











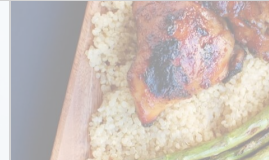




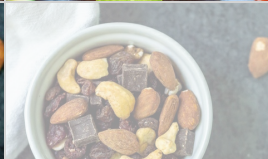







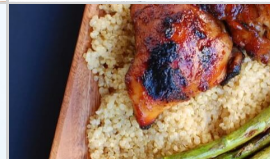




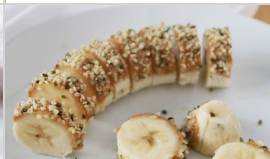















Post-Holiday Detox Program

Allison Faulkner

<https://www.fundamentalwellbeing.com.au/>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Apple Cinnamon Overnight Oats	 Apple Cinnamon Overnight Oats	 Pumpkin Breakfast Cookies	 Pumpkin Breakfast Cookies	 Detox Green Smoothie	 Detox Green Smoothie	 Blueberry Banana Protein Pancakes
Lunch	 Tuna & Edamame Detox Salad	 Tuna & Edamame Detox Salad	 Portobello BLT	 Greek Chicken Burgers	 Zucchini Caprese Salad	 Honey Garlic Chicken Thighs	 Bruschetta Flatbread
Snack 1	 Hummus Dippers	 Hummus Dippers	 Clean Trail Mix	 Clean Trail Mix	 Celery with Sunflower Seed Butter	 Celery with Sunflower Seed Butter	 Apple with Almond Butter
Dinner	 Wild Rice & Nori Bowl	 Portobello BLT	 Greek Chicken Burgers	 Zucchini Caprese Salad	 Honey Garlic Chicken Thighs	 Roasted Potato, Zucchini & Quinoa Bowl	 Edamame & Soba Noodle Salad
Snack 2	 Nectarine	 Nectarine	 Banana Sushi	 Grapes	 Cantaloupe	 Cantaloupe	 Grapes
Snack 3	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Detox Chia Lemon Water	 Detox Chia Lemon Water

Fruits

- 3 Apple
- 1 Avocado
- 3 Banana
- 37 grams Blueberries
- 2 Cantaloupe
- 368 grams Grapes
- 4 1/4 Lemon
- 4 Nectarine
- 4 Pear

Breakfast

- 94 grams Almond Butter
- 80 grams Maple Syrup

Seeds, Nuts & Spices

- 3 grams Black Pepper
- 36 grams Chia Seeds
- 16 grams Chili Powder
- 10 grams Cinnamon
- 300 grams Clean Trail Mix
- 23 grams Ground Flax Seed
- 20 grams Hemp Seeds
- 3 grams Nutmeg
- 65 grams Pumpkin Seeds
- 14 grams Sea Salt
- 0 Sea Salt & Black Pepper
- 18 grams Slivered Almonds
- 96 grams Sunflower Seeds
- 120 grams Walnuts

Frozen

- 4 Brown Rice Tortilla
- 698 grams Frozen Edamame
- 10 Ice Cubes

Vegetables

- 8 grams Alfalfa Sprouts
- 40 grams Arugula
- 804 grams Asparagus
- 120 grams Baby Spinach
- 85 grams Basil Leaves
- 2 Carrot
- 12 stalks Celery
- 223 grams Cherry Tomatoes
- 9 grams Cilantro
- 4 1/16 Cucumber
- 1/2 head Endive
- 11 Garlic
- 14 grams Ginger
- 1 stalk Green Onion
- 210 grams Kale Leaves
- 381 grams Matchstick Carrots
- 150 grams Mini Potatoes
- 113 grams Mixed Greens
- 1/2 Orange Bell Pepper
- 340 grams Portobello Mushroom Caps
- 1 Red Bell Pepper
- 133 grams Red Onion
- 6 Tomato
- 1 Yellow Bell Pepper
- 3 Zucchini

Boxed & Canned

- 200 grams Buckwheat Soba Noodles
- 255 grams Quinoa
- 1 can Tuna
- 160 grams Wild Rice

