



cleanses & detox
Week 2



Welcome to
**THE YOGINI
CIRCLE!**

Now the FUN starts!

This is your journey and I am here to facilitate that. Be joyful and congratulate yourself for taking the time to take care of YOU.

The ultimate goal of this program is to figure out what foods are right for your body so it can function at its potential. It is to learn how to tune into your body at any given time to give it exactly what it needs to continue improving or maintaining health. So you can look good as great as you feel.

Notice if you need to snack between meals. It's fine if you do, but be aware that this can be indicative of:

- 1. Not eating enough calories or certain macronutrients (carbs, protein or fat).*
- 2. Blood sugar dysregulation. If you are still hungry and need to snack please let me know the next time we meet.*

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HOW TO USE THIS GUIDE

This is your what to eat/what not to eat guide.

You will receive one PDF every week for 4 weeks.

This will allow you to get your grocery shopping for the week done based off of these lists.

Check the recipes that you will want to prepare beforehand so you can get the ingredients for anything you're planning to make and avoid the "*I do not have anything to cook with*" excuse to jump back into old habits. Remember that this is an opportunity to start fresh, to learn new things, to grow.

Most of the recipes in this program are included for their ease of use. You don't have to follow any of the recipes exactly. Think of this as a reference guide.

My intention is to provide simple ideas that don't take a lot of time or energy.

Variations are allowed and welcomed.

Please share modifications with me on the facebook group page to help others with your wins.

DISCLAIMER: this is not so much a program on how to start eating real food (how to grocery shop, how to prepare food, how to inspect labels, etc.). That information can be found on another program.

The ***No More Blood Sugar Blues Program*** assumes you have some baseline knowledge about eating whole foods, quality ingredients and organic. We will take a deep dive and focus more on nutrition and on certain macronutrients (carbs, fat, protein) and their effect on your body.

If you get confused about anything, or have specific food questions, please direct your questions to the Facebook group. I will be there answering questions throughout the length of this program.

WHAT'S ON THE MENU THIS WEEK

Non Starchy Veggies will make up the bulk of your meals. **Consider this your base.**

Think about including 1/2 of your plate full of these.

Nutrient-Dense Carbs will make up about a fourth of your plate.

Protein and Fats are the remaining quarter (fat isn't always visible as it's often cooked into food).

Protein servings are roughly the size of your palm.

EXPECTATIONS:

As the weeks progress, you'll notice that foods drop off the "ALLOWED" list. Or what I will call the GREEN food list.

THIS DOES NOT MEAN YOU EAT LESS FOOD.

This means you must eat more of the GREEN Foods so calories don't drop too low.

Emphasize variety within the GREEN Foods categories to enhance nutrition and keep from getting bored.

We will gradually titrate carbohydrates down as we move throughout the program.

Consider this a lever. When you drop one lever down, another comes up. This will most likely be fat.

That means as carbohydrate decreases, fat increases.

Protein servings will remain roughly the same, although there is room to tinker here.





A NOTE ON DAIRY

Keep in mind that Dairy can be problematic for lots of folks — it can cause digestive upset, sinus, congestion, headaches and contribute to immune issues in those that are sensitive. (Be aware that food sensitivities aren't always immediately apparent after you consume a food.)

On this program we do not directly tackle food sensitivities, but be conscious of how you feel. It may be the hidden clue that are missing!

That being said, dairy is **NOT INCLUDED** on this program. But if you feel that you are not ready to give it up just yet ... Pay attention to your body.

Unlike gluten, properly sourced dairy (full fat, from properly raised and fed animals ie grass fed and pasture-raised) can be a healthful part of a real food, low carb way of eating.

HOWEVER, if you know you don't tolerate dairy well, then obviously don't include it during this program (or probably ever).

Since this is a 4 weeks **CLEANSE PROGRAM**, I suggest avoiding altogether just to see how your body responds!

WHAT ABOUT GRAINS?

