

Sweet Talk

sugar cleanse - week two



Wendy Patrucco

SWEET TALK SUGAR CLEANSE - WEEK 2

Hi and welcome to the second week of your Sweet Talk Sugar Cleanse!

Every Sunday, I treat myself to a visit to Worden Farms in my new hometown. Worden Farms is an organic farm surrounded by towering bright yellow sunflowers.

I bring my pretty woven basket that a dear friend gave to me and it's never quite big enough for my weekly produce treasures: girly-pink watermelon radishes, plump dark purple eggplants, stubby bright orange carrots and a bouquet of leafy greens. It's a feast for my eyes!

All week long, I'll nourish myself with these simply gorgeous vegetables. I think about the rain, the earth, and the sunlight that bring tiny seeds to life. These veggies are living nutrients that feed every cell of my body.

As we move into our second week of the Sweet Talk Sugar Cleanse, I'll share with you two simple rules that will help you live the beautiful life you deserve.

1. **Focus on eating organic whole foods** as much as possible. These are the most beneficial. Your body gets energy from whole foods. Packaged foods rob you of energy. It takes precious resources to digest foods that have been overly processed. Over consumption of sugar and refined carbohydrates steals levels of magnesium that you will not be able to get back from supplements. Eat real food.
2. **Focus on eating the rainbow.** Design your meals to be colorful and you'll be giving your body the phytonutrients, vitamins and minerals it needs to thrive. You'll feed your microbiome and improve your gut health. Your skin will look amazing.

Happy Cleansing!

Wendy

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I love using spices, herbs and seasonings when I cook. Some, like turmeric and ginger, are anti-inflammatory. Others, like oregano, are antibacterial and antifungal. And many are loaded with phytonutrients, which help our bodies naturally detoxify from everyday toxins. I recommend keeping a range of pantry ingredients, including seasonings and spices, on hand: turmeric, cayenne pepper, thyme, rosemary, chili powder, cumin, sage, oregano, onion powder, cinnamon, coriander, cilantro, paprika, and parsley.

~Dr. Mark Hyman, Functional Medicine Physician

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.

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	Cacao Smoothie	Caesar Salad w/ Chicken Tenders	Asian Noodle Salad
2	Matcha Chia Pudding	Ginger Infused Miso Soup	Warm Detox Salad w/ salmon
3	Dreamy Green Smoothie	Asian Noodle Salad w/ Leftover Salmon	Coconut & Black Bean Soup with Small Salad
4	Matcha-ccino	Coconut & Black Bean Soup	Caesar Salad w/ Chicken Tenders
5	Breakfast Bruschetta	Creamy Greens	Ginger Infused Miso Soup w/ Salad
6	Boundless Energy Seed Cereal	Caesar Salad w/ Chicken Tenders	Veggie Rolls w/ Almond Dipping Sauce
7	Warm Quinoa Cereal	Veggie Rolls w/ Almond Dipping Sauce	Quinoa & Black Bean Salad

JUST IN CASE YOU WANT TO CHANGE IT UP!

Day	Breakfast	Lunch	Dinner
1			
2			
3			
4			
5			
6			
7			

CACAO SMOOTHIE

INGREDIENTS

1 1/2 c. coconut milk
1/2 avocado
1 c. spinach
2 dates, pits removed
2 tbsp. raw organic cacao
1/4 tsp. nutmeg
1 tbsp. hemp seeds or your favorite protein powder
dash cayenne
dash cinnamon

PREPARATION

Add coconut milk to your high-speed blender. Then add all of the other ingredients.

Blend till smooth.

If it's too thick for you, add a little water.

MATCHA CHIA PUDDING

INGREDIENTS

1 c. non dairy milk
1/3 c. chia seeds
1/4 tsp. matcha powder
honey or other sweetener to tast
1 c. fresh berries

PREPARATION

Mix milk, chia seeds, matcha powder and sweetener in a serving bowl. Let sit overnight or at least 15 minutes.

Stir in fresh berries and enjoy!

MATCHA-CCINO

INGREDIENTS

1/4 c. full-fat milk or plant-based milk
1/2 - 1 tsp. Matcha
dash of vanilla extract or 1 drop of
Madagascar Vanilla
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!

DREAMY GREEN SMOOTHIE

INGREDIENTS

3 c. frozen strawberries or peaches
3 c. coconut water or filtered water
3-4 c. loosely chopped greens (kale,
spinach, mixed greens, chard, etc.)
Juice of 1 lemon
Pinch of sea salt
Dash of vanilla extract or 1-2 drops of
Madagascar Vanilla

PREPARATION

Add coconut water or filtered water to your blender first. Then add lemon juice and vanilla. Next, add your greens, frozen fruit and sea salt.

