

10 day detox

Foods for the detox: (this is slightly different than the booklet)

- All fruits and vegetables are okay all 9 days
- Proteins:
 - All clean, non-processed meats are okay all 9 days
 - Best is organic, grass-fed, local meat
 - Avoid eggs, egg replacers, pork, shellfish, processed/canned meats, sausage, and breaded protein options.
 - Organic, free-range poultry and organic, grass-fed meat recommended.
 - Fresh, wild-caught fish (not farm raised) recommended.
 - Meat, poultry, and fish should be baked, roasted, stewed, sautéed, or slow-cooked; fish may also be poached.
- Grains & Starches
 - Core Grain (Days 1, 2, 8 & 9)
 - Rice: white
 - Other Grains (Days 1, 2 & 9)
 - Amaranth, Oats: gluten-free whole or steel-cut, Quinoa, Rice: basmati, brown, Rice: wild, Rice cake, Rice cereal: unsweetened
 - NOTE: Look for certified gluten-free oats and organic amaranth. For those on a low-glycemic-load diet, healthcare practitioners may recommend brown/wild rice instead of white rice on Day 8. Avoid cornmeal flour, cornstarch, as well as processed cereals and gluten-containing products (made from wheat, spelt, kamut, rye, barley).
- Legumes/Plant-Based Proteins (Days 1-4, 9 - Omit on Days 5-8)
 - Beans: black, cannellini, garbanzo, kidney, lima, mung, navy, pinto, etc. Beans: vegetarian refried, Bean soups, Lentils: brown, green, yellow Peas: black-eyed, split peas, Hummus
 - Vegetarians may consume on Days 5-8 as a protein source alternative to fish.
 - NOTE: Organic and reduced sodium varieties preferred. Avoid soybeans, edamame, wasabi, soy protein powders, and other soy-based protein options, such as tempeh, tofu, and texturized vegetable protein.
- Oils & Fats
 - Core fats: (Days 1-9)
 - Avocado, Coconut oil, Flaxseed oil, Olive oil, extra virgin, Sesame oil
 - Other Fats (Days 1, 2 & 9)

- Luo han guo (monk fruit) extract, Stevia
- NOTE: For these recommended sweeteners, use only small amounts to help reduce cravings for sweet foods. Try to limit to 1 packet/serving daily. Avoid maple syrup, honey, and foods made with refined sugars, fruit juices, corn syrup, glucose, sucrose, or dextrose. Avoid artificial sweeteners as well

What foods are pulled for the detox?

- No dairy, no gluten, no eggs, no peanuts/peanut butter, no corn, no canola oil or other vegetable oils/spreads, no soy or soy products.
- No sugar, no artificial sweeteners, and no corn syrup or high fructose corn syrup.
- Avoid foods in cans. Avoid high pesticide/GMO foods. Buy organic for the foods on the Dirty Dozen list (www.ewg.org)
- Avoid processed meats and try to buy local, grass-fed when possible. Avoid farmed fish as well as canned and large fish (which are more toxic).
- Avoid sodas, diet sodas, energy/sport drinks, alcoholic beverages, coffee, non-herbal teas, and other caffeinated or decaf beverages
- Check condiments for unwanted ingredients like sugars, sweeteners, gluten, or other items listed above.

Detox Diet

Day 1: Food (no product)

Breakfast: Gluten-free oatmeal with almond, coconut, or rice milk—topped with fresh organic berries of choice and cinnamon (Alternate: Smoothie bowl)

Lunch: *Hummus* and rice cakes with cherry tomatoes and avocado slices and *Minestrone Soup*

Dinner: Mixed veggie stir-fry with rice (or cauliflower rice is even better) and/or broiled salmon; mixed green salad dressed with oil and vinegar (stir fry vegetables with coconut aminos)

Snacks: Nuts, fruits, raw vegetables, coconut yogurt (no sugar), rice cakes with no sugar almond butter, sauteed purple cabbage and pine nuts in olive or avocado oil

Day 2: Food plus product

Begin adding 1 scoop of the recommended UltraClear product twice today, mixed with 4-5 oz. of water or unsweetened milk alternative (use a shaker cup or mix in a blender with ice). Add fresh or frozen fruit if desired.

