



IMMUNITY REBOOT & RECIPE GUIDE

THE 3 DAY CHALLENGE TO
GET YOUR IMMUNE
SYSTEM BACK ON TRACK

DAY 1

Sugar Busters

Goal- Eliminate sugar, gluten, dairy.
Unlimited- fruits and vegetables, nuts, seeds or beans.

Morning

STEP // 1 ACV

Mix 1 tbsp apple cider vinegar with 3 tbsp water - you can mix a bit of honey in this as well for a better overall taste.

STEP 2 // PROTEIN SMOOTHIE

Select one from the recipes in pages 6-9

Mid Day

STEP 3 // GREEN SMOOTHIE

Select one from the recipes in pages 11-15

STEP 4 // GOLDEN MILK

[Click here for recipe and benefits](#)

STEP 5 // LEAFY GREENS WITH LEAN PROTEIN

Select one from the recipes in pages 31-40

DAY 2

Gut Builders

Morning

STEP // 1 ACV

Mix 1 tbsp apple cider vinegar with 3 tbsp water - you can mix a bit of honey in this as well for a better overall taste.

STEP 2 // PROTEIN SMOOTHIE OR YOGURT/KEFIR WITH BERRIES

You can select your protein smoothie from the recipes in pages 6-9, or create your own yogurt/kefir with berry dish

Mid Day

STEP 3 // GREEN SMOOTHIE + FERMENTED VEGGIES

Select one green smoothie from the recipes in pages 11-15, add your preferred fermented veggies

STEP 4 // GOLDEN MILK

[Click here for recipe and benefits](#)

STEP 5 // LEAFY GREENS WITH LEAN PROTEIN + 1 CUP BONE BROTH

Select one from the recipes in pages 31-40, add your preferred bone broth

DAY 3

Antioxidant Explosion

Morning

STEP // 1 ACV OR CELERY JUICE

Mix 1 tbsp apple cider vinegar with 3 tbsp water - you can mix a bit of honey in this as well for a better overall taste, or consume a serving of celery juice

STEP 2 // PROTEIN SMOOTHIE OR YOGURT/KEFIR WITH BERRIES

You can select your protein smoothie from the recipes in pages 6-9, or create your own yogurt/kefir with berry dish

Mid Day

STEP 3 // GREEN SMOOTHIE #1

Select one green smoothie from the recipes in pages 11-15, add your preferred fermented veggies

STEP 4 // GREEN SMOOTHIE #2

Select one green smoothie from the recipes in pages 11-15, add your preferred fermented veggies

STEP 5 // LEAFY GREENS WITH LEAN PROTEIN + 1 CUP BONE BROTH + GREEN JUICE

Select one from the recipes in pages 31-40, add your preferred bone broth, consume a serving of green juice

RECIPES

PROTEIN SMOOTHIES



CHOCOLATE PROTEIN SMOOTHIE

Short on time but need a breakfast that will keep you full and energized? Smoothie to the rescue!

Ingredients:

- 1 ripe banana (can use frozen banana for thicker texture)
- 2 scoops protein powder (usually about 20 grams)
- 1 tbsp nut butter of choice
- 1 heaping tbsp chocolate chips (stevia sweetened if available)
- 1 cup almond or coconut milk

Directions:

Blend all ingredients together. Add to your to-go cup and head out the door!



SKINNY MOCHA BANANA JUMP START

Ingredients:

- 1 frozen banana
- ½ cup cold coffee or 1 tsp instant coffee
- 1 scoop chocolate protein powder (about 20-30 grams)
- 1 cup rice, cashew, or coconut milk

Directions:

Add all ingredients to blender and blend. Add to your favorite mug or mason jar and enjoy!



PUMPKIN POWER SMOOTHIE

Once you realize there's a TON of nutrition in pumpkin, you'll want this smoothie all year 'round-- not just in PSL season. Pumpkin has 4 times as much potassium as a banana, and is a great source of antioxidant beta-carotene and fiber as well. Apples provide anti-inflammatory quercetin and vitamin C.