Blend until smooth

BREAKFAST BRUSCHETTA

INGREDIENTS

1 egg, organic, free-range, cage-free
8 cherry tomatoes, cut in halves
1/4 c. basil, finely sliced
Splash of olive oil
1/2 avocado, mashed in a bowl with sea salt and pepper. Set aside.
1 slice of sprouted bread (Food for Life's 7-Sprouted Grains bread)
Pumpkin seeds
Sea salt to taste
Pepper to taste

Recipe by Chef Cynthia Louise

PREPARATION

Fill a pot with water and bring it to a boil. Crack the egg into a small bowl and set aside. Turn off the heat. Place the egg into the water and let it cook. If it is nice and fresh, it will hold together.

When your egg is cooked, scoop it out with slotted spoon and let it drain on a paper towel.

Combine the tomatoes and basil with a splash of olive oil in a bowl. Season with sea salt and pepper.

Scoop the mashed avocado and the tomato mixture on a slice of bread.

Top with poached egg.

Sprinkle with pumpkin seeds.

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

Add all ingredients to a cereal bowl.

Mix well and serve.

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.

ASIAN NOODLE SALAD

INGREDIENTS

1/2 turnip, kohlrabi or rutabaga (omit if you have an iodine deficiency)
 soba noodles, cook per package instructions
 10 shiitake mushrooms, sliced and marinated in 1 tbsp. tamari and 1 tbsp. lemon juice for 20 minutes.
 1 green onion, thinly sliced
 1/2 c shredded carrots
 1/2 celery stalk, thinly sliced
 1/2 c. thinly sliced purple cabbage.

MORE INGREDIENTS

1 tsp. grated ginger
 1 garlic clove, minced
 1 tbsp. apple cider vinegar
 1 tbsp. toasted sesame oil or regular sesame oil
 1/2 tsp. sea salt
 1 tsp. honey
 1/2 tsp. onion powder
 juice of 1/4 of an orange
 1 green onion, thinly sliced

PREPARATION

Spiralize the root vegetable, if using. Cut noodles into 2-3" pieces. Place into a large serving bowl and add cooked soba noodles, marinated mushrooms, green onion, purple cabbage, and celery.

MORE PREPARATION

Mix ingredients together in a small bowl. Add to serving bowl with noodles and veggies.

Mix with your hands and let sit for 20 minutes to let the flavors absorb....if you can wait that long!

Inspired by Andrea Nakamaya

QUINOA & BLACK BEAN SALAD

INGREDIENTS

Prepare 1 c. basic quinoa
 2 tbsp. extra virgin olive oil
 1/4 c. fresh lime juice
 1 tbsp. apple cider vinegar
 1 tbsp. maple syrup (optional)
 1 clove garlic, minced
 1 tsp. cumin
 pinch of cayenne pepper
 1 tsp. sea salt
 1 red bell pepper, seeded & chopped
 1 avocado, cut into chunks
 1/2 red onion, finely chopped
 3 scallions, chopped
 1/2 c. chopped cilantro
 1 can black beans, rinsed & drained

PREPARATION

Make your dressing; stir together olive oil, lime juice, vinegar, maple syrup (if using), garlic, cumin, cayenne, and salt in a bowl and set aside.

In a large serving bowl, add warm quinoa. Mix in the dressing. Add the red peppers, green onions, red onion, and black beans. Toss well to incorporate the dressing into the salad.

Top with avocado and cilantro. Add any clean protein you'd like, if you wish.

It's recommended that you allow the salad to chill before serving for at least an hour. I can never wait that long!

CAESAR SALAD WITH CHICKEN TENDERS

INGREDIENTS

1 tbsp. coconut oil
 2 tbsp. ghee
 1 lb. chicken tenders
 2 tsp. paprika
 sea salt and black pepper
 4 cloves garlic, minced
 1 tsp. Italian seasoning

romaine lettuce or mixed greens
 avocado, chopped
 Caesar Salad Dressing

PREPARATION

Add coconut oil and 1 tbsp. ghee in a skillet over med. heat. Add chicken tenders, season with paprika, sea salt and pepper. Cook for 3 mins. each side. Season as you cook.

Add remaining ghee, and add garlic. Cook for 30 seconds. Try not to burn your garlic!

Add 2 tbsp. water to pan and deglaze. Add warm chicken to your Caesar Salad.

WARM DETOX SALAD

INGREDIENTS

1 large onion, chopped
1 large granny smith apple, chopped
2 cups butternut squash, chopped
1 lb. fresh green beans
2 tbsp. coconut oil
sea salt and pepper to taste
4 c. greens; spinach, mixed greens,
butter lettuce...