Breakfast: Puffed rice cereal with unsweetened almond, rice, or coconut milk, topped with ½ banana sliced and cinnamon (or alternately you can make your shake with a recipe below as breakfast).

Morning Supplementation: 1 scoop recommended UltraClear product mixed as above; 1 AdvaClear capsule

Lunch: Leftover stir-fry from dinner or soup from lunch with rice crackers, and a fresh medium kiwi or other fruit

Afternoon Supplementation/Snack: 1 scoop recommended UltraClear product mixed as above; 1 AdvaClear capsule

Dinner: Chicken, Cauliflower rice, mixed green salad, dressed with oil oil and vinegar dressing

Snacks (if desired): Nuts, raw vegetables, fruits, coconut yogurt, rice cakes with almond butter, sauteed purple cabbage and pine nuts in olive or avocado oil

Tip of the Day: You may begin feeling some discomfort such as muscle aches. This is normal and is reflecting that the program is working.* Be sure to contact your healthcare provider should you experience any significant unpleasant effects.

Day 3: Elimination Time.

Today you will continue to take 1 scoop twice of the recommended UltraClear product in addition to 2 AdvaClear capsules twice. You'll also eliminate Nuts/Seeds, Grains/Starches, Sweeteners, and Dairy Alternatives.

Breakfast: 1 cup sliced fresh mango and pineapple, or banana sprinkled with cinnamon

Morning Supplementation: 1 scoop recommended UltraClear product mixed with 4-5 oz. water; 2 AdvaClear capsules

Lunch: Green salad with vegetables and with leftover chicken; medium peach

Afternoon Supplementation: 1 scoop recommended UltraClear product blended with 8 oz. water, ½ cup organic blueberries, and ice if desired; 2 AdvaClear capsules

Dinner: *Baked Salmon/Cod with Salsa* with steamed carrots and peas (or *Vegetarian Chili*) plus *Tropical Salad*

Snacks (if desired): Fresh fruits, carrot/cucumber sticks with Salsa or hummus, roasted vegetables, kale chips

Day 4: Stay Hydrated.

Today you will take 2 scoops twice of the recommended UltraClear product in addition to 2 AdvaClear capsules twice. Continue to eat the same foods as Day 3.

Breakfast: 1½ cups mixed organic berries (sliced strawberries, blueberries, etc.)

Morning Supplementation: 2 scoops recommended UltraClear product blended with 8 oz. water, ½ cup nectarine, and ice if desired; 2 AdvaClear capsules

Lunch: *Avocado Chicken or Tuna Salad* on romaine lettuce leaf, fruit

Afternoon Supplementation: 2 scoops recommended UltraClear product blended with 8 oz. water, ½ cup pineapple, and ice if desired; 2 AdvaClear capsules

Dinner: *Oven Roasted Chicken with Vegetables and Herbs*

Snacks (if desired): Fresh fruits and raw vegetables, kale chips, cauliflower popcorn

Days 5-7: Just Do It.

Congratulations—you're halfway there. Days 5-7 are the most challenging days of the program. You'll also be increasing the recommended UltraClear product to 2 scoops 4 times a day and taking 2 AdvaClear capsules 3 times a day.

Sample Menu Breakfast: Apple and pear fruit salad or baked apples (or pears)

Morning Supplementation: 2 scoops recommended UltraClear product blended with 8 oz. water, 1 small pear, 1 cup spinach, and ice if desired; 2 AdvaClear capsules

Lunch: *Avocado salad*. Salad with vegetables, olive oil and vinegar, left-overs, *vegetarian chili*

Noon Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water

Afternoon Supplementation: 2 scoops recommended UltraClear product blended with 8 oz. water, 1 small apple, ½ cup kale, and ice if desired; 2 AdvaClear capsules

Dinner:

- *Ground Beef Stir Fry*
- *Instant pot burrito bowl*
- *Chicken cabbage Stir Fry*

Evening Supplementation: 2 scoops recommended UltraClear product blended with 8 oz. water, 1 small pear, and ice if desired; 2 AdvaClear capsules

Snacks (if desired): Leftover *Cauliflower Popcorn*, applesauce, avocado, and Kale Chips
Easy vinegar cucumber salad

Day 8: You're Almost There.

