

Eastern Food 'Reset' Hand-out:

Suggested Recipes: Ideally **3 to 10 days of consistent eating for 3 meals a day**, has proven to reset the digestive system for many of my clients, including myself. It is a nourishing traditional 'fast'.

Adjust recipe to how many days you think you will want to do the 'fast', store rest in the fridge to warm when needed. Add bone broth or vegetable stock to either dish to make it 'souper', which I found easier to eat for breakfast than the 'gruel' consistency.

Ayurvedic Food Medicine, Kicharee:

1/2 cup cooked mung beans or lentils (can be canned beans that are rinsed of salt water or dried beans that have been soaked for a minimum of 12 hours and rinsed thoroughly) *if these proteins give you gas, then please make with animal or vegetable protein of your choice instead of beans/legumes

1/2 cup cooked white rice (cooked in bone broth or vegetable stock, make sure to try and get one that is organic and without preservatives/additives)

Add pinch of ground cumin

1/4 tsp turmeric

1 tsp ground coriander

Salt to taste

Add cooked veggies if desired

Add 4 cups of water, bring to a boil, reduce heat to simmer with lid on for about 20-25mins

This makes a 'gruel' consistency, which is amazing for easily digested and assimilated nutrients, it is also used a blood purifier in Ayurvedic and Traditional Chinese medicine.

NOTE: Message me directly about options when on this cleanse and I will look into alternatives for you based on your constitution and herbal protocol.

Traditional Chinese Food Medicine, Congee:

1 cup white rice

7 cups of water

Bring to boil, then low simmer over 2hours

*a rice porridge and you can add anything to make it savory or "sweet", add warming/neutral spices, outlined in Kicharee recipe, or add small amount of dried fruit (i.e. raisins, apricot, mixed berries, etc.) and pinch of cinnamon/stevia/maple syrup to taste. Also, you can add protein powder to increase fullness throughout day/night. I suggest organic rice protein like Vega brand, which I have done extensive research into. It is one of the best tasting and effective protein powders on the market. It is also vegan and sweetened with stevia.

NOTE: try not to add too much sweetener or salt to your dishes, unfortunately this 'fast' is bland in nature in order to 're-set' your system. We are going for neutral energy and tastes if possible.

CAUTION: cravings will occur, push through, eat as often as you need when hungry.