Baking

- 112 grams Almond Flour
- 7 grams Baking Powder
- 28 grams Honey
- 243 grams Oats
- 147 grams Pitted Dates
- 184 grams Pureed Pumpkin
- 168 grams Raw Honey

Bread, Fish, Meat & Cheese

- 8 slices Bacon
- 113 grams Chicken Breast, Cooked
- 907 grams Chicken Thighs
- 454 grams Extra Lean Ground Chicken
- 150 grams Feta Cheese
- 246 grams Hummus
- 100 grams Small Bocconcini

Condiments & Oils

- 45 milliliters Balsamic Vinegar
- 67 grams Black Olives
- 27 milliliters Coconut Oil
- 8 grams Dijon Mustard
- 229 milliliters Extra Virgin Olive Oil
- 6 grams Miso Paste
- 60 milliliters Rice Vinegar
- 128 grams Sunflower Seed Butter
- 125 grams Tahini
- 36 grams Tamari

Cold

- 2 Egg
- 375 milliliters Unsweetened Almond Milk

Other

- 4 Nori Sheets
- 24 grams Protein Powder
- 1.7 liters Water

2 milliliters Vanilla Extract



Apple Cinnamon Overnight Oats

4 servings

8 hours

Ingredients

122 grams Oats (quick oats work best)
360 milliliters Unsweetened Almond Milk
24 grams Chia Seeds
20 grams Maple Syrup
3 grams Cinnamon
550 milligrams Nutmeg
2 milliliters Vanilla Extract
119 milliliters Water
1 Apple (cored and diced)
120 grams Walnuts (chopped)

Directions

- 1 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 2 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
- 3 Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Protein: Add hemp seeds or a spoonful of nut butter.

Warm it Up: Heat in the microwave for 30 to 60 seconds before eating.

No Maple Syrup: Use another sweetener instead.



Pumpkin Breakfast Cookies

8 servings

45 minutes

Ingredients

101 grams Oats (quick or rolled)
3 grams Ground Flax Seed
5 grams Cinnamon
2 grams Nutmeg
2 grams Sea Salt
7 grams Baking Powder
65 grams Pumpkin Seeds
64 grams Sunflower Seeds
147 grams Pitted Dates (chopped)
1 Egg
184 grams Pureed Pumpkin
84 grams Raw Honey
15 milliliters Coconut Oil (melted)
1 Carrot (grated)

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
- 3 Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
- 4 Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
- 5 Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
- 6 Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

Leftovers: Freeze in the freezer-safe bag or container for up to one month.

Make it Sweeter: Add in a handful of dark chocolate chips.

Vegan: Use maple syrup instead of honey and a chia egg instead of an egg.



Detox Green Smoothie

2 servings

10 minutes

Ingredients

84 grams Kale Leaves
1 Cucumber (chopped)
1 Lemon (juiced)
2 Pear (peeled and chopped)
6 grams Ginger (grated)
7 grams Ground Flax Seed
356 milliliters Water
5 Ice Cubes

Directions

- 1 Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 2 Divide between glasses and enjoy!

Notes

No Kale: Use spinach.

No Pear: Use apples.

Metabolism Boost: Add 1/4 tsp cayenne pepper.

Make it Sweeter: Add 1/2 cup frozen pineapple or mango.

More Protein: Add a scoop of protein powder or hemp seeds.



Blueberry Banana Protein Pancakes

2 servings

15 minutes

Ingredients

1 Egg
24 grams Protein Powder
7 grams Ground Flax Seed
1 Banana
15 milliliters Unsweetened Almond Milk
20 grams Oats
3 grams Cinnamon
37 grams Blueberries
7 milliliters Coconut Oil
40 grams Maple Syrup

Directions

- 1 In a mixing bowl or blender, mix the egg, protein powder, flax seed, banana, almond milk, cinnamon and oats.
- 2 Stir blueberries into mixture.
- 3 Heat coconut oil in a frying pan over medium-low heat. Pour in batter and cook pancakes about 2 minutes per side, or until they're firm enough to flip.
- 4 Serve topped with blueberries, maple syrup and sprinkle with cinnamon.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to two months. Reheat in a pan or in the toaster.

