



EAT YOUR WAY

# Healthy

5 DAYS OF CLEAN EATING

RECIPE GUIDE



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## HEY WELLNESS WARRIOR!

Just like you I'm a busy lady. I need simple meals that give me energy, that are quick to put together, easy to digest and that nourish my body instead of take away from it.

I created this simple guide for you because I know how hard it can be to find these types of recipes. But clean eating doesn't have to be hard, like anything, you just need to have the right tools in your toolkit (or ingredients in your refrigerator!). Allow me to share with you some of my favorite tools, tips and recipes for feeling amazing and vibrant, not just once in awhile, but every single day.

***"Most people have no idea how good their body is designed to feel"***  
***- Kevin Trudeau***

Let me tell you, I was a total sugar addict, not because I wanted to be, but because my body was starved for energy and looking for a quick fix. The problem with sugar is that it actually robs nutrients from your body and takes energy away, perpetuating a vicious cycle.

Once I learned what I was doing to my body and my mind I took a step back and decided to change my habits. Now, I know what to eat and how to feel what's going on in my body.

**THE BEST PART? IT DOESN'T HAVE TO BE COMPLICATED!**

**LET ME MAKE THIS SIMPLE FOR YOU.**

You're about to find out how to have rocket-fuel energy all day long with these simple meals. If you're feeling the crash and burn around 3 or 4 pm, then this guide is for you, so buckle your seatbelt and enjoy the ride because you're about to change your life and never look back.



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Say goodbye to low energy, sugar cravings, poor sleep, and belly bloat; and say hello to more energy, glowing skin, and a renewed you. Are you ready?

First, let me tell you what was depleting me – STRESS. “Stress” is a generic term that we hear every day, but what is it really, and what does it mean for the body?

Stress isn't always bad. What's bad is CHRONIC stress. This is what happens when you're not nourishing your body with healthy supporting foods and calming self-care activities on a regular basis.

Let's face it we live in a pretty stressful world. Stress is the number one cause of illness and disease of modern times. Chronic stress leads to digestive distress, aging, weight gain, trouble sleeping and so much more.

The good news is that when you nourish your body with whole foods and holistic practices you strengthen your force field and protect yourself against the harmful effects that stress can have on the body and mind.

***“When all your energies are brought into harmony, your body flourishes. And when your body flourishes, your soul has a soil in which it can blossom in the world.”***

***-Donna Eden***



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Cheers to you for being here and taking the first step to live healthier & happier! I am grateful to be your Wellness Coach and THANK YOU for trusting me to support you on this journey!

I cannot wait for you to jump start your body. This is your time. This is your chance. This 5-day Jump Start is not about deprivation, counting calories, or dwelling on the numbers on the scale. It's about going from feeling depleted to feeling nourished on every level.

I get it ! I once struggled majorly with my health too. I'm here because I understand what it's like to have a full life and not have the energy and well being to enjoy it. Our families, friends, and career suffer when we are not feeling well. It's hard to enjoy all the great life moments when you're not feeling your best. I want you to enjoy your amazing life every second of the day!

***"The first wealth, is health." - Ralph Waldo Emerson***

I help my clients get out of overwhelm and into a state of knowing what is right for their body. I help them learn how to implement the right tools for eating foods that fuel their body instead of inflame it. Inflammation leads to headaches, poor sleep, metabolism issues, digestion problems and much more. I teach you with the same tools that I taught myself.

My clients have endless energy, lose weight, and often recover from chronic digestive issues that have overwhelmed them their entire lives. I work with people who want to end the struggle for good.

By discovering which foods work for your unique body, you, too, will feel amazing. As you remove foods that are wreaking havoc on your system, you will:

## IMPROVE YOUR DIGESTION AND IMMUNITY

- Lose weight more easily
- Enjoy glowing skin
- Have the energy to accomplish your goals & Sleep better
- Stabilize your mood

LIZ DENNY WELLNESS COACHING 2019

This is not intended to diagnose, treat, cure, or prevent any disease.

*“Most people have  
no idea how good  
their body is  
designed to feel”*

KEVIN TRUDEAU



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# WELCOME TO CLEAN EATING 101

I am sure you are wondering if you can do this program and the answer is YES! It is not difficult and I created this program for both the Foodie & the Non-Foodie alike.

I know how hard it is to live a busy life so I want you to know you can eat healthy without spending hours or even 30 minutes in the kitchen.

Let me introduce you to what I call - Clean Eating. First off...