Grains can be problematic for folks. But not for everybody therefore **IT IS INCLUDED** on the cleanse. If you are dealing with blood sugar imbalances maybe cutting off grains could be beneficial.

However, If you are not ready or interested in giving up grains, then be sure to include only gluten free grains. (buckwheat, amaranth, millet, rice, wild rice, gluten free oats). Just keep in mind that including grains may impact the results you are looking for.





ALLOWED FOODS

GREEN LIST

NON STARCHY VEGGIES

- Greens, herbs, broccoli, cauliflower,
- zucchini, bell peppers, etc.

NUTRIENT DENSE CARBOHYDRATES

- starchy veggies: sweet potato, white potatoes, hard winter squash, yuccas, roots, tubers
- Fresh fruit
- Dried Fruit (just a little bit)
- Legumes & Beans

PROTEIN

- Eggs from pastured chickens
- 100% grass fed beef, bison, goat
- Wild caught fish and seafood
- Pasture raised chicken and pork
- Organic tempeh, tofu, edamame
- Full-fat dairy from 100% grass fed cows, goats & sheep (

FATS

- Avocados
- Cold pressed oils (coconut, olive, palm, avocado) grass fed
- butter
- grass fed ghee
- Nuts/seeds (hemp, chia, pumpkin, sesame, hazelnuts, walnuts, cashews, almonds, etc.)

FOODS TO AVOID

RED LIST

PROCESSED "FOODS"

PARTIALLY HYDROGENATED OILS

(margarine, fake butter, sprays)

GLUTEN & PROCESSED WHEAT PRODUCTS

INDUSTRIAL SEED OILS

(canola oil, soybean oil, cottonseed oil, peanut oil, sunflower seed oil, grapeseed oil)

SUGAR, ADDED SWEETENERS & ARTIFICIAL SWEETENERS

(aspartame, sucralose, sugar alcohols)

WHOLE FOODS SWEETENERS, including honey and maple syrup

LOW-FAT & FAT-FREE PROCESSED DAIRY

FAST FOOD

SODA

DIET FOODS

(meal replacement bars and shakes, all manufactured "low carb" products, diet sodas)

CONDIMENTS & NOVELTY FOODS

I am always researching new things and constantly update my website and FB lists. Thrive Market is a great option for healthy options.



- Grass fed ghee (4th & Heart, Organic Valley)
- Unrefined coconut oil
- Extra Virgin Olive Oil (California Olive Ranch)
- Avocado oil (Chosen Foods)
- Toasted sesame oil
- Bragg's liquid aminos OR Coconut aminos (thrive market brand is my favorite)
- Avocado oil mayo (Chosen Foods, Primal Kitchens)
- Tahini
- Nut butters
- Canned full fat coconut milk
- Store-bought coconut milk or almond milk (New Barn almond milk, Califia Farms, ElmHurst brand)
- Full fat grass fed plain yogurt (Maple Hill Creamery, Stoneyfield 100% grass fed, Redwood Farms goat yogurt)
- Dairy-free yogurt (Coyo or cocoyo coconut yogurt, Culina, Kite Hill almond yogurt)
- Banza Pasta (chickpea pasta with pea protein)
- Canned beans (Eden Organic)

BEVERAGES

HYDRATE, HYDRATE, HYDRATE

Filtered Water

Infused water (with fresh citrus slices, cucumber slices or fresh herbs)

Sparkling Water on glass bottles, ex. Pelegrino, Evian

Seltzer (no sweeteners)

Kombucha (be mindful if have history of yeast or histamine intolerances)

Coconut water (not from concentrate, in limited quantities. My fave is Harmless Harvest)

Herbal Teas



ABOUT ALCOHOL?

What are your goals?

Be advised that alcohol consumption:

- is not conducive to weight loss
- impairs sleep
- is a gut irritant
- is inflammatory

Moderate consumption MAY be okay, depending on your genes, how you metabolize alcohol, your body's ability to detoxify, and your goals.