Serving Size: One serving is approximately one large pancake or two small pancakes.

Egg-Free: Swap out the egg(s) for flax eggs. For every 1 egg, replace it with 1 tbsp ground flax seed mixed with 3 tbsp water.



Tuna & Edamame Detox Salad

2 servings

15 minutes

Ingredients

7 milliliters Balsamic Vinegar
8 grams Dijon Mustard
15 milliliters Extra Virgin Olive Oil
750 milligrams Sea Salt
363 milligrams Black Pepper
1 can Tuna (drained and flaked)
78 grams Frozen Edamame (thawed)
1/4 Cucumber (diced)
1/2 head Endive (julienned)
42 grams Kale Leaves (chopped)
8 grams Alfalfa Sprouts
18 grams Slivered Almonds

Directions

- 1 Combine balsamic vinegar, mustard, olive oil, sea salt and black pepper together in a jar. Mix well and set aside.
- 2 Combine remaining ingredients together in a large salad bowl. Drizzle with desired amount of dressing and toss well. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Canned Tuna: One can of tuna is equal to 165 grams or 5.8 ounces, drained.

No Tuna: Use diced grilled chicken instead.

Vegan: Use 1 can of cooked lentils instead of tuna.

Nut-Free: Replace almonds with sunflower or pumpkin seeds.



Bruschetta Flatbread

4 servings

35 minutes

Ingredients

- 4 Tomato (finely diced)
- 3 Garlic (cloves, minced)
- 30 milliliters Extra Virgin Olive Oil
- 21 grams Basil Leaves (chopped)
- 15 milliliters Balsamic Vinegar
- 75 grams Feta Cheese (crumbled)
- Sea Salt & Black Pepper (to taste)
- 4 Brown Rice Tortilla
- 113 grams Chicken Breast, Cooked (diced)

Directions

- 1 Preheat oven to 410°F (210°C). Add the tomatoes, garlic, basil, vinegar, olive oil, feta, salt and pepper to a mixing bowl. Toss well and let sit for 15 minutes to marinate.
- 2 Spread the mixture over the brown rice tortillas using a slotted spoon to drain the excess liquid (too much liquid will make the tortilla soggy). Top with cooked, diced chicken breast (optional). Place on a piece of foil and bake for 14 minutes.
- 3 Remove from oven. Run a spatula between the foil and tortilla to detach any parts that might have become stuck while baking. Slide onto a plate and slice with a pizza cutter. Enjoy!



Hummus Dippers

4 servings

15 minutes

Ingredients

- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 246 grams Hummus

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with $\frac{1}{4}$ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Mix it Up: Substitute in different veggies like cucumber or zucchini.



Clean Trail Mix

4 servings

2 minutes

Ingredients

300 grams Clean Trail Mix

Directions

- 1 This is meant to be a quick and easy snack. Find a clean trail mix in any health food store or in the healthy food section of your grocery store. Read the ingredients to make sure there are no additives. We recommend checking out brands such as Prana or Central Roast.
- 2 Pour into bowl and snack away!



Celery with Sunflower Seed Butter

4 servings

5 minutes

Ingredients

8 stalks Celery (sliced into sticks)
128 grams Sunflower Seed Butter

Directions

- 1 Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery: Use cucumber instead



Apple with Almond Butter

2 servings

5 minutes

Ingredients

2 Apple
63 grams Almond Butter

Directions

- 1 Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free: Use sunflower seed butter instead of almond butter.



Wild Rice & Nori Bowl

4 servings

30 minutes

Ingredients

160 grams Wild Rice (dry)
80 grams Tahini
59 milliliters Water
30 milliliters Rice Vinegar
21 grams Honey
6 grams Miso Paste
1 Cucumber (chopped)
254 grams Matchstick Carrots
310 grams Frozen Edamame (thawed)
4 Nori Sheets (small, thinly sliced)

Directions

- 1 Cook the rice according to package directions.
- 2 Add the tahini, water, vinegar, honey, and miso to a jar or bowl. Whisk, blend, or shake until smooth. Adjust any flavors to your preference as needed.
- 3 Divide the rice, cucumbers, carrots, and edamame into bowls. Top with the miso dressing and nori. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add grated ginger, garlic, tamari, and/or sesame oil to the dressing.

