the meal plan
- 12 oz. filtered water

EVENING SNACK:

- Keep it small and eat an evening snack only if you really need one. Have a small handful of nuts, a slice or two of organic turkey or a pear.
- You can also have a cup of herbal tea to help you wind down for the evening, but be aware that this might make you wake up during the night.

BEDTIME:

- Get to bed 15-30 minutes earlier than usual.
- Write a gratitude journal for 15 minutes – simply list all the things you were grateful for or that went well during your day.
- 2 capsules milk thistle herb (bonus step – but this is an extra powerful one. Skip if pregnant or nursing)
- Epsom salt bath – run a hot bath with 1-2 cups Epsom salts and soak for 30 minutes. Epsom salts are great for drawing out toxins. You can also add lavender oil to increase relaxation. Try to do this at least twice during the detox week. Skip if pregnant.



COOKING AND PREP-WORK TIPS

1. Set aside 2-3 hours on the weekend before you begin the detox so you have enough time to go grocery shopping, familiarize yourself with ingredients, and prepare foods to eat later in the week. When you have a refrigerator full of yummy, healthy foods that are ready to go when you get home from work, you'll be much less tempted to stray from the detox meal plan.
2. Look through the recipes for the week and do as much prep work as you can. Wash and cut vegetables. Set yourself up for success by doing as much work ahead of time as possible.
3. Pre-cut celery, carrots, turnips, bell peppers, cucumbers, etc. so you have a snack ready to go when you have a snack attack while detoxing. Store them in a little dish of water to keep them from drying out. It's a lot easier to make a good choice if you have good choices readily available. You can also blanch some green beans or asparagus to keep in your fridge for snacking as well. Dip them in a little tahini, hummus or black bean dip.
4. If you're super rushed for time in the mornings, make a large batch of the cinnamon oatmeal to eat through the week. Also, consider making a double batch of the smoothies so you have breakfasts ready to grab-and-go as you head out the door.
5. Make a big pot of greens that are ready to go anytime by setting a pot of water to boil. Once boiling, drop in greens that you've cleaned, pulled off their stems and torn into smaller pieces. Turn off the heat and cover – let sit for 2 minutes. Drain and store – blanched greens will keep for about a week in your fridge.
6. To make things easier with your green juice, simply make a double batch and pour half into a glass jar for the next day.
7. Set up a salad bar in your fridge. Make a double batch of the salad dressing to last you through the 5-day detox. Wash a bunch of lettuce and greens and pre-cut cucumber, celery, radish, carrots, green onion and whatever else you have on hand. You'll be able to build a salad in no time. These foods stay fresh for about 3 days in the fridge when pre-cut.
8. Make an effort to eat at home for as many of the meals as possible, and to pack food with you if you know you won't be home for most of the day. If you do need to eat out, order dishes that have a lot of veggies and some lean protein, and ask if the veggies can be steamed instead of sautéed in oil and butter. I ask for a double serving of vegetables to replace the white potatoes and rice that often accompany dinner entrees. Of course, you'll want to steer clear of dishes with heavy sauces and anything fried.



WHAT TO AVOID AND WHAT TO EAT INSTEAD

GLUTEN

Hands down, the best way to avoid gluten, dairy, and sugar is to read labels. Here are some keys to ingredients that you'll want to avoid during the detox.

Gluten products to avoid:

- Bread
- Pasta
- Bagels
- Any products with wheat, barley, rye, semolina, durum, triticale, and farro

Alternatives:

- Rice
- Quinoa
- Amaranth
- Mary's Gone Crackers – these whole grain crackers are delicious
- Starchy veggies like sweet potatoes, yams, and squash
- If you can't give up bread, you can order healthy detox-approved bread online or from your local store.

Please note: Skip the gluten-free aisle of your grocery store – most of the foods there are highly processed and packed with sugar, salt and preservatives. Many of my clients found that they gained a ton of weight when they went gluten-free –and it was because they started eating too many gluten-free packaged foods. For this challenge, simply skip that aisle and focus on fresh, whole foods.

DAIRY

Dairy products to avoid:

- Milk and milk products, including ice cream and whey
- Cheeses, including hard cheese and soft cheeses like cream cheese and cottage cheese
- Sour cream

Alternatives:

- Coconut milk
- Quinoa milk
- Hemp milk
- Almond milk

Please Note: Soy milk and soy products are not recommended as an alternative as they have high pesticide loads and contain phytoestrogens, which mimic estrogen in the body.

SUGAR

Sugar products to avoid:

- Sugar, candy, sweets, baked goods
- Cane sugar (organic, natural, dehydrated, etc. included)
- Corn syrup, brown rice syrup, barley syrup
- Alcohol – yes, this includes beer, wine, and hard liquor

Alternatives:

- Natural sweeteners used sparingly like honey, dates and maple syrup

COFFEE

We will be avoiding caffeinated and decaffeinated coffee during the program.

Alternatives:

- Herbal tea
- Green tea

RED MEAT AND PORK

We will be avoiding red meat and pork during the detox to give our digestive system a much-needed rest.

