



# MEAL GUIDE

powered by Well & Co



## **MICHAEL MORELLI**

Michael Morelli, Jr. is a fitness entrepreneur, visionary, pioneer, and author in the health and fitness space who is currently redefining what it means to lead a healthy lifestyle. Realizing he had a talent for helping people reach their health goals, Michael became one of the first people to begin offering Custom Meal Plans online and, to date, has created over 100,000 meal plans for people all around the globe. Before long, he had developed two successful brands, HIIT MAX® and Morellifit, released his best-selling book *The Sweet Potato Diet*, and was serving as a health and fitness guru to millions of people around the world. It was these accomplishments that allowed him to create his third, and most successful, brand: Detox Organics.



## **DR JAMES**

Dr. James is not only a Primary Care Functional Medicine Doctor with a specialty in Epigenetics and regenerative medicine for over 20 years, but he's also a yoga and meditation teacher. This former professional iron man and mountaineer has founded four Well Being Entrepreneur companies and also loves being a plant-based chef and a restaurateur. He has spoken, taught and presented alongside Arnold Schwarzenegger, Sir Richard Branson, Dr. Oz, Shaquille O'Neil, Steve Wozniak, and Deepak Chopra to name a few. His career has allowed him to work with the MLB, NFL, and NBA on nutrition and nutrition products. He is a deep and passionate optimist that believes the medicine inside of us all. Dr. James lives with his wonder woman wife Dr. Debra and his two ninja daughters 8000 feet above sea level in the magical Colorado Rockies.

# APPROVED FOODS LIST

## USING THE APPROVED FOODS LIST

The fact that you are reading this means that you know how vital the right nutrition is when it comes to dropping body fat, gaining lean muscle, and feeling your best. The problem is, how do you know if you have the right diet (food types, macros, or calories) that will guarantee your results?

Hundreds of thousands of people have had success using primarily these foods. No that is not a typo. Michael and James have hand selected these foods after years of trial and error on himself as well as tens of thousands of others, even his personal clients.

The closer you stick to the foods in this guide, the faster you will see visible change. In fact, James & Michael have had personal clients lose as much as 7lbs in just the first week. And no, they weren't doing tons of exercise either. Diet always does the heavy lifting.







# GIVE ME 7 DAYS & I'LL PROVE IT!

Consume **ONLY** the foods listed in this guide for the next 7 days. We'll call that the test drive. DO NOT count calories or macros; simply follow the guidelines below and eat until you are 70% full (no more than that). Your **ONLY** goal during this time is consistency. If you desire a reward meal while on your new plan, We have put instructions on how and when to do that below.

Shifting your diet to these foods and eating adequate protein (see below for suggested amount) will result in significant changes to your body composition, energy levels, mood, and sleep — all without the stress of micromanaging a diet.

After completing 30 full days, you will have established some new eating habits for sure. Our guess is you'll likely have a taste for foods you never thought you'd like, and (if you choose) you will have the confidence to take your nutrition to the next level.

Don't worry we will stay in touch via email and our Private FB group ([click here if you have not joined](#)).



# PLANNING YOUR PORTIONS

Knowing what diet works best for you means understanding the foods and portion sizes you should be eating. Easier said than done, but don't worry! We will keep it simple and give you a nice foundation from which you can start. When it comes to the food you should eat, you want to stick to whole foods as much as possible (refer to this guide). This means your food is from as close to nature as possible, and is free from processing.

When it comes to portions, we are all different and that means what we consume will be different. Depending on your body type, activity level, height, weight, even the altitude you live in (believe it or not) can contribute to your optimal diet.

The most important first step is to establish healthy eating habits, and that's why we have made a list of all of the Well & Company Approved Foods and laid out the next 30 days for you.

For the next 30 days, you should focus on eating your meals in the following portions. Because everyone is different, you will likely have different needs than the next person, and so this is just a baseline and a great way to make it a little more personal to you.

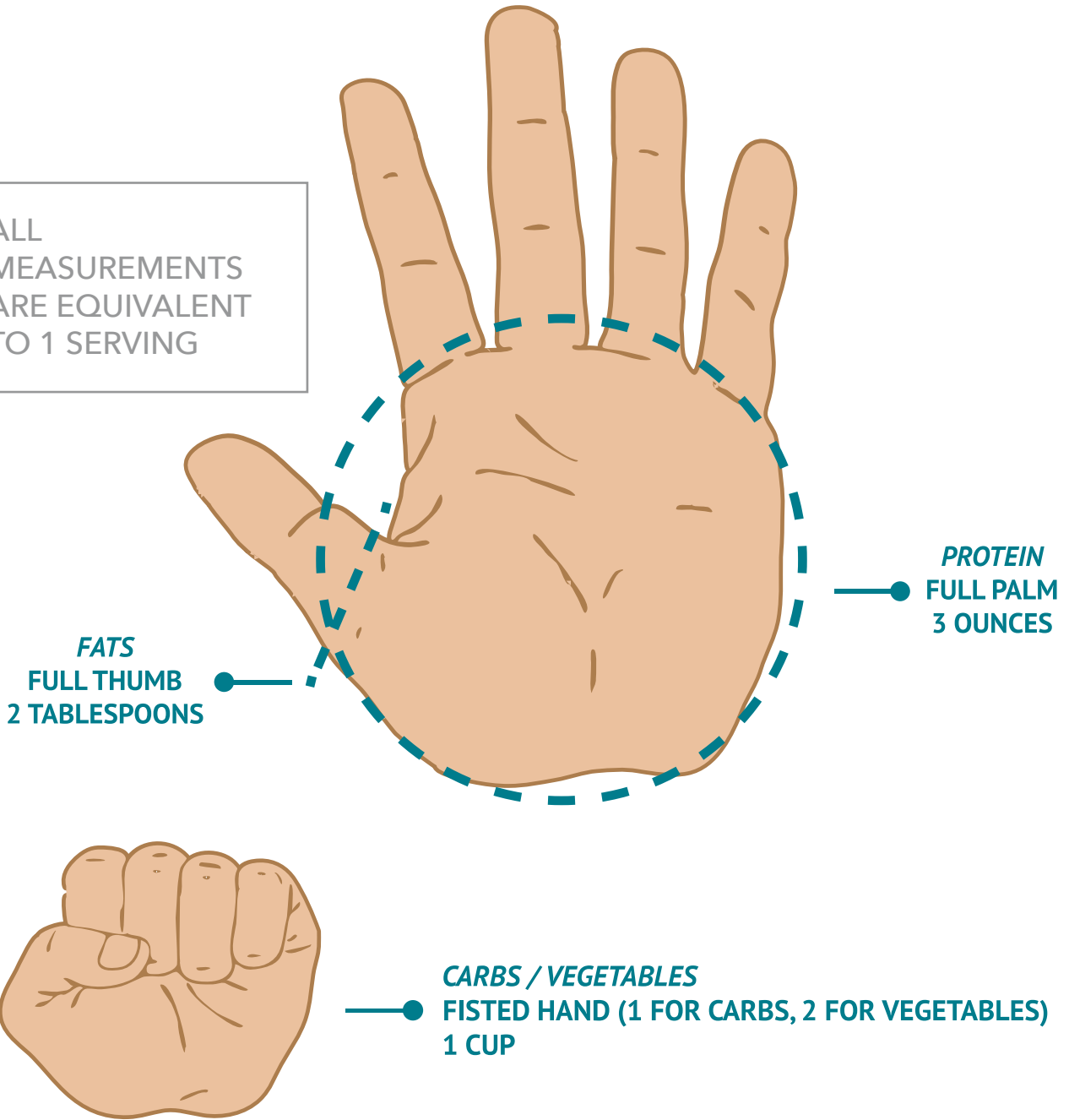
# USING YOUR HANDS TO MEASURE

An easy way to customize your plate, and to determine how much you should be eating is by basing your portion sizes on your hands. After you understand portion size, we will cover how many meals you should be eating every day.



# ANATOMY OF A SERVING

ALL MEASUREMENTS ARE EQUIVALENT TO 1 SERVING



For each meal do your best to eat the following portions:

- 1 palm size of protein
- 1/2-1 fist full of carbs
- 1-2 fists of low-carb vegetables (*aka free carbs*)
- 2 thumb sizes of healthy fats

If you find that your meals are too big and you are having trouble consuming all the food, you can *break them up and eat more meals* (same amount of food) throughout the day in smaller portions. For example, instead of consuming two meals a day, it may be easier to eat four smaller meals by cutting the portions above in half.

Use your hands (palm, fist, and thumb) to determine how much you should be eating of each macro. Remember, you do not want to concern yourself with counting calories or macros. If you find that you are still hungry after eating your meals, using the portions listed above, feel free to add more lean protein (Turkey, Chicken, White Fish) and/or free carbs (green leafy veggies) to your meals to help fill you up.

Free carbs are vegetables that are so low in carbs and calories that you can consume as much as you'd like without them affecting your goals. If you find that you are still hungry, these are the foods you will want to add to your daily intake. You can even snack on these (Free Carbs Section) between meals to help you stay satiated. If you train hard and regularly, chances are you might be hungry. That is perfectly ok as long as you fill up on the right foods. The foods in this guide are the most nutrient dense foods you'll find. If you eat more than what's suggested you will not sabotage your results -- promise!