Ingredients:

- ½ cup canned pumpkin
- 1 medium apple, cored and sliced
- 1 cup milk of choice
- ½ cup ice cubes, more if desired
- ¼ cup plain yogurt (plant-based if necessary)
- 1 serving vanilla protein powder (about 20 g)
- 1 tsp vanilla extract
- 1 tsp pumpkin pie spice (cinnamon, nutmeg, ginger, cloves, nutmeg, and allspice)

Directions:

Add ingredients to blender, and blend until combined and smooth.



MINT CHIP SMOOTHIE

PROTEIN POWERED BREAKFAST OR GREEN SMOOTHIE

If you're looking for a treat, this will be your new go-to. This smoothie won't spike blood sugar like average desserts will, and it will satisfy your sweet tooth in a deliciously creamy way!

Ingredients:

- ¼ cup canned coconut milk
- ¼ cup greek yogurt (or coconut for dairy free)
- 1 medium banana, chopped and frozen
- 2 cups spinach
- 1 serving vanilla protein powder (about 20 grams)
- ½ tsp vanilla extract
- ½ tsp peppermint extract (brands vary in intensity, adjust to preference!)
- 1 tbsp chopped 85% dark chocolate, or stevia sweetened chocolate chips
- Water for consistency

Directions:

Add all ingredients to blender and blend. Add to your favorite mug or mason jar and enjoy!

RECIPES

GREENS SMOOTHIES



LIVER LOVER SMOOTHIE

The powerhouse of detox, supporting the liver is the gateway to igniting fat loss and kick starting metabolism. These greens help support phase II enzymes in liver detox, supporting clearer skin, better energy, and increased fat-burning.

Ingredients:

- 1 cup chopped raw or steamed beets
- 1 carrot, coarsely chopped
- 1 rib celery, coarsely chopped
- ½ cup dandelion greens
- ¼ cup parsley
- ¼ cilantro
- ¾-1 cup water (or ice)

Directions:

Combine all ingredients in blender and blend until smooth. Add additional water in 1 tablespoon increments if you desire thinner texture.



CHERRY VANILLA & HIDDEN GREENS

Don't love green smoothies? I hear you. With this yummy smoothie, you won't even be able to tell those nutritious green foods are anywhere near, but you'll still be enjoying their benefit.

Ingredients:

- 2 cups frozen sweet cherries
- ½ can coconut milk
- ½ tsp vanilla extract
- ¼ tsp almond extract
- 1 tbsp chia or ground flax seeds
- 1 cup chopped kale
- Water for consistency

Directions:

Combine all ingredients in blender and blend until smooth. Add additional water in 1 tablespoon increments if you desire thinner texture.



GROCER'S CHOICE GREEN DRINK

You can find this super nutritious green smoothie in the Super Woman Rx, along with a complete protocol for slimming belly fat and igniting metabolism. Give it a try and don't be afraid to add your own twist!

Ingredients:

- 2 cups assorted greens, such as kale, spinach, beet greens, spinach, arugula, and/or Swiss or rainbow chard
- 1 cup chopped frozen fruit, such as blueberries, mangoes, strawberries, or peaches
- 1 cup water
- 1 tsp chia seeds
- Optional: spoonful of finely chopped dates or coconut flakes

Directions:

Combine all ingredients in blender and blend until smooth. Add additional water in 1 tablespoon increments if you desire thinner texture.



CREAMY AVO AND GREENS

You can find this super nutritious green smoothie in the Super Woman Rx, along with a complete protocol for slimming belly fat and igniting metabolism. Give it a try and don't be afraid to add your own twist!

Ingredients:

- 2 cups spinach
- 1 ripe pear, cored and chopped
- 15 grapes
- 6 oz coconut yogurt
- 2 tbsp chopped ripe avocado
- Squeeze of lime juice

Directions:

Coarsely chop ingredients, add to blender. Blend and enjoy!