Alternatives:

- Lean proteins such as:
 - Chicken
 - Turkey
 - Wild-caught cold-water fish
 - Beans and lentils

When embarking upon a challenge like this, it's much easier to think about what you CAN eat rather than what you can't. Here's a list of foods you'll enjoy over the 5 days we're doing this work together:



FOODS TO ENJOY

Proteins

- Lean proteins like chicken, turkey, wild-caught cold-water fish and beans. Bonus points for choosing pastured and organic meats.

Fruits & Vegetables

- Fruits are a great choice during this detox. Berries are extra helpful because they are packed full of antioxidants and have a low glycemic load.
- Vegetables are fair game in this detox program. Try to eat a wide variety, and choose leafy greens at least once a day.
- Add fresh herbs like cilantro, parsley and dill to your meals as they'll increase the flavor profile and also have a lot of detoxifying properties
- Skip potatoes and potato products. Please note that sweet potatoes and yams are acceptable during this program as they are botanically different from potatoes.

Whole Grains

- Whole grains like brown rice, black rice, quinoa and amaranth.
- Keep your eye out for ancient grains like spelt, barley, and faro – although these are whole grains, they also contain gluten, which we are avoiding.

Essential Fatty Acids

- Healthy fats like avocado, fatty fish, lean proteins, olive oil, coconut oil, and nuts and seeds.

Beverages

- Water is your primary drink for the next week. Aim to get ½ your body weight in ounces per day. You can add things like lemon, lime, or orange slices, frozen berries, cucumber slices, or even herbs like parsley, cilantro and basil to make your own "spa" water.
- Sparkling water as long as it doesn't have added sugars (check the label)
- Limit caffeine to 1-2 cups of black coffee or back tea per day.
- Herbal teas, especially dandelion or nettle, as they help clean out your liver.



THE IMPORTANCE OF ELIMINATION DURING THE DETOX

Your body eliminates toxins in 4 ways:

- Sweating
- Breathing
- Urination
- Bowel movements

It's critical for you to maximize your ability to adequately get rid of the toxins your body is mobilizing. If you do not properly eliminate daily, you may experience increased fatigue, brain fog, headaches and flu-like symptoms.

To avoid sabotaging your detoxing efforts, here are a few suggestions:

- Drink enough water that you are urinating frequently. If your urine is not light in color, drink more water. Your urine should have a light straw color. However, if you are taking B vitamins, your urine will likely look bright yellow for most of the day.
- Do gentle physical activities such as yoga or brisk walking to enhance sweat.
- If you have access to a sauna or steam room... great! If your schedule permits, try using it daily for 10 to 20 minutes as tolerated. It has been shown that sauna therapy increases the excretion of heavy metals and fat-soluble chemicals from the body.
 - Note: If you are chronically ill or take medication, be sure to get your doctor's permission before using this program and especially before starting sauna or steam therapy. When your physician has cleared you, start with short time increments and gradually increase time as tolerated.
 - Remember to drink at least 16 ounces of water before entering the sauna and the same amount after therapy to flush the mobilized toxins.
- You should be having bowel movements daily; otherwise, you reabsorb the toxins in your gut. If you are not having daily BMs, consider taking an herbal laxative at bedtime. Herbal laxatives should include cascara or senna, and can be found in capsule or tea preparations.



DAILY CHECKLISTS

DAY 1

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

DAY 2

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

DAY 3

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

DAY 4

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

DAY 5

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early



SUGGESTED MEAL PLAN

	BREAKFAST	LUNCH	DINNER
DAY 1	Poached eggs and greens	Tuscan Vegetable Stew	Three Bean Chili with Fall Greens Sauté
DAY 2	Morning Muesli	Sweet Potato Toasts	Korean Turkey Rice Bowls
DAY 3	Cinnamon Pear Smoothie	Thai Curry Chicken and Spinach Soup	Tamari Glazed Salmon with Roasted Delicata Squash and Broccoli
DAY 4	Sautéed Yam and Turkey Sausage Hash	Collard Green Wraps	Lentil, Butternut Squash and Swiss Chard Soup
DAY 5	Pumpkin Breakfast Cookies	Quinoa Hash	Pan Roasted Sesame Chicken and Brussels Sprouts

EXPERT TIP: Choose a few recipes to make and then rely on leftovers to cut down on cooking.



PERSONALIZE YOUR MEAL PLAN

	BREAKFAST	LUNCH	DINNER
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			



THE BASICS

Brown Rice

Makes 3 cups cooked rice

Ingredients:

- 1 cup brown rice
- 2 cups water

Place rice and water into a medium sized pot and bring to a boil over high heat. Reduce heat to low, cover and simmer until the liquid is completely absorbed and rice is tender, about 40 minutes. When done, let sit for 10 minutes and fluff rice with a fork.

Quinoa

Makes 3 cups cooked quinoa

Ingredients:

- 1 cup quinoa
- 2 cups water or broth

Place quinoa and liquid into a medium sized pot and bring to a boil over medium/high heat. Reduce heat to low, cover and simmer until the liquid is completely absorbed and the liquid has been absorbed, about 15-20 minutes. When done, fluff quinoa with a fork.

