

*Darci Frankel's*  
**Serious Cleanse**

**7-Day Meal Plan & Food Guide**

- ✓ Enhance your cleanse!
- ✓ 22 recipes for you to try!
- ✓ Best Bulletproof coffee recipe
- ✓ anti-inflammatory, zero sugar,  
gluten free, and 100% delicious!
- ✓ And More



**SERIOUS CLEANSE**

Transform your life!

# Serious Cleanse Food Guide



## FOOD GUIDE & RECIPES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Breakfast</u> Dream brunch or 2 seven minute eggs & Matcha	<u>Breakfast</u> Overnight Oats & BP Coffee, Bone Broth or??	<u>Breakfast</u> Berry nice smoothie, 2 seven minute eggs, or Matcha or??	<u>Breakfast</u> Yoghurt with raspberries	<u>Breakfast</u> Paleo Banana Bread Recipe or Rosemary Keto bagels	<u>Breakfast</u> Berry nice smoothie, 2 seven minute eggs, or Matcha or??	<u>Breakfast</u> Dream brunch into Breakfast burrito using a coconut tortilla.
<u>Lunch</u> Mason Jar salad	<u>Lunch</u> Curried Chicken with vegetables in coconut tortilla add lettuce, tomato & avocado.	<u>Lunch</u> Mason Jar salad	<u>Lunch</u> Spiced Ground turkey & Cabbage	<u>Lunch</u> Broiled Salmon with broccoli	<u>Lunch</u> Curried Chicken with vegetables in coconut tortilla add lettuce, tomato & avocado.	<u>Lunch</u> Grilled Rosemary Chicken with broccoli & Cauliflower rice
<u>Dinner</u> Curried Chicken with vegetables	<u>Dinner</u> Ground turkey & Cabbage	<u>Dinner</u> Yam Burgers & Veggies	<u>Dinner</u> Grilled Rosemary Chicken with broccoli & Cauliflower rice	<u>Dinner</u> Keep dinner light tonight with Bone Broth	<u>Dinner</u> Grilled Chicken or Bison with Zucchini 'pasta'	<u>Dinner</u> Coconut zucchini & Bison Burgers

These recipes are simple, clean, easy to prepare and healthy. They are deeply nourishing provide protein, healthy oils, and nutrients) and address the broadest array of individual needs. These foods are the most friendly for those who experience food allergies. In fact, we are using this as an elimination diet. They are gluten-free, anti-inflammatory and have zero sugar. Best of all, they are 100% delicious and complement your cleansing program perfectly!

I think of food as medicine and have no judgment around meat-eating, vegetarianism or anything in between. Ayurvedic texts contain many suggestions for different preparations for using various forms of meat as medicine, including nourishing broths. *I realize that each person needs to find what works for them and that should evolve over time.* Make any substitutions you feel inspired to make. Choose what is best suited for your lifestyle and integrate the new information that you see here, whether you are taking the introductory **7-Day Discover Cleansing** or my **Serious Cleanse 30-day Challenge**.

Our food choices should evolve and change according to our needs.

— *Darci Frankel*



I believe our food choices should evolve as we do. After being a vegetarian for about 15-years, I changed my diet to include meat when it was appropriate for me. A visit to a trusted colleague helped me to understand that I needed to change my diet. During that visit, Dr. Alan Christianson offered to test my blood at his medical clinic in Arizona, the immediate results showed that I was protein deficient. My acupuncturist also told me the same thing. I wanted to do what I needed to do to nourish my body, not deplete it, so I eagerly made the positive changes. Then, I later found out that I was allergic to gluten, so I made that lifestyle change. During this cleansing program, I will share tried-and-true recipes, that will help you to up-level your wellness regime.

## Food tips:

- Sounds simple, but *remember to **drink when you are thirsty and eat when you are hungry.***
- You can substitute anything, anytime!
- If you know that you are sensitive to something, please avoid it.
- Caution, **when using xylitol**, please know that some people experience loose stools after a certain amount is consumed in a day (for me, it is 2.5 tablespoons).



