

# Sweet Talk

sugar cleanse



Wendy Patrucco

# SWEET TALK SUGAR CLEANSE

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I'm so glad you're here. I want you know that I respect where you've been and where you want to go.

It's not easy to wean yourself off of processed sugars but it will be so worth it. You'll experience sustained energy, gorgeous skin, weight loss, better sleep, improved focus and more! Sounds like a good plan to me.

Some health coaches recommend that their clients go "cold turkey." They'll require that clients throw away the offending foods and sweeteners before starting a sugar cleanse. Sugar withdrawal symptoms can be quite unsettling; headaches, fatigue, and moodiness are the norm.

Rather than ditch the sugar all at once, I'm recommending that you go slowly. Use this time to explore new flavors to nourish and satisfy your body, mind and belly!

All of the recipes here have been thoughtfully collected. The goal is to replenish the nutrients that sugar consumption depletes using fresh whole foods, healthy fats and slow-burning complex carbohydrates.

The recipes are typically enough for two servings, if not more. You'll have leftovers, which I love!

I'm sure you've cultivated a collection of your favorite recipes that honor your goals of healthy living without over-processed sugar consumption. If you do, and you want to share, I'd love to try them!

Let's keep in touch over the next several weeks.

Happy Cleansing!

*Wendy*

# CONTENTS

Basic Protocol.....	5
Sample Menu.....	6
Sample Menu Open Plan.....	7
<b>Breakfast.....</b>	<b>8</b>
Warming Grain Free Cereal.....	8
Lemon Raspberry Chia Pudding.....	8
Shake-a-ccino.....	9
Warm Quinoa Cereal.....	9
Cinnamon Almond Chia Pudding.....	10
Boundless Energy Cereal.....	10
<b>Salads.....</b>	<b>11</b>
Salad with Mustard Vinaigrette.....	11
Cold Soba Salad .....	11
<b>Bowls.....</b>	<b>12</b>
Sweet Potato Mash.....	12
Immune Boosting Ginger Broccoli.....	12
Roasted Asparagus & Sweet Potato.....	13
<b>Soup.....</b>	<b>14</b>
Sweet Potato & Coconut.....	14
Coconut Curry.....	15
Ginger Veggie.....	16
<b>Grains .....</b>	<b>17</b>
Basic Quinoa.....	17
Coconut Quinoa.....	17
<b>Dressings.....</b>	<b>18</b>
Mustard Vinaigrette.....	18
Orange Vinaigrette.....	18
Creamy Tahini.....	19
<b>Drinks.....</b>	<b>20</b>
Lemon Water Elixir.....	20
Cranberry Cleanser.....	20
<b>Sweet Treats.....</b>	<b>21</b>
Where's the sugar?.....	21
Snappy Ginger "Donut Holes" .....	22
Carrot Banana Muffins.....	22

*Know the importance of drinking water*

*Did you know that your body is 70% water?*

*Drinking water flushes out toxins, lubricate joints, improves fat metabolism, helps relieve constipation, improves concentration, focus, energy, skin elasticity, mood, and overall health.*

*Aim to drink water throughout the day and you may notice less sugar cravings.*

*Win. Win. Win!*

Add a little bit of body text

# BASIC PROTOCOL

Every minute your body is making 60 million chemical reactions as it responds to your inner terrain. Your body is looking for balance, and the new buzz word in functional medicine to describe this quest is homeodynamic. We're living in the waves of information the body perceives.

This daily basic protocol honors your homeodynamic self with gentle movement, hydration, and nourishment.