Oven Roasted Vegetables

Makes 3 cups vegetables

Ingredients:

- 1 red or yellow beet, peeled
- 1 rutabaga, turnip, or parsnip, scrubbed
- 1 sweet potato or yam, scrubbed
- 1 head broccoli or 12 Brussels sprouts, trimmed
- 2 TB coconut or olive oil

Directions:

1. Preheat your oven to 375-400 degrees. If you have a 'convection roast' option, use it.
2. Cut all vegetables into bite-sized pieces, aiming for relatively equal sizes to allow for even cooking.
3. Place veggies on a roasting dish and drizzle with coconut or olive oil, then toss to combine. If using coconut oil, you may need to gently melt it. To do this, place the coconut oil in the empty roasting dish and pop it in the oven for 5 minutes, then add the veggies and toss.
4. Roast for 30-45 minutes, depending on how big the pieces are. You'll know your veggies are done when they are fork-tender, meaning you can easily pierce a piece with a fork. Be sure to toss the veggies at least once when roasting - I usually toss them or shake the pan 2-3 times.
5. Store the vegetables in a glass container with a tight fitting lid for 5-6 days in the refrigerator. Gently re-heat them on the stove top with a little bit of oil over medium heat.

Note: If you don't like any of the ingredients listed above, you can certainly mix and match and substitute. Other good options are cauliflower, mushrooms, and even chopped up kale when added in the last 5 minutes of roasting.



BREAKFAST OPTIONS

Poached Eggs with Greens

Serves 1

Ingredients:

- 1-2 free-range organic or farm fresh eggs
- 1 TB white vinegar
- 5 leaves kale, Swiss chard or collard greens or 2 big handfuls spinach. If using the bigger leafy greens, remove the hard stems and cut into thin strips.
- 1 clove garlic
- Sea salt and pepper to taste

Directions:

1. Bring a shallow pan of water to a boil. Lower heat and add 1 TB white vinegar. Crack egg and put in a ladle or small dish. Set ladle in water and gently tip egg(s) out into the simmering water. Cook 5-6 minutes and remove egg(s) with a slotted spoon. Alternately, simply fry an egg in a little butter or olive oil.
2. Meanwhile, heat a skillet with a little olive oil. Add garlic and greens, and cook until wilted. You may need to add a splash of water and cover the greens to get them cooked all the way.
3. Plate the greens, top with the egg and season with a little sea salt and freshly ground pepper.

Morning Muesli

Serves 1

Ingredients:

- ½ cup rolled oats
- 1-2 TB raw nuts such as walnuts, almonds, or cashews broken into small pieces
- 1 TB unsweetened coconut flakes (optional)
- 1 TB flaxseed meal, preferably freshly ground
- ½ a pear or apple, chopped or ½ cup organic berries
- Sprinkle of cinnamon and nutmeg for flavor (optional)
- Top with a little coconut or almond milk

Directions:

1. Combine first 6 ingredients in a bowl. Top with coconut or almond milk and enjoy. You can also pour 4 ounces of boiling water over the top if you want to create a semi-oatmeal type breakfast.

Cinnamon Pear Smoothie

Serves 1

Ingredients:

- 1 ripe pear, seeded and cut into large chunks
- 2 TB raw almond butter
- 1 TB chia seeds, soaked in $\frac{1}{4}$ C water for 10 minutes to create chia gel
- $\frac{2}{3}$ C almond or coconut milk
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ tsp raw honey
- Handful of ice cubes

Directions:

1. Place chia seeds in a small bowl with $\frac{1}{4}$ C water and stir. Allow to soak for about 10 minutes.
2. Place all ingredients in a blender and blend until smooth, adding water if you'd like your smoothie a little thinner. Serve immediately.

Sautéed Yam and Turkey Sausage Hash

Serves 1

Ingredients:

- 1 TB coconut oil, ghee, or olive oil
- 1 small yam, scrubbed and chopped into small cubes
- 1-2 turkey or chicken sausage links, cut into small pieces
- 2 large handfuls fall greens like kale, Swiss chard or collard greens, tough stems removed and cut into thin ribbons
- Sea salt and freshly ground pepper

Directions:

1. Heat a large skillet or sauté pan and add oil and yam. Sauté until yam is lightly browned, about 10 minutes, being sure to toss frequently so yam pieces don't burn.
2. Add sausage and sauté 5 minutes more or until turkey sausage is cooked, then add spring greens and toss quickly until they are wilted but still bright green. Season with sea salt and pepper and serve immediately.

Pumpkin Breakfast Cookies

Makes about 20 cookies

Ingredients:

- 1 ½ C almond meal or almond flour
- ⅓ C unsweetened coconut flakes
- 2-3 tsp pumpkin pie spice
- 1 tsp cinnamon
- Dash of nutmeg
- 1 tsp baking soda
- 1 TB chia seeds, soaked in ¼ C of water for 10 minutes (this will create a chia gel)
- ½ C pureed pumpkin (from a can is fine)
- ½ C almond butter
- 1 TB vanilla
- ¼ C honey or maple syrup
- 1 TB freshly grated ginger
- ½ C walnuts, broken into small pieces
- ½ C dried currants, cranberries or raisins (no sugar added)

Directions:

1. Preheat oven to 375 degrees.
2. Combine dry ingredients (minus the walnuts and the dried fruit) in a large bowl. Make a small well in the middle and add the wet ingredients.
3. Using an electric mixer, mix until well combined, then add walnuts and dried fruit and mix gently until just combined.
4. Line a baking sheet with parchment paper and spoon out 2-3 TB per cookie. Smoosh the cookies so they are flat – these won't rise like other cookies do.
5. Bake for 12-15 minutes, let cool, then enjoy. Store in the fridge for about a week for a great snack or for breakfast on the run.