KALE-CHERRY-BERRY SUPER JUICE

Ingredients:

- 1 cup fresh kale
- ½ frozen cherries
- ¼ cup frozen blueberries
- 1 cup water

**add 1 serving protein powder of choice to turn this antioxidant smoothie into a full and nourishing meal*

Directions:

In a blender, combine all ingredients.
Blend until smooth and enjoy.

RECIPES

LUNCHES

+

DINNERS

These recipes will nourish your body and soul with refreshing flavors and loads of antioxidants, protein, and healthy fats.

Many of these recipes can be made vegetarian or vegan with a few simple swaps, or you can add optional animal protein such as grilled chicken, sliced steak, shrimp, or fish depending on which day of the reset you're making meals.



BROCCOLI SALAD WITH TAHINI SAUCE

Ingredients:

- 6 cups broccoli (about 3-4 large broccoli crowns) finely chopped and blanched
- ½ cup minced red onion
- 1 chopped medium-sized cucumber
- ½ cup chopped parsley
- 2 Tbsp. hemp seeds
- 1 clove minced garlic
- Juice from 1 large lemon
- 5 Tbsp. tahini paste
- 3 Tbsp. water
- 3 Tbsp. olive oil
- salt and pepper

Directions:

Prepare broccoli by finely chopping and blanching. Chop red onion, cucumber, and parsley. Combine broccoli, red onion, cucumber, parsley, and hemp seeds in a large bowl. In another bowl, combine lemon juice and tahini paste, and whisk with fork.

Add the water in slowly as you mix. When combined, tahini mixture should coat the back of a spoon.

Mix in olive oil and garlic, then season with salt and pepper to taste. Pour dressing over top of broccoli mixture and mix well. Best served after resting in the fridge for 30 minutes to an hour to let flavors combine.



MASON JAR GREEK SALAD

**OPTION TO ADD ANIMAL PROTEIN*

Ingredients:

- 1 tablespoon any dressing (or just olive oil and balsamic vinegar)
- 1 cup salad greens
- ½ cup chopped cucumber
- ½ cup chopped tomato
- ¼ cup chopped olives
- ¼ cup crumbled feta cheese (omit for vegan)
- 1 hard-cooked egg, sliced (use ½ cup chickpeas for vegan)

Directions:

Pour the dressing in the bottom of the jar. Over the dressing, layer the greens, cucumber, tomato, olives, feta (if using), and egg or chickpeas. Seal the jar and refrigerate. Shake before serving. This makes a quick and nutritious lunch at work or at school.



LOW-CARB TACO BOWL

**OPTION TO ADD ANIMAL PROTEIN*

All your taco favorites made dairy free to be easy on digestion, and high in flavor.

Ingredients:

- ½ cup riced cauliflower
- Half ripe medium avocado
- 1 cup romaine, red leaf, or green leaf lettuce, chopped
- ¼ cup diced cucumber
- ¼ cup pico de gallo (tomatoes, onions, cilantro, peppers, lime juice)
- ¼ cup coconut yogurt
- ¼ tsp paprika
- Pinch of garlic powder
- Pinch of salt and pepper to taste.

Directions:

Add riced cauliflower to small pan, and sautee on medium-low heat until soft--about 3 minutes. Let cool, then add to bowl. Add chopped lettuce, pico de gallo, and cucumber. Halve an avocado, peel, and slice. Then add half atop lettuce. In separate, small bowl, combine coconut yogurt, paprika, garlic powder, and salt and pepper to taste. Once mixed, add a dollop to taco bowl. Enjoy!



STIR FRY ZOODLES WITH CREAMY SATAY SAUCE

**OPTION TO ADD ANIMAL PROTEIN*

This quick and easy meal is a modern take on satay-style asian cuisine. Savory flavors blend with light and refreshing veggies for a satisfying meal with plenty of nutrients and taste!

