

14-DAY

Hormone 

Weight Loss Detox

QUICK START

DETOX MANUAL

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Snyder

— 14-DAY —

Hormone 🍀 Weight Loss Detox

Get Your Energy And Your Body Back



Congratulations! You have officially taken your first step towards balancing your hormones naturally by joining us for the 14-Day Hormone Weight Loss Detox and Self-Care Program.

Remember that YOU are the CEO of your own healthcare! I am going to help you learn and seamlessly incorporate natural solutions designed to heal you from the inside out into your daily routine. You will be amazed with the results you'll receive in the coming weeks when you follow the Hormone Weight Loss Detox Guided Plan that I have not only personally mapped out for you, but completed myself!

I created the The 14-Day Hormone Weight Loss Detox to reset your metabolism, support your liver and gut, and balance your hormones. The majority of people who complete the program experience improved energy, weight loss (if needed), clearer skin, lower stress levels, increased mental alertness, more restful sleep, and improved digestion. That's why we are going all in for 14 days together!

This Quick-Start Guide contains your 14-Day Hormone Detox Meal Plan along with Daily Self-Care Ritual recommendations that are designed to maximize your results. The 14-Day Hormone Weight Loss Detox consists of a 14-day food elimination along with self-care rituals, and targeted essential oils specifically chosen to reset your metabolism, decrease inflammation, and balance your hormones naturally.

This guide contains your recipes and shopping list for easy reference. You will also receive my Hormone Detox Kitchen Makeover Guide, Self-Care Rituals and Recipe Guide, and the Five-Minute Self-Care Journal separately in the program. Take the time and read each of the guides during your Prep Week so that you are ready to create sustainable results that will continue even after your 14-Day Hormone Weight Loss Detox.

I have also included a 14-Day Detox Meal Plan inside this guide with recipes that are so easy to make and versatile that you can extend your meal plan to 21+ days if you choose. These recipes are designed to reset your hormones, nourish your cells, lower your weight set point, and increase your energy. When you pair powerful plant-based medicine with nutrient-dense recipes, you have created a path towards your own success!

But it's not just about the meal plan. It's important to include daily protocols of self-care and exercise to truly get the results that you desire. You will find suggested self-care rituals along with morning and evening routines for you to put into practice during the 14 days. *Let's get started!*

— 14-DAY —

Hormone Weight Loss Detox

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Prepping for the 14-Day Weight Loss Detox

The Prep Phase is an important phase for your success. This is where the work comes in, because you need to listen to your body in order to know what it needs the most. By identifying the areas where your body needs support, you can begin to select the routines and rituals that make the most sense for you. This entire program was made for you as an individual. It is not a one-size-fits-all solution. Only you know how your body feels and responds - **YOU are the CEO of your own healthcare!**

Using this course will get you started with this program, but the actual act of following the plan will teach you the ropes. You will be learning to make healthy choices that will reset your hormones in the beginning, but ultimately support and sustain those hormones for the rest of your life.

I am giving you the tools and the resources - YOU are the one who must take action and implement them realistically into your life. By creating the pathways for hormonal success now with this plan, we are giving you the education to carry on! Soon these steps will become habits for you and you won't have to think about making healthy choices because your body will know what it needs.

Some Scientific Details about the Program

Now for the specifics. We will not only focus on re-balancing hormones like cortisol, estrogen, and insulin, but we will also give your liver a break and boost your metabolism.

Why the liver?

It is the prime organ for elimination in your body and we have to take care of it. Most people don't think about caring for their liver on a daily basis, but, when we do a detox, the liver is in much better condition to metabolize estrogen and other hormones.

The liver filters out the good from the bad - drugs, alcohol, hormones, bacteria, old blood cells, environmental toxins, and other nasties all get sent through the liver center. In addition, it plays a critical role in keeping our metabolism in check and helping our hormones to stay regulated.

So, what's the problem with our liver? The environment we live in and the toxins that we subject it to on a daily basis with what we eat, touch, and breathe. Our livers were not designed to deal with the onslaught of chemicals and toxins in our modern environment. That's why we've gotta give our liver some love!

Why weight loss?

This isn't just a weight loss program. But you will lose weight by following the steps that I've laid out for you. You see, your body has something called *a set point*. This is the 5-10 pound range that your body wants to rest in, even if you don't like what it is. Many of us want to alter that set point, but that isn't the easiest thing to do. This is why a lot of diets fail. Your body wants to get back to its set point because it is happy there.

Can you alter your weight set point? Yes! You can, but it isn't easy. The good news is the 14-Day Hormone Detox is designed to get you started with this process.

The key is both eliminating certain foods - grains and sugars - AND getting your body moving! If you stick to it, you can potentially lower your set point by 5 pounds. *5 pounds!* And you can get it even lower by sustaining this eating plan and practicing self-care and moving your body the right way.

Nutrition, Self-Care, and Exercise

This trifecta is critical for lasting health and sustained hormone balance.

Here's How the Hormone Weight Loss Detox Works

For 14 days, you will reset and rebalance your hormones by removing the foods below. You will find your **Hormone-Loving Grocery Shopping List** inside this guide and also as a separate printable PDF, so that there is no guessing about what to eat during your 14-Day Detox and beyond.

In order for the 14-Day Detox Plan to be successful, you've got to get real about ending relationships that have been abusing your body. Sugar, gluten, and processed foods, as well as caffeine are the biggest offenders in our modern diet, and we've got to eliminate them beforehand.

- Sugar causes insulin spikes that lead to excess fat storage, and it also affects your cortisol levels that, in turn, boomerang your estrogen and progesterone levels.
- Gluten creates an inflammatory response in your thyroid.
- Caffeine revs up those survival hormones.

Set yourself up for success by slowly removing sugar and caffeine from your daily habits before starting the 14-Day Detox. I want you to succeed in this process, and cutting things out cold-turkey will make you feel horrible. It will cause withdrawal and cravings like you've never before experienced. It will create digestive distress. And you may feel like giving up. I don't want that for you. When the fourteen days are over, you can begin reintroducing these foods one at a time, which will allow you to identify potential triggers and food items that harm your health.

Once you begin the 14-Day Detox Meal Plan, you will also eliminate dairy and red meat. Why? Because these foods cause inflammation and may be driving some of your symptoms like hormone driven weight resistance.

AVOID DURING 14-Day Hormone Reset

- red meat & conventionally-produced meat
- sugar & artificial sweeteners
- caffeinated beverages (except for green tea)
- grains, gluten, & corn
- dairy
- processed foods and fats (hydrogenated vegetable oil, artificial trans fats)
- alcoholic drinks

This program will also follow the Foundational Five Pillars and your 14-Day Plan will incorporate all five habits throughout the day.

Each pillar represents a core component that will help to strengthen your body's foundation so that balancing your hormones and bridging the gap with essential oils can truly take hold and build you back up again.

Foundational Five Pillars

- 1. Hydration:** Aim to drink eight 8 oz. glasses of water each day.
- 2. Nutrition:** Aim to eat 1 pound of veggies a day and follow 14-Day Meal Plan while eliminating hormone-sabotaging foods. (Refer to the 14-Day Meal Plan for recipes and recommendations.)
- 3. Exercise:** Aim to move your body 30+ minutes a day, 5 days a week. (Refer to exercise section for recommendations.)
- 4. Manage Stress:** Aim to focus on breathing techniques, using essential oils, and self-care rituals.
- 5. Self-Care:** Aim to incorporate self-care rituals into your morning, daily, and evening routines along with filling out the Five Minute Self-care journal in the morning to set the tone for your day.

You will also need essential oil support for this program. I strongly recommend my **Hormone Rescue Trio** (Clary Calm, Balance and Motivate). Purchase the Hormone Rescue Trio at drmariza.com/trio during Prep Week so you are ready!

Other essential oils that I always have on hand are **Lemon, Lavender, Peppermint, Bergamot** and **Wild Orange**.

Essential Oils Benefits and Usage

As you know by now, essential oils are the golden ticket to supporting your hormonal balance. Essential oils can bridge the gap from imbalance to balance while you work to recharge your body.

For this program, I have curated a Hormone Rescue Trio Kit to address stress, fatigue, cravings, brain fog, hormonal imbalance, and sleep issues.

I have also recommended some single essential oils to further support your journey: Lemon, Lavender, Peppermint and Wild Orange. Below you will find the benefits and usage of each blend and essential oil. These oils are also a great idea for your self-care rituals throughout the day.

If you would like more information on essential oils and self-care rituals, read over your Self-Care Ritual and Recipe Guide.

Enjoy!

The Hormone Rescue Kit

contains three powerful, hormone-support essential oils:

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1. Balance Grounding Blend

Primary usage: reduces stress, provides cellular homeostasis, supports hormones (cortisol, thyroid and insulin), enhances mood, grounds the mind and body

Application:

- Apply 1 drop to the bottoms of feet morning and night.
- Apply 1 drop to palms and take three deep breaths to reset mood and calm emotions.
- Apply 1 drop to wrists, neck, and temples to ease tension and anxious feelings.
- Diffuse to creating a calming, soothing environment.

2. ClaryCalm® Monthly Blend for Women

Primary usage: balances hormones, balances progesterone & estrogen levels, supports adrenal function, reduces hot flashes, supports mood, improves cognitive function

Application:

- Apply topically to lower abdomen over ovaries, inner ankles, or wrists 3 times a day.

