

REAL FOOD

Real You

5-DAY WHOLE FOOD CLEANSE

Hello!

Thank you for checking out some of the sample recipes from past Real Food, Real You 5-Day Whole Foods Cleanses. This gives you a chance to both taste how delicious the recipes are and see first-hand how easy they are to make!

I offer my group whole food cleanses 4 times a year. Here's the scoop on upcoming cleanses:

- My Fall cleanse will be October 2019 and New Year cleanse will be January 2020.
- With a whole foods-based cleanse, you'll be eating lots of veggies and fruits, lean proteins and whole grains. Foods that nourish, fill and fuel your body. You won't be hungry, I promise!

When you sign up, you'll get:

- Over 50 super yummy, easy to make recipes to choose from, allowing you to pick and choose which meals suit you and your family best.
- A proven protocol that can help you drop weight, sleep better and have more energy.
- A LIVE group training call with me that takes place before our cleanse, where I'll walk you through what to do and expect and answer any questions you may have.
- BONUS hands-outs and guides to support you through the detox such as an "Eating Out Guide" and "How to Deepen Your Detox Guide".
- Loads of support from me and others in the Real Food, Real You Cleanse community in our members-only Facebook group.
- A post-cleanser LIVE group call on how to continue to focus on real foods after the cleanse.

Have questions on whether a whole foods cleanse is right for you? Contact me at info@dawnlaflin.com. I want to make sure you have all the information you need to make a decision. I look forward to supporting you as you (re)discover the REAL YOU in my 5-Day Whole Foods Cleanse! Ready to sign up today? Click visit [Real Food Real You 5-Day Cleanse](#) for more details and to register.



Dawn Laflin

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5-Day Whole Foods Cleanse Sample Recipes

Protein Pancakes

Serves 1

Ingredients:

- 1 small ripe banana
- 1 egg
- 1 TB almond butter
- Coconut oil for cooking

Directions:

1. Using a fork, mash banana in a medium size bowl, then add egg and almond butter and stir until combined.
2. Heat a medium skillet-over medium high heat. When warm, add coconut oil and swirl to coat skillet. When oil has melted, scoop some of the pancake mix into the pan and cook until set and browned on one side, then flip, cooking and set until browned on the other side, then remove from pan.
3. Serve with a little real maple syrup or fresh fruit.

Chocolate Chia Smoothie

Serves 1

Ingredients:

- 1 small ripe banana
- 1 TB chia seeds, soaked in $\frac{1}{4}$ C water for 10 minutes to create chia gel
- $\frac{2}{3}$ – 1 C almond milk
- $\frac{1}{4}$ tsp cinnamon
- $\frac{1}{4}$ tsp raw honey
- 1 TB raw cacao powder
- 1 large handful spinach, washed and dried

Directions:

1. Place chia seeds in a small bowl and cover with about an inch of water. Allow to gel together for about 10 minutes. Be sure to stir the seeds a few times during soaking to get all seeds activated.
2. Add the remaining ingredients to the blender.
3. When chia seeds have gelled together a little, dump them and their water into the blender. Turn your blender on low and increase speed to incorporate all the ingredients. Blend until smooth, then serve.

Salmon, Arugula and Sweet Potato Salad

Serves 1

Ingredients:

- 1 small sweet potato, scrubbed and cut into small chunks
- ⅓ lb wild salmon fillet, seasoned with salt and pepper
- 2 TB white wine vinegar
- 2 tsp Dijon mustard
- 2 TB olive oil, divided
- ¼ C finely chopped chives (optional)
- 10 oz arugula, washed
- Sea salt and freshly ground pepper

Directions:

1. Heat oven to 450 degrees. Place sweet potatoes on a rimmed baking sheet and toss with 1 TB olive oil. Season with salt and pepper, then roast for 10 minutes, tossing occasionally.
2. After 10 minutes, toss the sweet potatoes again and move to the side of the baking sheet. Place salmon on the other side and roast for 8-10 minutes, until salmon flakes easily. Remove from oven and let cool for 5 minutes.
3. Meanwhile, place vinegar, Dijon mustard and remaining oil in a small bowl and whisk together. Season with sea salt and pepper. Place arugula in bowl and toss to coat with the dressing.
4. Top with salmon and sweet potatoes, then serve.

Chicken with Asparagus and Sun-dried Tomatoes

Serves 2

Ingredients:

- ¾ lb boneless, skinless free-range organic chicken breasts, cut into small chunks
- 1 TB olive oil
- ½ onion, chopped
- 4 garlic cloves, minced
- 1 bunch asparagus, trimmed and cut into 1-inch pieces
- 10 cremini mushrooms, trimmed, wiped and cut into quarters
- 2 TB sun-dried tomatoes in oil, chopped
- Sea salt and freshly ground pepper

Directions:

1. Heat a large skillet over medium-high heat. Add olive oil, chicken and onion to pan and sauté for 5-6 minutes, or until chicken begins to brown.
2. Next, add garlic cloves & mushrooms and cook a few minutes more, tossing occasionally. Add asparagus & sun-dried tomatoes and cook until asparagus is bright green and still crisp, about 3-4 minutes.
3. Crack some freshly ground pepper over the top and serve.

NOTE: Recipes are gluten and dairy free and can be adapted to fit various dietary needs. Proteins can be swapped out. If you are vegan or vegetarian, skip the meat proteins and sub with chickpeas, quinoa, beans, etc.

Have questions? I'd love to chat and help you figure out if the Real Foods, Real You 5-Day Whole Foods Cleanse is right for you. Send me an email at info@dawnlafin.com and I'll get right back to you (be sure to check your spam folder if you don't see a response in your inbox). Enjoy the sample recipes! I hope to help you on your health journey in the near future!

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