**EATING CLEAN IS NOT A DIET – IT'S A WAY OF LIFE!**

I created the perfect program for you to get started because I know what it feels like to look in the mirror and feel annoyed.

This is my gift to you. Eating clean and healthy can be easy when you have the step by step plan. All it takes to change your life is one step forward and then another and then another. Consider this the first step towards plenty of energy, less chronic stress, better digestion and so much more!

No more quick fixes and no more reaching for coffee and a pastry at 4 PM hoping for a feeble jolt of energy. If it's lasting energy you're looking for, eating clean is the answer.

***"No matter how much it gets abused, the body can restore balance, the first rule is to stop interfering with nature." - Deepak Chopra***



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# QUICK AND EASY CLEAN EATING TIPS

Some people get intimidated by the prospect of having to prepare clean food to eat. Even if you don't have the time to make elaborate meals, you can still eat clean and feel amazing.

## HERE ARE MY TOP TIPS FOR A "NO-SWEAT" CLEAN EATING PROGRAM:

- Don't get overwhelmed by the recipes. It's okay to deviate from the plan, as long as you are eating food in its most natural state.
- All you need for a clean eating meal is a healthy protein, vegetables, and a healthy fat. This can be as simple as half an avocado and some grilled chicken on a bed of greens.
- Adding salsa, hot sauce, wheat-free tamari, tahini, garlic, or other healthy condiments can make any food taste fabulous.
- Explore the take-out options at local restaurants and health food stores, or even clean food delivery services if they're available in your area.
- Take a look at some ready-made protein options offered at your local health food store, and have some on hand in the fridge.
- The key to success is planning ahead and prepping. Make extra servings, and freeze them. Try to make the prep fun – put on some music or have a cooking party with your friends to make a bunch of meals for the clean eating program together.



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- Chop veggies and salad greens to have ready to go in the refrigerator. Or you can keep your favorite salad recipes in a Mason jar in the fridge then toss with a simple dressing of olive oil, lemon, and raw apple cider vinegar.
- Have healthy snacks on hand so the vending machine doesn't tempt you. Prepare little bags of pumpkin seeds with shredded coconut or have a green apple with you.
- You can prepare a morning lemon water elixir the night before or make a batch that will last several days.
- Prepare natural Gatorade by adding 1/8 tablespoons of Himalayan sea salt and 2 tablespoons of raw honey to a gallon of water. Carry your bottle of water around with you to remind yourself to hydrate.  
\*\*Remember to drink at least 64oz of water daily\*\*

**Note: If you cannot tolerate sodium, find a high-quality mineral at your health food store.**

- Prepare your breakfast smoothie the night before. Store it in a BPA-free container or Mason jar overnight.
- If you want to juice, but it feels like too much, then simply buy a juice at your local health food store. I like to treat myself to a cold pressed juice once a week after a great workout!



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# HOW TO MAKE A FUSS-FREE CLEAN EATING MEAL

Start with a stainless steel pan (I like All-Clad, but any real stainless steel or non-stick pan is fine).

Take 1 tablespoon of olive oil or coconut oil, and allow it to sit in the pan for a minute over high heat to warm up or, in the case of coconut oil, until it melts.

Add your preferred vegetables first, allowing them time to soften (one to two minutes), then add some garlic and ginger until softened (about one minute), watching carefully so the garlic doesn't burn. Once the veggies, garlic, and ginger are soft and stirred together, set them aside on a plate to keep warm.

Then add a protein to your pan and a little more oil if you need it. Once your protein is in the pan, add a pinch of sea salt and pepper to taste. Protein generally cooks in about 6-8 minutes. Try not to overcook it, but always respect the proper temperature guidelines for meat and poultry.

Add your veggies back in to warm and voilà, you have a fabulous, healthy meal! I always have left overs so I add quinoa in and mix all together for lunch the next day!



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CHEERS TO YOU FOR TAKING THIS STEP TO LIVE HEALTHIER & HAPPIER!

During this program, simply follow the suggested clean eating meals and use the 5 day meal plan to guide you. I've created a shopping list and suggested meals for you so you won't be overwhelmed by shopping or wondering what to eat for the next 5 days.

When shopping, try to stick to organic if your budget allows. Organic products are free from chemicals and other toxins that cause stress on our body. When meal planning, try to stick with simple recipes that you can store for a few days.

Remember, I am here for you! Book your 1:1 Coaching Session here on [MY ONLINE CALENDAR](#) As obstacles arise, and they will, take a breath and remember your intention for this 5 day program. This will help you stay committed to your success! Take each day as a new opportunity to be grateful for your healthy body!