(Note: Keep ClaryCalm® in the bathroom for use in the morning/night or in purse)

3. Motivate Encouraging Blend

Primary usage: instant motivation, reduces headaches, boosts energy, increases mental alertness, reduces muscle tension, alleviates hot flashes, banishes brain fog, and uplifts mood

Application:

- Apply to chest, neck, and/or upper torso to alleviate hot flashes and cool the body.
- Apply to palms and breathe in to enhance mental alertness.
- Apply to muscles and massage into sore, tired muscles.
- Apply to back of neck and behind the ears for instant focus and mental alertness.

Benefits and Usage for Lavender, Lemon, Wild Orange, Peppermint and Bergamot

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Lavender EO

Primary usage: promotes restful sleep, reduces anxiety, supports emotional distress, supports skin health, and reduces mental chatter

Application:

- Apply to bottoms of feet, after Balance, right before bed at night to unwind before sleep.
- Apply 1-2 drops on the back of neck and over heart to promote peace and calm.
- Diffuse 4-5 drops in a diffuser to reduce feelings of anxiety and support sleep.
- Apply 1-2 drops to palms and inhale 3 deep breaths to reset emotions and calm anxiety and restlessness.

Lemon Essential Oil

Primary usage: detoxifies the body, boosts metabolism, supports liver and kidney function, kills germs and cuts through grime as a powerful cleaning agent, boosts mood, invigorates the senses

Application:

- Apply 1 drop each of Lemon and Peppermint to your palms and inhale 3 deep breaths to increase mental alertness and boost energy instantly.
- Add several drops to water to clean hard surfaces.
- Add a couple drops to cooking recipes for a natural lemon flavor.
- Add 2 drops of Lemon, 1 drop of Lime, 1 drop of Lavender, and 1 drop of Rosemary to your diffuser for a “Clean Summer Kitchen” aroma.

Wild Orange EO

Primary usage: uplifts mood, powerful antioxidant, increases energy, boosts metabolism, immune system support, enhances flavor, and kills germs

Application:

- Add 1 drop of Peppermint along with Wild Orange for a instant, energy boost.
- Apply 1 drop each of Wild Orange and Peppermint to your palms and inhale 3 deep breaths to increase mental alertness and boost energy instantly.
- Add several drops to vinegar and water for green cleaning solution.
- Diffuse with Lemon oil to reduce germs and boost the immune system.

Peppermint Essential Oil

Primary usage: reduces headaches, boosts energy, increases mental alertness, reduces muscle soreness, alleviates hot flashes, reduces fever, alleviates menstrual cramps, decreases nausea, reduces motion sickness

Application:

- Add 20 drops to a 2-oz. spray bottle with water. Shake and spray to chest, neck, and/or upper torso to alleviate hot flashes and cool the body.
- Apply 1 drop to palms and breathe in to enhance mental alertness.
- Add 1 drop to ¼ teaspoon coconut oil and massage into sore, tired muscles.
- Add 2 drops of Peppermint and 3 drops of Wild Orange for instant energy and to enliven the senses.

Bergamot Essential Oil

Primary usage: uplifts mood, powerful antioxidant, reduces stress, supports emotional distress, relieves anxious and sad feelings, immune system support, skin tonic, improves blood circulation, relaxes the mind and tense muscles.

Application:

- Apply to bottoms of feet with Lavender, or Balance right before bed at night to unwind before sleep.
- Apply 1-2 drops in your body wash for a purifying benefits.
- Diffuse 4-5 drops in a diffuser to reduce feelings of anxiety and support sleep.
- Apply 1-2 drops to palms and inhale 3 deep breaths to reset emotions and calm anxiety and restlessness.
- Add 1 drop to a cup of tea for detoxification and immunity benefits.

Hormone Rescue Preparation

Prep Checklist and Daily Steps to Create Success

Before I reset my hormones with the 14-Day Rescue Plan, I stock up on a full arsenal of whole foods and essential oils that will *set me up for success*. I make sure to include the staples that keep me in hormonal harmony! I shop about twice per week, and I recommend that you plan to as well.

As I explain in Part III of **The Essential Oil Hormone Solution**, preparation is the key ingredient to creating lasting change for a healthier and more vibrant you! Your preparation week will set the stage for success during your 14-Day Hormone Detox and Self-Care Program.

Measurements - Measure weight and waist circumference and record in your journal. (Optional: calculate body mass index. Your goal is a BMI of 18.0-24.5.)

Daily Checklist/Plan

Meal Plan (Breakfast, Lunch and Dinner) - The 14-Day Hormone Detox plan creates the framework for understanding the principles of healthy cooking and eating so that habits actually change over time. The recipes are designed to make cooking healthy food delicious and simple without sacrificing your favorite foods and flavors. Incorporating daily self-care rituals and exercise routines will contribute to major, sustainable change.

Self-Care Rituals with Essential Oil Recommendations - Read through this guide and work on developing your own plan based on the rituals that you prefer and that your body responds to the best. This Prep Week will give you time to discover which rituals benefit your needs the most for a customized approach to help you to achieve success.

Exercise Plan - In the Exercise Section towards the end of the guide, you will find recommendations and guidelines to help you get moving your body. Read through the information and get yourself in the mindset to move. Figure out what will work best for you, and plan to make that a part of your detox plan.

Hormone Rescue Rules & Tips

1. Eat Protein at Each Meal

Aim for a total of 60-70mg of protein each day (20-22 grams at three meals).

Protein list: beans, lentils, wild-caught fish, free-range pastured chicken, and turkey.

2. Eat 7-10 serving of vegetables each day (30-40 grams of fiber per day)

Aim to consume 7 servings of raw and/or cooked vegetables every day. The meal plan is designed to cover your vegetable recommendations. Recipes also including hormone-, gut-, and liver-loving foods.

3. Eliminate Sugar and Sugar Substitutes

Avoid these sugars: white table sugar, honey, agave, Splenda, brown sugar, molasses, and maple syrup. The only sweetener approved is stevia.

4. Eat Low-Glycemic Index Fruits (GI index of 50, or less)

Fruit list: apples, berries, avocados, olives, lemons, limes.

Avoid: bananas, mangoes, grapes, melons, pineapples, peaches.

5. Limit Caffeine & Alcohol

Start weaning off caffeine and alcohol during Prep Week for a smoother transition into the 14-Day Reset.

6. Eat Every 4 to 6 Hours

The goal is to reset your insulin levels and burn fat. I am not recommending snacks in this plan because they will sabotage your hormones and weight loss. If you are feeling hungry between meals, I recommend drinking a 16 oz. glass of water with a tablespoon of chia seeds. This will curb your hunger and help to create the results you desire. Also, make sure that you are getting enough protein into your diet so that you are staying full between meals.

7. Be Mindful of How You Eat

Chew your food. I mean, REALLY chew your food! Slow down and enjoy the flavors, the textures, the subtleties of deliciousness. Let your body and mind know that there is NO famine and food is NOT scarce. This will help reset your cortisol levels so that your body properly distributes the nutrients and allows its systems to function properly. Be mindful of how you eat and discover what a difference it can make.

Before You Start

The way to success starts with preparation. Follow these guidelines so that you have everything you need prior to your 14-Day Detox:

1. Do a kitchen and pantry clean-out. Be ruthless! Get rid of anything in the house that is off the plan. Either give it to friends or donate it to your local food bank. Use the **Hormone Detox Kitchen Makeover Guide** as a Reference.
2. Next, go through the recipe list and see which of the staples and spices you have already and which ones you'll need to buy so you don't have to think about ingredients when you're getting ready to make your meals.
3. Make a detailed shopping list and buy or order what you need. For a complete shopping list for the 14-Day Hormone Detox go to the Shopping List Section below.
4. Don't go shopping when you're hungry! It's too easy to give in to snack foods or junk when your stomach is rumbling. If there are trigger foods that you know you can't stop eating once you start, like potato chips or ice cream, don't buy them.
5. Also, don't go shopping when you're pressed for time. If you're buying any packaged foods, you need to read labels carefully.
6. Purchase or create a food journal (it can simply be sheets of paper stapled together) as you'll want to start tracking how you feel after every meal. You can even start your food journal before the 14-Day Detox to get an idea of which foods make you feel good, which make you bloated, etc.
7. Have all the essential oils and essential oil supplies you are using at hand.
8. If you need extra motivation, see if you can get a workout or walking partner and schedule your exercise sessions now. You're much less likely to cancel when you don't want to let your friend down!
9. Download the 14-Day Food Journal Calendar and tape it to your refrigerator or somewhere visible. Cross off every day as it goes by. I know you can stick to the plan!
10. Plan to meal prep. The meal plan takes leftovers and meal prep into consideration. Feel free to adjust the meal plan based on your time schedule. If you like to eat the same thing 2 days in a row, do that. If you like something new each day, the recipes account for that too.

Daily Self-Care Rituals

Your energy is a direct response to how you nourish and care for your mind and body. Let's begin by taking an inventory of your current "feel good" levels. On a scale of 1-10, with 10 being the highest, rate your current levels of:

- Happiness
- Energy
- Emotional balance
- Overall wellness

Now think about that in terms of today, the past week, and the past month.

Self-care begins by focusing on these areas and finding rituals that will bump your number up one or two notches. It is not an overnight change, but a steady process of attention you give to yourself. As you focus on these areas, you will begin to boost your self-confidence and health, and, in doing so, lower your stress levels while increasing energy, productivity and focus.