## Breakfast Ideas & Drinks

I like to mix up my breakfast meals and alternate between eggs, oats, banana bread, and I often skip breakfast and then fast once a week or so. Sometimes I just have matcha or bulletproof coffee for brekkie. When you are detoxed from sugar, you can 'run well' for hours on healthy fats without feeling hungry or "hangry".

**Get your protein on** first thing in the morning with fun and nutritious choices such as simple hard-boiled eggs, keto scrambled eggs, bone broth, oatmeal, overnight oatmeal, smoothies packed with antioxidant berries, greens and protein powder, or try my gluten-free (GF) Paleo banana bread!

## Here are some of my favorite recipes:

### Darci's breakfast matcha tea

(if I am intermittent fasting, I omit collagen, milk & healthy fats)

- ¾ tsp organic green matcha tea
- 1 tsp Xylitol
- 1 scoop collagen
- 2 tbsp whole organic milk
- Qt Kerr/Ball Jar
- Spring water
- 1 tbsp coconut oil or grass-fed butter

**Instructions:** Warm up water, add ingredients into the jar. Use an immersion blender to mix.

### My favorite bulletproof coffee

- 2 tsp Bulletproof coffee
- 1 tsp xylitol, to taste or tolerance
- 1 scoop collagen
- 2 tbsp whole Organic milk
- Qt Kerr/Ball Jar
- Hot springwater
- 1 tsp- 1 tbsp coconut oil or grass-fed butter
- 2 tsp cacao powder

**Instructions:** Put 2 tsp organic coffee in a French press. Boil water, then add the other ingredients into the jar. Use an immersion blender to mix...Enjoy!

**Note about caffeine and cleansing:** it is best to eliminate coffee altogether when doing a cleanse as caffeine-free body lends itself to a "drama-free" cleanse.

### Apple cider vinegar replenishing electrolyte drink

- Kerr & Ball Jar
- 5-10 drops of stevia to taste
- add minerals
- 1 tbsp ACV
- Squeeze of lime
- Pinch of Himalayan salt

Put together in a large glass and stir, enjoy!



## Overnight oats

- ½ c. almond or coconut milk
- 1/3 c. rolled oats
- ¼ c. chopped nuts • dash of cinnamon
- ½ tsp chia seeds

**Instructions:** Place ingredients in a sealed container/mason jar, give them a good stir. Refrigerate overnight or for at least 5 hours.

## Dream brunch

*Because I dreamt about this. So delish, a great source of protein and good fats.*

### Ingredients:

- 3 eggs per person
- 1 onion
- 1 tomato
- your choice grass-fed cheese
- 1-½ cup spinach
- Pinch of Himalayan salt
- quarter size amount grated ginger
- 1 tbsp coconut oil

**Instructions:** Get all ingredients out and ready. Add coconut oil to a pan, dice the onion and cook down. Then, add diced tomato, cook for 2 minutes. Add spinach and cover until the spinach wilts. After that, scoot the spinach, onion & tomato mix over. Add eggs, salt, and pepper and stir. Cook eggs to desired consistency, then top with cheese to melt, serve and enjoy!

# Serious Cleanse Food Guide



## Darci's bone broth recipe

*You will need a large crock-pot.*

### Ingredients:

- Bones, grass-fed, free-range
- ½ lemon
- 2-3 tomatoes
- 1 tbsp Ginger
- 2 tbsp. Rosemary
- 2 tbsp per day of Apple cider vinegar (ACV)
- 1 bunch of celery
- 1 large onion
- 2 tsp. Black peppercorns

**Instructions:** Let the bones soak in water with 2 tbsp apple cider vinegar for 4-6 hours. Then pour out the water and transfer the bones and all the veggies to your crock-pot, add water to cover. Cook on medium heat for 24-48 hours, add more water and 2 tbsp. ACV each day. When it is finished, strain, you can use the veggies in a puree. Put in Ball jars, add Himalayan salt & enjoy!

