



cleanses & detox
Week 3



Welcome to THE YOGINI CIRCLE!

How Are you Doing this week?

A few questions for you to contemplate this week:

- How is your energy level?
- Do you feel full?
- Do you feel hungry sooner? Fuller longer?
- Are you craving Sweets? If you are, at what time?

Use the FOOD & BODY DIALOGUE to trouble shoot.

The ultimate goal of this program is to figure out what foods are right for your body so it can function at its potential. It is to learn how to tune into your body at any given time to give it exactly what it needs to continue improving or maintaining health. So you can look good as great as you feel.

Notice if you need to snack between meals. It's fine if you do, but be aware that this can be indicative of:

1. *Not eating enough calories or certain macronutrients (carbs, protein or fat).*
2. *Blood sugar dysregulation. If you are still hungry and need to snack please let me know the next time we meet.*

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ALLOWED FOODS

GREEN LIST

NON STARCHY VEGGIES

- Greens, herbs, broccoli, cauliflower,
- zucchini, bell peppers, etc.

NUTRIENT DENSE CARBOHYDRATES

- starchy veggies: sweet potato, white potatoes, hard winter squash, yuccas, roots, tubers
- Fresh fruit
- Dried Fruit (just a little bit)
- Legumes & Beans

PROTEIN

- Eggs from pastured chickens
- 100% grass fed beef, bison, goat
- Wild caught fish and seafood
- Pasture raised chicken and pork
- Organic tempeh, tofu, edamame
- Full-fat dairy from 100% grass fed cows, goats & sheep (

FATS

- Avocados
- Cold pressed oils (coconut, olive, palm, avocado) grass fed
- butter
- grass fed ghee
- Nuts/seeds (hemp, chia, pumpkin, sesame, hazelnuts, walnuts, cashews, almonds, etc.)

FOODS TO AVOID

RED LIST

PROCESSED “FOODS”

Partially hydrogenated oils (margarine, fake butter, sprays)

INDUSTRIAL SEED OILS

(canola oil, soybean oil, cottonseed oil, peanut oil, sunflower seed oil, grapeseed oil)

SUGAR, ADDED SWEETENERS & ARTIFICIAL SWEETENERS

(aspartame, sucralose, sugar alcohols)

WHOLE FOODS SWEETENERS, including honey and maple syrup

ALL GRAINS

NOVELTY GLUTEN-FREE FOODS

LOW-FAT & FAT-FREE PROCESSED DAIRY

FAST FOOD

SODA

DIET FOODS

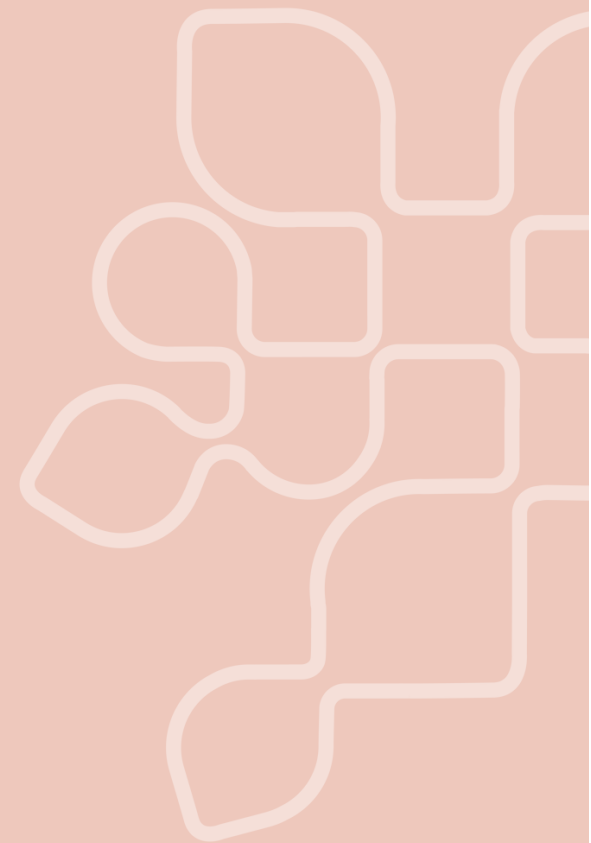
(meal replacement bars and shakes, all manufactured “low carb” products, diet sodas)

Game
On!