The Hormone Weight Loss Detox Program has built in Self-Care Rituals with essential oils to reset your hormones. You will also have a Five-Minute Self-Care Journal to fill out each day. Your self-care routine is all about setting the tone for your day! Each day, you get to choose the way you approach the day and morning rituals really enable you to make that to come into reality. Let's *set up your body and mind for success* in the morning and throughout the day that will support you, especially when you have a lot on your plate.

MORNING RITUAL

- Grab a citrus essential oil right away to energize the senses (examples: Lemon, Wild Orange, Bergamot, Tangerine essential oils).
- Start your day with movement (maybe 5 minutes of yoga or meditation with a citrus essential oil).
- Spritz your essential oil shower blend and breathe deeply while taking a shower.
- Prime your digestive system with a warm glass of lemon water. Add ginger for an extra boost!
- Make your green smoothie and set an intention for the day by filling out your Five Minute Self-Care Journal!

LUNCH RITUAL

- Check in with yourself. How are your stress levels? How is your energy? Grab an oil and take a 2-3 deep breaths.
- Have a detox friendly lunch: Mexican Harvest Salad with Roasted Chicken.
- Take a walk around the block with a coworker or your accountability partner, or stretch outside.
- Stretch your neck, shoulders and back before sitting back down to work.
- Listen to your favorite song and have a mini dance party.

EVENING RITUAL

- Have dinner before 8pm, or 3 hours before bed: Spiced Rubbed Salmon
- With Sauteed Vegetables
- Put away electronics about an hour before bed and either have a nice conversation, or read your favorite novel before bed.
- Set the mood for sleep: Apply calming essential oils to feet and back of neck before bed. Apply oils to your sheets and pillows with a spray bottle, and set the lighting to dim so that your sensory system is prepared for sleep.
- Hit the hay around 10pm!

14-Day Meal Plan

The 14-Day Detox Meal Plan is designed to provide you with easy-to-create meals for breakfast, lunch, and dinner. These recipes really work and will give you a framework for cooking healthy whole foods without complicated ingredients or cooking techniques. Creating a cooking-at-home lifestyle is the key to sustainable hormonal balance.

The recipes are arranged by beverages, smoothies, salads, lunch /dinner entrees, broths & soups and some extra side dishes, in case you want to mix things up. You'll find your meal plan for the entire 14-Day Detox below, however feel free to mix it up and accommodate your daily lifestyle. If there is a recipe that you don't like, feel free to substitute it with any of the recipes in this guide or replace an ingredient with another healthy option.

If you have leftovers, feel free to use them for lunch or dinner the next day. Plan on having a smoothie or shake in the morning, or any of the lunch and dinner entrees for lunch or dinner. You can also substitute a smoothie or shake for an on-the-go complete lunch to make cooking easier. You have a lot of flexibility with your meal plan, as long as you stick to the guidelines above and stick to the list of hormone loving shopping guide found at the end of this meal plan section. The recipes are designed to give you options, but you don't need to make all of the recipes during the 14-Days. It's all about what works for you within the guidelines that I've detailed. Everything here has a reason and a purpose, but the bigger overall purpose is for you to learn what works for you and to make the changes that fit into your lifestyle so that you gain the most success!

If you do decide to create your own meal plan, be mindful of portion control during the detox and use the meal plan guide as a reference for the amount of food you are having at each meal.

Let's get started!

Day 1

Breakfast

1 cup of lemon-ginger detox, Tulsi, or matcha tea

1 cup Detox Bone Broth (optional)

16 oz. serving Energizing Avocado Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

1 serving Tuna Salad with 2 cups mixed greens

½ sliced medium avocado

½ cup cherry tomatoes

2 tbsp. Sauerkraut, or fermented vegetables (optional)

Dinner

1 serving Fajita Chicken Bowl

1 cup steamed broccoli

2 tbsp. Dr. Mariza's Guacamole

Day 2

Breakfast

1 cup of lemon-ginger detox, Tulsi, or matcha tea

1 cup Detox Bone Broth (optional)

16 oz. serving Strawberry Matcha Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

2 servings Mexican Harvest Salad or leftover Tuna Salad with mixed greens and ½ -1 tbsp. vinaigrette

½ sliced avocado

10 raw almonds

1 small apple, or ½ cup of berries

2 tbsp. Sauerkraut, or fermented vegetables (optional)

Dinner

4 oz. serving Grilled Chicken with Black Bean Salsa and cauliflower rice (from night before)

½ cup steamed spinach with lemon

Day 3

Breakfast

1 cup of lemon-ginger detox, Tulsi, or matcha tea

1 cup Detox Bone Broth (optional)

16 oz. serving Very Berry Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

Healthy Cobb Salad with ½ -1 tbsp. vinaigrette (add protein of your choice)

10 raw almonds or brazil nuts

½ cup of pomegranate seeds, or mixed berries

2 tbsp. Sauerkraut or fermented vegetables (optional)

Dinner

4 oz. serving of Grilled Chicken and Black Bean Salsa

2 cups Healthy Cobb Salad, or mixed green salad with ½ -1 tbsp. vinaigrette

2 tbsp. Dr. Mariza's Guacamole

Day 4

Breakfast

1 cup of golden milk, matcha, or Tulsi tea

1 cup Detox Bone Broth (optional)

16 oz. serving Strawberry Matcha Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

4 oz. serving Chicken breast with mixed green salad with ½ tablespoon vinaigrette (or other protein option).

½ sliced apple and 1 Tbsp. unsweetened almond butter

2 tbsp. Sauerkraut, or fermented vegetables (optional)

Dinner

6 oz. serving of One Pan Salmon with roasted vegetables

2 cups mixed green salad with ½ -1 tbsp. vinaigrette

Day 5

Breakfast

1 cup of lemon-ginger detox, Tulsi, or matcha tea

1 cup Detox Bone Broth (optional)

16 oz. serving Super Blueberry Green Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

6 oz. serving of One Pan Salmon with roasted vegetables (or other protein option)

2 cups mixed green salad with ½ -1 tbsp. vinaigrette, or Tomato and Cucumber Salad

2 tbsp. Sauerkraut or fermented vegetables (optional)

Dinner

1 bowl Spinach and Broccoli with Lemon Soup with protein of choice on the side (salmon, chicken, tofu, lentils beans)

Day 6

Breakfast

1 cup of lemon-ginger detox tea, Tulsi tea, or matcha latte

1 cup Detox Bone Broth (optional)

16 oz. serving Very Berry Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

1 bowl Spinach and Broccoli with Lemon Soup with 4 oz. protein of choice (salmon, chicken, tofu, lentils, beans)

½ cup sliced strawberries

Dinner

1 serving bowl (2 cups) Roasted Butternut, Apple and Carrot Squash Soup

2 cups Beet and Carrot Salad, or Pomegranate Fennel Salad with ½ -1 tbsp. vinaigrette

Day 7

Breakfast

1 cup of golden milk or matcha latte

1 cup Detox Bone Broth (optional)

16 oz. serving Dark Chocolate Cherry Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

1-8 oz. serving Roasted Butternut, Apple, and Carrot Squash Soup

1 serving of Beet and Carrot Salad

Dinner

1-4 oz. serving Spice-Rubbed Salmon

1 serving Roasted Cauliflower, or Sautéed Vegetables

2 cups Pomegranate Fennel Salad

Day 8

Breakfast

1 cup of lemon-ginger detox tea, Tulsi tea, or matcha latte

1 cup Detox Bone Broth (optional)

16 oz. serving Dark Chocolate Cherry Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

1-4 oz. serving Spice-Rubbed Salmon

1 serving cup Roasted Cauliflower, or 2 cups mixed green salad with ½ -1 tbsp. vinaigrette or Pomegranate Fennel Salad

Dinner

1 serving of Roasted Vegetables on Sweet Potato Mash with 4 oz. choice of protein on the side (fish, chicken, turkey, lentils, beans)

2 cups mixed green salad with ½ -1 tbsp. vinaigrette

Day 9

Breakfast

1 cup of golden milk or matcha tea

1 cup Detox Bone Broth (optional)

16 oz. serving Strawberry Matcha Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

1 serving of Roasted Vegetables on Sweet Potato Mash with choice of 4 oz. protein on the side (fish, chicken, turkey, lentils, beans)

2 cups mixed green salad with ½ -1 tbsp. vinaigrette

Dinner

4 oz. serving Italian Herbed Turkey Breasts

2 cups Pomegranate Fennel Salad, or Tomato and Cucumber Salad

Day 10

Breakfast

1 cup of green or matcha tea

1 cup Detox Bone Broth (optional)

16 oz. serving Energizing Avocado Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

4 oz. serving of Salmon, or Turkey breasts with 2 cups Tomato and Cucumber Salad (or any other approved protein)

½ cup of mixed berries

2 tbsp. Sauerkraut or fermented vegetables (optional)

Dinner

1 serving of Lemon Basil Pesto Zoodles with 4 oz. protein of choice (salmon, chicken, tofu, lentils, beans)

2 cups mixed green salad with ½ -1 tbsp. vinaigrette

½ cup sliced strawberries

Day 11

Breakfast

1 cup of golden milk or matcha latte

1 cup Detox Bone Broth (optional)

16 oz. serving Dark Chocolate Cherry Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

1 serving of Lemon Basil Pesto Zoodles with 4 oz. protein of choice (salmon, chicken, tofu, lentils, beans)

2 cups mixed green salad with ½ -1 tbsp. vinaigrette

10 almonds, or walnuts

½ cup of mixed berries

Dinner

1 serving of Kale and Butternut Squash Sauté with 4 oz. protein of choice (salmon, chicken, organic tofu, lentils, beans)

Day 12

Breakfast

1 cup of lemon-ginger detox, Tulsi or matcha tea

1 cup Detox Bone Broth (optional)

16 oz. serving Super Blueberry Green Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

1 serving of Kale and Butternut Squash Sauté with 4 oz. protein of your choice (salmon, chicken, organic tofu, lentils, beans)

- Or, -

Mixed green salad with 4 oz. protein of your choice (salmon, chicken, organic tofu, lentils, beans).