### **So how many meals should you eat each day?**

Well, as we mentioned there are a lot of factors that play a role, however, after helping hundreds of thousands of individuals we have a very good understanding and a great rule of thumb (pun intended) for you to follow. Here is a sliding scale based on your body weight.







## According to your weight, each day you should be consuming:

- 100 pounds or less: 2-3 meals a day, plus a snack or bar
- 100 to 150 pounds: 3 meals a day, plus a snack, bar, or shake
- 150 to 200 pounds: 3-4 meals a day, plus a snack, bar, or shake
- 200-250 pounds or more: 4-5 meals a day, plus a snack, bar, or shake
- 250 pounds or more: 4-6 meals a day, plus a snack, bar, or shake

Before you begin to worry about calories, or planning out your macros, let's first **build in some healthier eating habits**. Remember, these are the foods we suggest to all our clients when they first begin so they can set a foundation for future success.

If you have more than one snack, bar, or shake a day, then this would take the place of one meal. For example, if you weigh 130 pounds and eat a snack and a shake, then you would only consume full two meals that day. Do not substitute more than two snacks for a meal per day. Remember to use the portions listed above for each of your meals. Be sure that at least two of your meals each day consist entirely of whole foods, although your goal should be for 100%.

# DAIRY

**We highly discourage the consumption of dairy due to the UNHEALTHY EFFECTS of milk and the fact that it will slow down your progress.**

If you want the best results from our 30-day program, then you should eliminate all dairy from your diet. The reasons we don't consume dairy, besides the fact that it slows down your progress and can cause weight gain, is because of the unhealthy practices that occur on dairy farms. Most conventional dairy farms are known for their mistreatment of cattle, feeding them grains instead of grass and keeping dairy cows continuously impregnated so that they produce milk.

Because dairy cows are kept in such close quarters and mistreated, they are more susceptible to disease and infection. To counter, these dairy cows are pumped full of antibiotics, which then end up in the milk that you drink. This milk often contains pus from the utters of these dairy cows, which is why the milk is processed and pasteurized.

If you must consume dairy, or you like to add milk and creamer to your coffee, opt for alternative non-dairy options such as coconut milk or almond milk. You can even find coffee creamers that are made from non-dairy alternatives.

If you need to consume cheese, opt for healthier options in small amounts, such as buffalo mozzarella, feta, and goat cheese. These options can be made from buffalo, goat and sheep's milk, making them healthier versions than cheese made from conventional cow's milk. If you can, go with a grass-fed option.



# EXPERIENCE NEXT LEVEL FAT LOSS

## CHOOSING LOW GLYCEMIC FOODS

While choosing foods from this approved list below, try and pay attention to the foods with a high *Glycemic Load* (GL). These are foods that rank high on the *Glycemic Index* (GI) and should be spread out and consumed in moderation. The overconsumption of foods with a high GL scale can slow down your progress and even cause weight gain.

The Glycemic Index ranks carbohydrates according to how they affect your blood sugar levels and the Glycemic Load estimates how much the food will rise your blood sugar. Blood sugar is the amount of glucose circulating through your blood at any given time and is the body's primary source of fuel. Logically, you would assume that the more glucose you consume, the better, as it would give you energy, right?

Unfortunately, this is not how the body works as it tries to maintain an even level of glucose, and when your glucose levels begin to rise or fall, your body reacts accordingly. Typically, your glucose levels should sit between 72 mg/dL and 106.2 mg/dL while fasting, and no higher than 140.4 mg/dL after a meal.

**When your blood sugar begins to drop, it can leave you feeling lethargic, irritable, paranoid,** and if not corrected, it can cause you to pass out or eventually cause death. Luckily, the body typically levels this out by tapping into glucose stores called glycogen. When your glucose levels begin to drop, your body converts glycogen back into glucose and uses it to even out your levels.

When your blood sugar begins to rise, **your body must find a way to deal with it; otherwise, it can cause damage** to your eyes, kidneys, nervous system, and cardiovascular system. To avoid this, your body typically releases insulin, which regulates your metabolism, and allow the glucose to be absorbed by your cells for energy. However, even your cells have a limited capacity to how much glucose they can take in. When you abuse your system and over consume foods with a high GL, your body must still find a way to remove the glucose from your system, so your body takes the extra glucose and stores it as fat.

If your goal is to lose weight, you want to avoid spiking your blood sugar too often. Otherwise, your body will begin to store it as fat and your progress will stall, or slow.

In the approved foods lists below, you will notice that foods with a high GL will be **highlighted in red** and followed by an asterisk (\*). These are the foods you will want to consume in moderation and spread out if you do.

**Do not eat these at every meal, and if you want to turbo charge your fat loss then stay away from these foods altogether.**

# MACROS

## PROTEINS

Protein intake is **essential to reaching your goals** and consuming the right amount of protein will keep you satiated while helping you burn fat and build muscle. At each meal, portion out your protein so that it is equivalent to the size of your palm.

### MEAT AND POULTRY

BACON (3 Slices)	138 cal, 10.7g fat, 0.4g carb, 9.4g protein
BEEF (3 OZ GROUND 80% LEAN)	152 cal, 9.7g fat, 0g carb, 14.1g protein
BEEF (4 OZ GROUND 90% LEAN)	190 cal, 10g fat, 0g carb, 23g protein
BISON (3 OZ GROUND)	190 cal, 12.55g carb, 0 carb, 15.88g protein
CHICKEN (½ BREAST, SKINLESS)	141 cal, 3g fat, 0g carb, 27g protein
LAMB SHOULDER (3 OZ)	163 cal, 7.9g fat, 0g carb, 21.6g protein
PORK (1 CHOP)	232 cal, 15g fat, 0g carb, 23g protein
STEAK (4 OZ)	170 cal, 7g fat, 0g carb, 25g protein
TURKEY BREAST (3 OZ)	75 cal, 0.7g fat, 1.6g carb, 12g protein
VEAL (3 OZ)	146 cal, 6g fat, 0g carb, 21g protein
VENISON (3 OZ)	174 cal, 8g fat, 0g carb, 25g protein
WILD DUCK (3 OZ BREAST)	105 cal, 3.6g fat, 0g carb, 16.88g protein

### SEAFOOD (3 OZ)

CATFISH	81 cal, 2.4g fat, 0g carb, 13.9g protein
CLAMS (COOKED WITH MOIST HEAT)	126 cal, 1.7g fat, 4.4g carb, 21.7g protein
CRAB	71 cal, 0.5g fat, 0g carb, 15.5g protein
HALIBUT	94 cal, 1.9g fat, 0g carb, 17.7g protein
LOBSTER (COOKED WITH MOIST HEAT)	83 cal, 0.5g fat, 1.1g carb, 17.4g protein
MAHI MAHI (COOKED WITH DRY HEAT)	93 cal, 0.8g fat, 0g carb, 20.2g protein
MUSSELS (COOKED WITH MOIST HEAT)	146 cal, 3.8g fat, 6.3g carb, 20.2g protein
OYSTERS	69 cal, 2 fat, 4.2g carb, 8g protein
SALMON (COOKED WITH DRY HEAT)	175 cal, 10.5g fat, 0g carb, 18.8g protein
SARDINES	139 cal, 7.4g fat, 0g carb, 17.6g protein
SCALLOPS (STEAMED)	95 cal, 1.2g fat, 0g carb, 19.7g protein
SHRIMP (COOKED WITH MOIST HEAT)	84 cal, 0.9g fat, 0g carb, 17.8g protein
TUNA	99 cal, 0.7g fat, 0g carb, 21.7g protein
TROUT (COOKED WITH DRY HEAT)	144 cal, 6.1g fat, 0g carb, 20.6g protein
SEA BASS	75 cal, 0.75g fat, 0g carb, 14g protein



## EGGS

DUCK EGG	130 cal, 9.6g fat, 1g carb, 9g protein
EGG WHITE (1 OZ)	15 cal, 0g fat, 0.2g carb, 3.1g protein
EGG WHITE (L)	17 cal, 0g fat, 0.2 carb, 3.6g protein
EGG WHITE (1 CUP)	126 cal, 0.4g fat, 1.8g carb, 26.45g protein
GOOSE EGG	266 cal, 19.1g fat, 1.9g carb, 20g protein
TURKEY EGG	35 cal, 9.4g fat, 0.9g carb, 10.8g protein
QUAIL EGG	14 cal, 1.0g fat, 0g carb, 1.2g protein
WHOLE EGG (1 OZ)	41 cal, 2.7g fat, 0.2 carb, 3.6g protein
WHOLE EGG (S)	54 cal, 3.6g fat, 0.3g carb, 4.8g protein
WHOLE EGG (M)	63 cal, 4.2g fat, 0.3g carb, 5.5g protein
WHOLE EGG (L)	72 cal, 4.8g fat, 0.4g carb, 6.3g protein
WHOLE EGG (XL)	80 cal, 5.3g fat, 0.4g carb, 7g protein
WHOLE EGG (JUMBO)	90 cal, 6g fat, 0.5g carb, 7.9g protein

## IF YOU ARE VEGAN,

HERE ARE SOME ALTERNATIVE PROTEIN OPTIONS:

BLACK BEANS(3 OZ CANNED)	78 cal, 0.25g fat, 14.19g carb, 5.14g protein
BUCKWHEAT (3 OZ COOKED)	77.4 cal, 0.6g fat, 11.2g carb, 3g protein
CHICKPEAS (3 OZ CANNED)	100.8 cal, 1.5g fat, 16.8 carb, 5.4g protein
FERMENTED TOFU (3 OZ)	99 cal, 6.9g fat, 4.5g carb, 6.9g protein
HEMP SEEDS (11.5 TBSP)	80 cal, 7g fat, 3g carb, 5g protein
LENTILS (3 OZ CANNED)	99 cal, 0.33g fat, 17g carb, 7.68g protein
QUINOA (½ CUP, COOKED)	111 cal, 1.8g fat, 19.7g carb, 4.1g protein





## CARBS

Carbs are used by the body to create energy, and the number of carbs you consume can change depending on your diet, body, activity level, and goals. For now, focus on including a fist size of carbs at every meal. This does not include what we like to consider as free-carb vegetables. See the “Free Carb - Leafy Greens” section for more information on how to include these vegetables in your diet.