Additional Toppings: Add sesame seeds, green onions, chives, toasted cashews, tofu, chopped bell peppers, and/or avocado.



Portobello BLT

4 servings

30 minutes

Ingredients

8 slices Bacon
340 grams Portobello Mushroom Caps
Sea Salt & Black Pepper (to taste)
1 Garlic (clove, minced)
32 grams Sunflower Seeds
42 grams Basil Leaves (chopped)
1 Lemon (juiced)
59 milliliters Extra Virgin Olive Oil
40 grams Arugula
1 Avocado (peeled and sliced)
2 Tomato (sliced)

Directions

- 1 Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper. Add the bacon. Bake in the oven for 8 minutes. Flip and let cook for another 8 to 9 minutes or until bacon is crispy. Remove and wrap in paper towel.
- 2 Brush the inside of your portobello mushroom caps with a splash of olive oil and season with sea salt and black pepper to taste. Place them on a baking sheet in the oven for 10 minutes. Remove from oven.
- 3 Use a food processor or blender to create your pesto by combining garlic, sunflower seeds, basil, lemon juice and extra virgin olive oil. Season with a pinch of sea salt and black pepper and blend until a creamy consistency forms. Transfer to a jar and set aside.
- 4 Add a handful of arugula to each mushroom cap. Top with sliced avocado, tomato and bacon. Drizzle with pesto. Enjoy!

Notes

Save Time: Forget the pesto and skip step 3.



Greek Chicken Burgers

6 servings

45 minutes

Ingredients

7 milliliters Extra Virgin Olive Oil
1 Red Bell Pepper (diced and divided)
80 grams Red Onion (diced and divided)
120 grams Baby Spinach
112 grams Almond Flour
454 grams Extra Lean Ground Chicken
67 grams Black Olives (chopped and divided)
75 grams Feta Cheese (crumbled and divided)
1/2 Cucumber (diced)
Sea Salt & Black Pepper (to taste)
113 grams Mixed Greens

Directions

- 1 Heat olive oil in a large skillet over medium heat.
- 2 Add half of the red pepper and half of the red onion to the skillet. Saute for about 5 minutes or until onion is translucent. Add baby spinach and stir just until wilted. Remove from heat and set aside to cool.
- 3 Add almond flour, ground chicken, half of the black olives and half of the feta cheese to the mixing bowl. Now add in your sauteed vegetables. Mix well. Form the mixture into even patties and place on a baking sheet. Transfer to the fridge until ready to grill.
- 4 Meanwhile, create your greek salsa in a bowl by combining the remaining red pepper, red onion, black olives, feta cheese and cucumber. Drizzle with a splash of extra virgin olive oil and season with sea salt and pepper to taste. Set aside.
- 5 Preheat grill over medium heat. Transfer burgers onto grill and cook for about 7 to 8 minutes per side or until burger is cooked through. Remove from grill.
- 6 Plate burger over a bed of greens and top with your chopped greek salsa. Enjoy!

Notes

Added Touch: Serve with homemade tzatziki.

Wrap it Up: Serve in a lettuce wrap or brown rice tortilla.

Get Creative: These also work well as meatballs or sliders.



Zucchini Caprese Salad

4 servings

20 minutes

Ingredients

2 Zucchini
223 grams Cherry Tomatoes (halved)
1 Lemon (juiced)
22 milliliters Balsamic Vinegar
30 milliliters Extra Virgin Olive Oil
1 Garlic (clove, minced)
100 grams Small Bocconcini (halved)
21 grams Basil Leaves (chopped)
Sea Salt & Black Pepper (to taste)

Directions

- 1 Use a spiralizer to spiralize your zucchini into ribbons. Then slice the ribbons so that they are about 5 inches in length. If you do not have a spiralizer, use a peeling knife and take full strokes along the zucchini to create long ribbons.
- 2 Combine the zucchini ribbons and cherry tomatoes in a large bowl.
- 3 In a jar, combine the lemon, vinegar, olive oil and garlic. Put lid on and shake well.
- 4 Pour the dressing over the zucchini noodles and tomatoes and toss well. Place in the fridge and let marinate for at least 10 minutes.
- 5 When ready to serve, transfer to a serving bowl and sprinkle the bocconcini balls and basil over top. Season with sea salt and black pepper to taste. Divide into bowls and enjoy!