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST			smoothie of choice				
SNACK	Avocado Cilantro Crunch	1/2 Baked Sweet Potato with cinnamon & cardamom	NO-Oatmeal, 1/2 cup berries, non-dairy milk	Apple with almond butter	NO-atmeal, 1/2 cup berries, non-dairy milk	Cauliflower Rice, Pecans	Blueberry Chia Pudding
LUNCH	Super Detox Salad	Sautéed kale, tomatoes, breakfast sausage	Smoked Salmon, Avocado Cilantro Crunch	Broccoli Detox Salad with leftover meat, Fermented Vegetables	Citrus Roasted Beet Arugula Salad	Veggies & Quinoa, Fermented Vegetables	Turmeric Bok Choy Soup
SNACK	1/2 acorn squash with coconut oil, cinnamon, honey	1/2 c. Zesty cucumber salad sprinkled with sesame or pumpkin seeds, 1-2 slices deli meat	4 bright green olives, Carrot Salad	1-2 c. Greens Sautéed with Garlic + 1 Sausage, Fermented Vegetables	1 cup sautéed broccolini pumpkin seeds; sauerkraut	1 cup fruit salad with coconut cream; kale chips	Avocado Cilantro Crunch
DINNER	Balsamic Chicken and Roasted Vegetables, Fresh Green Salad	Portobella & Pepper Sautee	aked Chicken & Asparagus, Fresh Arugula Salad	Super Detox Salad	Veggies & Quinoa	Turmeric Bok Choy Soup	Baked Chicken & Asparagus with Orange Roasted Beet Arugula Salad
DRINKS	Green tea, water with a dash of sea salt, bone broth, tumeric ginger tea	Herbal tea, water with a dash of sea salt, broth	water with a dash of sea salt, broth, tumeric ginger tea	Herbal tea, water with a dash of sea salt	Green tea , water with a dash of sea salt, broth	Herbal tea, water, broth, tumeric ginger tea	water with a dash of sea salt, broth, kombucha

No-atmeal	12
Blueberry Chia Pudding	12
Sauteed Greens	13
Carrot Salad	13
Avocado Cilantro Crunch	14
Zesty Cucumber Salad	14
Super Detox Salad	15
Broccoli Detox Salad	15
Citrus Roasted Beet Arugula Salad	16
Turmeric Bok Choy Soup	16
Veggies & Quinoa	17
Portobello and Pepper Sauté	17
Salmon Potato Arugula Salad with Dill Dressing	18
Balsamic Chicken & Roasted Vegetables	19
Baked Chicken & Asparagus	19



NO-ATMEAL

INGREDIENTS:

- 1/4 cup walnuts
- 1/4 cup pecans
- 2 tbsp. flax seeds, ground
- 1/2 tsp. cinnamon
- 1/4 tsp. nutmeg, ground
- 1/4 tsp. ginger, ground
- 1 tbsp. almond butter
- 1 medium banana, smashed
- 1/2 c. almond or coconut milk (more to desired consistency)
- 2 tsp. pumpkin seeds
- 1/2 cup berries

DIRECTIONS:

1. Add walnuts, pecans, flax seed and spices to a food processor and pulse mixture to a coarse grain (make sure to stop before it is ground into a powder). Set aside.
2. Thoroughly mix the mashed banana and almond butter together and add almond or coconut milk
3. Stir in the coarse nut mixture.
4. In a medium saucepan, warm the mixture on the stove until the "no-oatmeal" reaches the desired consistency. Stir frequently.
5. Sprinkle pumpkin seeds and berries on top. Add more almond milk if desired.



BLUEBERRY CHIA PUDDING

INGREDIENTS: SERVES 1

- 1/4 cup blueberries
- 2 tablespoons chia seeds
- 2 tablespoons almonds, sliced
- 1/2 cup coconut milk, unsweetened
- 1 tablespoon raw coconut flakes, unsweetened
- 1/2 tsp pure vanilla extract
- 1/8 teaspoon cinnamon

DIRECTIONS:

Combine all ingredients except almonds. Cover and place in the refrigerator for 10 minutes or overnight. Top with almonds before enjoying.