Beginning today, you'll gradually add back in remaining fruits, veggies, and white rice. You'll now also reduce the recommended UltraClear product to 2 scoops 3 times today, but continue taking 2 AdvaClear capsules 3 times.

Breakfast: 1 cup mixed melons sprinkled with cinnamon

Morning Supplementation: 2 scoops recommended UltraClear product blended with 8 oz. of water, 1 kiwi, and ice if desired; 2 AdvaClear capsules

Lunch: *Vegetable Rice Soup* (using white rice instead of brown); green salad and chopped vegetables, dressed with oil and vinegar

Afternoon Supplementation: 2 scoops recommended UltraClear product blended with 8 oz. of water, 1 cup organic raspberries, and ice if desired; 2 AdvaClear capsules

Dinner: *Oven Roasted Chicken with Vegetables and Herbs, coleslaw*

Evening Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. of water; 2 AdvaClear capsules

Snacks (if desired): Choice of fresh fruit and raw carrots, celery, or cucumber

Day 9: Take It Slow.

Today you will continue to add back in certain food groups gradually in addition to reducing the recommended UltraClear product to 2 scoops twice and take 2 AdvaClear capsules twice. Eat: Anything from the Recommended Foods List.

Breakfast: Oatmeal with almond milk, topped with sliced organic strawberries or applesauce

Morning Supplementation: 2 scoops recommended UltraClear product blended with 8 oz. of water, 1 large tangerine, 1 Tbsp. flaxseed, and ice if desired; 2 AdvaClear capsules

Lunch: Leftovers, soup, salad

Afternoon Supplementation: 2 scoops recommended UltraClear product blended with 8 oz. of water, 1 cup frozen organic berries, 1 Tbsp. almond butter, and ice if desired; 2 AdvaClear capsules

Dinner: *Quinoa, Lentil and Black Bean Burrito Bowl*

Snacks (if desired): Nuts, coconut yogurt, vegetables dipped in hummus or mashed avocado

Day 10:

Moving Forward. You made it! Take 2 AdvaClear capsules twice today, which should leave you with an empty bottle. (If you missed 1 or 2 servings of the UltraClear product, you can take those today as well to finish the canister.)

Today you should begin to SLOWLY add back other foods. (Use reintroduction sheet in binder)

Recipes:

Day 1:

Minestrone Soup (8 servings)

- 1 Tbsp. olive oil
- 1 medium to large onion, chopped
- 3 carrots, sliced or diced
- 2 stalks celery, diced
- 2 cloves garlic, minced
- 6 cups vegetable stock or water
- 1 bay leaf
- 28-oz. can low sodium, organic tomatoes with juice
- 1 /3 cup brown rice
- 16-oz. can low sodium, organic kidney beans, undrained, or 2 cups home-cooked beans
- 1 lb. fresh green beans, cut into 1" pieces or a 10-oz. package frozen cut green beans

In a 6-qt. pot, sauté onion, celery, carrots, and garlic until softened. Add stock or water, tomatoes, rice, and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes; stir occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving.

Basic Salad Dressing (2-3 servings)

- ¼ cup flaxseed oil (or 2 Tbsp. each flaxseed and olive oils)
- 1-2 Tbsp. vinegar (apple cider, rice, red wine, balsamic)
- ½-1 Tbsp. water
- 1 tsp. mustard (any type except Dijon) (optional, but delicious), whisked into liquid for easy mixing
- Whole or minced garlic, oregano, basil, or other herbs of choice

Increase recipe for more servings. Mix well in a shaker jar and store any leftovers in your refrigerator. Keep a jar in the refrigerator at work and one at home for convenience.

Can also use balsamic vinegar and olive oil for ease as well - using flavored oils or vinegars increases flavors.

Hummus (6 servings)

- 16-oz. can low sodium, organic garbanzo beans (chickpeas), or 2 cups home-cooked
- 1 /3 cup lemon juice
- 2 Tbsp. olive oil or flaxseed oil
- 2 cloves of garlic, crushed
- Paprika, sea salt, and fresh parsley to taste
- 1 tsp. cumin
- ¼ cup tahini (sesame butter)

Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley.

