

What You Will Need:

		
<p>Good Quality Olive Oil California Olive Ranch is an excellent brand that is affordable with wide distribution</p>	<p>Fresh Squeezed Lemon Juice</p>	<p>3 - 4 ORGANIC Granny Smith Apples Each Day (21 - 28 apples for the cleans)</p>

More About Good Quality Olive Oil

“How can I tell a good quality olive oil?”

Look for the Following **4** Signs:

1. The **COOC Seal** on the label is one of the best indications that you’re purchasing a certified, high-quality extra virgin olive oil.
2. Other good signs of authenticity include a **harvest date** on the label,
3. a **single country of origin** on the label
4. The **ingredients list** solely extra virgin olive oil.

<https://californiaoliveranch.com/why-it-matters-to-buy-cooc-certified-extra-virgin-olive-oil/>

[Click Here](#) for [List of GOOD QUALITY CERTIFIED OLIVE OILS](#)

Week 1: 7days

NO NUTS, NO DAIRY, NO GLUTEN

You can have Seeds (Raw sunflower, sesame, flax & Chia)

Morning /Regimen :

- Take 1 Tablespoon of Olive Oil and chase it with 1 Tablespoon of Juice from a Fresh Squeezed Lemon (let 30 minutes pass before consuming your breakfast)
 - Choose any Cold Pressed Olive Oil from California - California Olive Ranch is a great quality oil with wide distribution and fair pricing

Breakfast:

- Eat your Breakfast based on the “What My Plate Should Look Like” template
- Eat 1 ORGANIC Granny Smith Apple (be sure to eat the seeds out of your apples - optional)
- Drink the BNH 6 Spiced Tea or any Herbal Tea with Ginger, Turmeric and Ceylon Cinnamon or save for snack

Snack: See Below

Lunch:

- Eat your Lunch based on the “What My Plate Should Look Like” template
- Eat 1 ORGANIC Granny Smith Apple (be sure to eat the seeds out of your apples)
- Drink the BNH 6 Spiced Tea or any Herbal Tea with Ginger, Turmeric and Ceylon Cinnamon or save for snack

Snack: See Below

Dinner:

- Eat your Lunch based on the “What My Plate Should Look Like” template below
- Eat 1 ORGANIC Granny Smith Apple (be sure to eat the seeds out of your apples)
- Drink your Spiced Tea or Green Tea or save for snack

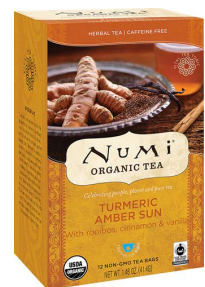
Snack :

Granny Smith Apple and any other acceptable food item you would like that fits into the “What My Plate Should look like” model. Aim to Drink 8 oz Tea and you can add a Sweet or Savory addition if you feel hungry

- Herbal Tea:
 - Green Tea with Herbs (See below for Organic Green Tea suggestion)
 - [BNH 6 SPice Tea](#)
 - [BNH Uplifting Tea](#)
- If you have a taste for sweet:
 - Oatmeal with cinnamon, raisins and a little maple syrup 1 - 2 tsp and 1 Tbsp raw sunflower seeds
 - Berry & Veggies smoothie made with plant milk (coconut, almond, hemp, cashew, oatmilk etc). Feel free to use [Protein and Greens Powder](#) or [Branched Chain Amino Acid powder](#) for thos who hit a wall and start to drag midday
 - Chia Seed pudding
- If you crave savory:
 - roasted Brussels’ Sprouts or roasted sweet potatoes sprinkled with sea salt fresh black pepper and drizzled with raw cold pressed olive oil
 - 5 olives, 1/4 - 1/2 of an avocado sliced with salsa and organic blue corn tortillas
 - organic popcorn with nutritional yeast