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## WAKE UP:

*brush teeth/scrape tongue  
8-12 oz. water with lemon*

## BREAKFAST:

*Lemon Water Elixir or Collagen  
Shake-a-ccino, Cereal, or Chia Pudding  
Daily Supplements*

## MID-MORNING:

*(one or two hours later)  
Tea or water with lemon  
Snack, if needed*

## LUNCH:

*8-12 oz. water with lemon juice  
Soup &/or Salad &/or Leftovers  
10-15 minute walk*

## MID-AFTERNOON:

*(one to two hours later)  
Tea or Elixir  
Snack, if needed*

## DINNER:

*(Ideally, before 8 pm)  
8-12 oz. water with lemon  
Soup, Salad or Bowl  
10-15 minute gentle movement  
Evening Supplements*

## BEDTIME:

*(Ideally, 10 PM or earlier)  
Tea or elixir  
Snack, if needed  
Journal*

# SAMPLE MENU

Nourish every cell as you curb sugar cravings and give your body, mind and soul some much deserved TLC.

This is just an example of how you can build a menu plan for the week.

Personally, I like knowing what I'm going to eat. Make up a menu for yourself or start with this one and see how it goes!

Day	Breakfast	Lunch	Dinner
1	Warming Grain-Free Breakfast Cereal	Salad with Mustard Vinaigrette	Sweet Potato Mash Bowl
2	Lemon Raspberry Chia Pudding	Sweet Potato & Coconut Soup	Immune Boosting Ginger Broccoli Bowl
3	Shake-a-ccino	Ginger Veggie Sou[	Stir Fry Bowl with Soba Noodles
4	Warm Quinoa Cereal	Sweet Potato & Coconut Soup	Roasted Asparagus with Sweet Potato
5	Warming Grain-Free Breakfast Cereal	Raw Salad with Soba Noodles	Coconut Curry Soup
6	Cinnamon Almond Chia Pudding	Coconut Curry Bowl	Roasted Cauliflower Bowl
7	Boundless Energy Seed Cereal	Ginger Veggie Sou[	Stir Fry Bowl with Soba Noodles

# JUST IN CASE YOU WANT TO CHANGE IT UP!

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Day	Breakfast	Lunch	Dinner
1			
2			
3			
4			
5			
6			
7			

## WARMING GRAIN FREE BREAKFAST CEREAL

### INGREDIENTS

4 tbsp. ground flax  
 4 tbsp. pumpkin seeds  
 8 tbsp. shredded coconut,  
 unsweetened  
 8 tsp. chia seeds  
 2 1/2 tbs. ground cinnamon  
 1/2-1 tsp. of maple syrup or honey  
 1 tbsp. goji berries or raspberries  
 plant-based milk

### PREPARATION

Grind flax seed into a fine meal and set aside. I usually grind about a cup and then just have it stored in the refrigerator for later. Using a hand blender like the magic bullet, a Vitamix dry blade or a food processor, process pumpkin seeds, coconut, chia, cinnamon, sea salt and vanilla until finely ground.

Scoop out about 1/4 of your mixture and place in your cereal bowl. Add hot water to cover along with sweetener, and ground flax.

Top with berries and a drizzle of coconut oil

## LEMON RASPBERRY CHIA PUDDING

### INGREDIENTS

3 tbsp. chia seeds  
 1 tbsp. maple syrup  
 1 tbsp. lemon juice  
 1/2 tbsp. lemon zest  
 2/3 cup of milk or plant-based milk  
 (hazelnut, almond, coconut)  
 1/4 c. raspberries

### PREPARATION

Add chia seeds, syrup, lemon juice and most of the lemon zest into a bowl. Stir to combine and let sit for 10-15 minutes or overnight to thicken up.

When ready to serve, add half of the raspberries to the bottom of a jar or serving bowl. Mash up the berries to make a "jam."

Give the chia pudding a quick stir and add to your serving bowl. Top with raspberries and lemon zest.

## SHAKE-A-CCINO

### INGREDIENTS

1/4 c. full-fat milk or plant-based milk  
8 drops of Wild Orange Essential Oil  
1 tbsp. liquid coconut oil  
1 tbsp. hemp seeds  
1 tsp. maple syrup  
1/2 cup yogurt, Greek-style, plain,  
either full-fat or plant-based

### PREPARATION

Add all ingredients to a mason jar.