Day 3:

Vegetarian Chili (4 servings)

- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 2 whole carrots, diced
- 4 cloves garlic, minced
- 1 sweet red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 jalapeño pepper, fresh, finely chopped
- 2 Tbsp. chili powder
- 1 tsp. cumin
- 1 cup organic kidney beans
- 1 cup organic pinto beans
- 28-oz. Jar organic tomatoes, chopped (reserve juice)
- ½ tsp. freshly ground pepper
- 2 Tbsp. parsley, finely chopped

In a large (non-aluminum) soup kettle, heat oil over low heat; add onion, carrot, garlic, and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid, add chili powder and cumin and cook an additional 2-3 minutes, stirring occasionally. Add beans, tomatoes, and their juice. Simmer 20 minutes. Add pepper. Top bowls of chili with parsley. Freeze leftovers for later use.

Slow Roasted Salmon (8 servings)

- 2 lb. salmon fillets (about 1½" thick)
- 1-2 Tbsp. olive oil
- Sea salt to taste
- Black pepper to taste

Preheat oven to 275 degrees. Place salmon skin side down in ovenproof pan. Brush with olive oil. Roast uncovered until it flakes with a fork, about 25-30 minutes. Season it with sea salt and black pepper. Do not allow it to overcook. Serve warm or at room temperature on top of a salad. If you make one day ahead, refrigerate and bring to room temperature before serving.

Tropical Salad (4-6 servings)

- 1 avocado, cubed
- 8 pineapple slices, cubed
- 1 papaya or mango, cubed
- ½ cup celery, diced

Combine all and garnish with fresh mint leaves

Salsa (4+ servings)

- 2 large tomatoes, diced
- 2 scallions, chopped
- 1 Tbsp. cilantro, chopped
- 1 clove garlic, chopped
- 1 Tbsp. olive oil
- 2 tsp. fresh lime juice

Combine ingredients in bowl. Also makes a great topping for fish.

Day 4:

Avocado Tuna Salad Recipe

- 15oz chicken or tuna (Pouch or can - or fresh)
- 1 cucumber, sliced and chopped
- 2-3 large avocados peeled, pitted and sliced or mashed
- 1 small/medium red onion, thinly sliced and chopped
- ¼ cup cilantro
- 2 Tbsp lemon juice, freshly squeezed
- 2 Tbsp extra virgin olive oil
- 1 tsp sea salt
- Pepper optional

In a large bowl, combine the non-liquid ingredients. Drizzle salad with the liquids and mix all. Put on romaine leaves, roll and enjoy

Oven Roasted Chicken with vegetables and herbs

- 1 whole chicken
- 1 small onion chopped
- 2 stalks celery, chopped
- ½ small lemon
- 4-5 garlic cloves, skin on
- 3 cups vegetables of choice (cauliflower, carrots, broccoli, sweet potato, etc..)
- ¼ cup fresh herbs (thyme, rosemary, sage)
- 3 Tbsp extra virgin olive oil
- 3-4 tsp salt

Preheat oven to 450 degrees. Rinse chicken inside and out and pat dry. Place in a large baking dish.

In a small bowl - mix the onion and celery and sprinkle with some salt.

Place the lemon along with some of the onion/celery mixture into the cavity of the chicken and sprinkle the rest around the chicken in the pan, then add about ½ inch of water to the bottom of the pan.

Surround the chicken with garlic cloves and vegetables. Then drizzle oil over everything and sprinkle the top of the chicken and the vegetables with salt and herbs.

Place chicken in the oven and roast 15 minutes. Then turn down to 325 and continue to roast for 1.5-2 hours until done. Baste chicken and vegetables a few times in roasting.

Cauliflower Popcorn (4 servings)

- 2 Tbsp. olive oil
- ¾-1 lb. cauliflower
- Salt to taste

Preheat oven to 425 degrees. Brush 1 or 2 baking sheets with some olive oil. Cut cauliflower into 1" florets. Toss with olive oil and spread evenly on the baking sheet(s). Roast for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. This may also be served at room temperature.