I hope you enjoy your next 5 days! If any questions come up please feel free to email me @ [liz@lizeddennycoaching.com](mailto:liz@lizeddennycoaching.com)

In love & light, Liz

*“No matter how  
much it gets abused,  
the body can restore  
balance, the first rule  
is to stop interfering  
with nature.”*

DEEPAK CHOPRA



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# POSITIVE THOUGHTS FOR THE NEXT 5 DAYS

- I can transform my life at any moment.
- I claim perfect health.
- I am the person I was meant to become.
- I was created for a divine unique purpose.
- I believe in all of my abilities and nothing holds me back.
- I am strong & powerful in my thoughts, words, & actions
- I breath in love & exhale negativity
- I am worthy of it ALL
- I am healthy & happy
- I am grateful for my health, wellbeing, & safety



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## SUGGESTED MEALS

Day 1	Day 2	Day 3	Day 4	Day 5
Love in a Cup Smoothie	Be Divine Smoothie	Chocolate Mayhem Smoothie	Mango Green Smoothie	Ginger Green Smoothie
Citrus Beet Salad	Massaged Kale and Carrot Salad	Tomato Detox Salad	Lettuce Wraps	Spring Mix Salad with Raspberries
Zucchini Pasta with Tropical Curry	Jicama Salad with Cilantro and Lime	Citrus Delight	Roasted Veggies with Tahini Dressing	Steamed Broccoli with Red Pepper



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# BREAKFAST RECIPES

**Directions:** For all smoothie recipes, place the listed ingredients in a high speed blender and blend until smooth. If your smoothie is too thick, simply add pure water to thin it out. If your smoothie is too thin, add a bulkier item from the ingredient list (i.e., greens or fruit).

Feel free to add your favorite protein powder. I like Garden of Life

You can also add chia seeds or flax seeds as well for added benefits.

You can always use another non-dairy liquid in place of the liquid listed in the ingredients.

To create a cold smoothie, add 3-4 cubes of ice.

My favorite blenders to use are the NutriBullet for a budget friendly choice. If you would like to use a higher quality, more professional blender, I suggest investing in the Vitamix.

*\*All smoothie recipes serve 1. To enjoy 2 servings, double the ingredients.*



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## LOVE IN A CUP SMOOTHIE

- 1 ½ cups dairy free milk
- 1 cup spinach
- ½ avocado
- 1 tablespoon ground flax seed
- 1 cup frozen berries
- ¼ teaspoon cinnamon
- 1 splash vanilla extract

## BE DIVINE SMOOTHIE

- 1 ½ cups dairy free milk
- 1 cup kale
- 1 cup seedless green grapes
- 1 teaspoon ground chia seeds

## CHOCOLATE MAYHEM SMOOTHIE

- 1 ½ cups dairy free milk
- 1 ripe banana
- 1 cup spinach
- 2 tablespoons sunflower seed butter
- 1 tablespoon raw honey or stevia
- 2 tablespoons raw cacao

## MANGO GREEN SMOOTHIE

- 1 ½ cups dairy free milk
- 2 cups spinach
- 1 cup of frozen mango
- ½ avocado



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## GINGER GREEN SMOOTHIE

1 ½ cups dairy free milk  
1 cup of baby spinach  
½ avocado  
½ cup of chopped green apple  
Juice of ½ lemon  
½ inch of sliced ginger root