Notes

Make it a Meal: Serve with a grilled chicken breast for some added protein.



Honey Garlic Chicken Thighs

4 servings

30 minutes

Ingredients

59 milliliters Extra Virgin Olive Oil
84 grams Raw Honey
6 Garlic (cloves, minced)
16 grams Chili Powder
12 grams Sea Salt
3 grams Black Pepper
907 grams Chicken Thighs
804 grams Asparagus (woody ends snapped off)
170 grams Quinoa (uncooked)
356 milliliters Water

Directions

- 1 Combine olive oil, honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Whisk well. Pour into a ziploc bag and add the chicken thighs. Shake well and place in the fridge to marinate.
- 2 Trim the ends from the asparagus. Toss in a splash of extra virgin olive oil and season with sea salt and pepper. Place on a plate until ready to grill.
- 3 Combine your quinoa and water in a sauce pan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer. Cover with a lid and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from heat and fluff with a fork.
- 4 Preheat your grill over medium heat.
- 5 Transfer chicken thighs to the grill and cook for 7 to 10 minutes per side or until cooked through. When you flip the chicken, place the asparagus directly on the grill. Grill just until tender (about 5 to 7 minutes). Remove chicken and asparagus from grill and plate over a few spoonfuls of quinoa. Enjoy!

Notes

No Chicken Thighs: Use chicken breast or chicken wings. Grill time will vary.

No Asparagus: Use any grilled vegetable.



Roasted Potato, Zucchini & Quinoa Bowl

2 servings

35 minutes

Ingredients

1 Zucchini (sliced)
1/2 Orange Bell Pepper (medium, chopped)
53 grams Red Onion (cut into chunks)
150 grams Mini Potatoes (quartered)
5 milliliters Coconut Oil
Sea Salt & Black Pepper (to taste)
85 grams Quinoa
1/3 Cucumber (large, diced)
1 stalk Green Onion (thinly sliced)
45 grams Tahini
30 milliliters Water
7 grams Honey
1 gram Cilantro (for garnish, optional)

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 2 Arrange the zucchini, bell pepper, red onion, and potatoes on the tray. Toss with coconut oil and season with salt and pepper. Cook in the oven for 15 to 20 minutes or until the vegetables are tender.
- 3 Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool. Mix the quinoa with cucumber and green onion.
- 4 Whisk together the tahini, water, and honey to make a dressing. Season it with salt and pepper.
- 5 Divide all of the ingredients evenly between bowls. Top with cilantro, if using. Serve with the dressing and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add corn and grated carrots. Top with parsley.

No Coconut Oil: Use any other oil on hand.

No Quinoa: Use couscous or rice instead and adjust the cooking time as needed.



Edamame & Soba Noodle Salad

4 servings

15 minutes

Ingredients

200 grams Buckwheat Soba Noodles (dry, uncooked)
310 grams Frozen Edamame
30 milliliters Extra Virgin Olive Oil
36 grams Tamari
30 milliliters Rice Vinegar
20 grams Maple Syrup
2 grams Ginger (fresh, minced)
127 grams Matchstick Carrots
8 grams Cilantro (chopped)

Directions

- 1 Cook the soba noodles according to the directions on the package. With two minutes remaining, add the edamame. Drain and rinse with cold water until completely cooled.
- 2 Meanwhile, stir together the olive oil, tamari, rice vinegar, maple syrup, and ginger in a bowl.
- 3 Place the soba noodles and edamame into a large bowl with the carrots. Add the dressing and toss well to combine. Divide into bowls and top with cilantro. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add sriracha to the dressing.

Additional Toppings: Top with sesame seeds or chopped peanuts.