## STARCHY VEGETABLES, ROOTS AND TUBERS

ARTICHOKES (1 MEDIUM)	59 cal, 0.2g fat, 13.1g carb, 4.1g protein
BEETS (1 CUP)	58 cal, 0.2g fat, 13g carb, 2.2g protein
<b>BROWN POTATO* (1 MEDIUM)</b>	<b>164 cal, 0.2g fat, 37.2g carbs, 4.3g protein</b>
BUTTERNUT SQUASH (1 CUP, CUBED)	63 cal, 0.1g fat, 16.4g carb, 1.4g protein
CARROTS (1 CUP, CHOPPED)	52 cal, 0.3g fat, 12.3g carb, 1.2g protein
PARSNIPS (1 CUP, SLICED)	100 cal, 0.4g fat, 23.9g carb, 1.6g protein
<b>RED POTATO* (1 CUP, CHOPPED)</b>	<b>108 cal, 0.2g fat, 23.9g carbs, 2.8g protein</b>
SWEET POTATO* (ONE 5" LONG)	105 cal, 0.1g fat, 24.5g carb, 1.9g protein

## GRAINS

<b>BROWN RICE* (1 CUP, COOKED)</b>	<b>216 cal, 1.8g fat, 45g carb, 5g protein</b>
<b>COUSCOUS (1 CUP)</b>	<b>220 cal, 1g fat, 46g carb, 8g protein</b>
<b>EZEKIEL SPROUTED GRAIN BREAD (1 SLICE)</b>	<b>80 cal, 0.5g fat, 15g carbs, 4g protein</b>
<b>STEEL CUT GLUTEN FREE OATS (1/3 CUP, DRY)</b>	<b>200 cal, 3.3g fat, 15g carb, 4g protein</b>
<b>WHITE RICE* (1/2 CUP, UNCOOKED)</b>	<b>170 cal, 0g fat, 38g carb, 4g protein</b>

## FRUITS

AVOCADO (1/3 MEDIUM)	80 cal, 8g fat, 4g carb, 1g protein
APPLE (1 MEDIUM)	93 cal, 0.3g fat, 24.7g carb, 0.5g protein
APRICOT (1 CUP, SLICED)	79 cal, 0.6g fat, 18.5g carb, 2.3g protein
BANANA (1 MEDIUM)	105 cal, 0.4g fat, 27g carb, 1.3g protein
BLACKBERRIES (1 CUP)	62 cal, 0.7g fat, 14.7g carb, 2g protein
BLUEBERRIES (1 CUP)	84 cal, 0.5g fat, 21.4g carb, 1.1g protein
CANTALOUPE (1 CUP, CUBED)	53 cal, 0.3g fat, 24.7g carb, 1.3g protein
CHERRIES (1 CUP)	97 cal, 0.3g fat, 24.7g carb, 1.6g protein
CRANBERRIES (1 CUP, UNSWEETENED)	46 cal, 0.1g fat, 12.2g carb, 0.4g protein
CRANBERRIES (1 TBSP, DRIED, SWEETENED)	33 cal, 0g fat, 8.3g carb, 0g protein
<b>DATES* (5 DEGLET NOOR DATES)</b>	<b>100 cal, 0.1g fat, 26.6g carb, 0.9g protein</b>
<b>FIGS* (3 MEDIUM DRIED, UNCOOKED)</b>	<b>63 cal, 0.2g fat, 16.1g carb, 0.8g protein</b>
GUAVA (1 CUP, CUBED)	112 cal, 1.6g fat, 23.6g carb, 4.2g protein
GRAPEFRUIT (1/2 A PINK OR RED FRUIT)	38 cal, 0.1g fat, 9g carb, 0.5g protein
GRAPES (RED OR GREEN)	104 cal, 0.2g fat, 27.3g carb, 1.1g protein
HONEYDEW MELON (1 CUP DICED)	61 cal, 0.2g fat, 15.5g carb, 0.9g protein
KIWI (1 MEDIUM)	42 cal, 0.4g fat, 10.1g carb, 0.8g protein
LEMON (1 MEDIUM)	17 cal, 0.2g fat, 5.4g carb, 0.6g protein

LIME (1 MEDIUM)	20 cal, 0.1g fat, 7.1g carb, 0.5g protein
LYCHEE (1 CUP)	125 cal, 0.8g fat, 31.4g carb, 1.6g protein
MANGO (1 CUP, CUBED)	99 cal, 0.6g fat, 25.7g carb, 1.4g protein
ORANGE (1 MEDIUM)	69 cal, 0.2g fat, 17.6g carb, 1.3g protein
PAPAYA (1 CUP, CUBED)	55 cal, 0.2g fat, 13.7g carb, 0.9g protein
PEACH (1 MEDIUM FRUIT)	59 cal, 0.4g fat, 14.3g carb, 1.4g protein
PEAR (1 MEDIUM)	103 cal, 0.2g fat, 27.5g carb, 0.7g protein
PINEAPPLE (1 CUP)	83 cal, 0.2g fat, 21.6g carb, 0.9g protein
PLUM (1 MEDIUM)	30 cal, 0.2g fat, 7.5g carb, 0.5g protein
POMEGRANATE (½ CUP SEEDS)	72 cal, 1g fat, 16.3g carb, 1.5g protein
RASPBERRIES (1 CUP)	64 cal, 0.8g fat, 14.7g carb, 1.5g protein
STRAWBERRIES (1 CUP, SLICED)	53 cal, 0.5g fat, 12.7g carb, 1.1g protein
ROMA TOMATO (1 MEDIUM)	35 cal, 1g fat, 7g carb, 1g protein
CHERRY TOMATO (1 MEDIUM CUP)	27 cal, 0.3g fat, 5.8g carb, 1.3g protein
WATERMELON (1 CUP, CUBED)	46 cal, 0.2g fat, 11.5g carb, 0.9g protein

***When it comes to your health, most fruit is not your friend.***

When choosing fruits, opt for organic berries, citrus and stone fruits (i.e– plums, peaches, apricots). Not only are these lower on the glycemic index, but they are also the highest in antioxidants and fiber, so you get more “bang” in each bite.





## FREE CARBS - LEAFY GREENS

Free carbs are **vegetables that are so low in carbs and calories that you can consume as much as you like** without them affecting your goals. If you find that you are still hungry, these are the foods you will want to add to your daily intake.

ASPARAGUS (1 CUP)	27 cal, 0.2g fat, 5.3g carb, 2.9g protein
BOK CHOY (1 CUP, SHREDDED)	9 cal, 0.1g fat, 1.5g carb, 1.1g protein
BROCCOLI (1 CUP, FLORETS)	20 cal, 0.2g fat, 3.7g carb, 2.1g protein
BRUSSEL SPROUTS (½ CUP BOILED)	28 cal, 0.4g fat, 5.5g carb, 2g protein
CAULIFLOWER (1 CUP, FLORETS)	27 cal, 0.1g fat, 5.7g carb, 2.1g protein
CABBAGE (1 CUP, SHREDDED)	17 cal, 0.1g fat, 3.9g carb, 1g protein
CELERY (1 MEDIUM STALK)	6 cal, 0.1g fat, 1.4g carb, 0.3g protein
CUCUMBERS (½ CUP, SLICES)	8 cal, 0.1g fat, 1.9g carb, 0.3g protein
EGGPLANT (1 CUP, SLICED)	20 cal, 0.2g fat, 4.7g carb, 0.8g protein
GREEN BEANS (1 CUP)	31 cal, 0.2g fat, 7g carb, 0.8g protein
GREEN BELL PEPPER (1 CUP CHOPPED)	30 cal, 0.3g fat, 6.9g carb, 1.3g protein
KALE (1 CUP, CHOPPED)	34 cal, 0.5g fat, 6.7g carb, 2.2g protein
MUSHROOMS, WHITE (1 CUP, SLICED)	15 cal, 0.2g fat, 2.3g carb, 2.2g protein
ONIONS (½ CUP, CHOPPED)	34 cal, 0.1g fat, 8.1g carb, 0.7g protein
RED BELL PEPPER (1 CUP, CHOPPED)	39 cal, 0.4g fat, 9.4g carb, 1.5g protein
ROMAINE LETTUCE (1 CUP, SHREDDED)	8 cal, 0.1g fat, 1.5g carb, 0.6g protein
SNAP PEAS (10 PEA PODS)	14 cal, 0g fat, 2.6g carb, 1g protein
SPINACH (1 CUP, CHOPPED)	7 cal, 0.1g fat, 1.1g carb, 0.9g protein
SWISS CHARD (1 CUP, CHOPPED)	7 cal, 0.1g fat, 1.3g carb, 0.6g protein
YELLOW PEPPER (1 CUP, CHOPPED)	41 cal, 0.3g fat, 9.5g carb, 1.5g protein





## FATS

Contrary to what you may think, fats are essential to include in your diet, and they can help you get to your goals, whether you want to lose weight, get lean, or build muscle. However, not all fats are created equal. Use the fats below to be sure you include up to two thumb size portions of healthy fats at every meal.