## Berry nice smoothie

*Makes 1 serving*

*You'll need: blender, measuring cups and spoons*

### Ingredients:

- 1 cup spinach or baby kale
- 1 serving vanilla protein powder
- 1 cup fresh or frozen mixed berries
- 1 cup unsweetened almond or coconut milk
- (optional) 1 banana or ½ cup fresh coconut meat

**Instructions:** If the fruit was frozen, take it out of the fridge to take the chill off it. Remember, cold constricts the channels. Add the kale and almond milk to a blender and blend until smooth. Then add your berries & protein powder and blend until smooth.



## Breakfast yogurt with raspberries

- 1 cup Plain Organic Greek yogurt
- 5-7 drops of stevia
- Cinnamon
- Walnuts or cashews

## Rosemary keto bagels (GF/Paleo)

This recipe is anti-inflammatory & full of fiber!  
Makes 4 bagels

### Ingredients:

- 1 ½ cups almond flour
- ¾ tsp xanthan gum
- 3 tablespoons psyllium powder
- 3 egg whites
- 1 tablespoon rosemary, chopped
- ¾ tsp of baking soda
- ¼ tsp salt
- 1 whole egg
- ½ cup water
- Avocado oil

**Instructions:** Preheat oven to 250F. Mix almond flour, xanthan gum, baking soda, and salt together in a bowl. In a separate bowl, whisk eggs and warm water together. Stir in psyllium husk until there are no clumps. Add liquid ingredients to dry ingredients. Coat the bagel mold with avocado oil. Press dough into mold or form into bagel size. Sprinkle rosemary on top, then bake for 45 minutes. Remove and cool for 15 minutes before slicing.



## Paleo banana bread

When I started making this, I fell in love and I'd have it every day with my matcha or bulletproof coffee! It is nutritious, gluten-free, but you'd never know it, has great protein, healthy fats, and it's anti-inflammatory. What's not to love!

### Ingredients:

- 4 yellow bananas, choose your ripeness.
- 1/2 cup almond or cashew, macadamia nut butter, etc. I like cashew butter
- 4 tablespoons melted grass-fed butter, or coconut oil
- 1/2 cup coconut flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- pinch of sea salt
- 4 eggs
- 1 tablespoon cinnamon
- 1 OG teaspoon vanilla

### Instructions:

Preheat your oven to 350

- Combine your wet ingredients, bananas, eggs, and nut butter, and grass-fed butter in a Blendtec, blender, food processor, or mixing bowl and mix well, I use an immersion blender.
- Then add coconut flour, cinnamon, baking soda, baking powder, vanilla, and sea salt and mix well.
- After that, grease a 9x5 glass loaf pan with a fat of your choice (I used grass-fed butter). If you use a metal pan, it will probably bake in 45 minutes.
- Pour your batter in and spread evenly, then place in your preheated oven and bake for 55-60 minutes or until a toothpick inserted into the center comes out clean.
- Remove from oven and flip your bread out onto a cooling rack.
- Slice and enjoy!

## Curried chicken with vegetables

This meal is anti-inflammatory, a good source of healthy oils, lots of fiber, and nutrients in the vegetables.

### Ingredients:

- 2 organic chicken breasts
- 2 tbsp coconut flakes
- 1 tbsp coconut oil
- 1 tbsp coconut cream
- 1/2 tsp curry powder
- 1/2 tsp turmeric powder
- 1/2 tsp cumin powder
- 1 tbsp ground yellow flax seed
- Salt & Pepper to taste
- pinch or two cayenne powder
- 1 clove garlic

**Instructions:** Brine chicken in 3 cups water & 1 tsp salt, for 20-30 mins, then wash and pat dry, cut into bite size cubes. Put coconut oil in a pan on low (we do our best to avoid heating oils at high temperatures.) Add chicken, then spices, salt & pepper, coconut flakes & cream and cook on medium for 10 minutes, then cover and turn to low for 5 more minutes.

## Yummy mixed vegetables

This meal is anti-inflammatory, a good source of healthy oils, lots of fiber, and nutrients in the vegetables.