LESSER EVIL OPTIONS

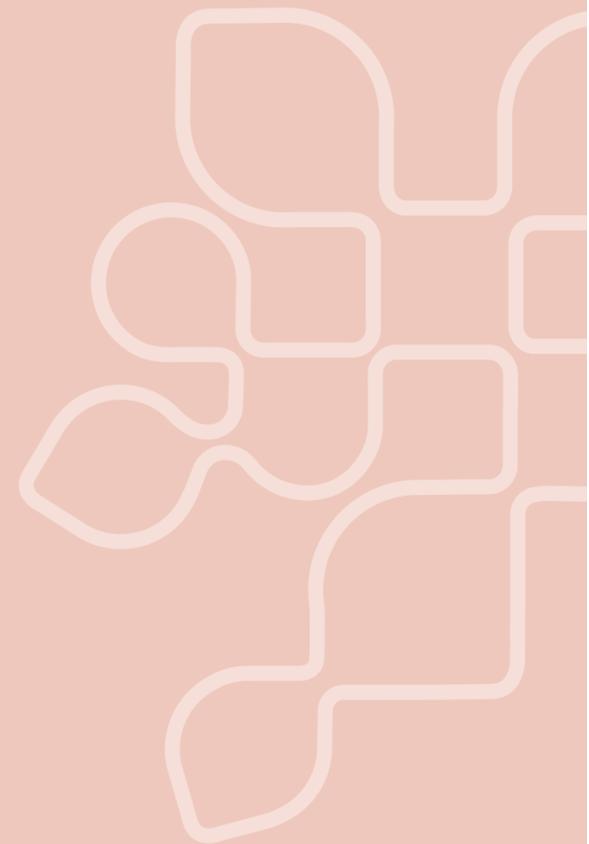
1. Clear alcohol like gluten free vodka (Tito's) or silver tequila (Espolòn) + seltzer + fresh lemon or lime juice + liquid stevia extract (optional for sweetness)
2. Dry wine
3. Dry cider (gluten-free)



Game
On!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST			<i>smoothie of choice</i>				
SNACK	plantain chips with guacamole	4 bright green olives, carrot salad	Pear and pumpkin or sunflower seeds	carrot salad, protein of your choice	Celery and almond butter	Sliced carrots & jicama with sweet potato dip	Carrot salad (LO_ chicken & zucchini bites)
LUNCH	Collard wrapped wild fish	Lemon chicken, fermented Vegetables	Broccoli detox salad with 3-4 slices chicken breast	Salmon potato argula salad	1/2 baked sweet potato, chicken & zucchini bites	Veggies & quinoa fermented vegetables	Portabella & pepper sautee
SNACK	Sliced carrots & jicama with sweet potato dip	Sauteed greens	fermented vegetables 1/4 avocado 1/2 cup lemon chicken	1 cup fruit salad with 2 tablespoons coconut cream kale chips	sauteed greens with pumpkin or sunflower seeds	1/2 Baked sweet potato, green salad	1/2 acorn squash with coconut oil, cinamon, honey
DINNER	Lemon chicken asian salad	seasoned turkey burger broccoli detox salad	Salmon potato argula salad	Lamb chops curried cauliflower soup	Broccoli detox salad, root vegetable soup	Balsamic chicken and roasted vegetables	Left ovens of your choice
DRINKS	Green tea, water with a dash of sea salt, bone broth, tumeric ginger tea	Herbal tea, water with a dash of sea salt, broth	water with a dash of sea salt, broth, tumeric ginger tea	Herbal tea, water with a dash of sea salt	Green tea , water with a dash of sea salt, broth	Herbal tea, water, broth, tumeric ginger tea	water with a dash of sea salt, broth

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SWEET POTATO DIP

INGREDIENTS:

- 1 large sweet potato
- 1 large clove of garlic, pressed
- 3 tablespoons tahini
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 1 ½ teaspoons ground cumin
- ¼ tsp ground ginger
- ½ teaspoons cinnamon
- ½ teaspoon paprika
- Salt to taste

DIRECTIONS:

Preheat oven to 350 F.