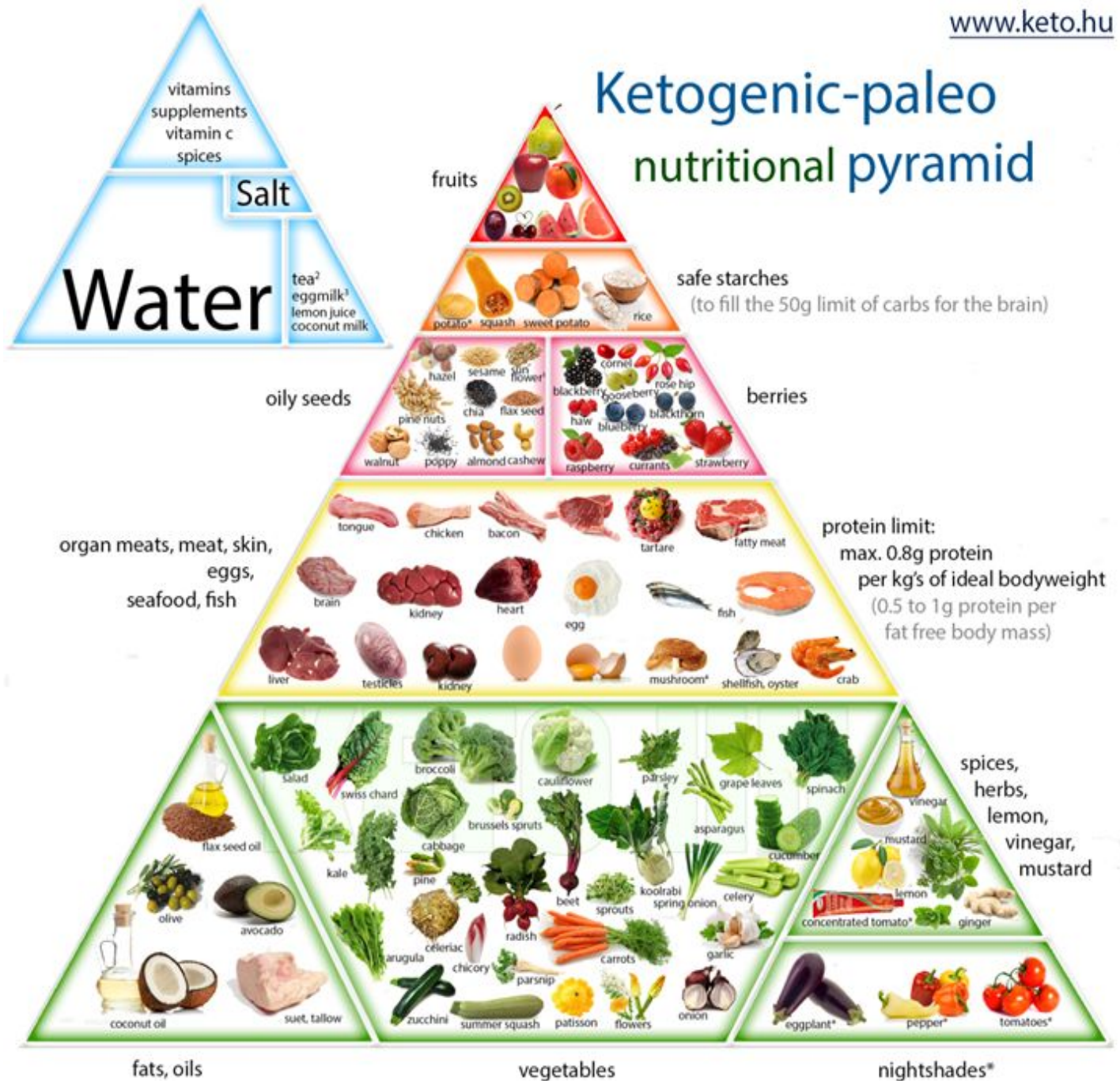
Organic Green Tea 1 bag for

- AM - [Organic Green Tea with Ginger](#)
- PM - [Organic Green Tea Dandelion](#)
- Evening - [Organic Turmeric with Meadowsweet & Ginger](#) (if you are allergic to aspirin - DO NOT use this one, use the [Numi Turmeric and Amber Sun](#) instead)



Understanding the Hierarchy of Foods

www.keto.hu



What Should My Plate Look Like?

Plate A

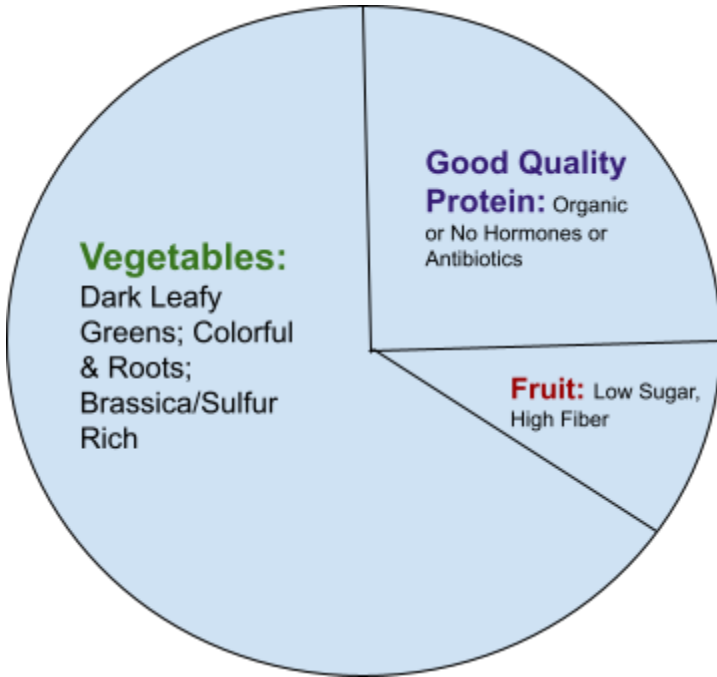
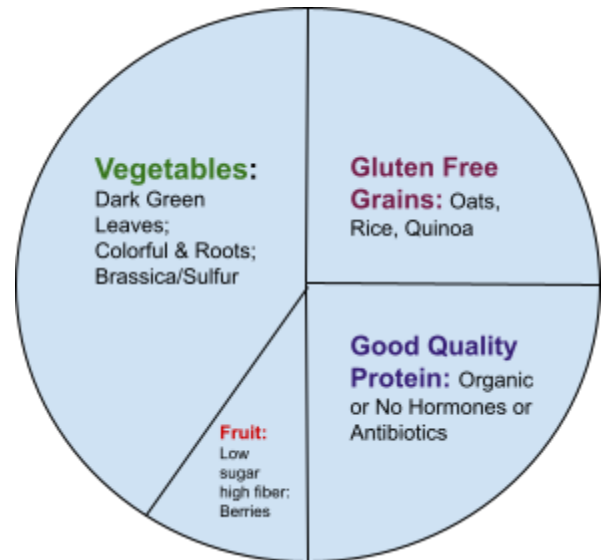