### Ingredients:

- 1 head broccoli, or ½ head each cauliflower & broccoli
- 3-4 stalks celery
- ½ bunch kale
- 3-4 zucchini
- ½ white cabbage

**Instructions:** Clean and chop veggies, put the harder vegetables in the pan to cook first, then add the softer veggies after about 7-10 minutes, turn it, then add zucchini. Cook till desired. Makes about 4 servings. Serve warm, then add a tsp of coco oil to veggies, and top with chicken if you'd like.

## Darci's chicken & kale

I met a man once, his name was Kale. I said, "big fan, BIG fan!"

This simple and delicious recipe is perfect for an elimination diet. I ate chicken and kale for about 6 months when I was detoxing my body of gluten and going gluten-free.

### Ingredients:

- 2 organic chicken breasts
- 2 tsp coconut flakes
- 1 tbsp coconut oil
- 1 tbsp coconut cream
- ½ tsp curry powder
- ½ tsp turmeric powder
- ½ tsp cumin powder
- 1 tbsp ground yellow flax seed
- Salt & Pepper to taste
- pinch or two cayenne powder
- 1 clove garlic
- 1 bunch of lacinato kale
- 1 chicken breast
- Lime
- 2 tbsp coco oil

**Instructions:** Use cooked chicken from the following recipe. Clean and chop lacinato kale, place in your iron skillet with a little water, cover and let it steam in the water. When it is finished, drain and put in a bowl, add coconut oil first and toss, then squeeze your lime in and toss again. Put your chicken in a bed of kale.

\* I coat it the kale with coco oil first because, if you use lime first, it turns brown. This is best fresh. If you are planning on using the kale for the next day, add lime before you eat. Enjoy!

## Shredded chicken

Makes 5+ meals An all-time time-saver!

- 6-8 large breasts
- 1 medium onion
- Salt, pepper, herbs of choice, I like rosemary.
- 3-4 cloves of garlic
- 1/2 cup chicken stock/broth (I use my own from the pressure cooker chicken below)

### Instructions:

1. Preheat oven to 350, slice the onion and spread into a 9x13 glass pan, then add chicken, salt, pepper, herbs, and broth.
2. Cover with another 9x13 pan or stainless cookie sheet (remember to avoid aluminum foil)
3. Bake for 60-90 minutes timing depends on the size of your chicken breasts.
4. Chicken is cooked when juices are clear (NOT pink).
5. Remove from the oven and use a large fork to shred into smaller pieces.
6. Store in a glass container up to 5 days.

## Mason jar salad

This meal is anti-inflammatory, a good source of healthy oils, lots of fiber, and nutrients in the vegetables.

### Ingredients:

- Plain chicken, curry chicken (see above )or garbanzo beans or both
- diced tomato • a few olives • micro-greens
- Other salad greens, or spinach • sprouts

### Dressing (on the bottom)

- 1 tsp ACV (apple cider vinegar) • 2 tsp coconut oil
- Salt n pepper to taste.

**Instructions:** The idea is to have a layered meal in a jar! It saves for 2-4 days and is so convenient! This meal is anti-inflammatory, a good source of healthy oils, lots of fiber, and nutrients. Add ingredients in this order, from bottom to top. Just make sure your salad greens are dried (after washing).



## Spiced ground turkey & cabbage

This is a simple and delicious meal and it keeps well. Make 4-5 servings

### Ingredients:

- 1 package of Organic ground turkey
- 1 large head of cabbage
- 1 inch of fresh ginger
- 1 onion                      1-2 cloves garlic                      • 1 tsp of cumin

**Instructions:** Cook onion in some coco oil until they are translucent, add garlic and grated ginger (i use the small grated for ginger and garlic). Move the onions to one side of the pan and place turkey. Salt, pepper, then cover the turkey with the onion mix, and a lid cook on medium for 10 mins, then break up and stir, cook 5-10 minutes more until done. In another pan (I use my large Iron skillet) place some water and your cut cabbage. I salt it while it's cooking. Cover with a lid. You can even do your ab exercises while it cooks.