Poke holes in the sweet potato using a fork. Place potato on baking sheet and bake for 1 hour or until soft.

Remove from oven and cool.

While potato cools, add garlic, tahini, olive oil, lemon juice, and seasonings to your food processor. When the potato has cooled enough to handle, remove and discard the peel. Add the potato to the other ingredients in the food processor and mix until smooth. Serve in a bowl.

CHICKEN & ZUCCHINI BITES

INGREDIENTS:

- 1 lb round chicken
- 2 cups zucchini, grated
- 3 green onions, sliced
- ¼ cup cilantro, minced
- 1 garlic clove
- ½ tsp cumin
- 1 tsp salt
- ½ tsp pepper
- Coconut oil for cooking

DIRECTIONS:

Mix chicken with zucchini, green onion, cilantro, garlic and seasoning. Heat oil in a medium pan over medium heat.

Using your hands, form a balls using 1 tablespoon chicken mixture.

Add chicken to pan and cook for 5-6 minutes. Flip and cook an additional 3-5 minutes or center is cooked.





SAUEED GREENS

INGREDIENTS:

- 1 large bunch of kale, collards, or bok choy, washed n 2-3 cloves garlic, minced or cut into slivers
- 1 tablespoon olive or coconut oil
- 1/2 cup veggie or chicken broth

DIRECTIONS:

Cut out the tough center stem from the kale or collards; chop or slice into small pieces. Bok choy has no tough center so just chop into small pieces.

Sauté garlic in olive or coconut oil for about 30 seconds over medium heat. Add chopped greens and sauté for about 3-4 minutes.

Bok choy needs no further cooking. For kale or collards, add broth, cover and simmer over low heat for about 10 minutes.



CARROT SALAD

INGREDIENTS:

- 1 raw carrot, grated
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 2 tablespoons raw pumpkin or sunflower seed

DIRECTIONS:

Prepare and combine all ingredients. Enjoy!

Use pumpkin seed on days 1-14 and sunflower seeds on days 15-28 of your menstrual cycle.

BROCCOLI DETOX SALAD

INGREDIENTS: (SERVES 4-5)

- 1 bunch of broccoli, chopped into small pieces
- 4 kale leaves, cut into ribbons
- ½ head cauliflower, chopped
- ½ cup parsley, finely chopped
- 3 carrots shredded
- 2 tablespoons raw sunflower seeds

DRESSING INGREDIENTS:

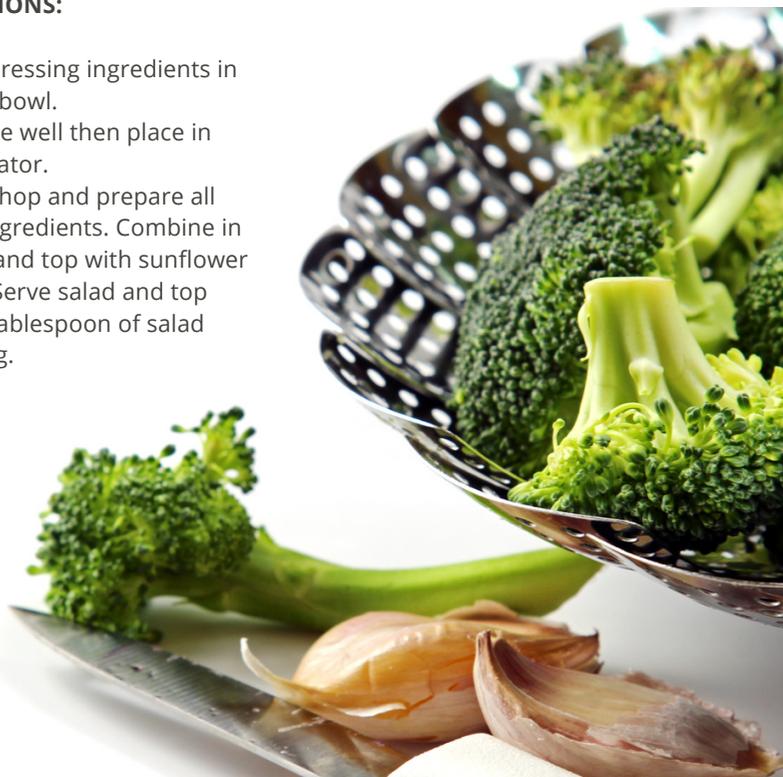
- 3 tablespoons lemon juice
- 1 inch grated ginger
- 1 garlic clove, minced
- 2 tablespoons olive oil