Day 5-7

Easy Vinegar Cucumber Salad

- 2 large cucumbers
- 2-3 radishes
- ½ red onion
- 1 Tbsp parsley, chopped
- 1 Tbsp dill, chopped
- ⅓ cup apple cider vinegar
- ¼ cup olive oil
- ½ tsp sea salt

Mix all ingredients except ACV, OO, salt. Whisk these and add to other ingredients

Instant Pot Burrito Bowl

- 2 Tbsp avocado oil
- 4 cups cauliflower rice
- ¾ tsp salt
- 2 tsp garlic powder
- Juice of one lime, divided
- 3 Tbsp cilantro
- 1 pb chicken breast
- 2 tsp oregano
- 1 cup salsa
- ¼ cup chicken broth
- 4 cups romaine, chopped
- 1 cup grape tomato
- 1 red onion, diced
- 1 large avocado, diced

Add about 1 Tbsp avocado oil to the base of the instant pot and set to saute. Once the oil is hot, add the cauliflower rice and season with half the salt and garlic powder. Saute 5-7 minutes or until cooked through. Stir in half the lime juice and 2 tsp cilantro. Set aside and cover to keep warm. Lightly clean out the instant pot if needed.

Add more oil to the instant pot and set to saute. Add the chicken breast and lightly season with salt, garlic powder and oregano. Sear 3-4 minutes on each side - and then hit cancel.

Pour the salsa and broth over the chicken. Close the instant pot. Cook 12 minutes. Once slightly cooled, shred chicken and stir in cilantro. Prepare the burrito bowls by dividing the cauliflower rice, lettuce, tomato, red onion and avocado and chicken among 4 bowls.

Ground Beef Stir Fry

- 1 lb ground beef
- 1 tsp salt
- 1 thumb of ginger, grated
- 2 cloves garlic, minced
- ½ cup carrots, shredded
- 1 small zucchini cut into half moons
- 1 cup broccoli florets
- 1 ½ cups green cabbage, shredded
- 3 Tbsp coconut aminos
- 2 tsp apple cider vinegar
- 1 Tbsp green onion, sliced

Brown the meat. Season with salt. Set aside.

In the same pan, saute the garlic and ginger until fragrant.

Add the carrots, zucchini, and broccoli. Cook about 5-6 minutes or until lightly crisp and softened.

Incorporate the cabbage and cook 2-3 minutes or until the cabbage has wilted and softened.

Add the ground beef back in along with the coconut aminos and ACV. Stir to cook another 2 minutes to reheat and allow the flavors to combine.

Serve topped with sliced green onion.

Quick and Easy Chicken Cabbage Stir Fry

- 1 tbsp coconut aminos
- Chicken breast (400g)
- ½ tsp salt
- 1 tsp ginger, grated
- 3 cups Napa cabbage (½ medium cabbage)
- 10-12 broccolini stems or broccoli
- 1 large carrot, sliced
- 2 cloves garlic, finely diced
- 1 tsp fish sauce (opt)
- 3 ½ tbsp coconut aminos
- Juice of ½ lime
- 1 tsp sesame oil

Heat coconut oil in large frying pan or wok. Once hot, add chicken meat and sprinkle with salt. Cook 3 minutes on each side. Then remove to a bowl with all the juices.

Place the pan back over high heat and add another tsp of coconut oil. Add the ginger, cabbage, broccoli, and carrot and cook for 2 minutes, stirring frequently. Add a splash of water, garlic, fish sauce, coconut aminos, lime juice and return chicken meat to the pan. Mix through. Cook all together for 2 more minutes, stirring frequently. Finally drizzle with a little sesame oil and stir through.

Paleo Coleslaw

- 1 head of green cabbage, cored and shredded
- 2 green apples, peeled and diced into matchsticks
- ¼ cup parsley, chopped
- ½ cup olive oil
- ¼ cup apple cider vinegar
- ⅓ cup coconut cream
- ½ yellow onion, diced
- 1 tsp salt

Mix all.

Quinoa, Lentil and Black Bean Burrito Bowl

- 1 yellow onion, thickly sliced
- 1 red pepper, thickly sliced
- 1 Tbsp for olive oil (more for drizzling)
- ¼ tsp salt
- 2 cups quinoa, cooked
- 2 cups lentils, cooked
- 1 can black beans, rinsed and drained
- 1 cup fresh spinach, chopped
- ¼ cup green onions, chopped
- Avocado slices

Heat oven to 425.

Spread the onions and peppers on a large baking sheet. Drizzle with olive oil and salt. Mix with your hands. Bake in the oven for 25 minutes. Remove and set aside.

At the same time - cook the quinoa and lentils as well.