Note: These cookies might look daunting, but they are so yummy and always a hit. If you make a batch of these, you'll have breakfast for days as well as plenty of snacks.

 **LUNCH OPTIONS**

Tuscan Vegetable Stew

Makes 6 servings

Ingredients:

- 1 TB olive oil
- ½ yellow onion, chopped
- 1 zucchini, cut in half lengthwise and sliced
- 1 yellow squash, cut in half lengthwise and sliced
- 4 oz cremini mushrooms, wiped clean, tip of foot cut off and cut in quarters
- 3 garlic cloves, minced
- 1 jar or can diced tomatoes, with their juices
- 4-6 C organic vegetable or chicken broth
- 1 small bunch escarole or lacinato kale, washed, dried and cut into thin strips
- 1 sprig fresh oregano or 1 tsp dried
- 2 (14-oz) cans white kidney beans/navy beans/cannellini beans, rinsed & drained
- Freshly ground pepper

Directions:

1. Heat a large pot to medium high. Add olive oil and onion and cook until onion is fragrant, 4-5 minutes.
2. Add zucchini, yellow squash and mushrooms and sauté for 10 minutes. Add garlic cloves and stir for about a minute.
3. Add tomatoes, broth and oregano. Bring to a low boil, reduce heat and then simmer for 15 minutes. Gently stir the beans and escarole/kale into soup and cook for another 5 minutes or until beans are heated through and greens are wilted. Serve with freshly ground pepper on top.

Sweet Potato Toasts

Serves 1

Ingredients:

- 1 large sweet potato or yam, scrubbed and cut into ½ inch thin slices lengthwise

Topping Ideas:

- ½ mashed avocado sprinkled with sea salt and red pepper flakes
- Turkey slices with avocado and cucumber
- Almond butter with no-sugar added jam
- Thinly sliced hard boiled egg with microgreens

Directions:

1. Cut sweet potato into ¼-inch thick slices lengthwise. Place in a toaster oven and toast for about 5 minutes, or until they're cooked through.
2. Top with desired toppings and enjoy!

Thai Curry Chicken and Spinach Soup

Makes 4 servings

Ingredients:

- 1 tsp coconut oil
- 1-2 tsp Thai red curry paste
- ½ yellow onion, diced
- 1 bag frozen butternut squash
- 1 free-range, organic boneless, skinless chicken breast, cut into small pieces
- 1 (14-oz) can full-fat coconut milk
- 2 C chicken broth
- Juice of a lime
- 1 bag or bunch of baby spinach

Directions:

1. Heat a large, wide pot over medium high heat. Add coconut oil. Once melted, add red curry paste and mix it so it combines well with the coconut oil.
2. Add onions and butternut squash and cook for about 10 minutes or until squash is starting to fall apart.
3. Put chicken breast in with the onions and squash and cook for about 5 minutes or until chicken starts to brown a little.
4. Pour the coconut milk and broth into the pot and bring to a gentle boil, then reduce heat, cover, and simmer for 10 minutes or until chicken is cooked through.
5. Add lime juice, stir to combine, and then gently stir in the spinach until it has wilted.

Notes: The spiciness of curry pastes can vary greatly depending on the bottle, so take a whiff before adding it to get a sense of how strong it will be.

Collard Green Wraps

Serves 1

Ingredients:

- 2-3 collard greens, rinsed and de-stemmed
- 2-3 TB hummus
- Bell pepper strips
- Avocado slices
- Sunflower seeds (optional)
- Sliced kalamata olives (optional)
- Sprouts (optional)
- Raw sauerkraut (optional)

Directions:

1. Lay each collard green out on a flat surface. Spread one tablespoon of hummus perpendicular to the collard green spine, then top with bell pepper strips, avocado, sunflower seeds, olives and sprouts. Once filled, roll closed and eat.
2. You can fill the collard green wraps with whatever you have on hand: shredded beets, lettuce, shredded carrot, blanched green beans, tomatoes, etc. If you know you need extra protein you can add a slice of turkey or canned wild salmon.