Shake to combine and enjoy!

You can experiment with other flavors of essential oils; Lime, MetaPWR Metabolic Blend, Madagascar Vanilla or discover your own!

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## WARM QUINOA CEREAL

### INGREDIENTS

1 c. milk or plant-based milk  
1 c. water  
1 cup quinoa  
1 tbsp. tahini (sesame seed butter)  
1 tbsp. honey or maple syrup  
1 tsp. cinnamon  
slivered almonds or chopped  
hazelnuts (optional)

### PREPARATION

Bring milk and water to a boil. Add quinoa to boiling water. Cover and reduce heat. Simmer for 15-20 minutes.

Once all the water is absorbed and quinoa is light and fluffy, pour in remaining ingredients.

Stir until well mixed. Top with nuts , if you like.

## CINNAMON ALMOND CHIA PUDDING

### INGREDIENTS

1 1/2 c. almond milk  
1/2 c. chia seeds  
1 tbsp. honey or maple syrup  
1 vanilla bean, or dash or vanilla extract or 1 drop of doTERRA Madagascar Vanilla  
1/2 tsp. cinnamon  
pinch of sea salt

### PREPARATION

Whisk all ingredients together in a bowl. Make sure all chia seeds are mixed in well.

Let sit for 10-15 minutes or refrigerate overnight.

Yum!

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## BOUNDLESS ENERGY SEED CEREAL

### INGREDIENTS

1 handful raw pumpkin seeds  
1 handful raw sunflower seeds  
1 handful sesame seeds  
1 tbsp. ground flax seeds  
1 tbsp. coconut flakes, unsweetened  
Strawberries, sliced  
1 tsp. cinnamon  
1 c. milk or plant-based milk  
1 tbsp. maple syrup

### PREPARATION

Combine all ingredients in a cereal bowl.

Easy peezy!

## SALAD WITH MUSTARD VINAIGRETTE

### INGREDIENTS

1 c. leafy greens; dandelion, spinach,  
baby kale, arugula, mixed greens  
1 c. purple cabbage, chopped  
1 large carrot, shredded  
1/2 c. parsley, chopped  
1/2 avocado, sliced  
sprinkle with hemp seeds  
Mustard Vinaigrette - see dressings

### PREPARATION

Assemble the salad. Top with Mustard Vinaigrette and toss well

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## COLD SOBA SALAD WITH CREAMY TAHINI DRESSING

### INGREDIENTS

6 oz. soba noodles  
1 c. leafy greens; dandelion, baby kale,  
arugula, watercress, mixed greens  
1 c. cilantro  
Your choice of thinly sliced veggies;  
cucumber, carrots, watermelon  
radishes, kohlrabi, purple cabbage  
Creamy Tahini Dressing - see dressings

### PREPARATION

Cook the noodles according to package directions. Drain and rinse the noodles under cold water to stop cooking process. Drain again to remove as much water as possible.

Place about 1/3 c. of soba noodles in your bowl. Add Creamy Tahini Dressing. Using tongs, toss noodles until nicely coated with dressing. Arrange sliced veggies.

## SWEET POTATO MASH BOWL

### INGREDIENTS

2 large baked sweet potatoes  
 1/2 tsp. pumpkin pie spice  
 1/2 tbsp. coconut oil  
 2 c. leafy greens; dandelion, baby kale, mixed greens, arugula, romaine  
 1/2 small red onion, chopped  
 1 green apples, chopped  
 1/2 avocado  
 1/2 tbsp. sesame seeds  
 Orange Vinaigrette - see dressings

### PREPARATION

Remove the skin of the baked sweet potatoes. Mash the remaining sweet potato flesh in a mixing bowl with pumpkin pie spice and coconut oil.

Top with mixed greens, chopped apple, chopped onion, avocado, sesame seeds, and orange vinaigrette.