## Coconut zucchini

This is one of my favorite veggie staples with any other protein. I sometimes double or triple the recipe so I can enjoy it a few times a week. It is also a great dish for a potluck! Cooling, anti-inflammatory, a good source of healthy oils and fiber.

### Ingredients:

- 3-4 medium zucchini
- 1 tbsp coconut flakes
- pinch or two salt n pepper
- 1 tbsp coconut oil
- 1 tbsp coconut cream
- garnish with cilantro

**Instructions:** Cut zucchini into quarters and cook in a little water. When almost finished, transfer into a bowl and drain any water. Add coconut flakes first, then the rest of the ingredients and stir well.

## Grilled rosemary chicken with broccoli & cauliflower rice

This meal is super clean, light but substantial enough, anti-inflammatory, a good source of healthy oils, lots of fiber, and nutrients in the vegetables.

### Ingredients:

- 2 organic chicken breasts
- 1 cup cauliflower 'rice'
- 1 head broccoli
- Salt and pepper to taste

### Instructions:

Brine chicken in 3 cups water & 1 tsp salt, for 20-30 mins. Then cook the chicken, we grill it on low for 20-25 minutes and it comes out so tender. Clean, cut then cook broccoli, just before it is finished, I add the cauliflower rice, turn off the heat and cover. Add salt and pepper to taste

## Yam burgers

These are amazing! The yams will be the 'bun'

### Ingredients:

- 2-3 sweet potatoes or yams
- 1 package grass-fed beef or bison
- Tomato, avocado, lettuce.

**Instructions:** Cook 4.5-5 oz size burgers salt, pepper to taste. Slice yams at an angle and thickness. Keep the slices thin enough to be able to fit in your mouth, yet thick enough to hold the burger together. Cook yams in some water, not too soft, not too hard...just right I make some veggies with this. I make veggies with everything! Build your burger, and enjoy!



## Broiled salmon with broccoli

This meal is super clean, light but substantial enough, anti-inflammatory, a great source of healthy oils, lots of fiber and nutrients in the vegetables.

### Ingredients:

- 2 fillets wild Alaskan salmon
- Salt & Pepper to taste
- 1 head broccoli
- ½ lemon
- 1 tbsp grass-fed butter or ½ tbsp butter ½ coco oil is nice too.

**Instructions:** Broil salmon until cooked. Clean, cut then cook broccoli, when it is cooked, drain any excess water and put in a bowl, add butter, coat the broccoli in oil first and add lemon then salt & pepper to taste

## Zucchini 'pasta' with meat sauce

This meal is super clean, light but substantial enough, anti-inflammatory, a great source of healthy oils, lots of fiber and nutrients in the vegetables.

### Ingredients:

- 2 chicken breasts or thighs
- Salt & Pepper to taste
- 1 onion
- 4-5 large zucchini
- Ground Bison
- ½ tsp cumin
- 1 tbsp grass-fed butter or ½ tbsp butter ½ coco oil is nice too.

**Instructions:** Add coconut oil to a pan, dice the onion and cook down. Then add ground bison, cumin and salt & pepper and cook. "Spiralize" the zucchini and put in a pan to cook with a little water. Cook, take off the heat before it is finished, drain, serve, and enjoy!

## Quick & easy pressure cooker (or crock-pot) chicken ever!

Do you have a pressure cooker or a crock-pot? I have both and love to use them!

Do you have a pressure cooker or a crock-pot? I have both and love to use them!

*In this quick recipe, we will make a whole chicken:*

1. Slice the onion, then put the slices at the bottom of the crock-pot or pressure cooker.
2. Clean then lay the chicken whole breast side down, then add salt and pepper, I also add rosemary and thyme.
3. In the pressure cooker, add 2-3 cups of water and cook on full pressure for 20-30 minutes.
4. When it is finished, enjoy with a side of veggies or salad!