Quinoa Hash with a Poached Egg

Serves 2

Ingredients:

- 2 cups broth
- 1 cup quinoa, rinsed
- 2 TB olive oil, divided
- 1 leek, white part only, cut in half lengthwise and then sliced
- 1 small yam, scrubbed and cut into small cubes
- 1 bunch Swiss chard, rinsed, tough stem removed and cut into thin strips
- 2-4 free-range, organic or farm-fresh eggs
- Sea salt and pepper to taste

Directions:

1. Heat your oven to 375 degrees. Place the yam on a baking sheet and toss with 1 TB olive oil. Place baking sheet in the oven and roast for 20-30 minutes, tossing once or twice, or until the yam pieces are tender and pierce easily with a fork, then remove from oven and set aside.
2. Bring broth to a boil, add quinoa, lower heat and cover. Let cook for 15 minutes without peeking or stirring, then turn off heat.
3. Heat remaining olive oil over medium-high heat in a skillet. Add leeks and sauté for 2 minutes. Stir in Swiss chard and cooked quinoa, and cook until greens are wilted. Season with sea salt and pepper. Add yam and stir gently to combine, then turn off heat.
4. Meanwhile, bring a shallow pan of water to a boil. Lower heat and add 1 TB vinegar. Crack egg and put in a ladle. Set ladle in water and gently tip eggs out into the simmering water. Cook 5 minutes and remove eggs with a slotted spoon. Alternately, simply fry an egg in ½ TB olive oil.
5. Put quinoa/squash/greens mix on plate and top with an egg or two, then serve immediately.



Three Bean Chili with Fall Greens Sauté

Makes 4 servings

Ingredients:

- 4 tsp olive oil, divided
- ½ small yellow onion, chopped
- 3 garlic cloves, minced
- 1 Poblano pepper, seeded and chopped
- 1 TB chili powder
- 1 tsp cumin
- 1/8 tsp cayenne pepper
- 1 (14-oz) can black beans, rinsed and drained
- 1 (14-oz) can red kidney beans, rinsed and drained
- 1 (14-oz) can garbanzo beans, rinsed and drained
- 2 C vegetable or chicken broth
- 1 shallot, thinly sliced
- 1 bunch greens (collards, Swiss chard, kale, escarole, etc), washed (but not dried), stems removed, leaves roughly chopped
- 1 tsp apple cider or other vinegar (optional)
- Sea salt and freshly ground pepper

Directions:

1. For the 3 Bean Chili: In a large Dutch oven, sauté the onion, garlic and Poblano pepper in 2 tsp olive oil until it's fragrant, about 4-5 minutes.
2. Add chili powder, cumin and cayenne pepper to vegetables and stir to combine, then add beans and broth. Bring to a light simmer, then reduce heat and cover partially. Let simmer gently for 20 minutes. Taste and adjust seasonings if needed.

For the Fall Greens Sauté:

1. Heat 1 tsp olive oil in a large skillet. Add shallot and sauté until lightly browned.
2. Add greens to the pan and toss frequently until they are bright green but wilted, adding water by the tablespoon if the greens are sticking to the pan. If needed, cover the skillet for 2-3 minutes. Season with sea salt and pepper and sprinkle with a little vinegar for added zing if desired.

Korean Rice Bowl

Makes 2 servings

Ingredients:

- 1 TB olive or coconut oil
- 1 small yellow onion, chopped
- 1 lb ground free-range organic turkey or chicken
- 3 garlic cloves, minced
- 4 oz shiitake mushrooms, tough foot removed and sliced thinly
- 2 carrots, scrubbed and grated
- ½ small head of red cabbage, finely chopped
- 3 TB wheat-free tamari sauce or coconut aminos
- 1 TB rice wine vinegar
- ½ TB fish sauce
- Red pepper flakes (optional)

Directions:

1. In a large skillet or wok, heat olive or coconut oil over medium-high heat. Add onion and ground meat, and sauté for 5 minutes, stirring frequently.
2. Add garlic, shiitakes, carrots, and cabbage, and toss to combine. Continue cooking for another 5-10 minutes or until meat is cooked through and vegetables are cooked.
3. Whisk together wheat-free tamari, rice wine vinegar and fish sauce together in a small bowl, then pour over the ground meat and vegetable mix. Stir to combine, then serve.
4. Serve with cooked brown rice.

Tamari Glazed Salmon with Roasted Delicata Squash and Broccoli

Serves 2

Ingredients:

- 2/3 lb wild-caught salmon filet, cut into two equal sized pieces
- 2 TB wheat-free tamari sauce
- Juice of half a lemon
- 1 large Delicata squash
- 1 tsp Chinese five-spice powder or cinnamon
- 1 TB coconut oil
- 1 TB olive oil
- 1 head broccoli, cut into bite-sized florets
- 1 tsp sea salt

Directions:

1. Preheat oven to 375 degrees. Scrub Delicata squash and cut in half, then cut in half again lengthwise. Scoop the seeds out with a spoon and slice squash so you end up with half-moons. Lightly oil a 9x13 glass baking dish with coconut oil and place squash in dish. Sprinkle lightly with Chinese five-spice powder or cinnamon, and place in oven. Roast for about 25 minutes or until squash is fork-tender.
2. Meanwhile, lightly oil a baking sheet with olive oil, and place salmon on one side and broccoli on the other. Whisk together wheat-free tamari and lemon juice in a small bowl and drizzle over the salmon. Toss broccoli with remaining olive oil.
3. Place salmon and broccoli in oven and roast for 10-12 minutes, until salmon flakes easily with a fork. Make sure to toss broccoli a few times during cooking time to prevent burning.

Note: Did you know that you don't have to peel a Delicata squash before you eat it? The skin softens as it cooks and it provides a really awesome fiber boost!