SAUEED GREENS

INGREDIENTS: SERVES 4-5

- 1 large bunch of kale, collards, or bok choy, washed n 2-3 cloves garlic, minced or cut into slivers
- 1 tablespoon olive or coconut oil
- 1/2 cup veggie or chicken broth

DIRECTIONS:

Cut out the tough center stem from the kale or collards; chop or slice into small pieces. Bok choy has no tough center so just chop into small pieces.

Sauté garlic in olive or coconut oil for about 30 seconds over medium heat. Add chopped greens and sauté for about 3-4 minutes.

Bok choy needs no further cooking. For kale or collards, add broth, cover and simmer over low heat for about 10 minutes.



CARROT SALAD

INGREDIENTS: SERVES 4-5

- 1 raw carrot, grated
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 2 tablespoons raw pumpkin or sunflower seed

DIRECTIONS:

Prepare and combine all ingredients. Enjoy!

Use pumpkin seed on days 1-14 and sunflower seeds on days 15-28 of your menstrual cycle.

AVOCADO CILANTRO CRUNCH

INGREDIENTS: SERVES 2

- 1 avocado, diced
- 1 cucumber, diced
- 2 tablespoons of sunflower or pumpkin seeds
- 1 tablespoon fresh lime juice
- Salt and pepper to taste

DIRECTIONS:

Toss all ingredients in a bowl.
Season to taste.



ZESTY CUCUMBER SALAD

INGREDIENTS:

- 2 large cucumbers, roughly skinned and cut 1/8 inch thick
- 1 small white onion, chopped
- 1/4 cup apple cider vinegar
- 1 Tablespoon olive oil
- 2 teaspoons dill

DIRECTIONS:

In a large bowl combine, cucumbers, onion, vinegar, olive oil and dill. Cover with a tight lid and shake till dressing coats entire salad. Serve cold. Best if let sit 2-3 hours before serving.

SUPER DETOX SALAD

INGREDIENTS: SERVES 2

SALAD INGREDIENTS:

- 1/2 head green cabbage, finely chopped
- 1 bunch dinosaur kale, destemmed and shredded
- 1 cup shredded apple
- 1/2 cucumber, diced
- 1/2 cup fresh cilantro, finely chopped
- 3 large beets, peeled and shredded
- 1 Tablespoon lemon zest

DRESSING INGREDIENTS:

- Juice of 2 lemons
- 1/2 cup raw sunflower seeds
- 1/2 cup raw pumpkin seeds
- 1 tablespoon fresh grated ginger
- 4 tablespoons apple cider vinegar

DIRECTIONS:

Combine all salad ingredients in a large bowl.
Mix sunflower in a food processor for about 5 minutes or until it takes on a nut butter consistency.
Place the remaining salad dressing ingredients in a food processor with the seeds mixture and blend until smooth, about 2 minutes.
Add salad dressing and pumpkin seeds to salad mix and toss well.

BROCCOLI DETOX SALAD

INGREDIENTS: SERVES 4-5

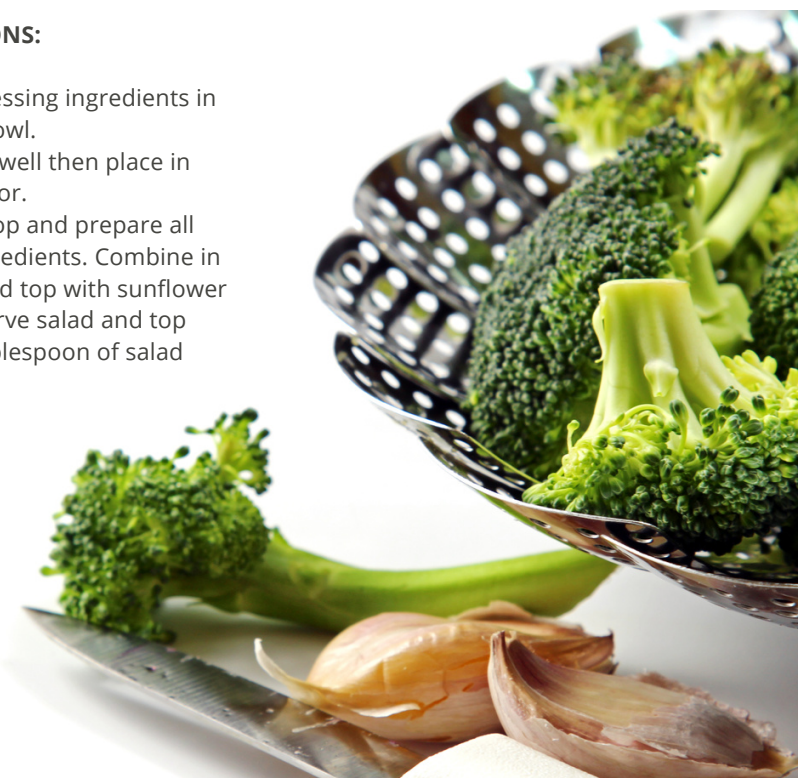
- 1 bunch of broccoli, chopped into small pieces
- 4 kale leaves, cut into ribbons
- ½ head cauliflower, chopped
- ½ cup parsley, finely chopped
- 3 carrots shredded
- 2 tablespoons raw sunflower seeds