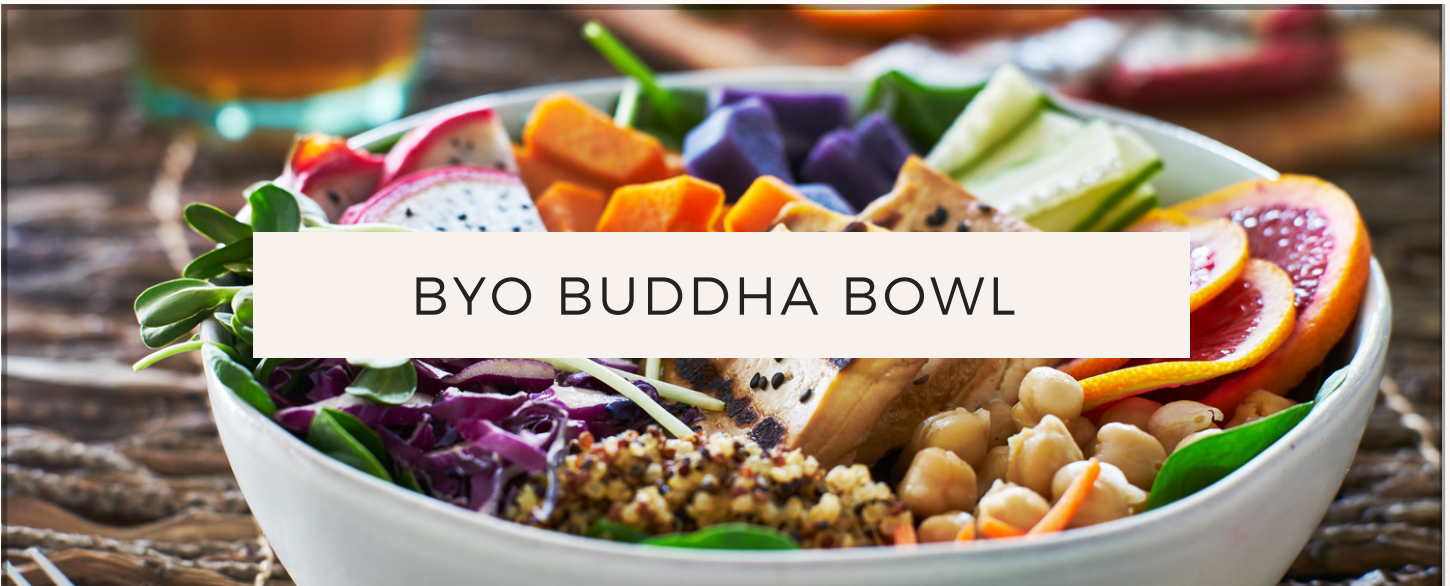
Ingredients:

- 3 zucchini or yellow squash
- 1 cup chopped Napa cabbage or purple cabbage
- ¼ cup chopped red or green onion
- 1 tbsp toasted sesame oil
- 3-4 tbsp nut butter (cashew or almond work best)
- ½ tsp red chili flakes (more if you prefer spicy!)
- 2 tbsp tamari or gluten-free soy sauce
- 1 tsp honey
- 1 clove garlic, minced
- ¼ tsp five-spice seasoning (fennel seeds, ground peppercorns, anise, cinnamon) (optional)

Optional: add cubed chicken, beef, or shrimp

Directions:

Spiralize your zucchini (or squash), and press out any excess water in a paper towel. Chop cabbage and red onion. Set aside. Heat a skillet to medium heat. If using protein, add 1 tbsp oil to pan, and lightly cook protein of choice. Once cooked, remove from pan and set aside. In preheated skillet, add sesame oil, nut butter, chili flakes, honey, and soy sauce, garlic, and spices. Heat until combined and creamy. Toss in cabbage and onion, and stir fry 2 minutes until softened. Then add zoodles and protein choice if using. Stir fry about 1 more minute until zoodles are coated, but not soggy. Serve immediately and garnish with a slice of lime or cilantro!