Note: If you can't find Delicata squash, you can sub Butternut or Acorn squash, but you'll want to peel them.

Lentil, Butternut Squash & Swiss Chard Soup

Serves 2

Ingredients:

- 2 tsp olive oil
- 1 small yellow onion, diced
- 4 garlic cloves, chopped
- 1 C French green lentils or brown lentils, rinsed and picked through
- 6 C broth
- 1 bag frozen butternut squash or 1 small butternut squash, peeled, seeded and cut into small chunks
- 1 bunch Swiss or rainbow chard, cleaned and cut into thin ribbons
- 1 tsp cumin
- 1 tsp curry powder
- Dash cayenne pepper (optional)
- Sea salt and pepper

Directions:

1. In a large Dutch oven, sauté onion and garlic cloves until they are fragrant. Add lentils and stir to combine. Pour broth in, bring to a low boil, then cover and simmer for about 15 minutes.
2. Stir in butternut squash and bring back to a low simmer. Cook for another 15 minutes or until lentils are cooked and squash is tender.
3. Add Swiss chard, cumin, curry powder, cayenne pepper, sea salt and pepper and stir to combine. Simmer five minutes more or until the Swiss chard has wilted slightly, then serve.

Pan Roasted Sesame Chicken and Brussels Sprouts

Serves 2 with leftovers

Ingredients:

- 2 tsp olive or coconut oil
- 1 lb free-range, organic boneless, skinless chicken breast, cut into ½-inch chunks
- 2/3 lb Brussels sprouts, tough foot trimmed and cut into quarters
- Sea salt and freshly ground pepper
- 2 tsp sesame oil
- 1 tsp rice wine vinegar
- Lemon wedges or dash vinegar

Directions:

1. Heat the olive or coconut oil in a large skillet over medium-high heat. Add chicken and Brussels sprouts and sauté until browned and chicken is cooked through, about 15 minutes. Be sure to toss frequently to keep chicken and sprouts from sticking. Season lightly with sea salt and freshly ground pepper.
2. Drizzle sesame oil and rice wine vinegar over the chicken and Brussels sprouts, toss again and serve with lemon wedges on the side.

 **BONUS RECIPES****Southwestern Rice and Bean Bowls**

Serves 2

Ingredients:

- 2 C cooked brown rice
- 1 TB olive oil
- ¼ small yellow onion, diced
- 2 garlic cloves, diced
- ½ jalapeno, diced, leftover from Spicy Shrimp Soup (optional)
- 1 zucchini, quartered lengthwise and sliced
- 1 tsp dried oregano
- 1 tsp cumin
- Dash of cayenne pepper (optional)
- 1 (14-oz) can pinto beans, rinsed and drained
- 1-2 tsp raw apple cider vinegar or rice wine vinegar
- Optional: toppings: salsa, chopped cilantro, diced avocado, hot sauce, chopped green onion, or sliced radishes

Directions:

1. Re-heat brown rice in a small saucepan set on medium-low with 1-2 TB water.
2. Heat a large skillet over medium heat and add onion, garlic, jalapeno and zucchini. Cook until veggies are starting to brown. Add oregano, cumin, and cayenne pepper and stir to incorporate.
3. Add pinto beans and cook until they are heated through, about 5 minutes. Top with a few sprinkles of apple cider vinegar.
4. Place re-heated brown rice and bean mixture into a bowl. Top with whatever your heart desires. My favorites are salsa, diced avocado, sliced radishes and chopped green onion.

Grains & Greens with Tahini Sauce

Serves 2 with leftovers for lunch

Ingredients:

- 1 tsp coconut oil or olive oil
- 1 small sweet potato, scrubbed and diced into ½ inch pieces
- 1 C quinoa
- 2 C broth
- 1 bunch Swiss chard, cleaned and cut into thin strips
- 3 TB tahini
- 2 garlic cloves, peeled and chopped
- 2 TB wheat-free tamari
- 1 tsp honey
- Juice of a lemon
- 1 TB water
- Sea salt

Directions:

1. Heat coconut or olive oil in a large skillet. Add sweet potato and cook for 10 minutes, stirring frequently to keep sweet potato from sticking to the pan.
2. Meanwhile, combine quinoa and broth in a pot and bring to a boil. Once boiling, turn down heat, cover, and let simmer about 15 minutes.
3. Add Swiss chard and cooked quinoa to skillet with sweet potato and toss to combine. Keep stirring until chard has wilted, then turn off heat.
4. In a food processor (or with a whisk and a bowl), blend tahini, garlic cloves, wheat-free tamari, lemon juice, and water. Season with sea salt and adjust to your taste.
5. Put sweet potato/quinoa/chard mix on a plate and top with tahini sauce.