Nectarine

2 servings

2 minutes

Ingredients

2 Nectarine

Directions

- 1 Wash and enjoy!

Notes

Make it a Sweet: Drizzle with a bit of raw honey or maple syrup.



Banana Sushi

2 servings

5 minutes

Ingredients

2 Banana (peeled)
31 grams Almond Butter
20 grams Hemp Seeds

Directions

- 1 Spread almond butter onto banana.
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- 2 Sprinkle hemp seeds over top.
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- 3 Slice and enjoy!

Notes

No Hemp Seeds: Use sunflower seeds instead.



Grapes

2 servings

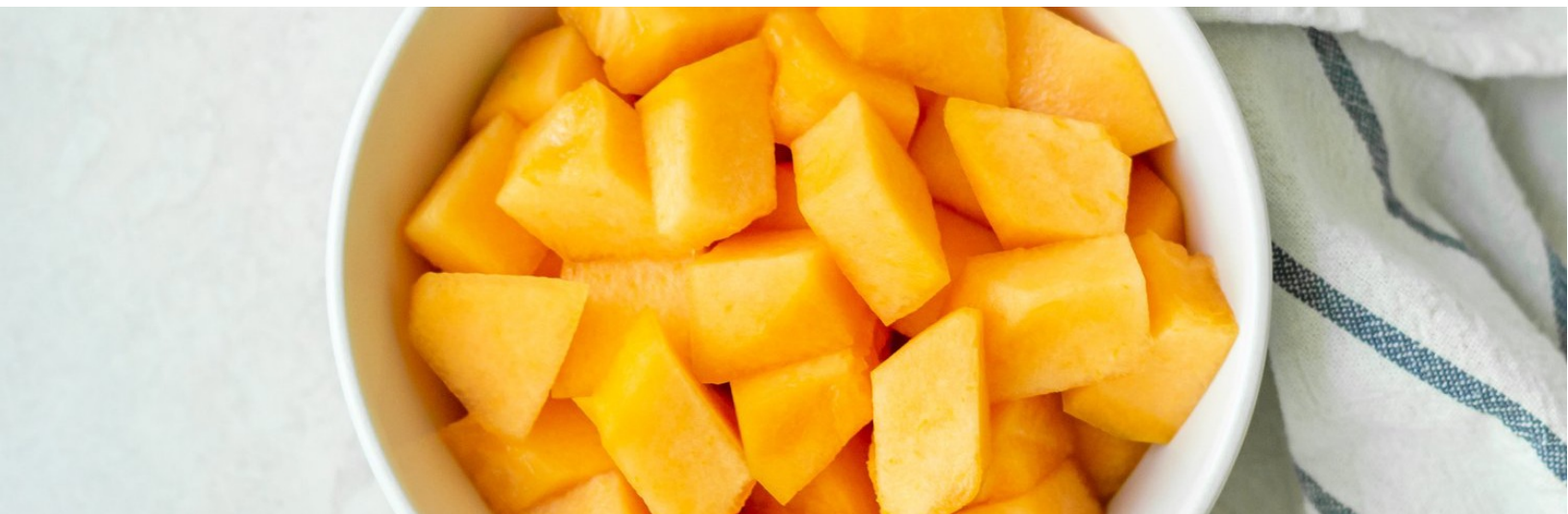
2 minutes

Ingredients

184 grams Grapes

Directions

- 1 Wash grapes, divide into bowls and enjoy!



Cantaloupe

2 servings

5 minutes

Ingredients

1 Cantaloupe (chopped and cubed)

Directions

- 1 Divide into bowls and enjoy!

Notes

Extra Sweetness: Drizzle with a bit of raw honey.



Detox Chia Lemon Water

1 serving

5 minutes

Ingredients

474 milliliters Water
12 grams Chia Seeds
1/4 Lemon (juiced)

Directions

- 1 Stir together all ingredients in a tall glass or mason jar. Let sit for 5 minutes or until chia seeds swell. Enjoy!

Notes

Make it Sweet: Add maple syrup.

Make it Spicy: Add a pinch of cayenne pepper.