### NUTS AND SEEDS (1 OZ)

ALMONDS	164 cal, 14.4g fat, 5.6g carb, 6g protein
BRAZIL NUTS	86 cal, 18.6g fat, 3.2g carb, 4.1g protein
CASHEWS	157 cal, 12.4g fat, 8.6g carb, 5.2g protein
HAZELNUTS	178 cal, 17.2g fat, 4.7g carbs, 4.2g protein
MACADAMIA NUTS	204 cal, 21.5g fat, 3.9g carbs, 2.2g protein
PECANS	196 cal, 20.4g fat, 3.9g carb, 2.6g protein
PINE NUTS	162 cal, 14.2g fat, 4.1g carb, 6.6g protein
PISTACHIOS	159 cal, 13g fat, 8g carb, 6g protein
PUMPKIN SEEDS (ROASTED)	126 cal, 5.5g fat, 15.2g carb, 5.3g protein
QUINOA (½ CUP, COOKED)	111 cal, 1.8g fat, 19.7g carb, 4.1g protein
SESAME SEEDS (1 TBSP)	52 cal, 4.5g fat, 2.1g carb, 1.6g protein
SUNFLOWER SEEDS (ROASTED)	165 cal, 14.1g fat, 6.8g carb, 5.5g protein
WALNUTS	185 cal, 18.5g fat, 3.9g carb, 4.3g protein

### NUT BUTTERS

ALMOND BUTTER (2 TBSP)	200 cal, 18g fat, 6g carb, 7g protein
CASHEW BUTTER (2 TBSP)	188 cal, 16g fat, 8.8g carb, 5.6g protein

### OILS AND FATS (1 TBSP)

AVOCADO OIL	124 cal, 14g fat, 0g carb, 0g protein
COCONUT OIL	117 cal, 13.6g fat, 0g carb, 0g protein
GRASS-FED BUTTER	100 cal, 11g fat, 0g carb, 0g protein
GHEE	135 cal, 15g fat, 0g carb, 0g protein
BACON FAT/LARD	115 cal, 12.8g fat, 0g carb, 0g protein
DUCK FAT	112 cal, 12.7g fat, 0g carb, 0g protein
OLIVE OIL (UNCOOKED OR LOW HEAT)	119 cal, 13.5g fat, 0g carb, 0g protein
MACADAMIA NUT OIL	130 cal, 14g fat, 0g carb, 0g protein
TALLOW	114 cal, 12.6g fat, 0g carb, 0g protein
WALNUT OIL	120 cal, 13.6g fat, 0g carb, 0g protein



## BEVERAGES

### NON-DAIRY ALTERNATIVES (1 CUP)

ALMOND MILK (UNSWEETENED)	60 cal, 2.5g fat, 8g carb, 1g protein
COCONUT MILK (RAW)	552 cal, 37.2g fat, 13.3g carb, 5.5g protein
COCONUT MILK (BEVERAGE)	80 cal, 5g fat, 7g carb, 1g protein
COCONUT WATER	46 cal, 0.5g fat, 8.9g carb, 1.7g protein
FLAX MILK (UNSWEETENED)	25 cal, 2.5g fat, 1g carb, 0g protein

### TEA AND KOMBUCHA

TEA	0 cal, 0g fat, 0g carb, 0g protein
KOMBUCHA (8 oz)	30 cal, 0g fat, 7g carb (varies), 0g protein

### COFFEE, ETC.

COFFEE (8 oz)	1 cal, 0g fat, 0g carb, 0.3g protein
WATER	0 cal, 0g fat, 0g carb, 0g protein



## KITCHEN STAPLES

ALMOND FLOUR (3.5 OZ)	580 cal, 51g fat, 20g carb, 21g protein
COCONUT FLOUR (3.5 OZ)	413 cal, 8.7g fat, 65g carb, 19g protein
BROTH (1 CUP)	10 cal, 1g fat, 1g carb, 1g protein
KETCHUP (1 TBSP)	20 cal, 0g fat, 5g carb, 1g protein
FAT FREE MAYO (1 TBSP)	15 cal, 0g fat, 0g carb, 0g protein
MUSTARD (1 TBSP)	10 cal, 0g fat, 0g carb, 0g protein
PICKLES (1 LARGE)	24 cal, 0g fat, 5.6g carb, 0g protein
SALSA (¼ CUP)	18 cal, 0g fat, 4g carb, 1g protein
LIME JUICE (1 FRUIT)	20 cal, 0.1g fat, 7g carb, 0.5g protein
LEMON JUICE (1 FRUIT)	17 cal, 0.2g fat, 5g carb, 0.6g protein



# IMPORTANT (please read):

## Your NUTRITION

*You raised your hand and said you wanted my help.*

This guide is **our first step**, use this guide to get started and please reach out inside our private FB community if you have any questions.

After 30-days **you should be more comfortable with the foods** in this guide, remember these are nutrient dense foods that fuel and repair your body. The closer you stick to the foods in this guide, the faster you will look and feel your best!

## Your MOTIVATION

This is our absolute favorite part, we love to motivate others to live healthy and fulfilled lives. One of my purposes for sure is to help others realize their full potential.

**Please do two things if you have a hard time staying motivated or sticking to a plan:**

Join our private FB Group ([click here](#))

Add me @wellandcompany on Instagram ([click here](#))

# GROCERY GUIDE

## PROTEINS

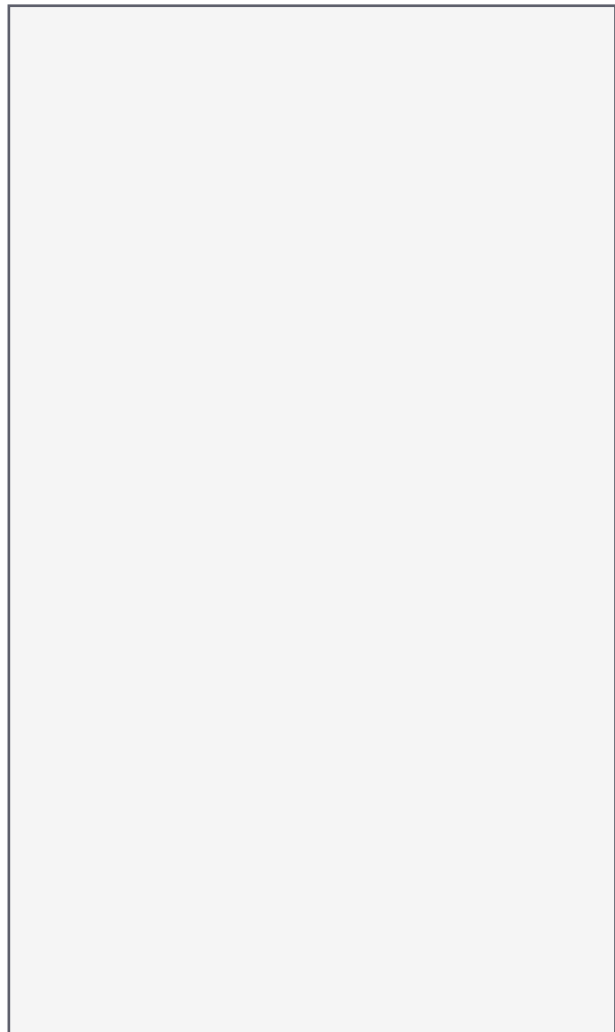
### MEAT AND POULTRY

- BACON
- BEEF (OZ GROUND 80% LEAN)
- BEEF (GROUND 90% LEAN)
- BISON
- CHICKEN
- LAMB SHOULDER
- PORK
- STEAK
- TURKEY BREAST
- VEAL
- VENISON
- WILD DUCK

### SEAFOOD

- CATFISH
- CLAMS
- CRAB
- HALIBUT
- LOBSTER
- MAHI MAHI
- MUSSELS
- OYSTERS
- SALMON

### NOTES:

A large, empty rectangular box with a thin black border, intended for the user to write notes. It is positioned to the right of the protein lists and below the 'NOTES:' header.