2 tbsp. Sauerkraut or fermented vegetables (optional)

Dinner

Fajita Chicken Bowl with ½ cup cauliflower rice

2 tbsp. Dr. Mariza's Guacamole

Day 13

Breakfast

1 cup of golden milk or matcha tea

1 cup Detox Bone Broth (optional)

16 oz. serving Strawberry Matcha Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

4 oz. Curried Chicken Salad on Mixed Greens (or sub out for other protein)

10 almonds or walnuts

½ cup of mixed berries

2 tbsp. Sauerkraut or fermented vegetables (optional)

Dinner

4 oz. Serving Salmon from One Pan Salmon Fillet

1 cup of roasted vegetables

2 cups mixed green salad, or Pomegranate Salad with ½-1 tbsp. vinaigrette

Day 14

Breakfast

1 cup of lemon-ginger detox, Tulsi, or matcha tea

1 cup Detox Bone Broth (optional)

16 oz. serving Super Blueberry Green Smoothie with 1-2 scoops of clean vanilla protein powder

Lunch

Curried Chicken Salad on mixed greens, or 4 oz. salmon with roasted vegetables

½ cup sliced strawberries, or mixed berries

10 almonds, or walnuts

½ cup of mixed berries

2 tbsp. Sauerkraut, or fermented vegetables (optional)

Dinner

1 serving bowl of Kale and White Bean Soup

2 cups mixed green salad with ½ -1 tbsp. vinaigrette

½ sliced avocado

BONUS

..... Day 15 - Re-entry Day

Breakfast

1 cup of lemon-ginger detox, Tulsi, or matcha tea

1 cup Detox Bone Broth (optional)

1-16 oz. serving Chocolate Cherry Smoothie with 1-2 scoops of clean chocolate protein powder

Lunch

1 serving bowl (2 cups) of Kale and White Bean Soup

2 cups green salad with ½ -1 tbsp. vinaigrette, or Tomato and Cucumber Salad

½ sliced avocado

2 tbsp. Sauerkraut, or fermented vegetables (optional)

Dinner

1 serving Grilled Chicken with Black Bean Salsa

½ cup cauliflower rice

3 tbsp of Dr. Mariza's Guacamole

— 14-DAY —
Hormone 🍃 *Weight Loss Detox*

Get Your Energy And Your Body Back

14-Day Detox Meal Plan Recipes

BEVERAGES & SMOOTHIES

.....

Classic Matcha Tea

Makes 2 (8-ounce) servings

Ingredients:

- 16 ounces filtered water, divided
- 1 tsp. matcha green tea powder, divided

Directions:

Heat the water in a small pot over medium heat, removing from heat just before boiling begins. Place ½ teaspoon of matcha green tea powder into each of the 2 teacups. Add 2 ounces of hot water into each cup and whisk until frothy. Add the remaining water to each cup and stir.

Lemon Ginger Detox Tea

1 serving

Ingredients:

- 1 tsp fresh grated organic ginger
- ½ lemon, juiced
- 2 cups purified water

Directions:

Boil purified water in a tea kettle or in a pot on the stove. Use a large grater to shave fresh ginger into a tea infuser. Squeeze lemon juice into tea infuser over your mug to strain. Pour boiling water into the cup and let the lemon and ginger steep for 5 minutes before enjoying.

Golden Milk (Turmeric Tea)

Makes 2 servings

Ingredients:

- 2 cups non-dairy milk (unsweetened almond, or coconut milk), or use bone broth for a savory tea (bone broth recipe on page 41)
- 1 cup filtered water
- 1 tsp. organic turmeric, or freshly peeled turmeric
- ¼ tsp. organic ground ginger, or tiny piece of freshly peeled ginger root
- ½ tsp. organic ground cinnamon
- ½ tsp. organic cold-pressed coconut oil
- ⅛ tsp. black peppercorns
- ⅛ tsp. organic ground cardamom (optional)

Directions:

Add unsweetened coconut, or almond milk, turmeric, ginger, coconut oil, peppercorns, cinnamon, cardamom, and water to a small saucepan and whisk. Bring ingredients to a low boil. Reduce heat and simmer for 10 minutes, or until flavors have combined. Strain golden milk through a fine-mesh strainer. Pour into mugs and enjoy immediately.

Tip: Golden milk can be made up to five days ahead. Store in an airtight mason jar and chill in the refrigerator. Warm up to desired temperature and serve.

Unsweetened Vanilla Almond Milk Matcha Latte

Makes 2 (8-ounce) servings

Ingredients:

- 2 ounces filtered water
- 1 tsp. matcha green tea powder, divided
- 14 ounces unsweetened vanilla almond milk
- Pinch of cinnamon (optional)

Directions:

Heat water and almond milk in a small pot over medium heat, removing from the heat just before boiling begins. Place ½ teaspoon of matcha green tea powder into each of the 2 teacups. Add 2 ounces of hot liquid into each cup and whisk until frothy. Add a pinch of cinnamon and remaining liquid. Enjoy immediately!

Strawberry Matcha Smoothie

Serves 2

Ingredients:

- 2 cups mixed greens
- ½ lime, squeezed
- 1 small avocado, pitted, peeled and chopped
- 1 cup frozen strawberries
- 1 tsp. matcha green tea
- 1 scoop plant-based protein powder
- 2 cups water
- 3-4 ice cubes (optional)

Directions:

Add the mixed greens and water to a high-powered blender. Start blending on low and, as greens start to break down, increase to medium speed until completely broken down and smooth, approximately 45-60 seconds. Add lime juice, avocado, strawberries, matcha protein powder, and ice. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately.

Energizing Avocado Smoothie

Serves 2

Ingredients:

- 2 cups baby kale, or spinach
- ½ lemon, squeezed
- ½ medium avocado, pitted, peeled and chopped
- 1 cup frozen strawberries
- 1 scoop plant-based protein powder
- 2 cups water
- 3-4 ice cubes (optional)

Directions:

Add the kale and water to a high-powered blender. Start blending on low and, as kale starts to break down, increase to medium speed until completely broken down and smooth, approximately 45-60 seconds. Add lemon juice, avocado, strawberries, protein powder, and ice. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately!

Super Blueberry Green Smoothie

Serves 2

Ingredients:

- 2 cups mixed greens, chopped (kale, mixed lettuces, Swiss chard, spinach, etc.)
- 1/3 cup organic carrots, chopped
- 1/2 cup frozen blueberries
- 1/2 cup unsweetened almond milk
- 1 scoop plant-based protein powder
- 2 cups of water
- 3-4 ice cubes (optional)

Directions:

Add the greens and water to a high-powered blender. Start blending on low and, as greens start to break down, increase to medium speed until greens are completely broken down and smooth, approximately 45-60 seconds. Add carrots, blueberries, protein powder, almond milk, and ice. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately!

Very Berry Smoothie

Serves 2

Ingredients:

- 3 cups mixed greens (juicing greens, or mixed lettuces)
- 1/2 medium avocado, pitted, peeled and chopped
- 1 cup frozen mixed berries
- 1 scoop plant-based protein powder
- 2 cups water
- 3-4 ice cubes (optional)

Directions:

Add the spinach and water to a high-powered blender. Start blending on low and, as greens start to break down, increase to medium speed until completely broken down and smooth, approximately 45-60 seconds. Add frozen berries, avocado, protein powder, and ice. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately!

Dark Chocolate Cherry Smoothie

Serves 2

Ingredients:

- 2 cups baby spinach
- 1 small avocado, pitted, peeled and chopped
- 1 cup frozen cherries
- 1 scoop plant-based chocolate protein powder
- 1-2 cups unsweetened almond milk
- ¼ tsp cinnamon
- 1 tsp. pure vanilla extract (optional)
- 3-4 ice cubes (optional)

Directions:

Add the greens and unsweetened almond milk to a high-powered blender. Start blending on low and, as spinach starts to break down, increase to medium speed until completely broken down and smooth, approximately 45-60 seconds. Add cherries, avocado, protein powder, vanilla extract, cinnamon, and ice. Blend well on medium to high speed until desired consistency is achieved, about 1 minute. Enjoy immediately.

S A L A D S

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Pomegranate Fennel Salad

Serves 4

Ingredients:

- 4 cups arugula
- 1 large avocado, pitted and chopped
- ½ cup fennel, thinly sliced
- ¼ cup toasted walnuts
- ¼ cup pomegranate seeds

Directions:

In a large bowl, combine all ingredients, adding the pomegranate seeds last. Toss well and serve with your favorite oil and vinegar combo. Consider adding a protein of your choice.

Helpful Hint: Try the Herbal Vinaigrette or Simple Lemon Vinaigrette with this salad. Use a chef's knife to thinly slice the fennel.