DIRECTIONS:

Whisk dressing ingredients in a small bowl.

Combine well then place in refrigerator.

Wash, chop and prepare all salad ingredients. Combine in a bowl and top with sunflower seeds. Serve salad and top with 1 tablespoon of salad dressing.



ASIAN SALAD

INGREDIENTS:

- 1 medium head Napa cabbage, shredded
- 1 small daikon, peeled & sliced into thin pieces
- 1 celery stalk, sliced thin
- 1 bunch green onions, thinly sliced, dark green ends discarded
- 1 large red bell pepper, cut in half & sliced very thin
- ½ cup slivered almonds
- 1 bunch cilantro, chopped

DRESSING INGREDIENTS:

- 2/3 cup avocado oil
- 1/3 cup rice vinegar (no sugar added)
- 1 tablespoon sesame oil
- 3 tablespoons Dijon mustard
- 1 clove garlic, minced
- 1 tablespoon fresh ginger, minced
- Salt and pepper to taste

DIRECTIONS:

Prepare vegetables and combine in a large bowl. In a separate bowl, whisk together dressing ingredients. When ready to serve, top with almonds and add 1 tablespoon of dressing.

The dressing can be stored for up to a week in the refrigerator.

CURRIED CAULIFLOWER SOUP

INGREDIENTS:

- 1 large head cauliflower, cut into 1 inch pieces
- ½ cup chopped fresh cilantro
- 1 medium yellow onion
- ⅓ cup raw cashews
- ¾ cup water
- 2 teaspoons extra-virgin olive oil
- 1 medium onion, diced
- 1 clove garlic, minced
- 1 (14oz.) can coconut cream or milk
- 2 tablespoons curry powder
- 1 teaspoon ground cumin
- 1 ½ teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- Salt

DIRECTIONS:

Process cashews in food processor until finely ground. Add ¾ cup water and mix for 2 minutes. Strain cashew mix through a fine mesh strainer into a bowl. Discard solids. In a large pot, heat the olive oil over low heat. Add onion and saute until golden. Add the garlic and stir for one minute. Add the cauliflower, coconut milk, strained cashew milk, and seasoning. Add enough water to cover. Bring to a boil, reduce the heat and simmer until the cauliflower is tender, about 10-15 minutes. Blend the soup with an immersion blender or food processor until smooth. Return to the pot and reheat if serving hot. Garnish with cilantro.

ROOT VEGETABLE SOUP

INGREDIENTS:

- 1 large fennel bulb, thinly sliced
- 2 garlic cloves, minced
- 1 tablespoon fresh ginger, grated
- 2 pounds beets, peeled and cut into 1 ½ inch pieces
- 2 large carrots, sliced into rounds
- 2 tablespoons coconut oil
- 3.5 cups bone broth
- 1 bay leaf
- ½ tsp parsley
- ½ tsp thyme
- Salt and pepper to taste

DIRECTIONS:

In a large pot, heat coconut oil and saute fennel for about 10-12 minutes, or until soft. Add ginger and garlic to the pot and cook 2-3 minutes, stirring. Add beets, carrots, herbs and broth. Cover pot and bring to a boil, then turn down to a simmer. Simmer about 1 hour or until the beets are tender. Transfer content of the pot to a food processor or high powered blender. Blend until smooth, adding more broth as needed. Serve warm.