- SARDINES
- SCALLOPS
- SHRIMP
- TUNA
- TROUT
- SEA BASS

## EGGS

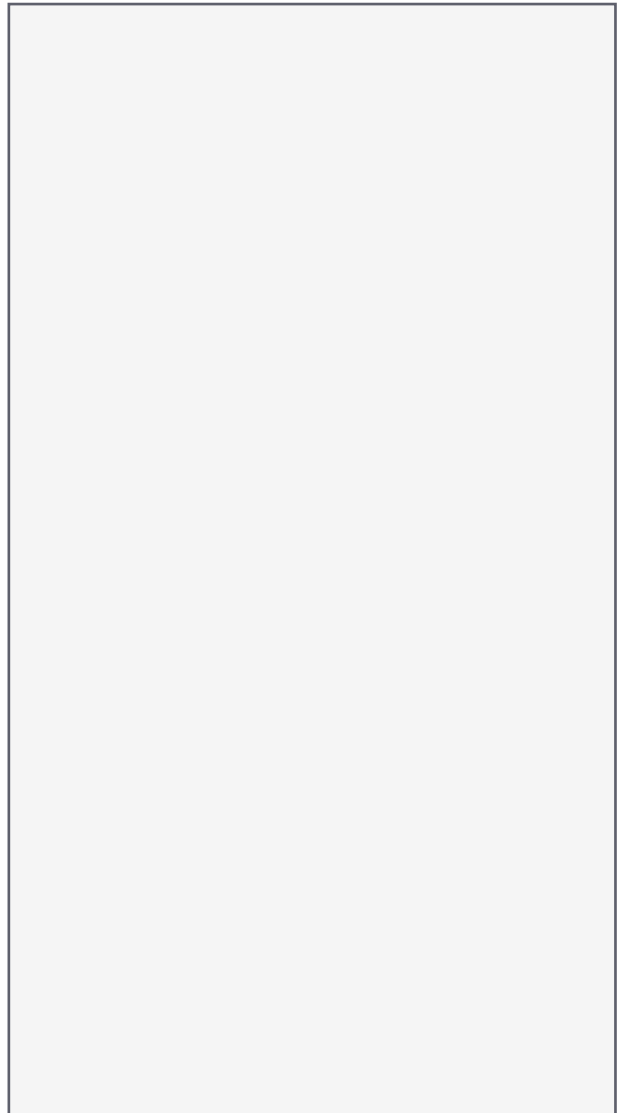
- DUCK EGG
- EGG WHITES
- GOOSE EGG
- TURKEY EGG
- QUAIL EGG
- WHOLE EGG

## IF YOU ARE VEGAN,

*HERE ARE SOME ALTERNATIVE  
PROTEIN OPTIONS:*

- BLACK BEANS
- BUCKWHEAT
- CHICKPEAS
- FERMENTED TOFU
- HEMP SEEDS
- LENTILS
- QUINOA

## NOTES:



## CARBS

### STARCHY VEGETABLES, ROOTS and TUBERS

- ARTICHOKE
- BEETS
- BROWN POTATO
- BUTTERNUT SQUASH
- CARROTS
- PARSNIPS
- RED POTATO
- SWEET POTATO

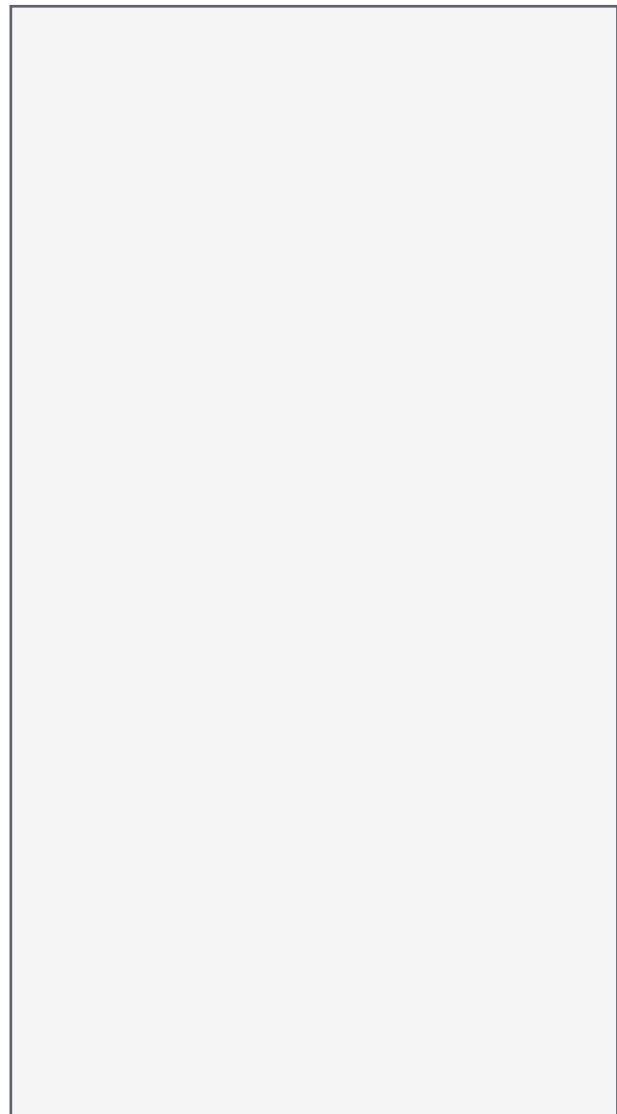
### GRAINS

- BROWN RICE
- COUSCOUS
- EZEKIEL BREAD
- STEEL CUT OATS
- WHITE RICE

### FRUITS

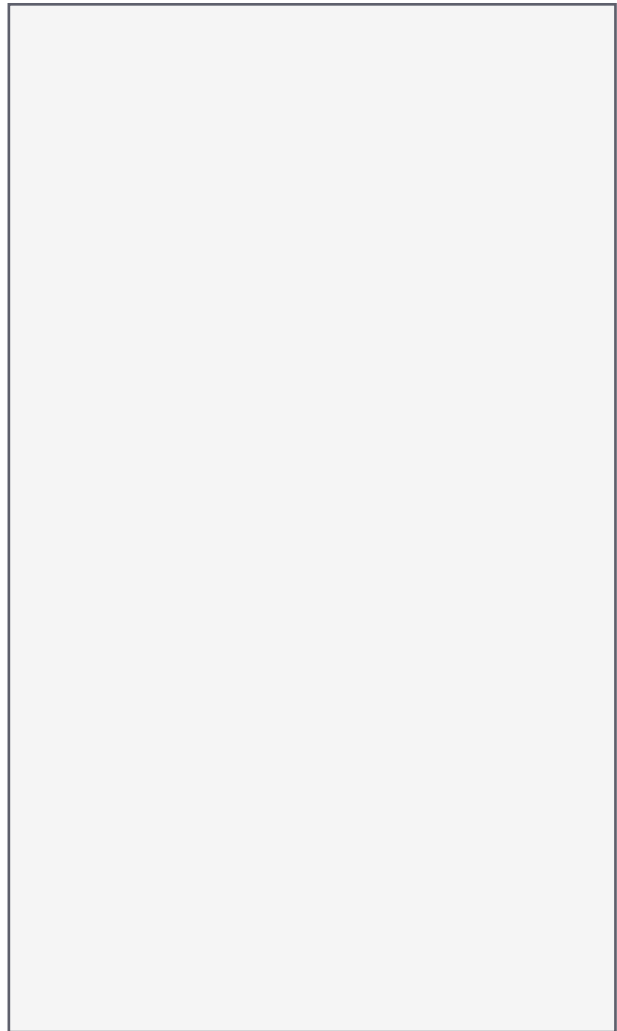
- AVOCADO
- APPLE
- APRICOT
- BANANA
- BLACKBERRIES
- BLUEBERRIES
- CANTALOUPE
- CHERRIES
- CRANBERRIES
- CRANBERRIES (DRIED)

### NOTES:



- DATES
- FIGS
- GUAVA
- GRAPEFRUIT
- GRAPES
- HONEYDEW MELON
- KIWI
- LEMON
- LIME
- LYCHEE
- MANGO
- ORANGE
- PAPAYA
- PEACH
- PEAR
- PINEAPPLE
- PLUM
- POMEGRANATE
- RASPBERRIES
- STRAWBERRIES
- ROMA TOMATO
- CHERRY TOMATO
- WATERMELON