BYO BUDDHA BOWL

Build-Your-Own Buddha Bowl! With these basics, you'll be able to add ingredients on hand from your fridge or pantry for a fast, easy, nutritious meal any time you like. Bonus: Buddha Bowls can help you use produce before it goes to waste spoiling in the fridge!

Ingredients:

- Step 1: Healthy carbohydrates - Chopped sweet potato, cooked quinoa, brown rice, barley, rice noodles.
- Step 2: Veggies - Sliced or spiralized zucchini, squash, raw spinach, grated carrots, sliced red or green cabbage, peppers, cucumber, avocado, peas, kale, romaine lettuce, radish.
- Step 3: Protein - Nuts, seeds, legumes, organic tofu, lentils, beans, shrimp, chicken, grass fed beef.
- Step 4: Sauce - Your favorite dressing works great for added flavor and a serving of healthy fat. Try something new, like an avocado aioli, or a cilantro-lime sauce!
- *Optional: Garnishes - Cilantro, onion, sesame seeds, crushed nuts, hemp seeds, sunflower seeds*

Directions:

Arrange all ingredients in a sizable bowl. Drizzle sauce or dressing of choice, and dig in!



SAUTEED GREENS WITH SWEET POTATO AND TURKEY

Ingredients:

- 1 medium sweet potato, chopped into ~1 inch cubes.
- 2 cups of preferred combination of kale, chard, spinach, dandelion greens.
- 1 tbsp diced onions
- 1 clove garlic, minced
- Salt and pepper to taste
- 1 lb ground turkey, no hormones or antibiotics added.
- Olive oil for cooking

Directions:

Heat skillet on medium-high heat, and add drizzle of oil for cooking. Once heated, brown ground turkey in skillet.

While ground turkey is browning, peel and chop sweet potato, set aside. Wash and cut preferred selection of greens. When turkey is browned, remove from pan and set aside.

Turn down heat to medium low, add oil to pan. Add chopped sweet potato, onions, garlic, and greens. Cover skillet with lid, and let greens and potatoes steam for 7-10 minutes, or until potatoes are cooked.

Add ground turkey back to skillet with greens and potatoes, and stir to combine. Add salt and pepper to taste, then serve immediately and enjoy!



SECRET KALE SALAD

Wondering how to actually prepare kale in a way that's pleasant to eat? Well, this is it! And there's one secret technique. Antioxidants, phytonutrients, and fiber make kale a superfood, and this pleasantly nutty and crunchy salad will finally answer your burning question: But how do you eat kale?

Ingredients:

- 1 bunch kale (remove stems, and chop into bite size strips)
- Juice of 1 lemon, and zest
- ¼ cup olive oil or avocado oil
- 1 clove garlic, minced
- Pinch celtic, himalayan, or sea salt, more to taste.
- 2 tsp honey
- ¼ cup dried cranberries (preferably no-sugar-added or apple juice sweetened)
- ¼ cup pine nuts or sunflower seeds (or both!)

Directions:

Place chopped kale, lemon zest, juice, oil, garlic, and salt in a large bowl. With your hands, massage mixture for about 2 minutes to soften the kale. This is the secret step to delicious kale salads. Then, add honey, cranberries, and nuts.

Toss to combine all ingredients. Let salad rest for 15-20 minutes prior to serving. Best eaten the day of, but can be stored for about a day in the fridge.