Tomato and Cucumber Salad

Serves 4

Ingredients:

- 2 cups cherry tomatoes, halved
- 1 large seedless cucumber, sliced and quartered
- ¼ red onion, diced
- 3 tsp. olive oil
- 1 tsp. red wine vinegar
- 10 basil leaves, chopped
- salt and freshly ground black pepper, to taste

Directions:

Combine all ingredients in a large salad bowl and toss well. Drizzle salad with olive oil and red wine vinegar. Add a protein of your choice for sustained energy.

Healthy Cobb Salad with Simple Lemon Vinaigrette Dressing

Serves 4-6

Ingredients:

- 5 cups spring mix
- ½ cup carrots, shredded
- ½ large cucumber, sliced
- ½ can kidney beans, drained and rinsed
- ¼ cup of microgreens (example: broccoli, cabbage, watercress, radish and arugula)
- 1 large avocado, pitted and chopped
- 5 grape tomatoes halved
- 1 tsp. raw sunflower seeds, or pumpkin seeds
- 2 Tbsp. Sauerkraut (optional)
- olive oil spray

Directions:

In a large salad bowl, lay out spinach, then arrange microgreens, carrots, cucumbers, kidney beans, avocados, tomatoes, sauerkraut and raw seeds in neat rows atop the spring greens. Serve with Simple Lemon Vinaigrette Dressing and add a protein of your choice.

Beet and Carrot Salad

Serves 4

Ingredients:

- 4 cups arugula
- 1 cup beets, cooked & shredded
- 1 cup shredded carrots
- ¼ cup walnuts, chopped
- ¼ cup fresh parsley, chopped
- ¼ tsp. cracked black pepper

Directions:

To cook the beets: cut off green stems and wash the beets. Cut off very top and very bottom of beet, then peel off thick skin. Add beets to a small pot with about ½ cup - 1 cup of water, and steam over medium heat for about 15 minutes. Once cooked, let cool and shredded them with the carrots in a food processor.

In large salad bowl, mixed the beets, carrots, walnuts, and chopped parsley together. Drizzle with Simple Lemon Vinaigrette and grind cracked black pepper over the top. Toss well and serve on a bed of mixed greens along with a protein of your choice.

Mexican Harvest Salad

Serves 4

Ingredients:

- 1 cup romaine lettuce, chopped
- 1 cup baby kale, chopped
- 1 cup purple cabbage, chopped
- 5 roma tomatoes, cubed
- 1½ cups cucumber, sliced with skin on
- ½ medium avocado, pitted, peeled and chopped
- 1 can (15.5 oz) black beans, rinsed and drained
- ¼ cup white onion, diced, or very thinly sliced
- ¼ cup lime juice
- ⅓ cup extra virgin olive oil
- salt and pepper to taste
- 2 Tbsp. fresh cilantro, chopped

Directions:

In a large bowl, combine the romaine, kale, purple cabbage, black beans, tomatoes, cucumber, and onion. Pour the lime juice and olive oil over the salad and toss well. Season with salt and pepper and serve along with a protein of your choice.

VINAIGRETTE DRESSINGS

.....

Note: We will be creating emulsions with these dressings by slowly adding in olive oil while whisking vinegar. This is called emulsifying, which means that the oil and vinegar are becoming one because of the air bubbles created by the constant whisking, producing a thick mixture instead of separated oil and vinegar.

Simple Lemon Vinaigrette

Makes $\frac{3}{4}$ cup dressing

Serves 6

Ingredients:

- Juice of 3 lemons (about $\frac{1}{4}$ cup)
- $\frac{1}{2}$ cup extra virgin olive oil
- $\frac{1}{2}$ tsp. lemon zest
- 1 tsp. fresh chopped thyme
- $\frac{1}{8}$ tsp. sea salt
- $\frac{1}{8}$ tsp. cracked black pepper

Directions:

Whisk together lemon juice, lemon zest, thyme, salt, and pepper in a small bowl. Very slowly, drizzle in the olive oil and continue whisking the mixture together. Store in an airtight container or jar for future use.

Garlic Vinaigrette

Makes $\frac{3}{4}$ cup dressing

Serves 6

Ingredients:

- $\frac{1}{4}$ cup apple cider vinegar, or red wine vinegar
- $\frac{1}{2}$ extra virgin olive oil
- 1 tsp. Dijon mustard
- pinch of dried oregano
- 1 large garlic clove, finely minced
- $\frac{1}{8}$ tsp. sea salt
- cracked black pepper to taste

Directions:

Whisk together Dijon, garlic, and apple cider vinegar in a small bowl. Very slowly, drizzle in the olive oil and continue whisking the mixture together to create an emulsion. Add oregano, salt and pepper to taste.

Herbal Vinaigrette Dressing

Makes 1 cup dressing

Serves 6

Ingredients:

- ¼ cup apple cider vinegar or red wine vinegar
- ¾ cup extra virgin olive oil
- ½ cup loosely packed fresh parsley, roughly chopped
- ¼ tsp dried oregano
- 10 large fresh basil leaves
- 2 medium cloves of garlic, roughly chopped
- ½ tsp. Dijon mustard or brown mustard (optional)
- ⅙ tsp. sea salt
- cracked black pepper to taste

Directions:

Combine parsley, basil, oregano, garlic, mustard, and vinegar in the bowl of a food processor and process until a paste forms. With the machine running, drizzle in the olive oil to form an emulsion. Season to taste with salt and pepper. Vinaigrette is best used immediately, but can be stored in a sealed container in the refrigerator for up to 5 days.

Cilantro Lime Dressing

Makes about 1 cup

Ingredients:

- ¼ cup apple cider vinegar, or red wine vinegar
- ½ extra virgin olive oil
- ½ cup cilantro (stem and leaf - about ¼ of a bunch)
- 1 garlic clove, peeled
- Zest and juice of 1½ medium lime (about ½ tsp lime zest and 1 tbsp lime juice)
- ¼ tsp. sea salt
- cracked black pepper, to taste

Optional: 2 to 4 tbsp filtered water, depending on thickness of kefir

Directions:

Zest the lime, then cut in half and squeeze one half to reserve juice. Place all ingredients in blender and blend until smooth, adding water if too thick for your taste.

LUNCH & DINNER ENTREES

Fajita Chicken Bowl

Serving size: ½ cup cauliflower rice, ¼ -½ cup black beans, 4-5 oz chicken per person, ½ cup veggies, 2 tbsp dressing

Serves 4

Ingredients:

- 1½ lbs boneless, skinless chicken thigh
- 2 cups Cauliflower Rice (recipe in side dish section)
- 1 15-oz. can black beans, rinsed and drained
- 2 bell peppers
- 2 medium zucchini
- 1 yellow onion
- 1 tsp. paprika
- ½ tsp. ground cumin
- 2 Tbsp. organic cold-pressed coconut oil, divided
- 2 Tbsp. cilantro, chopped
- 1 tsp. sea salt, divided

Directions:

Preheat a large grill pan on medium to high heat. Meanwhile, season chicken thighs in a large bowl with paprika, cumin, ½ tsp salt and pepper. Spread 1 tbsp coconut oil on a paper towel and wipe the grill pan to grease. Once hot, place the chicken thighs onto the pan. Cook 4-5 minutes on each side and remove, placing on a plate to rest.

Cut the top and bottom off the bell pepper, lay flat, and cut out core and veins. Cut into ½ inch wide strips. Cut onion in half, peel, and then cut one half into ½ inch wide, reserving the other half.

Cut the ends off of the zucchini; halve it, then cut into ½-inch- thick half moons. Toss the bell peppers, zucchini, and onion into the same grill pan, stirring every 2 to 3 minutes until softened through, a total of about 8 to 10 minutes. Turn heat off.

Meanwhile, preheat a medium saucepan on medium to high heat. Dice the remaining half of the onion. Add 1 tbsp. coconut oil and ¼ cup chopped onion, stirring often. Once the onion has become translucent, about 3 to 4 minutes, add the cauliflower rice and black beans and sprinkle with ½ tsp. sea salt. Stir until heated through, about 4 to 5 minutes. Toss in chopped cilantro and mix well. Turn heat off.

Slice chicken thigh into long strips. Serve the cauliflower and black bean mixture into bowls, top with grilled vegetables, chicken, then drizzle with cilantro dressing. Enjoy warm!

*Tip: Leftover cauliflower “rice” and beans can be enjoyed for breakfast. Make this dish vegetarian by substituting the chicken with a hearty vegetable or starch such as sweet potato. You can find the Cilantro Lime dressing in the **Vinaigrette Dressings and Cauliflower Rice under sides.***

Grilled Chicken with Black Bean Salsa

Serves 4

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 cups canned black beans, drained and rinsed
- 1 large Granny Smith apple, chopped
- ½ small red onion, finely chopped
- 1 Serrano chile, deseeded and finely chopped
- 2 Tbsp. chopped cilantro
- Juice of 1 large lime
- ⅛ tsp. sea salt
- ⅛ tsp. cracked black pepper

Directions:

Salsa: Combine all ingredients (except the chicken) in a large bowl. Refrigerate for at least an hour to allow flavors to combine.

Chicken: Heat a grill or grill pan to medium-high heat. Season chicken with salt and pepper, place on grill, and cook 4-6 minutes per side, or until center of chicken is no longer pink. Divide black bean salsa among the chicken breasts and serve.

Feel free to make this dish vegetarian by substituting the chicken with a hearty vegetable or starch such as sweet potato. Or consider grilled salmon, or cod for more healthy fats.