Green Tahini Dressing

PREPARATION

Preheat oven to 400 degrees F.

Place apple, butternut squash, and green beans in a large mixing bowl. Coat with coconut oil. season with sea salt and black pepper. Spread on a shallow baking pan and roast for 30-35 minutes until the squash is tender and brown around the edges.

Set aside to cool. Serve over your choice of greens with Green Tahini Dressing.

So nice with salmon, so I'll include a recipe here!

ROASTED SALMON

INGREDIENTS

4 salmon fillets
1 tbsp. coconut oil
1 tsp sea salt
1 tsp. black pepper

PREPARATION

Season salmon with coconut oil, sea salt and pepper.

Place in a shallow pan, skin side up. Roast for about 6 minutes. Remove from the oven and let rest for about 5 minutes before serving.

COCONUT AND BLACK BEAN SOUP

INGREDIENTS

1 tbsp. coconut oil
2 tsp. ground cumin
1 tsp. ground coriander
1/4 tsp. cayenne pepper
2 medium yellow onions, diced
1/2 tsp. sea salt
5 garlic cloves, minced
1 heaping tbsp. grated ginger
2 large sweet potatoes
3 c. vegetable stock or broth
2 15 oz. cans black beans, drained and rinsed
2-3 tbsp. freshly squeezed lime juice
2 handfuls of cilantro, chopped
olive oil for serving

PREPARATION

Heat oil in a large soup pot. Add cumin, coriander and cayenne and cook, stirring constantly until fragrant. About 2 minutes. Add onions and salt. Stir to coat and cook until onions are soft, about 7 minutes.

Add garlic and ginger. Cook for 2 minutes. Add sweet potatoes, broth and coconut milk.

Cover the pot and bring the soup to a boil, then reduce the heat to low and simmer until the potatoes are tender, 10-15 minutes. Add half the black beans and simmer until they have warmed through.

Transfer about half of the soup to a blender and puree until completely smooth. Add the lime juice. Pour the blended soup back into the pot and add the remaining black beans. Season with salt. Garnish with chopped cilantro and a drizzle of olive oil

GINGER INFUSED MISO SOUP

INGREDIENTS

1 tbsp. sesame oil
 4 garlic cloves, minced
 3 shallots, thinly sliced
 4 carrots, cut into matchsticks
 10 shiitake mushrooms, thinly sliced
 8 c. water
 2 tbsp. grated ginger
 2-3 c. broccoli tops
 2 c. sliced cabbage or thinly sliced kale (optional)
 2 tbsp. tamari (optional)
 sliced scallions
 3-4 tbsp. miso depending on how much miso flavor you like.

PREPARATION

Heat oil in a large soup pot. Add shallots and garlic. Saute over medium heat for 3-4 minutes. Add carrots and mushrooms. Saute for another minute. Add water and ginger. Bring to a boil and simmer for 10 minutes. Turn heat off. Add broccoli and cabbage or kael (optional) and return the lid to the pot and let sit for 5 minutes. Add miso, tamari to taste (optional) and sliced scallions. Serve alone or over pre-made soba noodles.

CREAMY GREENS

INGREDIENTS

1 lb. fresh collards, or other greens, roughly chopped
 2 tbsp. ghee or coconut oil
 6 sun-dried tomatoes, sliced
 1 large yellow onion, chopped
 1 c. canned coconut milk, full-fat, organic
 1 tsp. sea salt
 black pepper
 sesame seeds or pumpkin seeds
 optional protein: cubed chicken, sausage or tempeh

PREPARATION

Fill a large pot half-full with water and bring to a boil. Add the chopped greens. Reduce the heat to low and cook for 10 minutes, stirring occasionally. Drain and set aside.

Heat 2 tbsp. of oil or ghee in a large skillet over medium heat. If using protein, add now.

Saute for 5 minutes. Add coconut milk and simmer on low for 10 minutes, stirring occasionally. Taste the greens for tenderness and seasoning. Add salt and pepper. Sprinkle with seeds.

VEGGIE ROLLS WITH ALMOND DIPPING SAUCE

INGREDIENTS

2 tbsp. almond butter
1-inch piece of ginger, grated
juice of 2 limes
1 tbsp. honey
1 tsp. toasted sesame oil
sea salt and black pepper to taste
Romaine or butter lettuce leaves
1 purple cabbage, chopped
1 large carrot, grated
1 sm. cucumber, cut into 1" sticks
1 handful fresh mint leaves
1 bunch cilantro

You could also saute ground chicken.
Remove from pan and add a small amount of dipping sauce to hold the ground chicken together.

PREPARATION

To make the dipping sauce, combine almond butter, ginger, lime juice, honey, sesame oil, sea salt and black pepper in a mixing bowl. Mix well and set aside.