TANDOORI-SPICED SALMON WITH YOGURT CUCUMBER SAUCE

Ingredients:

Makes 1 serving

- 1 medium salmon fillet (about the size of a deck of cards or 4 ounces)
- ½ lemon
- ½ cup plain Greek yogurt
- 2 teaspoons tandoori spice mix or ground red pepper
- 1 teaspoon ground turmeric
- 1 teaspoon curry powder
- ¼ teaspoon salt
- 1 teaspoon ginger paste (or grind)
- 1 teaspoon fresh ginger with water to create a paste)
- 4 cloves garlic mashed with a little water to make a paste
- 1 tablespoon olive oil

Yogurt Cucumber Sauce

- 1 cup plain Greek yogurt
- 1 small cucumber, finely chopped
- ½ teaspoon chopped parsley
- ½ teaspoon chopped fresh cilantro

In a small bowl, combine the yogurt, cucumber, parsley, and cilantro. Mix well.

Directions:

Preheat the oven to 350 degrees. Rinse the fish and pat it dry with paper towels. Place in a small baking pan coated with cooking spray, or coat the pan with a small amount of coconut oil, ghee, or butter. Squeeze the lemon half on top of the fish. Set aside. In a small bowl, combine the yogurt, tandoori spice mix or red pepper, turmeric, curry powder, salt, garlic paste, and ginger paste. Mix well to make a paste. Brush the salmon with the oil. Add the paste liberally to both sides of the fillet. Return to the pan. Cover with foil. Bake for 15 minutes. (Meanwhile, make the yogurt sauce.) Remove the foil and turn the oven to broil. Broil the fish for 2 to 3 minutes, or until opaque. Serve with yogurt cucumber sauce.



FAUX FRIED COCONUT CHICKEN WITH HONEY MUSTARD

Ingredients:

- 1-½ cups almond flour
- ¼ cup arrowroot powder
- ½ cup shredded unsweetened coconut
- 2 teaspoons garlic powder
- 2 teaspoons paprika
- 1 teaspoon garlic salt
- 2 large eggs
- 4 boneless, skinless chicken thighs or legs

Dipping Sauce

- ¼ cup Dijon mustard
- 2 tablespoons honey

Directions:

Preheat the oven to 400°F. Line a baking sheet with parchment paper and brush the paper with coconut oil or ghee. In a shallow bowl, combine the almond flour, arrowroot powder, coconut, garlic powder, paprika, and garlic salt. Mix well. In another shallow bowl, whisk the eggs.

Dip each chicken piece in the egg wash, then coat evenly with the flour mixture. Place on the baking sheet. Bake for 14 to 20 minutes, turning once, or until a thermometer inserted in the thickest portion registers 165°F and the juices run clear. To make the dipping sauce: In a small bowl, blend together the mustard and honey. Serve the chicken with the dipping sauce.



OVEN-BAKED SHRIMP FAJITAS

Ingredients:

Serves 2-3

- 2 limes
- 1 red bell pepper, cored and julienned
- 1 yellow bell pepper, cored, and julienned
- ½ large yellow onion, thinly sliced
- 2 tsp plus
- ⅓ cup olive or avocado oil
- 2 cloves garlic
- 1 tsp himlayan or sea salt
- ½ tsp dried oregano
- ½ tsp red chili flakes
- ½ tsp cayenne pepper ½ tsp paprika
- ¼ tsp cumin
- 1 lb raw shrimp, deveined and shelled
- 6 low carb wraps or tortillas
- Sour cream or Greek yogurt for serving

Directions:

Preheat the oven to 400 degrees. Lay sheet pan next to your workspace. In a large bowl, toss onions and peppers in 2 teaspoons of oil until coated, then scatter in single later on baking sheet. Place in oven to roast for 10 minutes.

Juice 1 and ½ of the limes into a blender. Slice the remaining half lime into wedges to use for serving. Add garlic and remaining oil to blender. Then add salt and spices. Pulse once to combine. In large ziplock back or medium bowl, pour mixture over shrimp and marinate for 15 minutes.

When peppers and onions are finished roasting, remove shrimp from marinade and space evenly on the baking sheet. Roast for 8 more minutes, or until shrimp are pink. Serve with wraps or low carb tortillas, Greek yogurt, and lime wedges.