## NOTES:



## FREE CARBS - LEAFY GREENS

- ASPARAGUS
- BOK CHOY
- BROCCOLI
- BRUSSEL SPROUTS



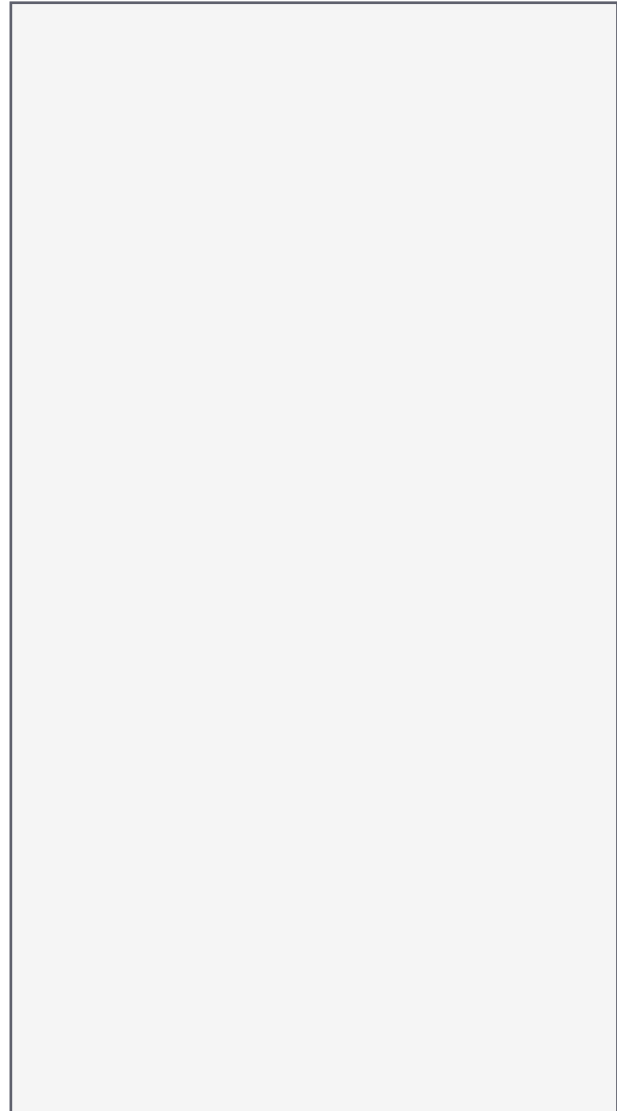
- CAULIFLOWER
- CABBAGE
- CELERY
- CUCUMBERS
- EGGPLANT
- GREEN BEANS
- GREEN BELL PEPPER
- KALE
- MUSHROOMS, WHITE
- ONIONS
- RED BELL PEPPER
- ROMAINE LETTUCE
- SNAP PEAS
- SPINACH
- SWISS CHARD
- YELLOW PEPPER

## **FATS**

## **NUTS AND SEEDS**

- ALMONDS
- BRAZIL NUTS
- CASHEWS
- HAZELNUTS
- MACADAMIA NUTS
- PECANS
- PINE NUTS
- PISTACHIOS
- PUMPKIN SEEDS

## **NOTES:**



- QUINOA
- SESAME SEEDS
- SUNFLOWER SEEDS
- WALNUTS

## NUT BUTTERS

- ALMOND BUTTER
- CASHEW BUTTER

## OILS AND FATS

- AVOCADO OIL
- COCONUT OIL
- GRASS-FED BUTTER
- GHEE
- BACON FAT/LARD
- DUCK FAT
- OLIVE OIL
- MACADAMIA NUT OIL
- TALLOW
- WALNUT OIL


## EGGS

- EGG YOLK

## FRUITS

- AVOCADO
- BLACK OLIVES
- GREEN OLIVES

## NOTES:



## BEVERAGES

- NON-DAIRY ALTERNATIVES
- ALMOND MILK (UNSWEETENED)
- COCONUT MILK (RAW)
- COCONUT MILK
- COCONUT WATER
- FLAX MILK (UNSWEETENED)

## TEA AND KOMBUCHA

- TEA
- KOMBUCHA

## COFFEE, ETC.

- COFFEE
- WATER

## KITCHEN STAPLES

- ALMOND FLOUR
- COCONUT FLOUR
- BROTH
- KETCHUP
- FAT FREE MAYO
- MUSTARD
- PICKLES
- SALSA
- LIME JUICE
- LEMON JUICE

## NOTES:



# RECOMMENDED SUPPLEMENTATION

## DETOX ORGANICS

If you want optimal health, then you will need optimal digestion.

Detox Organics contains 25 organic superfoods to support your body's own natural detoxing system in three unique phases, helping your body alkalize, detoxify and energize.

Add this chocolate superfood into your daily nutrition at one to two times a day to get all the benefits of Detox Organics.

### Benefits of Detox Organics:

- Promotes Weight Loss
- Eliminates Bloating
- Increases Energy
- Eases Digestion
- Reduces Inflammation
- Eliminates Toxins
- Boost Energy and Mood
- Reduces Cravings and Appetite



This is the ultimate detox drink that supports your body's natural detoxing ability while reducing inflammation and boosting your immune system.

*Detox Organics is easy to fit into your daily routine.* Simply mix it with water, almond milk, coconut milk, or yogurt. You can also mix it into your favorite chocolate recipes! Flip over a couple pages for additional delicious detox recipes.

#### Detoxifying & Cleansing:

- Wheat Grass
- Barley Grass
- Alfalfa
- Chorella
- Horseradish Tree Leaf
- Peppermint

#### Alkalizing & Energy:

- Spinach
- Spirulina
- Kale
- Broccoli
- Rockweed
- Coconut Water

#### Digestive Support:

- Carrot Root
- Beet Root
- Dandelion Root
- Ginger Root
- Lemon Balm
- Fennel Seed
- Turmeric Root
- Pineapple
- Acai Berry
- Aloe Vera
- Cayenne Pepper
- Goji Berrie

**Macros:** Calories: 50, Carbs: 8g , Proteins: 2g, Fats: >1g

# WAKE WELL

Need a natural wake-me-up in the morning? Coffee is the go-to beverage to help you wake up in the morning, but for many people, it can cause jitters and an upset stomach. Wake Well is a great alternative that is all natural and does more than just get you going.

Wake well is an all natural supplement that you consume in the morning to enhance your own biochemistry to give you more energy and focus throughout the day. It also works to boost your mood naturally.

Every morning, add Wake Well to your morning routine to get all of the fantastic benefits, without the unpleasant side effects of coffee. Simply mix it into 6 oz of water to enjoy this refreshing citrus beverage.

## Wake Well helps with:

- Energy
- Metabolism
- Focus
- Mood Elevator
- Stress Management
- Reducing Inflammation
- Respiratory Support
- Heart Health
- Cognitive Performance
- Lowering Cholesterol
- Improving Sleep

## So how does Wake Well work?

What makes Wake Well such an effective supplement are the three main active ingredients: Quercetin, B Vitamins, and Green Tea.

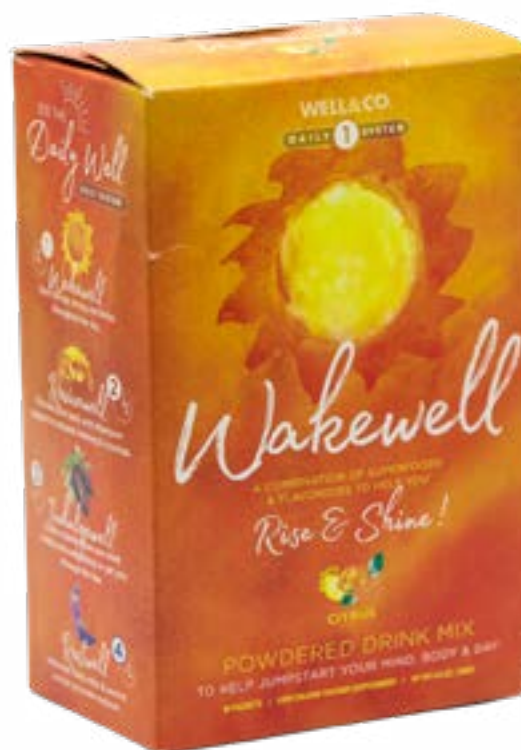
**Quercetin** - Provides antioxidant support

**B Vitamins** - Supports heart health, mood, energy, and lowers your cortisol

**Green Tea** - Boosts metabolism, cognitive performance, and heart health

**Macros:** Calories: 25, Carbs: 6g , Proteins: 0g, Fats: 0g

[Click here to get Wake Well so you can start your day off right.](#)





# REST WELL

We could all use a more restful sleep so that we can wake up refreshed and ready to take on the day.

Life can be stressful and busy, and this can make winding down and falling asleep at night a challenge, and the only options seem to be to either deal with it or turn to pharmaceutical sleep-aids that are full of chemicals.

Rest well is an all natural supplement that you can easily incorporate into your nightly routine to help you relax and unwind so you can fall asleep more easily.

Every night, add Rest Well to your nightly routine to get a better night's sleep, plus all of the other benefits offered. Simply mix it into 6 oz of water to enjoy this calming honey lemon beverage.

With Rest Well, you'll have a good night, every night.

## Rest Well helps with:

- Better Rest
- Fall Asleep Faster and Stay Asleep
- Helps Your Muscles Unwind and Relax
- Promotes Clarity
- Improves Heart Health
- Metabolism

## So how does Wake Well work?

What makes Wake Well such an effective supplement are the three main active ingredients: Magnesium, Amino Acids, and Botanical Extracts.

**Magnesium** - Helps the muscles relax, unwind, and prepare for sleep

**Amino Acids** - Supports metabolism, clarity, and heart health

**Botanical Extracts** - Helps you fall asleep faster

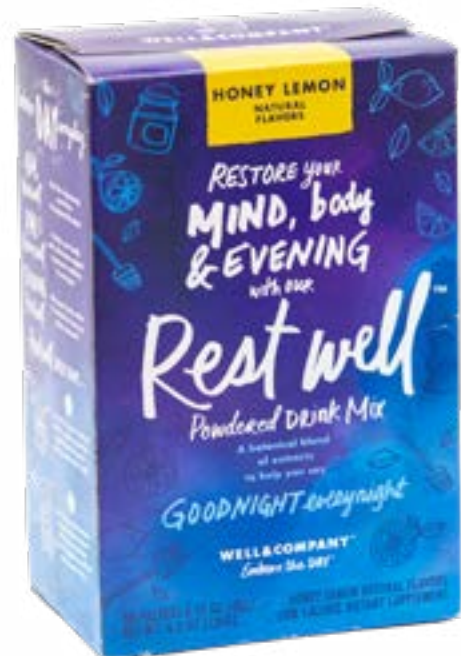
## Macros:

Calories: 10

Carbs: 2g

Proteins: 0g

Fats: 0g



[Click here to get Rest Well so you can get a better nights sleep.](#)

# REVIVE WELL

Need a revival?