Plate B



Water:

8 (8 oz) Cups of Good Quality Water

Limit drinking from Plastic Bottles

Aim to Drink 2 cups at 9 am, 12 noon, 3 pm and 6 pm

Key Tenants:

1. Aim for Organic foods when choosing foods on the Dirty Dozen List
2. Aim for Organic or No Hormones or Antibiotics for ALL animal products:
 - a. Meat
 - b. Milk
 - c. Cheese
 - d. Butter
 - e. Fish
 - f. Poultry
3. Choose Low Sugar High Fiber Fruits: Berries, Sour Apples
4. Make the Base of Your Plate well tolerated vegetables
5. Add well tolerated grains, nuts and seeds in moderation
6. Limit added sugar to 6 tsp or less
7. Choose Good Quality Fat: Olive oil, Olives, avocado, coconut meat/milk/oil

Some Liver Supportive Recipes

Radish Slaw

Ingredients:

- 2-3 black Spanish radishes, scrubbed and grated
- 3 cups finely shredded cabbage
- 1 cup coarsely grated carrots, any color
- 1/2 cup thinly sliced green or red onion
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon sugar
- 2 tablespoons olive oil
- 2 tablespoons finely chopped fresh parsley, cilantro, or mint leaves



Directions:

In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the herb, and salt and pepper to taste. This could also be good without the cabbage.

Sweet Sour Black Radish Salad

This is a recipe that was inspired by Elizabeth Schneider in her book *Vegetables from Amaranth to Zucchini*

Ingredients

- 2 T olive oil or butter, divided use
- 2 small/medium black spanish radishes, cut into 1/4 inch dice
- 2 leeks, trimmed and thinly sliced
- 1/4 cup rice wine or white wine vinegar
- 1/4 cup water
- about 2 teaspoons honey



Directions

Cook the leeks and radishes in 1 T of oil or butter over medium heat for about 3 minutes, until softened and beginning to brown. Add vinegar and water and cook, stirring often, until radishes are soft but still a little firm, about 5 more minutes. Add honey to taste. Season with salt and pepper.

Korean Radish Salad

Ingredients

- 3 medium black Spanish radishes
- 2 teaspoons Salt
- 2 teaspoons Red pepper (or less to taste)
- 2 teaspoons Sugar
- 1 1/2 tablespoons rice Vinegar
- 2 tablespoons Minced scallion
- 1 teaspoon minced garlic



Directions

- Peel radish and cut into match stick pieces about 2 inches long. Sprinkle with salt and let stand for 10 minutes. Rinse to remove excess salt and drain well. Wrap radish in several thicknesses of cheesecloth and squeeze out as much liquid as possible.
- In bowl, combine radish with red pepper, sugar, vinegar, scallion and garlic, mixing well. Serve at once or refrigerate to blend flavors. Serves 8 as side dish.

Retrieved From - <http://www.mariquita.com/recipes/black%20spanish%20radish.htm>; obtained 1/7/15

ARTICHOKES

Ingredients

- Artichokes
- Parsley
- Garlic
- bay leaves
- Lemons
- Wine
- Oil
- broth



Directions

Put the parsley, garlic, bay leaves, lemons, wine, oil and broth in a large pot and bring to a simmer. Season the liquid with salt and pepper. In the meantime prepare the artichokes.

Wash artichokes under cold water. Using a heavy stainless steel knife, cut off the stems close to the base. Pull off the lower petals that are small and tough. Cut off the top inch of the artichoke and rub with half a lemon to preserve the green color.

Alternatively, you may put the artichokes in acidulated water. If you wish, trim the thorny tips of the petals with kitchen shears. Place the artichokes in the steaming liquid, bottom up. Cover and simmer for about 30 minutes. The artichokes are done when a knife is inserted into the base and there is no resistance. To eat, pull off a leaf and scrape the meat off the tender end with your front teeth.

Dip the ends of the leaves in lemon juice and melted butter if desired.

Retrieved from - <http://www.foodnetwork.com/recipes/tyler-florence/steamed-whole-artichokes-recipe.html>

Dandelion Greens

Dandelion greens are another great Liver Tonic food. These can be cooked similar to Collard Greens with sauteed onions and garlic, then allowed to slow cook until tender. They can also be cooked faster similar to spinach or kale.