Tuna Salad

Makes 4 cups tuna salad; Serves 4

Ingredients:

- 2 cans albacore tuna in water, no salt added, drained
- ¼ cup celery, chopped
- ½ jalapeño, de-seeded and chopped
- ¼ cup roma tomatoes, chopped
- ¼ cup red onion, chopped
- 1 tsp. brown mustard
- ⅛ tsp. cracked black pepper
- 1 avocado, pitted and diced

Directions:

In a medium bowl, combine celery, jalapeño, tomatoes, and onion. Mix in the tuna, mustard, avocado, and pepper until well combined. Top the tuna with the avocado slices and serve.

Serving Suggestions: Serve atop a bed of spinach and drizzle with red wine vinegar.

Curried Chicken Salad on Mixed Greens

Serves 4

Ingredients:

- 2 large boneless, skinless chicken breasts
- 1/2 cup carrots, chopped
- 1/3 cup green onion, chopped
- 1/4 cup almonds, chopped
- 1 tsp. curry powder
- 1/8 tsp. cinnamon
- 1/2 Tbsp. red wine vinegar
- 4 cups mixed greens
- 8 heirloom tomatoes, sliced
- 2 celery stalks, diced
- 1 medium avocado, pitted and diced
- 1 Tbsp. tahini (optional)

Directions:

Trim the fat off the chicken and cut the breasts into fourths. Fill a medium pot with water and bring to a boil. Add the chicken and boil 8-10 minutes, or until the centers are no longer pink. Strain the chicken and set it aside to cool.

In a separate bowl, combine the carrots, green onions, and celery. Shred the cooled chicken with two forks and add to the bowl. Add the avocado, tahini, vinegar, curry powder, and cinnamon and mix well. Refrigerate for 30 minutes.

On top of the mixed greens add chicken salad, top with tomatoes, almonds and serve.

Note: You can use already cooked chicken, or roasted chicken. Feel free to sub out chicken for tofu.

Kale and Butternut Squash Sauté

Serves 4

Ingredients:

- 1 pound kale
- 24 oz. precut butternut squash
- 2 cloves garlic, minced
- 1/2 cup toasted pine nuts
- 1 large shallot, chopped finely
- 2 Tbsp. extra virgin olive oil
- pinch of red chili pepper flakes
- sea salt and pepper to taste

Directions:

Chop the rough ends off the kale and discard. Wash, dry thoroughly, and roughly chop kale. Heat olive oil in a large pan over medium. Add the squash and cook 10-15 minutes, or until browned and a bit soft. Add the kale, cook for 1 minute, then add shallots and garlic. Sauté for 3 more minutes, then add pine nuts and cook for another minute. Transfer mixture into a serving dish.

Italian Herbed Turkey Breasts

Serves 4

Ingredients:

- 4 4-oz. boneless, skinless turkey breasts
- 3 cloves garlic, minced
- 2 Tbsp. fresh rosemary, chopped
- 2 Tbsp. fresh parsley, chopped
- ½ Tbsp. fresh sage, chopped
- zest of 1 large lemon
- ½ tsp. cracked black pepper
- 1 cup low sodium vegetable broth

Directions:

Preheat oven to 375°F. In a small bowl, mix together garlic, rosemary, parsley, sage, and pepper. Rub a generous amount of the herb mixture on the both sides of each breast. Place the turkey breasts in a 9" by 13" baking dish, top with lemon zest, and add vegetable broth to baking dish. Cover with aluminum foil and bake for 50 minutes to 1 hour, or until internal temperature of each breast is 165°F. Remove the aluminum foil during the last 10 minutes of baking to brown the tops of the breasts. Once done cooking, remove the turkey breasts from the oven and let sit for 10 minutes before slicing to serve.

One Pan Salmon Fillet

Serves 4

Ingredients:

- 4 6-oz. salmon fillets
- 2 cups butternut squash, cubed
- 2 cups brussels sprouts, halved

> *Lemon Garlic Sauce:*

- 2 Tbsp. lemon juice
- 2 Tbsp. avocado oil
- 3 large cloves, grated
- ½ tsp. sea salt
- ⅛ tsp. cracked black pepper

Directions:

Preheat oven to 425°F and line large baking sheet with silicone mat or unbleached parchment paper. In a small bowl, add lemon juice, ghee, garlic, salt, pepper and whisk. Place salmon fillet in the middle of the baking sheet, pour ⅓ of lemon, garlic sauce on top and spread with a brush. In a medium bowl, add butternut squash, drizzle with 1 tbsp oil and ⅓ of lemon garlic sauce. Mix well to coat and transfer to a baking sheet on one side of salmon fillet in a single layer. Repeat this step with brussels sprouts. Bake for 30 minutes with squash side further in the oven. Serve hot. Perfect for a meal prep.

Roasted Vegetables on Sweet Potato Mash

Serving size: ½ cup mashed potato, ¾ cup roasted veggies

Serves 4

Ingredients:

> *Roasted veggies*

- 2 large bell peppers, chopped in chunks
- 1 pound brussels sprouts, trimmed and halved
- 4-5 medium zucchinis, cut into ½-inch thick half moons
- ¼ tsp. dried oregano
- ¼ tsp. dried rosemary
- ½ tsp. dried parsley
- ¼ tsp. chili pepper flakes
- 6 Tbsp. extra virgin olive oil, divided

> *Mashed Potatoes*

- 2 lbs. sweet potatoes
- 1 shallot, chopped
- 2 cloves garlic, minced
- 1 Tbsp. extra virgin olive oil
- ½ tsp. sea salt
- Cracked black pepper

Directions:

Preheat oven to 400°F. Mix together the three dried herbs in a small bowl. Set aside.

Place cut zucchini, bell peppers and brussel sprouts. Add them to a large mixing bowl and use the dried herb mixture and 2 tbsp olive oil, salt and pepper. Once the vegetables are coated with the herbs and olive oil, spread them in a thin layer on a cookie sheets lined with parchment.

Place two cookie sheets in the oven if space allows. Zucchini, bell peppers, and brussel sprouts will roast for about 35 to 40 minutes or until browned.

While the veggies are roasting. Bring a large covered pot of water to boil. Wash the sweet potatoes and cut into 1-inch thick cubes and place in the covered pot. Boil until you can easily insert a knife into the potatoes. Strain and return the empty pot back to the flame. Add 1 tbsp olive oil and chopped shallot and garlic. Saute until tender, about 2 to 3 minutes then add the cooked potatoes, salt and pepper. Using a potato masher, mash the potatoes until you reach the consistency you like. Serve the roasted vegetables on a bed of mashed sweet potato and enjoy hot!

Spice-Rubbed Salmon

Serves 4

Ingredients:

- 4 6-oz. salmon fillets
- 2 tsp. chili powder
- 1 tsp. cumin
- 1/8 tsp. cinnamon
- 1/4 paprika
- 1/4 ground mustard
- <1/8 tsp. sea salt
- cracked black pepper to taste
- Juice from 1/2 a lemon
- 2 Tbsp. extra virgin olive oil

Directions:

In a small bowl, mix chili powder, cumin, cinnamon, ground mustard, paprika, sea salt, and pepper. Rub the mixture onto each salmon fillet by hand. Heat olive oil in a nonstick pan over medium heat. Add 2 fillets to the pan at a time. Cook for 1-2 minutes, then turn the salmon over and squeeze fresh lemon juice over the fillets. Cook for another 1-2 minutes, until fillet is flaky and can be separated with a fork. Repeat process with second set of fillets. Serve immediately with sauteed spinach.

BROTHS & SOUPS

Roasted Butternut Squash with Apple and Carrot Soup

Serves 6-8

Ingredients:

- 1 large butternut squash, peeled and seeds removed (or 2 16-oz. bags of pre-cut butternut squash to skip the roasting)
- 1 large garlic clove
- 2½ liters low sodium vegetable broth
- ¾ white onion, chopped
- 2 large Granny Smith Apples, peeled, cored and sliced
- 4 large carrots, trimmed and cut into ¼ -inch pieces
- 1-inch piece fresh ginger, peeled and sliced
- 1 Tbsp. fresh parsley, chopped
- ¼ tsp. red chili pepper flakes
- ¼ tsp. white pepper
- ½ Tbsp. fresh rosemary, chopped finely
- 2 Tbsp. extra virgin olive oil
- fresh ground black pepper to taste

Directions:

To roast the squash:

This can be done a day or two ahead, just store the squash in an air-tight container in the refrigerator. Preheat the oven to 400°F. Cut the top off the squash, then cut in half lengthwise and scoop out the seeds from the center with a metal spoon until there are no strings or seeds left. Spray a cookie sheet with nonstick spray and place the squash on it, cut sides down. Roast in the oven for about 30 minutes, or until the squash is soft to the touch. Remove from oven and let cool completely. (If using pre-cut squash, just sauté with olive oil over medium-low heat with other vegetables until tender.)

In a large pot, add olive oil, garlic and onion. Sauté a few minutes, until the onion turns light brown. Add the apples, carrots, and ginger, and cook, stirring often for 8 minutes. Break up large chunks of squash and add to the pot. Add 1 liter of broth and bring to a boil. Reduce heat and in batches, transfer the veggies to a blender, leaving most of the liquid in the pot. Blend squash, carrots and apple on low to mix, then on high to smooth. If the mixture won't blend easily, add a bit of the broth to the blender. Once all the mixture, has been blended, return it to the pot, add the rest of the broth, black pepper, white pepper, salt, parsley, chili flakes, and rosemary. Bring the soup to a boil and serve hot.

