



A SAMPLE MEAL PLAN FOR MAXIMUM PURIFICATION BEGINNERS

Remember to not take anything in by the clock, but rather according to the body's hunger, always with gratitude and acknowledgment for your meal.

First Intake of the day, when hungry:

- 16 to 32 oz. of green juice depending on hunger
- **Classic Green Lemonade** with apple if desired, 4-5 x/week;
- **Bunny Milk** is a good variation on other days

Option: If something more is needed in the morning, a smoothie/ raw blended soup is a great option. You may chose to pursue this route for lunch as well, if you feel comfortable waiting until late afternoon for a vegetable snack, followed by your dinner. It is very easy to take a large container of smoothie with you to work - Make a double batch to last you from the morning until 3-4PM, and keep it cool until you are ready to enjoy it. Some great options might be:

- **Key Lime Pie Shake**
- **Pumpkin Pie In A Bowl**
- **Green Frappe**
- **My Name is Mud**

Second Intake / Lunch:

Avocado based meal - *depending on your appetite, a simple avocado salad might suffice, however, a few options are provided if more is desired.*

- **Raw Regeneration Bowl #3**
- **Sushi Bowl**
- **Extremely Green Salad Sensation**
- Mixed greens with ~ 1cup home-made **Guacamole** (or a good quality store bought one)

Optionally followed by:

- **Pumpkin Pie in A Bowl**, or another Shake or Blended Soup from the MP booklet, IF no cooked food is incorporated; or
- A fresh, vegetable based soup, like the **Festive Chunky Soup** or the **Thai Carrot Soup**, or a fresh (non-cream based) one from the deli (lentil is OK);
or
- Steamed veggies, such as broccoli, that can be added to the salad
- A baked sweet potato, with a touch of butter and sea salt



Nut/seed based meal

- Nutty Tuna Salad
- Ambrosia
- Raw Regeneration Bowl #2
- Your choice of boxed greens topped with Sun-Dried Tomato Hummus, Asian Almond Dressing or Natalia's Sunflower Seed Dressing (available in the FB Files)

Optionally followed by:

- A raw, non-avocado based shake or blended salad; or
- Some steamed or baked neutral vegetables that may be added to the salad.

Animal protein based meal

- Suddenly Saint Tropez
- Sandwich Salad
- Shredded Greek Salad or the Greek salad from your favorite lunch spot (dressing on the side)
- * Baked beets are great added to your goat cheese salad, and can make your meal very filling. Bake a big tray 1x/week and bring individual portions with you to add to your lunch-time salad. You can also get them already prepared at most restaurants.

Optionally followed by:

- A neutral vegetable soup, such as the Thai Carrot, or one from your deli.
- A vegetable/goat cheese omelet, scramble or Frittata

Do your best to keep your lunchtime meal as simple as feels comfortable. Just because these options are available to you, doesn't mean you will feel good having the heartiest of them. You don't want to over-burden your body, especially early in the day, since you need the energy it takes to digest a heavy meal to perform all of your daily tasks. You also want to stay receptive to all of the behind the scenes healing, which will not be as palpable when you block your inner pathways.

Third Intake / Late Afternoon / Optional Snacks:

- Crudite, such as carrots, celery, romaine, cherry tomatoes or bell-pepper, with a choice of dip from the booklet, such as Kalamata Olive & Sun-Dried Tomato Tepanade
- An avocado with sea salt
- Raw sweet potato slices and olives
- 2 Avocado Wraps (or goat cheese variation)
- Baked, organic, tortilla chips and Guacamole
- An organic cup of tea and 1 oz. of dark chocolate

Last Intake / Dinner:

All of the lunch-time options are great for dinner too. The only difference for dinner is that you may choose to incorporate some/more of the heavier additions, such as baked fish, a hearty stew, whole grain spelt pasta or dessert, after your large leafy green salad, of course. This is also your time to experiment with some of the more involved or ornate dishes, if you desire. Some of these recipes might be:

Avocado based meal additions:

- Braised Kabocha Squash
- Beluga Lentil Salad
- Spelt Cookies

Nut/Seed based meal additions:

- Collard Wraps
- Teriyaki Stir Fry
- Sunflower Falafel
- Peanut Butter Cup

Animal Protein based meal additions:

- Salmon Salad
- Simple Spiked Snapper
- Cauliflower Bread

Remember: You can keep your meals as simple as outlined in the lunch section, i.e. a salad, such as the **Shredded Greek Salad** followed by a soup, such as the **Broccoli Cheddar (below)**, followed by 1oz. of organic dark chocolate. Easy & divine! Try to not get bogged down in the details, and have fun with your new way of eating!

** The recipes in **gold** can be found in the Maximum Purification Booklet.*

Detox Broccoli Cheddar Soup - Ana Zaharia

- 1 turnip, or zucchini, cut into 1" chunks;
- 1 large head of broccoli, or broccoflower, florets;
- 1 onion, roughly chopped;
- 1 cup organic veggie broth, such as Pacific brand;
- 1 – 2 cups water;
- 1 pat organic butter;
- sea salt to taste;
- 2 oz shredded raw goat cheddar, such as Shiloh Farms brand; pizza style seasoning (optional);
- 1-2 handfuls of baby spinach

Pre-heat your oven to 350 degrees.

Heat the butter on medium/high in a medium/large soup pot. Once the butter is melted, turn the heat down to medium, add onion and sauté for a few minutes until it turns clear. You may add a pinch of salt and your seasonings to release the water, and enhance the flavor. Add the veggie broth and half the water, along with the zucchini and broccoli. The liquid should just be high enough to cover the veggies so adjust accordingly. I have had my florets poke out of the water, and instead of adding more I just used a lid to steam them. Because this is a thick soup, you don't want to over-do the water.

Cook for 15 minutes, then transfer the soup to your blender, along with the spinach. Pulse a few times to get it to a creamy, yet chunky, consistency. Pour individual serving bowls and top with the goat cheddar. Place the bowls in the oven for a few minutes to get the cheese extra melty, and keep warm while you are finishing up your salad. Carefully remove the soup from the oven and enjoy to your heart's content!