Serve with your choice of protein.

## IMMUNE BOOSTING GINGER BROCCOLI BOWL

### INGREDIENTS

1 tbsp. coconut oil  
 1 large onion, chopped  
 2 large carrots, chopped  
 1 large beet, sliced  
 1 inch piece of ginger, grated  
 2 cloves garlic, minced  
 1 bunch broccoli, chopped  
 1 avocado  
 1 handful pumpkin seeds  
 Orange Vinaigrette

### PREPARATION

Heat coconut oil in saute pan over med. heat. Add onion, carrots and beet. Saute until soft (10 min.). Add ginger, garlic, and broccoli. Add 1/4 c. water and cover to aid cooking process, if needed.

Once the broccoli is bright green, and tender (about 3 min.), remove from heat and serve in bowls.

Top with sliced avocado, pumpkin seeds and Orange Vinaigrette. Serve with protein, if you like.

## ROASTED ASPARAGUS WITH SWEET POTATO BOWL

### INGREDIENTS

2 large sweet potatoes  
1 bunch asparagus  
1 garlic bulb, peeled and separated  
1 large onion, chopped  
1 tbsp. coconut oil  
sea salt & black pepper  
Orange Vinaigrette - see dressings

### PREPARATION

Preheat oven to 400 degrees.

Place 2 sweet potatoes on a baking tray and pierce several times with a fork or knife. Bake for about 30 minutes to 1 hour.

While the sweet potatoes are baking, prepare the remainder of the meal. Trim the bottom 1 inch of the asparagus and discard. Chop remaining asparagus into 1-inch pieces and place in a mixing bowl.

Add garlic cloves and chopped onion.

Massage with coconut oil, sea salt and black pepper. Spread mixture in an even layer on a baking sheet and roast for about 20 minutes, until the veggies are light brown.

Serve veggie mixture over roasted potatoes.  
Top with Orange Vinaigrette

## SWEET POTATO AND COCONUT SOUP

### INGREDIENTS

4 tsp. coconut oil  
1 onion, chopped  
1 garlic clove, crushed  
1 inch piece of ginger, chopped  
1/2 tsp. cinnamon  
1 1/2 lb. sweet potatoes, chopped  
2 carrots, chopped  
sea salt & black pepper  
2 c. veggie stock  
2 c. water  
1 can organic, full-fat coconut milk  
6 tbsp. pumpkin seeds, roasted

### PREPARATION

Heat coconut oil in a soup pot. Add onion and saute for 2 min. Add garlic and ginger. Saute for 2 min. Stir in cinnamon, sweet potatoes and carrots. Add pinch of sea salt and pepper and cook for a minute or so.

Pour in stock and water. Cover and bring to a boil. Turn the heat down to medium and simmer for 20 minutes, or until veggies are soft.

Stir in the coconut milk and bring to a boil before removing from the heat.

Use an immersion blender or carefully transferring the soup to a blender. You may have to do it in two batches. Blend until smooth.

Serve in bowl and top with roasted pumpkin seeds.

## COCONUT CURRY SOUP

### INGREDIENTS

1 tbsp. coconut oil  
 1 small onion, diced  
 4 cloves garlic, minced  
 1 tbsp. grated ginger  
 1 c. broccoli floret  
 1 c. carrots, sliced  
 1/2 c. tomato, chopped  
 1 tbsp. curry powder  
 pinch of cayenne  
 2-3 drops Lemongrass essential oil  
 2-14 oz. cans organic, full fat coconut milk,  
 1 c. veggie stock  
 sea salt & pepper to taste  
 coconut quinoa - see grains  
 For Serving (optional):  
 Fresh lemon or lime wedge  
 Cilantro, chopped

### PREPARATION

Heat a large saucepan to medium heat. Add coconut oil, onion, garlic, ginger, carrot, broccoli and a pinch of sea salt and pepper. Stir. Cook, stirring frequently until softened - about 5 min.