Serving Suggestion: Sprinkle fresh parsley on top before serving.

Spinach and Broccoli with Lemon Soup

Serving size: 12 oz, 1 tsp pumpkin seed garnish

Serves 4

Ingredients:

- 2 large broccoli heads, about 2 lbs.
- 2 bunches of spinach
- 3 quarts vegetable broth
- ½ large yellow onion, chopped
- 2 large garlic cloves
- 3 Tbsp. extra virgin olive oil
- 1 Tbsp. lemon juice
- 1 tsp. sea salt
- ⅓ cup cilantro leaves with tender stems
- ½ tsp. cracked black pepper
- 1 cup pumpkin seeds

Directions:

Cut broccoli heads into small florets, and thinly slice the stalks into rounds. Place a large pot over medium heat. Add olive oil, then broccoli stalks and onion. Saute for about 4 to 5 minutes, or until onion is browned and stalks are tender. Add rough chopped garlic and saute an additional minute or until garlic is fragrant. Add the broccoli florets and the broth. Cover and lower heat. Simmer for about 15 minutes or until florets and stalks are tender. Add spinach leaves into soup with lemon juice. Simmer an additional 3 to 4 minutes and turn heat off.

Use an immersion/stick blender to blend the soup until smooth. Alternatively, transfer all ingredients into a high powered blender and cover. Blend on medium to high speed until smooth. Season with salt and pepper and transfer back to pot to keep warm. Heat a small saute pan on medium heat. Rough chop pumpkin seeds and add to the pan, shaking often until seeds are fragrant, about 2 to 3 minutes. Remove from pan and set aside.

Ladle soup into bowls and top with toasted pumpkin seeds, cilantro leaves and additional cracked black pepper if desired.

Kale and White Bean Soup

Serves 6-8

Ingredients:

- 3 medium carrots, sliced
- 3 small sweet potatoes, diced
- 1 can cannellini beans, rinsed and drained
- 2 yellow zucchini, cubed
- 2 cups kale, roughly chopped
- 1 14-oz. can low-sodium diced tomatoes
- 1 quart low-sodium vegetable broth
- ½ tsp dried oregano
- 3 sprigs fresh thyme, chopped
- ¼ tsp. chili pepper flakes
- ⅓ tsp. sea salt
- 1 large yellow onion, chopped
- 3 cloves garlic, minced
- 2 Tbsp. extra virgin olive oil

Directions:

Heat the olive oil in a large pot over medium heat. Add the carrots, sweet potato, onions, and garlic until they begin to soften, about 4-5 minutes. Add the zucchini, oregano, chili pepper flakes, and sea salt; cook for 1 minute. Add the broth, canned tomatoes with juice, and thyme. Bring to a boil, then reduce heat, cover and simmer for an additional ten minutes. Then add the kale and beans and continue simmering until the kale is wilted and the sweet potatoes are soft, about 8-10 more minutes. Serve hot.

Detox Bone Broth

Makes 1½ gallons

Ingredients:

- 1 whole chicken carcass (from a 3 lb. to 7 lb. whole chicken works well)
- 1 gallon filtered water, or enough to cover the carcass
- ½ lb. whole carrots (about 4-5 large, rough chopped)
- ½ head celery (about 4-5 stalks, rough chopped)
- 1 large yellow onion, peeled and quartered
- 3 bay leaves
- ½ bunch thyme
- ½ bunch parsley
- 4 garlic cloves, unpeeled
- 2 tsp. turmeric
- 2 inch piece of ginger, rough chopped
- 2 Tbsp. apple cider vinegar

Optional: 1 Tbsp. himalayan pink salt or color rich salt

Directions:

Heat a large heavy-bottomed pot on high heat. Once the pot is hot, add the chicken carcass, backbone side down to brown the skin. Brown for about 2 to 3 minutes, then add the remaining ingredients and pour in enough filtered water to cover the carcass. Bring to a rolling boil, cover and lower heat to a simmer. Simmer on low for up to 24 hours, adding the turmeric in the last hour of cooking. Strain and discard all of the ingredients and separate into several glass jars for storage. Sip on its own in between meals or use in place of water for cooking quinoa. *Tip: You can also do this in a slow cooker!*

S I D E S / E X T R A S

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Dr. Mariza's Guacamole

Serve 4-6

Ingredients:

- 6 avocados, pitted
- ½ cup tomatoes, chopped
- ¼ cup white onion, chopped
- ¼ cup cilantro, chopped
- juice of 2 limes
- ¼ tsp garlic powder
- ½ tsp sea salt
- ½ tsp cracked black pepper

Optional: jalapeño or Serrano chile, chopped finely

Directions:

When pitting avocados, reserve two pits for later use. Scoop the flesh out of the avocados and put into a large bowl. Mash the avocados with a fork or potato masher to desired consistency. Add the remaining ingredients and mix well. Store guacamole with the two pits, to help slow the oxidation, or browning, process.

Grilled Asparagus

Serve 4

Ingredients:

- 1 lb. asparagus
- zest of 1 large lemon
- juice of ½ lemon
- 3 large garlic cloves, minced
- 5 Tbsp. extra virgin olive oil
- ¼ tsp. sea salt
- cracked black pepper

Directions:

Cut the fibrous thick ends from asparagus and discard. In a flat baking dish, lay the asparagus in an even layer and drizzle with olive oil. Roll the asparagus in the oil by hand and coat evenly. Add the lemon juice, salt, pepper and garlic over the top, and zest the lemon over the asparagus evenly. Roll the asparagus again to coat all sides with the toppings. Place on a hot grill and rotate the asparagus constantly so they do not burn. Grill for about 2 minutes and return to marinating pan to serve.

Roasted Cauliflower

Serves 4

Ingredients:

- 1 head cauliflower
- zest of 1 large lemon
- 3 garlic cloves, minced
- 3 Tbsp. fresh basil, chopped
- ½ tsp. chili pepper flakes
- 4 Tbsp. extra virgin olive oil
- ⅛ tsp. sea salt
- ⅛ tsp. cracked black pepper

Directions:

Preheat oven to 395°F. Remove stems and core from cauliflower and discard. Place cauliflower head into an 8"x8" baking dish. Drizzle with olive oil, then sprinkle the minced garlic, chili pepper flakes, lemon zest, salt and pepper over it. Shake the pan a bit so that the olive oil spreads and the ingredients cover the cauliflower. Bake 15-20 minutes, shaking the pan after 10 minutes to prevent the cauliflower from sticking. Remove from heat and serve immediately.

Sautéed Vegetables

Serves 4

Ingredients:

- 1 large bunch asparagus
- 1 green zucchini, sliced
- 1 yellow zucchini, sliced
- ¼ white onion, chopped
- 1 large garlic clove, chopped
- 1 Tbsp. fresh parsley, chopped
- Juice of ½ a lemon
- 2 tbsp extra virgin olive oil

Directions:

Cut the tough ends off the asparagus and discard. Heat the olive oil in a large pan over medium heat. Add the onion and garlic and after about a minute, add the asparagus. After 2-3 minutes, add the zucchini, fresh parsley and lemon juice. Cook for 4-5 more minutes, then remove from heat and season with salt and pepper to taste before serving.

Cauliflower Rice

Serves 4

Ingredients:

- 1 head of cauliflower, washed
- ½ white onion, diced
- 2 Tbsp. olive oil
- salt and pepper, to taste

Directions:

Cut the cauliflower head in half and chop cauliflower into small florets. Cut larger florets into smaller pieces so they'll fit into food processor. Insert the grater adapter into your food processor and start feeding the cauliflower florets through the top. Heat the olive oil in a large pan and sauté the diced onion until it's translucent. Add the cauliflower rice to the pan and sauté for another 5-7 minutes. Season with salt and pepper and serve immediately.

Stocking Your Kitchen

Your Hormone Loving Shopping Guide

Below you will find a list of hormone loving foods that are approved for your 14-Day Detox. I recommend that you tailor your shopping list based on the recipes from the meal plan provided in this guide.

You have a lot of flexibility with your meal plan, as long as you stick to the guidelines in the manual and stick to the list of hormone loving foods below. You will find other approved foods listed that are not in the meal plan in case you want to swap out ingredients during the detox program.

You can substitute a meal you don't like with any of the recipes in the manual or replace an ingredient with another healthy option from the list below.