SNACKS

Kale Chips

Makes enough for 2-3 people

Ingredients:

- 1 head lacinato kale, washed and dried
- Extra virgin olive oil
- Sea salt, to taste

Directions:

1. Heat oven to 350-375 degrees, depending on your oven. The kale chips burn quickly, so keep the temperature on the lower end if your oven tends to get hot or have hot spots.
2. Clean kale and remove the thick stem by folding each leaf in half lengthwise and cutting it away. Make sure kale is quite dry.
3. Pour a little olive oil into a dipping bowl. Dip your fingers in the olive oil and rub over each kale leaf, front and back.
4. Arrange kale on several baking sheets making sure not to crowd the leaves. Sprinkle sea salt over the top.
5. Bake for 5-7 minutes, keeping an eye on the chips to make sure they don't burn. Turn the chips over and then bake for another 5 minutes. You may need more or less time depending on your oven. The chips are ready when they are bright green and haven't turned brown yet save for a few of the edges.
6. Bonus tip: Spice it up by sprinkling smoked paprika, cumin, or curry on before baking.

Miso Soup

Serves 1

Ingredients:

- 2 cups water or chicken broth
- 1-2 TB miso paste
- ½ cup grated carrot, celery root, parsnip and/or turnip
- 1 TB dried wakame seaweed, reconstituted per package instructions, then drained
- 1 green onion, chopped
- Fresh ginger, grated

Directions:

1. In a small saucepan, bring water/broth to a boil and then turn off heat. Add grated vegetables and green onion, and put a lid on for 2-3 minutes to allow veggies to cook a little.
2. Whisk in miso and add the wakame (drain first). Grate fresh ginger over the top and serve.
3. Add wheat free tamari or hot sauce if you want a little more flavor.

Five Spice Squash

Serves 4

Ingredients:

- 2 Delicata squash, scrubbed but not peeled
- 1 TB coconut oil
- 1 TB Chinese Five Spice powder

Directions:

1. Preheat oven to 375 degrees. While oven is heating, cut Delicata squash in half lengthwise and use a spoon to scrape out the seeds. Slice into 1-inch chunks and arrange in a 9x13 baking pan.
2. Add the coconut oil to the pan and put in the oven until coconut oil has melted. Add Five Spice powder, and toss squash to coat with coconut oil and Five Spice.
3. Bake for about 30 minutes, until the squash pieces are fork tender. Enjoy!

Notes:

You can also try this recipe with sweet potatoes or yams, or other varieties of squash. You'll find Chinese Five Spice powder in most spice sections of your grocery store. If not there, try the Asian foods or bulk foods section.

Spicy Chickpeas

Ingredients:

- 2 (15-oz) cans chickpeas/garbanzo beans
- 2 TB olive oil
- 1 tsp smoked or regular paprika
- Pinch cayenne pepper
- 1 tsp sea salt

Directions:

1. Preheat oven to 400 degrees.
2. Rinse and drain chickpeas. Dry well by putting them in a kitchen towel and then rolling them around.
3. In a large bowl, whisk together the olive oil, paprika, cayenne and sea salt. Add chickpeas and toss until evenly coated.
4. Spread chickpeas in a single layer on a baking sheet, and bake for 30-35 minutes or until golden brown and crispy. Halfway through baking, shake the tray to toss the chickpeas.
5. Remove from oven and place into a serving bowl. Store in an airtight lid on the counter for 3 days.

Carrot & Beet Slaw

Ingredients:

- 2 carrots
- 2 beets
- 1 lemon
- 1-2 TB olive oil
- Salt and pepper

This ridiculously simple salad is so tasty and lasts a few days in the fridge. Peel 2 carrots and 2 beets and then grate into a large bowl. Thinly slice the beet greens (if you have them) and add them to the grated veggies. Top with the juice of a lemon and 1-2 TB olive oil and toss. Season with salt and freshly ground pepper and it's ready to go.

ADDITIONAL SNACK IDEAS:

- Hummus or black bean dip with cut vegetables
- Small handful of nuts
- 2 slices turkey breast
- Small handful of mixed fresh olives
- One or two hardboiled eggs
- Raw sauerkraut
- Sliced apple with nut butters (almond, cashew, macadamia or even sunflower seed)
- A small salad with lots of crunchy veggies and sunflower seeds
- Half an avocado
- Home-made trail mix
- Steamed artichokes with tahini for dipping
- Roasted pumpkin seeds
- Coconut date rolls
- Fruit smoothies with a handful of leafy greens like spinach or collard greens
- Green juices
- Lara bars – these are made from just fruit and nuts, and can be found in many grocery and convenience stores

Remember the magic formula when eating: fat + fiber + protein = balanced blood sugar and the key to you staying full for longer



SWEET TREATS

If you are having a major sugar craving, try one of the following recipes to see if that satisfies your sweet tooth. **Try to avoid having sweets as much as possible this week – have one or two sweet treats for the whole week, not each day.**

Raw Chocolate Pudding

Makes 4 ramekins of pudding

Ingredients:

- 1 small or ½ large ripe avocado
- 1 very ripe banana
- ½ can coconut milk
- 2 TB raw cacao powder
- 1 TB raw honey

Directions:

1. Add ingredients to a bowl, blender or food processor. Blend until smooth, adjusting the amount of coconut milk if needed to get a nice creamy consistency similar to that of real pudding.
2. Divide into 4 small bowls or ramekins, chill for 30 minutes and enjoy! The raw chocolate pudding will keep in the fridge for few days when covered.