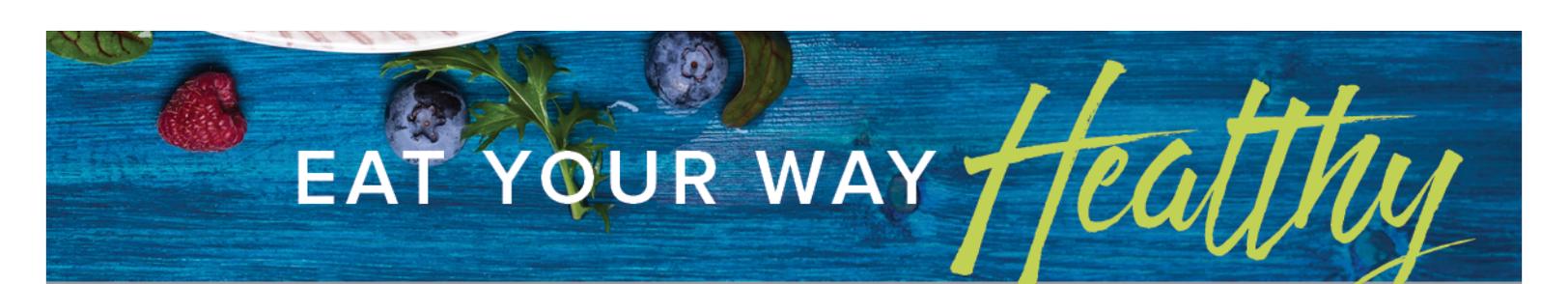
## GREEN SMOOTHIE

1 ½ cups dairy free milk  
1 small ripe banana  
2 handfuls of chopped organic kale  
1 teaspoon of chia seeds (optional)

*"When all your energies  
are brought into  
harmony, your body  
flourishes.*

*And when your body  
flourishes, your soul  
has a soil in which  
it can blossom  
in the world."*

**DONNA EDEN**



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# LUNCH RECIPES

## CITRUS BEET SALAD WITH LIME DRESSING

*SERVES 4*

3 medium/large red beets  
1 grapefruit  
1 cup baby spinach  
¼ cup parsley, chopped  
½ cup thinly sliced and chopped red onion  
2 tablespoons olive oil  
juice of 1 lemon  
sea salt and pepper, to taste  
protein of your choice (optional)

Preheat oven to 400 degrees F. Wrap 2 bunches trimmed beets in foil and roast until tender, about 1 hour. Let cool, then peel and slice. Peel one grapefruit and cut into segments and add to a large bowl with mixed greens. Add parsley and red onion with olive oil, sea salt, pepper and lemon juice into a bowl. Top with beets. Top with a protein (optional).

## LIME DRESSING

*SERVES 2*

2 lime, juiced  
¼ teaspoon ground cumin  
1 teaspoon raw apple cider vinegar  
2 teaspoons extra virgin olive oil  
Sea salt  
Black pepper

Prepare the dressing. Add your lime juice, ground cumin, raw apple cider vinegar, extra virgin olive oil, sea salt, and black pepper to a small bowl. Whisk the ingredients until they come together.  
Set to the side.



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## MASSAGED KALE & CARROT SALAD

SERVES 2-3

- 1 bunch kale, washed and cut into thin ribbons
- 2 large carrots, grated
- ¼ cup raw seeds (sunflower, pumpkin, or hemp)
- ¼ cup olive oil
- 2 tablespoons apple cider vinegar
- salt & pepper, to taste
- protein of your choice (optional)

Place kale and carrots in a large bowl. Whisk together the oil and vinegar, adding salt and pepper to taste. Pour over veggies. Toss the greens with the dressing for about 30 seconds. Adjust seasoning if needed and top with seeds. Top with a protein (optional).

## TOMATO DETOX SALAD

SERVES 2

- 1 cucumber, diced
- 2 cups mixed greens
- 1 raw beet, grated
- 1 medium tomato, diced
- 1 can of artichokes in water, drained and rinsed
- 1 small bunch of cilantro, chopped
- ½ avocado

Toss the cucumber, tomato and cilantro with the grated beet. Add the artichokes and avocado to 2 cups of mixed greens and top with vegetable mix.



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## LETTUCE WRAPS

*SERVES 2*

6 sheets nori or lettuce  
1 avocado  
1 mango  
1 cup sprouts  
½ cucumber, thinly sliced  
4 radishes, sliced  
dash of cayenne pepper (optional)

Lay out the nori or lettuce leaves. Place all the ingredients on each leaf and roll up. Add 1-2 tablespoons of your favorite dressing for extra flavoring or a dash of cayenne pepper for some heat.

## SPRING MIX SALAD WITH RASPBERRIES

*SERVES 4 - 6*

2 oranges  
6 ounces mixed baby greens  
1 ¼ cup raspberries  
¼ cup raw pumpkin seeds  
protein of your choice (optional)

Cut the oranges into sections by first cutting the top and bottom peel off. Then cut the peel off around the sides of the orange. Set aside.

In a large serving bowl place the mixed greens. Top with the raspberries, pumpkin seeds, and oranges. Serve with dressing of your choice and top with protein (optional).