**Instructions:** For the crock-pot, you do not need to add any water; it makes a tender, juicy whole chicken! Cook for 4 hours on the high setting.

For both pressure cooker and crock-pot. After you are finished eating the chicken, you can take the bones, add more onions, celery, half-gallon water, a splash of apple cider vinegar and make broth!

---

## Shopping Tips

1. Do your best to shop after a meal, shopping when you are hungry can lead to impulse buys.
2. Your goal is everything organic, grass-fed/finished.
3. Focus on shopping at farmer's markets and while you are there, get to know your farmers.
4. If you are not sure about something, best to let it go for now.
5. Avoid cans, and use glass especially for tomato products, or better yet, make your own!
6. Sometimes buying food online can be less expensive and less of a temptation.



## Shopping List

Here's what you need for these recipes and other options for you too. Remember, everything organic, avoid cans (use glass especially for tomato products)

---

### Grains

Coconut tortillas (6-inch size)  
Organic gluten-free Bob's red mill oatmeal

### Dairy & Eggs

free-range grass-fed eggs  
Plain Organic Greek yogurt  
grass-fed butter

---

### Healthy Snacks:

Macadamia nuts  
Cashews  
Walnuts  
Dulse

### Other:

Ground flaxseed  
Hemp seeds  
Organic Matcha

### Pantry Staples

Black pepper  
Himalayan salt  
Yellow mustard  
Cinnamon  
Curry powder  
Powdered Turmeric OG  
Glass jar tomato sauce  
Cacao powder  
Stevia drops Erythritol or Xylitol (I buy 5-pound bags of Xylitol from Amazon)

# Serious Cleanse Food Guide

## Healthy Oils & Fats

Coconut oil  
Coconut cream  
Coconut Flakes  
Avocado oil  
Cocoa butter  
Ghee grass-fed butter  
Eggs (yolks)  
Meat fat (grass-fed beef & lamb)  
Krill oil  
Bone Marrow  
MCT oil  
Macadamia oil  
Virgin olive oil  
Bacon fat from organic nitrite & sugar-free bacon  
Almond butter  
Hazelnut butter  
Walnut butter  
Cashew butter  
Soy lecithin

## Fresh Veggies

Asparagus  
Artichokes  
Avocado  
Celery  
Lettuce  
Broccoli  
Brussell sprouts  
Fennell  
Carrots  
Cucumber  
Bok choy  
Zucchini  
Cauliflower Rice  
Yams  
Cabbage  
green beans  
Spinach  
Summer squash  
Tomatoes  
Lemon  
Garlic  
Leeks

## The Dirty Dozen & The Clean 15

These two lists are absolutely indispensable when it comes to choosing what's best for you and your family! The "Dirty Dozen" is a comprehensive list of the worst foods to consume conventionally. They are the most pesticide-contaminated foods. In other words, you ALWAYS want **the organic version of these foods!**

Conversely, the "Clean 15" list are the foods that don't necessarily need to be in their organic version. Because they either don't spray these foods or they have an outer layer or the farming methods are just cleaner in general.

### The Dirty Dozen

1. **Strawberries**, *One strawberry sample contained 22 pesticide residues.*
2. **Spinach**, *97 percent of conventional spinach samples contained pesticide residues. High concentrations of permethrin, a neurotoxic insecticide.*
3. **Nectarines**
4. **Apples**
5. **Peaches**
6. **Pears**
7. **Cherries**
8. **Grapes**
9. **Celery**
10. **Tomatoes**
11. **Sweet Bell Peppers**
12. **Potatoes**, *Conventional potatoes had more pesticide residues by weight than any other crop. One pesticide, in particular, chlorpropham, makes up the bulk of pesticides detected on potatoes.*

### The "Clean 15"

*These are ok to buy conventional (not organic)*

Asparagus	Mango
Avocado	Eggplant
Sweet Corn	Honeydew
Pineapples	Melon
Cabbage	Kiwi
Onions	Cantaloupe
Sweet peas	Cauliflower
Papaya	Broccoli