VEGGIES & QUINOA

INGREDIENTS:

- 1 cup quinoa, rinsed
- 2 cups water
- 1 clove garlic, minced
- 1 cup shitake mushrooms, sliced
- ½ cup red cabbage, chopped
- ¼ cup onions, chopped
- ¼ cup frozen peas
- ¼ cup carrots, sliced
- ¼ cup celery, sliced
- ¼ cup water chestnuts
- ¼ cup parsley, chopped
- ¼ cup cilantro, chopped
- 1 ½ Tbsp lemon juice
- 1 ½ Tbsp coconut oil
- Celtic sea salt, to taste

DIRECTIONS:

Bring water to boil and add quinoa. Stir and simmer, covered for 45 minutes. When finished, remove from heat and allow to sit for 5 minutes

While quinoa is resting, sauté garlic and onions in coconut oil in a large pan.

After 3-5 minutes add peas, carrots, celery, and water chestnuts. Cook until tender.

Add quinoa to veggies and mix in parsley, cilantro, lemon juice, olive oil, and salt.

PORTOBELLO & PEPPER SAUTÉ

INGREDIENTS:

- 2 medium portobello mushrooms, thinly sliced
- 2 small yellow, red, or orange bell peppers, sliced very thin
- 2 cloves garlic, minced
- 3 tablespoons olive oil, divided
- 1 tablespoon balsamic vinegar
- 1 tablespoon lemon juice
- ¼ cup fresh basil leaves, chopped (or 1 tablespoon dried)
- Salt and pepper to taste
- 4 cups arugula, spinach, chard or baby kale leaves

DIRECTIONS:

Heat 2 tablespoons olive oil over medium heat in a large skillet. Add mushrooms and bell peppers, and sauté 7-10 minutes or until tender. Add garlic and sauté for 1 more minute. Stir in the fresh basil. Salt and pepper to taste.

Place 1 cup of greens on a plate and drizzle with ¼ tsp olive oil. Top with mushroom and peppers.



COLLARD - WRAPPED WILD FISH

INGREDIENTS:

- 4 wild-caught cod fillet (about 4 ounces each)
- 2 tablespoons coconut aminos
- 1 quart water
- 4 collard leaves
- 2 tablespoons coconut oil
- Juice from half a lemon
- 4 lemon wedges
- Salt and pepper to taste

DIRECTIONS:

Preheat oven to 375 F
Toss fish with coconut aminos and melted coconut oil until coated.
Boil water in a saucepan. Blanch one collard leaf at a time, allowing it to remain in the water for only a few seconds.
Once the leaf is removed, place on the cutting board and remove the tough ends of the collard leaves.
Place a fish fillet in the center of each collard leaf. Sprinkle the juice of half a lemon over the fish evenly. Season with salt and pepper. Wrap the collard leaf around fish and place seam side down in a shallow baking dish.
Bake uncovered for 20-25 minutes.
Serve garnished with a lemon wedge.



SALMON POTATO ARGULA SALAD

INGREDIENTS:

- 2 4-ounce pieces of wild salmon
- 12 fingerling potatoes (about 1 lb)
- 4 cups arugula
- ¼ cup and 1 tablespoons olive oil
- ½ tablespoon coconut oil

DRESSING INGREDIENTS:

- 4 anchovies
- 1 small garlic clove
- ¼ cup fresh lemon juice
- ⅓ cup fresh dill, chopped
- ½ cup parsley, chopped
- Salt and pepper to taste

DIRECTIONS:

Boil potatoes in large saucepan for 12-15 minutes, or until tender.
Drain and set aside to cool.
Meanwhile, heat 1 tablespoon of olive oil and coconut oil in a large pan over medium high heat. Season the salmon with salt and pepper. Cook about 3-4 minutes each side or until opaque throughout.
Set aside to cool.
To make the dressing, mash the anchovies and garlic into a paste on a cutting board. Combine with the lemon juice and ¼ cup olive oil in a small bowl. Stir in the dill and parsley.
Toss the arugula and potatoes with half the dressing. Divide the salad among 2-3 plates and break salmon into chunks to place on top.
Drizzle with the remaining dressing.