This tasty superfood chewable is an all natural supplement that helps to lift your mood, increase your focus, and give you more energy.

This chewable is scientifically formulated and patented to enhance your body's powerful bio-chemistry to give you more energy and keep you focused throughout your busy day.

Don't rely on prescription medications to stay focused or chemically-laced energy drinks to give you the much-needed pick-me-up, instead take two all natural chewables that won't make you crash later.

## Revive Well:

- Increases Energy
- Lifts Mood
- Heightens Focus
- Reduces Inflammation
- Lowers Cortisol
- Supports Stress Management
- Provides Respiratory Support
- Promotes Heart Health
- Improves Cognitive Performance
- Boosts Metabolism

## So how does Lift work?

What makes Revive Well such an effective supplement are the three main active ingredients Green Tea, Antioxidants, and Quercetin.

**Green Tea** - Aids in metabolism, heart health, and cognitive performance

**Antioxidants** - Boosts immunity and heart health, provides energy and enhances mood

**Quercetin** - Provides antioxidant support, helps reduce inflammation, aids in respiratory support, and mood

## Macros:

Calories: 35, Carbs: 7g , Proteins: 0g, Fats: >1g

[Click here to give your mood a much-deserved Lift.](#)





# CHEAT/REWARD MEALS

In an ideal world, you would stick to the list of approved foods provided below, but we understand that every now and then you will stray from the list and that is perfectly ok. You deserve to have “reward meals,” and we will show you how to build them right in so they don’t hinder your progress.

## USING THE 90/10 RULE

It’s called the 90/10 rule. This means that goal is to have 90% (9 out of 10) of your meals come directly from the approved foods listed in this guide, saving 10% (1 out of 10) of your meals for your rewards or cheats. There’s a catch though. When you reward yourself you must do it away from the house, you cannot bring these foods home. This way you aren’t tempted, and there’s no chance of you spiraling out of control.

Remember to use portions even when you are rewarding yourself. Go ahead and have a small dessert too, enjoy yourself. Just make sure it’s only 1 out of 10 and you jump right back into the 90% once you’re done. Doing it this way won’t hurt your progress, and it won’t feel overly restricting.

# DETOX ORGANICS RECIPES

Detox Organics is most effective when used every day, and if you are someone that gets a craving for something sweet, Detox Organics is a great supplement to satisfy those cravings in a healthy way.

To get all of the benefits out of Detox Organics, you want to be sure to consume at least 1-2 scoops every day.

## **When you do this, you see a wide range of benefits including:**

- Promotes Weight Loss
- Eliminates Bloating
- Increases Energy
- Eases Digestion
- Reduces Inflammation
- Eliminates Toxins
- Boost Energy and Mood
- Reduces Cravings and Appetite

One of the best things about Detox Organics is that there are so many ways that it can be used. You can mix it in your drink using water, almond milk, or coconut milk, or you can simply mix it in your favorite yogurt.

However, these are not the only ways to consume it, as Detox Organics can be easily added to your favorite healthy recipes. Whether you are making a raw snack or baking a special treat, adding in Detox Organics will satisfy your sweet tooth without sabotaging your health.

The recipes that follow are some of our favorites, and we are always adding more on our website.

[If you love these and want to try some more great recipes created by us and some of our fans, check out the Recipe Page on DetoxOrganics.com](#)

# Strawberry Cream Chocolate Truffles

## Ingredients

- Cream Filling
- ½ cup organic cashew butter
- 1 ½ cup fresh strawberries
- ½ cup organic coconut oil
- ¼ teaspoon himalayan salt
- 1-2 teaspoon organic maple syrup
- ½ lemon (juiced)
- ½ teaspoon organic vanilla extract

## Chocolate

- 1 cup organic coconut oil (melted)
- ½ cups organic raw cacao powder
- ¼ cup organic maple syrup
- 1 scoop Detox Organics

## Directions

1. Mix all of your ingredients for the cream filling in a blender until smooth.
2. In a bowl, mix all of your chocolate ingredients together.
3. Using a traditional ice tray scoop a tbsp of your chocolate mixture into each slot. Then add a tbsp of your cream filling on top of the chocolate you have added. Top those layers with another tbsp of your chocolate mixture.
4. Put the ice tray in the freezer for 30 minutes, or until your chocolate and cream molds are hard. Keep treats in freezer until you are ready to serve. Allow them to sit for 3-5 minutes before eating.







## Avocado Chocolate Pancakes

### Ingredients

- 1 cup gluten-free baking flour
- 2 scoops of Detox Organics
- 2 tbsp sugar
- 3 tsp baking powder
- ½ tsp salt
- 1 cup almond milk
- 1 egg
- 1 medium ripe avocado, mashed
- Coconut oil (spray works best)
- ⅓ dark chocolate chips (optional)
- Organic powdered sugar (optional)

### Directions

1. In a large bowl mix all of your ingredients together. If desired add dark chocolate chips. If your batter is too thick, add another ⅛ almond milk.
2. Preheat your skillet over medium heat and coat with coconut oil. Pour your batter into the skillet making small circles. Once bubbles start to form, flip your pancake and let cook on the other side.

# Sweet Potato Detox Brownies

## Ingredients

### Smoothie

- 1 cup mashed sweet potatoes
- 2 eggs
- ½ cup honey
- ¼ cup coconut oil
- 1 teaspoon vanilla
- ½ cup coconut flour
- ⅓ cup Detox Organics Powder
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup dark chocolate chips (optional)

## Directions

1. Preheat your oven to 350°.
2. Mix the sweet potato, eggs, honey, coconut oil, and vanilla. Add in flour, Detox Organics Powder, baking powder, and salt (fold in your chocolate chips if you choose to use them). Mix gently until combined.
3. Lightly coat a 9x9 inch pan with coconut oil. Pour your mixture into the greased pan and bake for 20 minutes.
4. You can tell the brownies are done when you can insert a knife and it comes out clean.







## No-Bake Chocolate Peanut Butter Cups

### Ingredients

#### Cups

- 5 tablespoon coconut oil
- 2 tablespoon peanut butter
- ¼ cup maple syrup
- ¼ cup cocoa powder
- 1 teaspoon vanilla extract
- 1 pinch salt
- 1 cup rolled oats
- 1 scoop of Detox Organics

#### Toppings

- 1 tablespoon coconut oil
- ¼ cup peanut butter
- 1 tablespoon dark maple syrup

#### Directions

1. Place 9 cupcake liners into a muffin tin
2. In a pan over low heat melt your 5 tablespoons of coconut oil and 2 tablespoons of peanut butter together. Add in your Detox Organics, ¼ cup of maple syrup, cocoa powder, vanilla extract, and salt. Stir until fully mixed and smooth.
3. Add in your rolled oats and mix until the oats are completely covered. Separate your mixture into the 9 cupcake liners. Refrigerate while you make the topping.
4. In another pan over low heat stir your ¼ cup peanut butter, 1 tablespoon maple syrup and 1 tablespoon coconut oil.
5. Add your peanut butter mixture to the top of your chocolate oats mixture. Freeze for 20 minutes and then refrigerate until ready to serve.

# Chocolate Detox Granola

## Ingredients

- 3 cups rolled oats
- 1 cup unsweetened shredded coconut
- 1 cup raw walnuts
- ½ cup chia
- ½ teaspoon sea salt
- ½ cup unsweetened cacao
- ⅔ cup melted coconut oil
- ½ teaspoon vanilla extract
- ½ cup honey (or organic agave)
- ⅓ cup coconut sugar
- ¼ cup chopped chocolate (optional)
- 1 scoop Detox Organics

## Directions

1. Preheat your oven to 325°. Line a baking sheet with parchment paper.
2. In a large bowl, stir together your oats, coconut, walnuts, seeds, and cacao. Add in your salt and mix together.
3. In a separate bowl, add together your coconut oil, vanilla, honey, Detox Organics, and coconut sugar. Mix until smooth. Pour this new combo over your oat mixture and stir until the oats, nuts, and seeds are coated.
4. Pour your mixture onto your baking sheet and spread evenly. Bake for 15 minutes before stirring your mixture on the sheet and bake for another 10 - 15 minutes. Remove from oven let cool on pan. If you choose, mix in chocolate chunks and store in an airtight container between servings.





## Chocolate Detox Pudding

### Ingredients

- 3 medium avocados
- ¼ cup raw honey
- ¼ cup cocoa powder
- 3 tablespoon almond butter
- 1 teaspoon lemon juice
- 1 teaspoon ground cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon almond extract
- 1 scoop Detox Organics

### Directions

1. In a large bowl mix, all of your ingredients together until your mixture is completely smooth. Store in the fridge until you are ready to enjoy it!