Spoon each ingredient onto a plate side by side. Top with green onions. Drizzle with olive oil and optionally balsamic vinegar

Vegetable Rice Soup (8 servings)

- 1 Tbsp. olive oil
- 1 medium to large onion, chopped
- 3 carrots, sliced or diced
- 2 stalks celery, diced
- 2 cloves garlic, minced

- 6 cups vegetable stock or water
- 1 bay leaf
- 28-oz. can low sodium, organic tomatoes with juice
- ½ cup brown rice
- 1 lb. fresh green beans, cut into 1" pieces or a 10-oz. package frozen cut green beans
- Vegetables of your choice (chopped cabbage, spinach, peppers, etc.) if desired
- Follow same cooking instructions for Minestrone Soup.

Detox Shake Recipe Options:

For the recipes below, combine all ingredients and blend in blender until smooth. Increase water if needed. Ice is optional. Then add in the recommended UltraClear product and blend briefly. Increase water again if desired.

NOTE: For Day 2, use only 1 scoop of the recommended UltraClear product.

Rich & Fruity (1 serving)

- 2 scoops recommended UltraClear product —try Berry, Pineapple Banana, or Vanilla flavors
- 8-10 oz. cold water
- 2-3 ice cubes (omit if using frozen fruit)
- Choose 1 of the following: ½ banana ½ medium peach ½ cup pineapple, cubed (fresh or frozen)
1 ⅓-½ cup organic berries of choice (fresh or frozen)

Peach Melba (1 serving)

- 2 scoops recommended UltraClear product —try Vanilla, Pineapple Banana, or Berry flavors
- 8-10 oz. cold water
- ⅓ cup organic raspberries (fresh or frozen)
- ½ medium peach or ½ medium nectarine
- 2 ice cubes (omit if using frozen berries)

Go Green (1 serving)

- 2 scoops recommended UltraClear product —try Berry, Chai, Pineapple Banana, or Vanilla flavors
- ½ cup kale or collard greens—stems removed, chopped, and firmly packed
- ¼ cup parsley leaves, loosely packed
- ½ small apple, cored and coarsely chopped
- ½ small pear, cored and coarsely chopped
- 1 ⅓ -½ cup ice
- 8 oz. cold water

Green Apple Twister (1 serving)

- 2 scoops recommended UltraClear product —try Berry, Pineapple Banana, or Vanilla flavors
- 1 small green apple or 1 small pear, cored and coarsely chopped
- ½ cup kale or spinach, chopped
- 8 oz. cold water
- Pinch of cinnamon (optional)
- 2 ice cubes

Very Veggie Shake-Up (1 serving)

- 2 scoops recommended UltraClear product —try Vanilla or Chai flavors
- ½ cup spinach, chopped
- ½ cup carrots, diced
- 8-10 oz. cold water
- 2 ice cubes

Grocery List:

Days 1-4

Produce:

Berries (strawberries, blueberries, blackberries, raspberries)

Mango - 2

Pineapple - 2

Peaches

Bananas

Kiwi

Lemons - 3-4

Garlic cloves 10

Cherry tomatoes

Avocados - at least 5-6 (great for snacks as well)

Onions - 3

Red onion - 1

Carrots - 1 large bag

Celery - 1-2

Sweet potatoes

Cucumber - 2

Peas

Green beans - 2 pounds

Cauliflower - 2

Salad Mix - 2 and vegetables for salads

Mint leaves, fresh herbs for salad dressing

Stir fry vegetables

Cilantro

Romaine leaves

Purple cabbage

Pantry:

GF Oats

Rice cakes

Puffed rice cereal

Rice crackers

16 oz garbanzo beans, kidney beans

Tahini

12 cups vegetable stock

Rice

28 oz canned tomatoes with juice (2) - ideal in glass if able

Mustard (non-sugar kind)

Vinegar of choice - red wine, rice, balsamic vinegar

Olive oil, flaxseed oil optional

Spices: cumin, cinnamon, paprika, bay leaf

Nuts

Almond butter without sugar

Coconut aminos

Canned/pouch of tuna or chicken

Pine nuts

Fridge:

Coconut yogurt (without sugar)

Almond milk (without additives)

Salmon x 2 or salmon and cod

Chicken breasts

Whole chicken