



3-DAY DIGESTIVE RESET...

3 DAYS TO EASE DIGESTION AND STIMULATE REPAIR



Did you know digesting your food is the biggest stress put on your body each and every day?

When your body is stressed or depleted, choosing food that is easy to digest or simplifying meals allows your body to rebuild and recover faster. The less energy needed to digest food, results in more energy the body can direct towards healing and repairing itself.

Take three days to focus on easing your digestion and see the results of greater health, better sleep and more energy.

Use the following recipes for a three day reset once every quarter at the change of seasons or once a month to restore balance.

Start your morning with warm lemon water and a smoothie or tall herbal tea. Mid-morning, drink more water and tea. For lunch have a smoothie or a bowl of soup. Mid-afternoon, drink another glass of herbal tea or tall glass of water. For dinner, enjoy a large bowl of soup and / or smoothie.

Use the recipes as a guide. The goal is mostly liquid food for 3 days.



MORNING TIL NIGHT



LEMON WATER AND HERBAL TEA

**BEGIN YOUR DAY WITH 2
TEASPOONS OF LEMON JUICE IN
ROOM TEMPERATURE OR WARM
WATER.**

**DRINK HERBAL TEA ANYTIME DURING
THE DAY TO HELP CURB APPETITE AND
HYDRATE. AN HOUR BEFORE BED, HAVE
A WARM GLASS OF TEA OR LEMON
WATER.**

**CONSIDER: GINGER, CHAMOMILE, TULSI,
DANDELION, OR A CALMING BLEND.**



HAVE A SMOOTHIE

SATISFY YOUR CRAVINGS ANYTIME!

Orange-Berry Smoothie

Blend together: 1 peeled navel orange, 1/2 frozen banana, 1/2 cup raspberries, a scoop of plant protein (optional) and 3/4 cup coconut water or plant milk



Green Mango Smoothie

Blend together: 2 hand fulls of spinach, 1/2 frozen banana, 1/2 cup frozen mango chunks, 1/2 teaspoon vanilla, 2 tablespoons hemp seeds, 3/4 cup coconut water or plant milk

Chocolate Lover Smoothie

Blend together: 1 tablespoon sunflower butter or 2 tablespoons of hemp seeds, 2 tablespoons cacao powder, 1 frozen banana, 1 hand full of spinach, 3/4 cup coconut water or plant milk



Smoothies are full of dense nutrients and make a filling breakfast or mid-afternoon snack. Because they are blended, the nutrients are easier for the body to absorb.

To increase protein in the smoothies, use a clean plant protein* or add 2 tablespoons of hemp seeds or chia seeds.

Our goal during this period is to make digestion easier so cellular energy can be spent on repairing the body.. [*Protein powder I trust](#)



HAVE SOUP!

WARM VEGETABLE AND
HERB SOUPS ARE HEALTH
PROMOTING.

Curry Soup

Combine 1 chopped sweet potato, 2 cups cauliflower, 1/2 onion, 1 garlic clove, 2 teaspoons curry powder, 1 can of coconut milk and enough water or broth to cover the vegetables in a soup pot over medium heat. Cook until potato is tender, Blend smooth and serve.

Miso Vegetable Soup

Bring 4 cups water to a boil, add in 3 cups of mixed chopped vegetables: carrots, celery, onion, peppers, pea pods, potato, turnip, whatever you have on hand. When vegetables are tender, ladle into bowls and add a tablespoon of miso paste to each, stir and serve..

Blender Zucchini Soup

To a blender, add 2 cups chopped zucchini, 1 garlic clove, 2 stalks chopped celery, 1/2 teaspoon cumin, 1/4 cup cilantro, 1/2 avocado. Add 1 1/2 cups water and 1/2 lemon, squeezed, Blend until smooth, taste and season with S&P. Warm gently or eat at room temperature.

EAT MORE PLANT BASED FOODS



EASE DIGESTION FOR BETTER HEALTH

FOR THREE DAYS YOU'VE EASED THE BURDEN ON YOUR SYSTEM BY FOCUSING ON SIMPLIFYING MEALS AND INCORPORATING LEMON AND HERBAL TEAS TO ACTIVATE YOUR BODY'S NATURAL HEALING ABILITIES.

FRUITS, VEGETABLES, GRAINS, LEGUMES, NUTS AND SEEDS, ARE THE MOST NUTRIENT DENSE FOODS ON EARTH. THEY PROVIDE YOUR BODY WITH NUTRIENTS THAT HAVE BEEN PROVEN TO PREVENT AND REVERSE DISEASE.

TO CHANGE YOUR HEALTH STORY AND LIVE YOUR PURPOSE, VISIT WWW.RAWCHEFKIM.COM FOR MORE INFORMATION.