# Flourless Chocolate Detox Cupcakes

## Ingredients

- 4 ounces bittersweet chocolate, broken into small pieces
- ½ cup butter
- ¾ cup organic sugar
- 3 large eggs
- ½ cup unsweetened cocoa powder
- Pinch of salt
- ¼ teaspoon vanilla extract
- 1 scoop Detox Organics

## Directions

1. Preheat your oven to 375°. Line a cupcake baking pan with baking cups.
2. Using a double boiler, melt your chocolate chunks and butter until smooth. Once the mixture is melted and smoothly mixed, add in your sugar, cocoa powder, and Detox Organics, stirring until combined. Then stir in your eggs, salt and vanilla extract.
3. Fill your baking cups about ½ way with your mixture and bake for 14 minutes, or until the cupcakes begin to bubble. Remove and allow to cool for 10 minutes before serving.





## Chocolate Banana Cinnamon Smoothie

### Ingredients

- 5 large frozen strawberries
- 1 banana
- 1 cup of almond milk
- 1 scoop of Detox Organics
- 1 teaspoon of cinnamon
- 1 cup ice cubes

### Directions

1. Place all of your ingredients into your blender and mix until smooth. Enjoy!



# Detox Fudgesicles

## Ingredients

- ½ cup Detox Organics (or 4 level scoops)
- ⅔ cup raw cane sugar
- 2 tablespoon raw agave syrup
- 1 teaspoon vanilla
- 2 cups vanilla almond milk (use regular instead of unsweetened for a fudgier taste)

## Directions

1. In a saucepan combine the raw cane sugar, vanilla extract, and agave syrup and stir together.
2. Put the saucepan on the stove over medium-low heat and slowly combine in almond milk.
3. Stir until the sugar is completely dissolved.
4. Whisk in the Detox Organics™ until it completely dissolves into the mixture.
5. Remove pan from the stove and let cool for a few minutes.
6. Move the chocolate mixture to a large glass measuring cup or something easy to pour from.
7. Fill your popsicle molds to the “fill line” and put in the freezer for at least 4-6 hours.
8. If you have a hard time removing popsicles from their molds, gently run warm water over the outside of the mold and pry out the fudgesicles.





# Chocolate Detox Mousse

## Ingredients

### Mousse:

- ½ cup soy milk (or any other plant-based milk)
- 1 tablespoon fresh lemon juice
- 2 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon lemon zest
- 2 big avocados (or 3 medium), peeled and pitted
- 5 scoops Detox Organics superfoods
- 3 tablespoon raw cacao powder
- ¼ teaspoon cinnamon
- Small pinch of sea salt

### Toppings:

- ¼ cup sliced strawberries
- Cacao nibs
- Mint leaves (optional)

## Directions

1. In a high-speed blender or a food processor, add the ingredients following this order: milk, lemon juice, maple syrup, vanilla extract, lemon zest, then avocados, Detox Organics power, raw cacao powder, cinnamon & sea salt.
2. Blend until super smooth.
3. If you are using a food processor or a regular blender, you may need scrape down the sides in between blending and process again to make sure all the ingredients are well incorporated and the result is silky smooth.
4. Serve in individual small cups, top with strawberries, cacao nibs, and mint leaves.
5. Refrigerate before serving for a great taste!

# Chocolate Almond Butter Detox Truffles

## Ingredients

- ½ cup almond butter
- 3 tablespoon salted butter (softened)
- 1 cup powdered sugar
- 8 oz semi sweet chocolate chips
- 1-2 tablespoon of almond milk
- 1 scoop of Detox Organics

## Directions

1. Mix your almond butter and softened butter together.
2. Gradually stir in your powdered sugar until the mixture holds together. Feel free to use extra powdered sugar if needed.
3. Once fully mixed together, let your dough sit for 15 minutes
4. Once firm, shape your dough into small, 1 inch balls.
5. Your dough should make about 12.
6. Place the newly formed balls into the fridge for 20 minutes.
7. While the dough is in the fridge, melt your chocolate chips over low heat on the stove top, adding in 1-2 tbsp of almond milk, depending on the consistency of chocolate you prefer. (You can also heat the chocolate and almond milk using a double broiler)
8. Add your scoop of Detox Organics to your melting chocolate and stir.
9. Once the dough is firm, carefully dip each ball into the now melted chocolate. The chocolate may be hot, so we recommend using screwers to hold onto and dip each ball
10. Allow excess chocolate to drip off each ball.
11. Place the covered chocolate balls onto a sheet of wax paper and place in the fridge for 20 minutes, or until ready to be served.







## Detox Banana Bites

### Ingredients

- 1 cup Organic Dark Chocolate Chips
- ¼ cup Almond Milk
- 1 scoop Detox Organics
- 6 bananas
- ⅓ cup Walnuts (optional)

### Directions

1. Peel bananas and cut in half for banana pops.
2. Wrap your hand around the outside of the banana and gently push a chopstick into the banana to create the “pop” and lay on a baking pan lined with wax paper.
3. If you are making the bites, cut the bananas into 6-7 slices and lay on wax paper. Place the baking sheet into the freezer while you melt the chocolate.
4. Using a double boiler pot, fill the bottom with water and bring to a gentle boil. In the top put chocolate chips and almond milk and gently stir together as it melts.
5. Once the chocolate and almond milk are mix and melted, gently stir in Detox Organics.
6. Once combined, take out your cooled sheet of bananas and begin to gently spoon chocolate onto the pops or onto the bites.
7. The chocolate should be thick and easy to spread. Cover as thick as desired and place back on the tray.
8. If you are using the walnuts, in a small ziplock bag place the walnuts and then crush with a rolling pin. Sprinkle the walnuts generously over the top of your bananas.
9. Place bananas back into the freezer for 20 minutes until chocolate cools and hardens.

# Double Chocolate Chip Cookies

## Ingredients

- ½ cup packed brown sugar
- ¼ cup grass-fed butter, softened
- ½ teaspoon vanilla
- 1 egg white
- ½ cup gluten-free flour
- 2 scoops Detox Organics
- ½ teaspoon baking soda
- Dash of salt
- ½ cup semi-sweet chocolate chips

## Directions

1. Heat your oven to 375°F. In a large bowl, beat brown sugar, and butter with electric mixer on medium speed until light and fluffy, or mix with spoon. Beat in vanilla and egg whites.
2. Stir in flour, Detox Organics, baking soda, and salt. Stir in chocolate chips. Drop dough by teaspoonfuls about 2 inches apart onto ungreased cookie sheet,
3. Bake 8 to 9 minutes or until set (do not overbake). Cool 1 minute; remove from cookie sheet to wire rack.





# Raw Vegan Mint Detox Mini Cheesecakes

## Ingredients

### Chocolate Shell

- ½ cup melted coconut oil (add more or less depending on your chips)
- Pinch of salt
- ¼ cup maple syrup
- ½ cup vegan chocolate chips
- ¼ cup Detox Organics

### Cheesecake Filling

- 2 cups cashews, soaked in 3 cups of water for 2-4 hours and drained
- ½ cup melted raw organic coconut oil
- ½ cup organic maple syrup
- 3 tablespoon lemon juice
- Pinch of salt
- ½ cup of shredded mint leaves
- 1 teaspoon spirulina

## Directions

### Chocolate Shells

1. Combine all chocolate cups ingredients in a bowl gradually melt together in a microwave-safe bowl, warming for 15 seconds at a time.
2. Whisk until smooth and just pourable. Add more coconut oil if needed, as different brands of chocolate chips melt differently.
3. Place mini cupcake papers into the muffin tin.
4. Using a small paintbrush, coat the sides of the papers as well as the bottom.
5. Freeze the first layer for 15 minutes.
6. Repeat one more time using any leftover chocolate to make sure all cups are fully covered.

### Cheesecake Filling

7. Combine all of the filling vegan cheesecake ingredients and blend in a powerful blender until smooth. Add 1 tsp of water if needed to blend to a creamy consistency.
8. Using a piping bag, fill each mini chocolate shell with the cheesecake mixture. This can also be done using a small spoon.
9. Freeze the vegan cheesecake bites for at 30 minutes.
10. Quickly but gently peel off the sides of the paper and the bottom paper from each mini dessert and place back into frozen muffin tin.
11. Store in the freezer and thaw for 15 minutes before enjoying.
12. These freeze nicely in a freezer safe container for up to 2 weeks.

# Raw Detox Brownies

## Ingredients

### Brownie:

- 2 cups walnuts
- 1 ½ pitted Medjool dates (packed, approx 20 dates or approx 14 oz)
- 6 scoops Detox Organics chocolate superfoods
- ½ tsp cinnamon
- Water (2 tbsp max)

### Ganache:

- 4 tablespoon raw unsweetened cacao powder (or unsweetened cocoa powder)
- 3 tablespoon maple syrup
- 2 tablespoon melted coconut oil

## Directions

### Brownie:

1. Mix all ingredients together in a food processor adding the water teaspoon by teaspoon until a dough is formed. (You may need a little less than 2 tbsp).
2. Press the chocolate dough down a 7-inch pan lined with parchment paper and smooth evenly using a wax paper on top so your fingers don't get sticky.
3. Set aside.

### Ganache:

4. Sift the cacao over a small bowl.
5. Add the rest of the ingredients.
6. Mix until smooth and silky using a hand whisk or a spoon.
7. Spread evenly over the brownies using a spatula or spoon.
8. Refrigerate for an hour.
9. Slice and devour.
10. Keep refrigerated for a week or in the freezer for 3 months!





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