Add curry powder, cayenne, veggie stock, coconut milk and another heavy pinch of sea salt and stir.

Bring to a simmer. Reduce heat slightly and continue cooking for 10-15 min.

Add chopped tomatoes in the last 5 min. of cooking so they don't overcook. Add Lemongrass essential oil. Taste and adjust seasonings as needed.

Serve over coconut quinoa and garnish with fresh lemon and cilantro.

Delish!

## GINGER VEGGIE SOUP

### INGREDIENTS

3 tsp. sesame oil  
1 onion, cut into half moons  
3 garlic cloves, minced  
2 carrots, cut into matchsticks  
1 c. sliced shiitake mushrooms  
4-5 c. veggie stock or water  
1/3 c. tamari  
1 tbsp. grated ginger  
1 c. broccoli florets  
2 c thinly sliced bok choy  
1 c. sliced zucchini

### PREPARATION

Heat oil in a large pot on medium high heat. Add onion and garlic. Saute until soft. Add carrots and mushrooms. Saute a few more minutes.

Next add water or broth, tamari, and ginger. Bring to a boil and simmer, covered, for 10 minutes. Add veggies at the end and simmer for 5 more minutes.

## BASIC QUINOA

### INGREDIENTS

1 c. quinoa  
1 3/4 c. water, veggie broth  
pinch of sea salt

### PREPARATION

Place quinoa in a fine strainer. Rinse quinoa with warm water. Quinoa has a natural saponin coating that repels insects and birds and can be very bitter to taste.

Place rinsed quinoa, liquid, and sea salt in a medium pot.

Cover and bring to a boil. Reduce heat to low and simmer for about 20 minutes or until all of the liquid has been absorbed.

## COCONUT QUINOA

### INGREDIENTS

14 oz. can organic, full-fat coconut milk  
1 c. quinoa  
1/2 c. water

### PREPARATION

Wash quinoa thoroughly in a fine mesh strainer. Add to a medium saucepan over med. heat and toast for 3 minutes. Add coconut milk and water.

Bring to a boil. Reduce heat to simmer. Cover and cook for 15 minutes or until quinoa is light and fluffy and liquid is absorbed.

## MUSTARD VINAIGRETTE

### INGREDIENTS

1/4 c. apple cider vinegar  
1 tbsp. Dijon mustard  
1/3 c. extra virgin olive oil  
1 small clove garlic, minced  
1 lemon, juiced  
sea salt & black pepper to taste

### PREPARATION

Add all ingredients to a small bowl or closed jar.

Whisk with a fork - or shake if using a jar - until well incorporated.

Store in the refrigerator for up to 2 weeks.

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## ORANGE VINAIGRETTE

### INGREDIENTS

Juice of 2 large oranges  
1 garlic clove, minced  
1 tbsp. honey  
1 tbsp. apple cider vinegar  
2 tbsp. extra virgin olive oil  
sea salt & black pepper to taste

### PREPARATION

Add all ingredients to a small bowl or closed jar.

Whisk with a fork - or shake if using a jar - until well incorporated.

Store in the refrigerator for up to 2 weeks.

## CREAMY TAHINI

### INGREDIENTS

1/2 c. tahini, or cashew or almond butter  
1/2" piece of ginger, grated  
3 tbsp. Tamari  
3 tbsp. lemon juice  
1 tsp. toasted sesame oil  
3 tbsp. water

### PREPARATION

In a medium bowl, whisk all ingredients until smooth.

Store in a closed container and add more water to thin to the consistency of Cesar salad dressing, if necessary

## LEMON WATER ELIXIR

### INGREDIENTS

1 c. room temperature water  
1 tbsp. apple cider vinegar  
Juice of 1 lemon  
dash of sea salt  
1 tsp. maple syrup, honey or stevia to taste

### PREPARATION

Drink daily. Please note, if you're feeling nauseous or experience any discomfort after drinking the morning elixir, omit the apple cider vinegar. This reaction can occur when the body releases bacteria and toxins during your sugar cleanse.