DRESSING INGREDIENTS:

- 3 tablespoons lemon juice
- 1 inch grated ginger
- 1 garlic clove, minced
- 2 tablespoons olive oil

DIRECTIONS:

Whisk dressing ingredients in a small bowl.
Combine well then place in refrigerator.
Wash, chop and prepare all salad ingredients. Combine in a bowl and top with sunflower seeds. Serve salad and top with 1 tablespoon of salad dressing.





CITRUS ROASTED BEET ARUGULA SALAD

INGREDIENTS: SERVES 4

- 2 bunches of arugula
- 2 large beets
- 1 navel orange
- 2 tablespoon olive oil or avocado oil
- 2 teaspoons balsamic vinegar
- 3 tablespoons fresh orange juice
- 1 teaspoon Dijon mustard
- Salt and pepper to taste

DIRECTIONS:

In a medium pot, steam beets for until tender when pierced with a sharp knife, about 20-30 minutes.

Remove from pot and when cool enough to touch, rub skins off and slice into chunks.

While beets are steaming, peel the orange and cut each segment into 2-3 pieces. Set aside. Whisk olive oil, balsamic vinegar, orange juice, mustard and seasonings. In a large bowl, toss together arugula, dressing, beets and oranges.

TURMERIC BOK CHOY SOUP

INGREDIENTS: SERVES 4

- 1 lb shrimp
- 2 cups cauliflower florets, chopped
- 3 heads baby bok choy, bottoms chopped off
- 2 medium carrots, chopped
- 2 celery stalks, chopped
- 1 onion, diced
- 1 lb shiitake mushrooms, ends removed and sliced into 1/2 inch
- 6 garlic cloves, minced
- 2 tablespoons olive oil
- 1 tsp fresh grated ginger
- 1/4 teaspoon cayenne pepper, ground
- 6 cups bone broth, chicken stock or vegetable broth
- Salt and pepper to taste

DIRECTIONS:

Warm oil in a large saucepan over medium-low heat. Add onion and saute' for 3-5 minutes or until onions begin to brown.

Add carrots and celery; saute' for 3-5 more minutes.

Add cauliflower, turmeric, garlic, ginger and cayenne to the pot; stir until vegetables are coated with turmeric.

Add broth and mushrooms and bring to a boil.

Reduce heat to low and simmer for 15-20 minutes or until the cauliflower is tender.

Add bok choy and shrimp during the last 5 minutes of cooking.

Salt and pepper to taste. Serve warm.



VEGGIES & QUINOA

• **INGREDIENTS:** SERVES 2-3

- 1 cup quinoa, rinsed
- 2 cups water
- 1 clove garlic, minced
- 1 cup shitake mushrooms, sliced
- ½ cup red cabbage, chopped
- ¼ cup onions, chopped
- ¼ cup frozen peas
- ¼ cup carrots, sliced
- ¼ cup celery, sliced
- ¼ cup water chestnuts
- ¼ cup parsley, chopped
- ¼ cup cilantro, chopped
- 1 ½ Tbsp lemon juice
- 1 ½ Tbsp coconut oil
- Celtic sea salt, to taste

DIRECTIONS:

Bring water to boil and add quinoa. Stir and simmer, covered for 45 minutes. When finished, remove from heat and allow to sit for 5 minutes. While quinoa is resting, sauté garlic and onions in coconut oil in a large pan. After 3-5 minutes add peas, carrots, celery, and water chestnuts. Cook until tender. Add quinoa to veggies and mix in parsley, cilantro, lemon juice, olive oil, and salt.