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# DINNER RECIPES

## ZUCCHINI PASTA WITH TROPICAL CURRY

*SERVES 2*

- 1 young coconut
- 3 peeled zucchini
- ¼ cup raw cashews (soaked and drained, approximately one hour)
- ¼ cup raw almond butter
- ½ tablespoon curry

Open the coconut and drain the juice and scoop out the raw coconut. Put the coconut meat and water aside. Use a vegetable spiralizer to make the noodles from the zucchini, if you do not have one simply slice the zucchini very thin. Place in serving bowl. In a food processor blend the coconut water, coconut meat, almond butter, soaked raw cashews, and curry. Blend until creamy. Pour sauce over noodles and serve.

## JICAMA SALAD WITH CILANTRO AND LIME

*SERVES 6*

- 1 pound jicama, peeled and cut into thin strips
- 2 small-to-medium cucumbers, seeded and cut into thin strips
- juice of 3 limes
- ½ cup lightly packed, fresh cilantro leaves
- ½ teaspoon salt
- cayenne, or another hot pepper, to taste

Combine the jicama, cucumbers, lime juice, cilantro and salt in a large bowl and toss well. Cover and refrigerate for at least 30 minutes. Immediately before serving, add cayenne, to taste.



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## CITRUS DELIGHT

SERVES 4

- 2 grapefruits
- 1 tablespoons lemon juice
- 4 tablespoons extra-virgin olive oil
- 1 tablespoon honey or stevia
- ¼ teaspoon sea salt
- ¼ teaspoon fresh ground black pepper
- 5 cups arugula
- 1 avocado, peeled and diced

Peel the grapefruits. Separate the segments and remove the membranes. This is a juicy process, so do it over a bowl to collect your grapefruit juice. Whisk together grapefruit juice, lemon juice, olive oil, honey, sea salt and pepper.

Place grapefruit segments in dressing and let stand for 5 minutes. Place arugula in a large salad bowl, add avocado chunks and top with the grapefruit dressing. Toss thoroughly.

## ROASTED VEGGIES WITH TAHINI DRESSING

SERVES 2

- 5 cups root vegetables, uniformly chopped (any combination of beets, turnips, rutabaga, fennel, carrots, and/or parsnips)
- 2 tablespoons coconut oil
- 1 big handful of parsley, chopped
- salt and pepper to taste

Preheat the oven to 350 degrees F. Massage vegetables with coconut oil and place on baking sheet in a single layer. Bake for about 30 minutes or until slightly browned. Season with salt and pepper. Top with parsley. Serve as is or with Tahini Dressing on the side.



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## TAHINI DRESSING

*Serves 2*

- ¾ cup tahini (sesame paste)
- 1 clove garlic, minced
- 1-2 tablespoons Wheat Free Tamari (optional)
- juice of 1 lemon
- ¼ cup water

Whisk or blend all ingredients until creamy. Slowly add more water to obtain desired consistency. (This dip will thicken in the refrigerator and can be stored for up to 3 days)

## STEAMED BROCCOLI WITH RED PEPPER & TAHINI

*SERVES 2*

- ½ head broccoli florets, chopped
- 1 red pepper, chopped
- 1 cup mixed, tender greens
- 1 cup thinly sliced red cabbage
- 2 tablespoons diced red onion
- sea salt and pepper
- drizzle of Tahini Dressing
- 1 tablespoon sesame seeds, for garnish

Steam broccoli florets until bright green and tender, about 4 minutes. Drain and set aside. Toss red pepper, greens, cabbage, and red onion in a large bowl. Top with steamed broccoli and season with salt and pepper. Drizzle with Tahini Dressing and sprinkle with sesame seeds.

*"The first wealth,  
is health."*

RALPH WALDO EMERSON



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## WORK WITH ME

Working together offers you the right system, support, & accountability so you're guaranteed success on your health & wellness journey! I offer complimentary 1:1 breakthrough sessions via phone, Skype, or in person to help you create a vision for what healthy & happy means to you. I offer wellness programs that range from 5 days to 14 days and lifestyle programs that are 90 days or 1 year. Each program is 100% customized to fit your vision and give you the tools & techniques you need to be live your best life! All my programs incorporate a total body mind connection so you can create new behaviors so you can continue to live healthier way after your program ends!

If you would like to learn more about how I can support you in reaching your goals, please email me [Liz@lizdennycoaching.com](mailto:Liz@lizdennycoaching.com) or book your complimentary breakthrough here on [MY ONLINE CALENDAR](#) or visit my website [Liz Denny Coaching](#)

### DISCLAIMER:

*This eBook is for educational purposes only. The material within reflects what has worked for the me. When changing your diet and lifestyle always consult your doctor.*

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*Thank you.*