LEGUMES

Black Beans
Garbanzo Beans
Lentils
Kidney Beans
White Beans/Cannellini Beans
Pinto and Pink Beans

MEATS, POULTRY & FISH

Organic Whole Chicken, Chicken Breast and Thighs
Organic Bone-In Turkey Breast or Thighs, Ground Turkey
Anchovies
Wild Salmon
Black Cod
Broth: Bone, Chicken
All White Fish
Tuna

FRUITS

Apples
Avocados
Cherries
Berries (Strawberries, Blackberries, Raspberries, Blueberries)
Lime
Lemon
Pomegranates
Olives

VEGETABLES

Arugula
Asparagus
Beets
Bell Peppers
Broccoli
Butternut squash
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Chard
Cilantro (Coriander)
Cucumber
Fennel
Garlic
Ginger Root
Green Onion
Kale/Baby Kale
Lettuce
Microgreens
Mixed Greens
Onions
Parsley
Pumpkin
Tomato
Serrano chile
Shallots
Spinach
Sweet Potato
String Beans
Winter Squash
Yams
Zucchini

SEEDS & NUTS

Raw Chia Seeds
Raw Pumpkin Seeds
Raw Sunflower Seeds
Almonds
Cashews
Brazilian Nuts
Pine Nuts
Pistachios
Walnuts

TEAS

Chamomile
Matcha
Mint
Tulsi (Holy Basil)
Rooibos
Dandelion Root
Green tea
Ginger
Lemon Balm

OILS & VINEGARS

Extra Virgin Olive Oil
Virgin Coconut Oil
Coconut Oil
Avocado Oil
Raw Apple Cider Vinegar
Raw Organic Coconut Vinegar
Red Wine Vinegar

HERBS & SPICES

High-Quality Sea Salt
Whole Black Peppercorns
Whole Bay Leaf
Ground Cardamom
Ground Cumin and Cumin Seeds
Ground Paprika
Ground Chili Powder
Ground Coriander
Ground Cinnamon and sticks
Ground Curry powder
Turmeric
Ground/Fresh Ginger
Ground Nutmeg
Dried/Fresh Basil
Dried/Fresh Cilantro
Dried/Fresh Oregano
Dried/Fresh Rosemary
Dried/Fresh Sage
Dried/Fresh Thyme
Dried/Fresh Dill

OTHER INGREDIENTS

Brown Mustard/Dijon mustard
Broth: Vegetable, Chicken and Beef
Coconut Milk
Coconut Aminos
Tahini
Unsweetened Almond Milk
Sauerkraut/Fermented Vegetables

Exercise Recommendations

You will find that exercise is an integral component for balancing hormones and resetting your insulin pathways that lead to extra weight. Exercise will also contribute to weight loss, lowered blood pressure, and reduced risk to many other chronic diseases like diabetes and cancer. Making exercise a part of your lifestyle change will help you get the results you are looking to achieve, especially getting back into those tight-fitting jeans!

It's time to reset your workout routine. If you have been sedentary for a while and are starting from scratch, then this is a great place to start your journey.

If your definition of “working out” is pushing yourself as hard as you can for an hour, five or six or even seven days a week, ending up still tired and not seeing any results, you may be overtraining and stressing your body out. The recommendations in this guide will help you to get lean without burning you out.

Before you begin any new exercise regimen, it is important that you check with your healthcare provider to ensure your safe participation. If you have a history of heart disease, diabetes, or any other serious health condition, or, if you have been sedentary for a year or more, a sudden increase in exercise intensity may put you at a greater risk for complications, so you may need to begin at a much lower intensity and work your way up slowly. That being said, here are my recommendations for your new routine during the 14-day detox and beyond.

Exercise can be broken down into three main components: cardiovascular, strength training, and flexibility. Each of these areas is equally important for burning fat and losing weight by boosting metabolism and increasing muscle mass.

Cardiovascular Training

Cardiovascular training strengthens the heart and decreases systolic and diastolic blood pressure levels. It also speeds metabolism over time, meaning calories will be burned faster and more efficiently. Begin cardiovascular exercise slowly and increase the intensity as endurance builds. A great place to start is by walking 30 minutes each day. Walk briskly, increasing heart rate and breathing rate, to ensure a good workout. (If necessary, begin with just 10-15 minutes of walking, and work up to 30 minutes.) As endurance increases, add other cardiovascular activities such as running, stair-climbing, bicycling, aerobic classes, hiking, dancing, and more.

Here's the kicker — I want you to limit this type of activity to 2-3 times a week, for no more than 30 minutes per session, performed at a moderate intensity.

How do you gauge your intensity? Use an RPE, or rating of perceived exertion. On a scale of 1-10 (1 being “not working hard at all” and 10 being “i’m pushing myself to my limit”), you should aim for an intensity of 5-7. If you feel exhausted and out of breath after the first 10 minutes, then you may be pushing yourself too hard. Listen to your body and let it be your guide.

I recommend to start by walking for 30 minutes. If time or physical constraints are present, break it up into 3 ten-minute intervals. Walk briskly, so that your heart rate and breathing rate increase. You should feel like you're working out!

Strength Training

Strength training, or resistance training, helps to burn fat quicker by increasing muscle mass and boosting metabolism, and is imperative in order to reach weight-loss goals. Strength training can be done at home, outside, or at the gym.

As with cardiovascular exercise, start slowly. At first, just use your own body weight for strength training with movements like squats, lunges, push-ups, and crunches. As body strength increases, add weights and intensity to workouts. Vary your workouts by taking advantage of local resources for weight-training classes or outdoor boot camps.

For maximum weight loss results, strength training sessions should last at least 30 minutes and should be performed 3-4 times a week.

- Focus on training big muscles such as legs, back, chest and abdominals.
- Start with your own body weight for resistance, and then add more weight and intensity as your strength builds.
- Do strength training workouts every other day, resting the big muscles in between workout days.

Yoga and Flexibility

Last, but certainly not least, I recommend incorporating Yoga and stretching into your weekly routine. These activities do not raise your heart rate like the cardiovascular exercise, but they help to strengthen and relax your muscles, keep your muscles flexible, help with mental focus, and are just enough movement to stimulate blood flow, reduce stress hormones, and make you feel relaxed.

Sign up for a yoga class, or, if you would prefer, you can start with some Sun Salutations on your own. Sun salutations are a series of flexion and extension postures that are coordinated with your inhalation and exhalation. It's not as complicated as it sounds, and you will feel so relaxed when you are done. A ten-minute yoga routine performed every morning or evening is also a great option that can provide great stress-control benefits.

Flexibility workouts focus on stretching and balance. This aspect of exercise is often overlooked, but it is equally important to cardiovascular and strength-training exercise. Stretching helps prevent injury during and after exercise, by allowing muscles and joints to warm up before workouts and recover afterward.

Before working out, warm up muscles for about five minutes by actively stretching muscles. This means stretching with big movements, such as arm circles, leg swings, hip circles, and jump rope hops. After working out, take 5-10 minutes to stretch the muscles you used during your workout session. This type of stretching involves elongating the muscles used during the workout by holding the stretch for several seconds to several minutes. Stretching also provides valuable time to check in with your body and listen to what it needs.

EXERCISE GUIDELINES

2-3x/week

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Cardiovascular:

- Start by walking for 30 minutes. If time or physical constraints are present, break it up into 3 ten-minute intervals. Walk briskly, so that your heart rate and breathing rate increase. You should feel like you're working out!
- As your endurance improves, vary and increase the intensity of your workouts by incorporating biking, running, stair-climbing, hiking, swimming, rock-climbing, etc.
- Exercise for 30 minutes at a moderate intensity for maximum results.

Stretching:

- Before walking, warm up your muscles and joints by doing arm swings, then leg swings for a total of 2-3 minutes.
- After walking, stretch by elongating the muscles used and holding the stretch for 1-2 minutes for each stretch. Again, stretching helps prevent injury and promotes flexibility.

3x/week

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Strength Training:

- Focus on training big muscles such as legs, back, chest, and abdominals.
- Start with your own body weight for resistance, and then add more weight and intensity as your strength builds.
- Do strength training workouts every other day, resting the big muscles in between workout days.
- Balance Training — incorporate balance training into your strength training by utilizing equipment such as gym balls, wobble boards, foam rollers, bosu balls, and one-legged exercises.

Yoga Practice:

A ten-minute Sun salutation yoga routine performed every morning or evening is a great option that can provide great stress-control benefits.

QUICK TIPS FOR EXERCISE SUCCESS

It's always difficult to begin a new lifestyle habit, such as working out on a regular basis, and we often convince ourselves of a thousand excuses to not keep up with it.

Here are some tips to keep you on target with working out, to help reach your goals.

- Get an accountability partner! This person can either workout with you, or just check in with you daily to make sure you're staying on track.
- Write down your goals and check in with it every week.
- Keep an exercise journal and record your daily success and defeats, and monitor your progress.
- Create a routine, so that working out becomes a part of your daily list of activities.
- Save time and money by working out at home. You can create a home gym, or follow workout routines available online, on TV, or on DVD. There are many free resources!
- Workout in the morning, so that you don't "run out of time" during the day, and to start your day energized.
- Take advantage of local resources like classes and boot camps, so you have an instructor guiding and motivating you.
- Hire a personal trainer to create ideal workouts for you, as well as hold you accountable to doing them.
- Create a music playlist that inspires you to workout.
- Invest in workout clothes that make you feel good.
- Always have water with you so that you stay hydrated and energized throughout your workout. (Stay away from sugar-filled or artificially sweetened energy/workout drinks.)
- Use essential oils such as Peppermint and Wild Orange to provide a quick energy boost. Apply Peppermint and Wintergreen to sore muscles. Add a drop of Lemon to your water bottle for a simple detox.

Personal Note From Dr. Mariza...

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I am thrilled to be apart of this journey with you and will continue to provide you with support and resources during the entire detox journey. During Prep Week and throughout the 14-Day Detox, I want to encourage you to utilize the 14-Day Hormone Weight Loss Detox Facebook Community for support, accountability, and continued inspiration. No matter where you live, imagine me by your side, cheering on your wins, big and small! I am so grateful to you for committing your health, sharing your experiences, and allowing me to be your guide. We make a great team!

Lastly, I want to inspire you to explore things that bring joy to your life. Indulge in self-care, find wisdom, seek understanding, learn to love yourself, and honor your strength and commitment to living a beautiful life. You are a powerful, beautiful woman who deserves everything you desire.

Much love,

Dr. Mariza Snyder

DR. MARIZA
Snyder