PORTOBELLO & PEPPET SOUTÉ

INGREDIENTS: SERVES 4

- 2 medium portobello mushrooms, thinly sliced
- 2 small yellow, red, or orange bell peppers, sliced very thin
- 2 cloves garlic, minced
- 3 tablespoons olive oil, divided
- 1 tablespoon balsamic vinegar
- 1 tablespoon lemon juice
- ¼ cup fresh basil leaves, chopped (or 1 tablespoon dried)
- Salt and pepper to taste
- 4 cups arugula, spinach, chard or baby kale leaves

DIRECTIONS:

Heat 2 tablespoons olive oil over medium heat in a large skillet. Add mushrooms and bell peppers, and sauté 7-10 minutes or until tender. Add garlic and sauté for 1 more minute. Stir in the fresh basil. Salt and pepper to taste. Place 1 cup of greens on a plate and drizzle with ¼ tsp olive oil. Top with mushroom and peppers.



SALMON POTATO ARGULA SALAD

INGREDIENTS: SERVES 2-3

- 2 4-ounce pieces of wild salmon
- 12 fingerling potatoes (about 1 lb)
- 4 cups arugula
- ¼ cup and 1 tablespoons olive oil
- ½ tablespoon coconut oil

DRESSING INGREDIENTS:

- 4 anchovies
- 1 small garlic clove
- ¼ cup fresh lemon juice
- ½ cup fresh dill, chopped
- ½ cup parsley, chopped
- Salt and pepper to taste

DIRECTIONS:

Boil potatoes in large saucepan for 12-15 minutes, or until tender. Drain and set aside to cool.

Meanwhile, heat 1 tablespoon of olive oil and coconut oil in a large pan over medium high heat. Season the salmon with salt and pepper. Cook about 3-4 minutes each side or until opaque throughout.

Set aside to cool.

To make the dressing, mash the anchovies and garlic into a paste on a cutting board. Combine with the lemon juice and ¼ cup olive oil in a small bowl. Stir in the dill and parsley.

Toss the arugula and potatoes with half the dressing. Divide the salad among 2-3 plates and break salmon into chunks to place on top.

Drizzle with the remaining dressing.

BALSAMIC CHICKEN & ROASTED VEGETABLES

INGREDIENTS: SERVES 2

- 1 ¼ lb chicken breasts, cut into small ½ inch thick pieces.
- ⅔ cup balsamic vinegar
- ¼ cup plus 2 tablespoons olive oil
- 2 heads of broccoli, chopped
- 2 garlic cloves, pressed
- 1 cup carrots, sliced
- 1 cup cherry tomatoes
- ¼ cup fresh parsley, chopped
- 1 tsp oregano
- ½ tsp thyme
- Salt and pepper to taste

DIRECTIONS:

Preheat oven to 400 F. Line a large baking sheet with parchment paper. Set aside. In a large bowl, whisk together balsamic vinegar, ¼ cup olive oil and herbs. Place chicken in the large bowl and toss with balsamic mixture. For best flavor, let sit for 30 minutes or up to 3 hours. Place broccoli, carrots on the baking sheet and drizzle with 2 tablespoons of olive oil. Bake for 10 minutes.

Add chicken and tomatoes to the baking sheet and toss with vegetables to cover them with balsamic mixture. Bake 10-15 minutes. Monitor chicken to make sure it does not get overcooked.

BAKED CHICKEN & ASPARAGUS

INGREDIENTS: SERVES 3-4

- 1 and 1/2 pounds boneless skinless chicken breasts
- 3 tablespoons dried parsley
- Juice of 1 lemon
- 3 garlic cloves, minced
- 8 tablespoons melted butter
- 1 pound asparagus
- 3 tablespoons olive oil
- Salt and pepper
- Optional: fresh parsley, 1 lemon for topping

DIRECTIONS:

Preheat the oven to 400 degrees F. Line a large sheet pan with parchment paper. Place on prepared sheet pan. Drizzle with 2 tablespoons olive oil and juice from 1 lemon. Sprinkle garlic and parsley over chicken. Bake in preheated oven for 8-10 minutes and remove. Flip chicken over. Place the asparagus next to the tenders and drizzle with juice from half a lemon and remaining olive oil. Return to the oven and bake for another 8-12 minutes or until the internal temperature of the chicken has reached 165 degrees F. Remove from the oven and serve promptly.