To assemble, place romaine or butter lettuce cups on a serving plate. Fill each leaf with cabbage, carrot, cucumber, mint and cilantro. Roll like a burrito and serve with almond butter dipping sauce.

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.

GREEN TAHINI DRESSING

INGREDIENTS

1 c. tahini
1 c. water
juice of 1 lemon
1 garlic clove
1/2 bunch parsley
sea salt and black pepper to taste

PREPARATION

Combine all ingredients in a high-speed blender. Blend until smooth. Add more water if the dressing is too thick. Store in the refrigerator in an airtight container for up to 2 weeks.

CAESAR SALAD DRESSING

INGREDIENTS

1/2 c. water
1/2 c. olive oil
2 ribs celery
2 tbsp. lemon juice
1 tbsp. apple cider vinegar
3 tbsp. tamari
3 tbsp. miso
2 dates, pitted (optional)
1-2 cloves garlic

PREPARATION

Add ingredients to high-speed blender. Blend until smooth.

Lasts in the refrigerator up to 5 days.

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.

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

SPICED CHOCOLATE ENERGY BARS

sweet treat

INGREDIENTS

1 c. pitted dates
1 c. pumpkin seeds
1/2 c. unsweetened coconut flakes
2 tbsp. raw, organic cacao powder
1/2 tsp. vanilla extract or 1-2 drops of Madagascar Vanilla
1 tsp. cinnamon powder
1 tsp. ginger powder
10-15 drops of Wild Orange essential oil (optional)

Makes about 10 bars

PREPARATION

Combine all ingredients in a high-speed blender or food processor. Blend until mixture forms a ball. Scrape down sides with spatula so that all ingredients are distributed as evenly as possible.

Place parchment paper on a cookie sheet. Scoop the mixture onto the parchment paper. Grease your fingers with coconut oil and press the mixture into about 1/4 inch thickness.

Wrap up the mixture and refrigerate for about 1 hour. Slice the rectangle into 10 bars. Store the bars in an airtight container in the refrigerator

CHIA DOODLE COOKIES

INGREDIENTS

1 c. chia flour (ground chia in coffee grinder or Vitamix dry blade)
1 1/2 c. almond flour
1 tsp. ginger powder
2 tsp. cinnamon
1/2 tsp. sea salt
3/4 c. coconut palm sugar
1 1/2 tsp. baking powder
1/2 c. applesauce
2 tsp. vanilla extract
1/2 c. gently melted coconut oil

Makes 18-20 cookies

PREPARATION

Preheat oven to 350 degrees. Mix dry ingredients, very well, in a bowl and set aside. Place applesauce, melted coconut oil and vanilla in a bowl and whisk together. Add wet ingredients to dry and mix well.

Using a 1 tbsp. measuring spoon, scoop cookie dough onto ungreased baking pan and flatten a bit to form a cookie shape.

Bake for about 15 mins. Cookies should be a little brown on the bottom. Cool completely on a cooling rack before serving.

DIY ENERGY BARS

INGREDIENTS

small amount coconut oil for greasing an 8" square pan.

1/4 c. (gluten-free) oats

1 c. chopped toasted nuts: almonds, walnuts, pecans, peanuts, &/or macadamia nuts

3/4 c. of any of the following ingredients: ground flax seed, sesame seeds, chopped pumpkin or sunflower seeds, ground coconut, hemp seeds or more ground nuts

1 1/2 c. puffed or crisped grain cereal without added sugar: try puffed brown rice or millet, or crispy brown rice puffs which may have added honey

1 c. dried fruit: raisins, dates, prunes, figs, pears, apples or juice-sweetened cranberries. Chop into raisin-sized pieces.

1 tsp. cinnamon

3/4 c. maple syrup or coconut nectar

1/4 c. almond butter or tahini

1 tsp. vanilla or almond extract

1/2 tsp. sea salt

Makes 16 bars.

Recipe by Andrea Nakamaya

PREPARATION

Grease an 8" square baking pan with coconut oil. In a large bowl, combine the oats, nuts, ground seeds, cereal, dried fruit and cinnamon. Set aside.

In a small saucepan over medium-low heat, combine the coconut nectar and nut butter. heat gently and stir until smooth. Turn off heat and add vanilla or almond extract and sea salt.

Pour liquid ingredients over nut and seed mixture and stir until well combined and evenly incorporated. Spread into prepared pan. Using wax or parchment paper, press the mixture tightly into the pan. Take your time doing this and use a bit of force to really press out all the air bubbles and get the mixture as compact as possible.

Refrigerate for several hours or overnight before cutting the bars. These stay well in the refrigerator in an airtight container for up to one week.