Hot Chocolate Elixir

Serves 1

Ingredients:

- 1 TB raw cacao powder
- ¼ tsp cinnamon
- Dash cayenne pepper
- 2-4 oz full-fat coconut milk
- Squeeze of honey (if needed)

Directions:

1. Put first 4 ingredients in a large mug and pour 8-10 ounces hot water over the top. Whisk until well combined and frothy.
2. Add coconut milk and squeeze of honey if needed. Drink up!

Seed Porridge with Chopped Pear

Serves 1

Ingredients:

- 2 TB unsweetened coconut flakes
- 1 TB raw pumpkin seeds
- 2 tsp chia seeds
- 1 TB freshly ground flax seeds
- ½ pear or apple, chopped
- 2-4 TB canned or refrigerated coconut milk

Directions:

Pulse the coconut flakes, pumpkin seeds and the chia seeds in a grinder or food processor and place in a bowl. Cover with 4-6 oz of hot water, and let sit for a few minutes to thicken. Add ground flax seeds, chopped pear and coconut milk. You can add a little honey to sweeten if needed and more coconut milk as desired.

Coconut Baked Apples

Cut up an apple and place it in a baking dish with a little coconut oil. Sprinkle 1 tsp unsweetened coconut flakes, ½ tsp cinnamon and a dash of nutmeg over the fruit. Bake in a 350 degree oven for about 20 minutes, or until the fruit is tender.

Lavender Pears

Core and seed a pear and cut into long slices. Lightly oil a glass baking dish with coconut oil and arrange pear slices in a single layer. Sprinkle 1 tsp coconut sugar and 1 tsp dried lavender flowers over the pears. Roast in a 375 degree oven for 20 minutes or until pears are browned.

Rooibos Tea

It's naturally sweet and caffeine free and tastes great. Even most major coffee chains carry some kind of Rooibos that will satisfy your sweet tooth on the run.



SHOPPING TIPS

- If a Farmer's Market is running in your area, try buying some of your produce there. It's fresher, cheaper, and always tastes better than what you can find in the grocery store.
- Shop in the bulk aisle for spices, dry beans, and grains. The products are often fresher and you don't need to buy a whole jar of something when you only need a few teaspoons.
- Consider going to a health foods store for this cleanse as they'll be likely to have more organic items. Co-ops are often less expensive than chain stores and many don't require you to be a member. To find a great co-op near you, visit <http://www.localharvest.org/> and click the "Grocery/Co-op" button, enter your ZIP code and hit search.
- Remember to bring re-usable shopping bags. If you don't have any, check out www.envirosax.com. These bags are sturdy and fold up into a small ball so they can easily fit in your purse.
- If you have a Trader Joe's in your area, try shopping there first as they often have many items at a better price than other chains.
- Ask questions – if you don't know where to find something, just ask someone who works there.
- Ideally, I'd like you to purchase ALL your produce items organically, but I know that can get pricey. Go online and print the The Dirty Dozen & Clean Fifteen list at <http://www.ewg.org/foodnews/>. This guide shows you which produce items are important to buy organic and which are okay to buy not organic.

On the following pages, you'll find a space to write down all the ingredients you'll need, along with shopping tips.

 **SPICES & HERBS**

Check the bulk section for Spices and Herbs – they are often much fresher and it saves \$ to buy just what you need rather than purchasing them in a jar.

Grab some sea salt –REAL Salt is a great brand that can be found at health food stores and gourmet groceries. You can buy other brands as well, just be sure to buy sea salt that isn't bright white. Pink, grey, brown and black are all good colors.

 **BULK SECTION**

I love buying grains in bulk because I can buy the exact amount I need.

 **DRY GOODS**

Check your pantry before hitting the store



REFRIGERATED & FROZEN



SUPPLEMENTS – All are optional

Supplements – All are optional. Check the supplement guide for more information on why we take these supplements.

- Vitamin B complex in capsule form (1000 total mg daily)
- Vitamin C in capsule form (2000 mg daily)
- Vitamin D in capsule (2,000-4,000 IU daily)
- Probiotics – look in the refrigerated section (1 capsule daily)
- Milk thistle (2 capsules daily)
- Dandelion, nettle, or detox tea
- Herbal laxative or laxative tea. Look for senna or cascara in the ingredients, and only purchase if you are prone to constipation.
- Epsom salts

SOME OF THE BRANDS I LIKE

- BioKult (probiotic)
- Eclectic Institute (milk thistle)
- Ester C (Vitamin C)
- Jarrow Formulas (all)
- New Chapter Organics (all)
- NOW (Vitamins B, C, D)
- Oregon's Wild Harvest (milk thistle)
- Dr. Ohhira's (probiotic)
- Whole Foods 365 brand

Keep in mind that when it comes to supplements, you truly get what you pay for. There are no standardizations when it comes to supplements, so you'll want to buy a brand that has been around awhile and has a good reputation. You'll want to purchase both Vitamin B and C in capsule form, not tablet, as tablets can be hard for your body to break down. The product should also be free of preservatives, fillers, binders, coloring agents, gluten, corn, soy, yeast and lactose.

If you can't find quality brands at your local store, try ordering from Amazon.



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