SEASONED TURKEY BURGUER

INGREDIENTS:

- 1 pound ground turkey breast
- 1/2 tablespoon coconut aminos
- 1/2 cup minced onion (fresh)
- 1 garlic clove, diced
- ¼ cup fresh parsley, chopped
- 1 tsp salt
- ½ tsp black pepper
- 1/2 tablespoon olive oil

DIRECTIONS:

In a large bowl, add turkey, coconut aminos, minced onion, garlic, parsley, salt and pepper.

Preheat a large skillet over medium-high heat.

Combine ingredients together and form into four patties.

Add coconut oil to pan. Add patties, flipping once during cooking. Internal temperature should be around 180 F.

LEMON CHICKEN

INGREDIENTS:

- 1 ½ lbs boneless chicken thighs
- 1/3 cup plus 1 tablespoon extra virgin olive oil
- Juice of 1 ½ lemons
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- kosher salt & pepper
- 4 Lemon slices

DIRECTIONS:

Preheat oven to 375 F.

Lightly drizzle olive oil in a glass baking dish and add chicken thighs. Set aside.

In a large bowl mix together olive oil, lemon juice, onion, garlic, parsley, thyme and oregano until well combined. Pour onion mixture over chicken thighs and toss to coat.

Place lemon slices around the chicken and season with salt & pepper.

Place chicken into the oven and bake for 30-40 minutes or until cooked through the center.

Remove from the oven, cover and allow to sit for 5 minutes. Cover the pan and let chicken sit for 5 minutes before serving.



BALSAMIC CHICKEN & ROASTED VEGETABLES

INGREDIENTS:

- 1 ¼ lb chicken breasts, cut into small ½ inch thick pieces.
- ⅔ cup balsamic vinegar
- ¼ cup plus 2 tablespoons olive oil
- 2 heads of broccoli, chopped
- 2 garlic cloves, pressed
- 1 cup carrots, sliced
- 1 cup cherry tomatoes
- ¼ cup fresh parsley, chopped
- 1 tsp oregano
- ½ tsp thyme
- Salt and pepper to taste

DIRECTIONS:

Preheat oven to 400 F. Line a large baking sheet with parchment paper. Set aside. In a large bowl, whisk together balsamic vinegar, ¼ cup olive oil and herbs. Place chicken in the large bowl and toss with balsamic mixture. For best flavor, let sit for 30 minutes or up to 3 hours. Place broccoli, carrots on the baking sheet and drizzle with 2 tablespoons of olive oil. Bake for 10 minutes. Add chicken and tomatoes to the baking sheet and toss with vegetables to cover them with balsamic mixture. Bake 10-15 minutes. Monitor chicken to make sure it does not get overcooked.

LAMB CHOPS

INGREDIENTS:

- 1.4 pound rack of lamb
- 1 head of garlic, peeled and chopped
- 1/4 cup rosemary leaves
- 2 tablespoons of coconut oil
- Salt and pepper to taste

DIRECTIONS:

Preheat oven to bake at 400. In a mini food processor, pulse the rosemary and garlic until finely minced. Transfer to a medium-high skillet and sauteed with 1 teaspoon of coconut oil for 2-3 minutes. Set aside. Rinse rack of lamb under cool water. Then dry on both sides with a paper towel. Cut rack of lamb into individual chops. Season with salt and pepper. Melt 1 tablespoon of coconut oil to an oven safe skillet over medium high heat. Sear chops for 2 minutes on each side. Coat chops with garlic and rosemary mix. Place in oven and bake.