Continue to drink the Lemon Water Elixir without the apple cider vinegar or reduce the amount of vinegar to 1/2 tsp. Try that for a few days and then gradually reintroduce the vinegar. If you're still uncomfortable, please just drink the lemon water only.

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## CRANBERRY CLEANSER

### INGREDIENTS

2 tbsp. cranberry juice concentrate  
1 c. room temperature water  
Juice from 1 lemon  
Dash of cinnamon  
1 tsp. honey, maple syrup or stevia to taste.

### PREPARATION

Combine ingredients and enjoy.

I often make this for myself when I'm craving sweets.

You can use pomegranate or cherry concentrate, if you can't find the cranberry juice concentrate.

## WHERE'S THE SUGAR?

It makes sense that we have the desire to eat sweets. Of the five different taste buds in our mouth, we have more "sweet" buds than any others.

The trick is that we don't need to satisfy our cravings and sweet tooth with artificial or processed substances. The more we consume those things, the more out of balance we become and the more health problems we invite.

So, where do we go for the satisfaction?

Mother nature is the answer. Mother nature has provided us with an abundance of sweet foods. Including these foods in your diet will both tame the cravings and satisfy your sweet tooth. Try yams, carrots, parsnips, squashes, beets and even sweet onions. Fresh vegetables as well as fruits are packed with fiber, vitamins, minerals and antioxidants that help to keep your body in balance and functioning at its peak.

Mother Nature's Sweet Treats:

Roast some slices or chunks of root veggies rubbed with coconut oil, salt, and cinnamon

Make a fruit smoothie with banana or strawberries or both!

Sliced green apples or pears with almond butter smear.

Add some goji berries and/or coconut flakes to your GORP for a superfood charge.

Cinnamon is a powerful herb for regulating blood sugar - sprinkle it where you can!

~adapted from the Functional Nutrition Alliance

## SNAPPY GINGER "DONUT HOLES"

### INGREDIENTS

1/4 c. raw almonds  
 1/4 c. pecans  
 2 tbs. raw coconut/palm sugar  
 (optional)  
 slim 1-inch knob fresh ginger, chopped  
 1/4 tsp. cinnamon  
 1/8 tsp. nutmeg  
 pinch sea salt  
 12 pitted raw dates  
 fine coconut flakes, unsweetened

### PREPARATION

Place almonds, pecans, coconut sugar (if using), chopped ginger, cinnamon, nutmeg and salt into a food processor and process until coarsely chopped. Add dates and process until it begins to stick together like dough. Don't over-process. Feel free to taste the mixture to make sure it's to your liking. You can always add more spice!

Line a baking sheet with wax paper. Scoop 1 tablespoon of dough into your hand and form into a ball. (I like to use a mini ice cream scoop for this.). Place on the wax-lined sheet and flatten into a disk. Sprinkle with coconut flakes. Chill in fridge for about one hour.

## CARROT BANANA MUFFINS

### INGREDIENTS

2 c. blanched almond flour  
 2 tsp. baking soda  
 1 tsp. sea salt  
 1 tbs. cinnamon  
 1 c. dates, pitted  
 3 ripe bananas  
 3 eggs  
 1 tsp. apple cider vinegar  
 1/4 c. coconut oil, melted  
 1 1/2 c. carrots, shredded  
 3/4 c. walnuts, finely chopped

### PREPARATION

Preheat oven to 350 degrees. Line a muffin tin with paper liners.

In a small bowl, combine almond flour, baking soda, salt and cinnamon. In a food processor, combine dates, bananas, eggs, vinegar and oil. Transfer mixture to a large bowl.

Blend dry mixture into wet until combined. Fold in carrots and walnuts. Spoon into muffin tins. Bake for 25 minutes.