

Flor•Essence®

GENTLE, DAILY CLEANSE

7 DAY MEAL PLAN



FOODS TO EAT*

- **Fresh fruit**
(apples, apricots, berries, pears, peaches, plums, oranges)
- **Beans**
(adzuki beans, red beans, kidney beans, white beans)
- **Nuts and nut butters**
(Brazil, almonds, cashews, walnuts, pecans, pistachios)
- **Seeds**
(chia, flax, sunflower, pumpkin, sesame, poppy, hemp)
- **Fresh vegetables** - the greener the better! (kale, spinach, lettuce, broccoli, arugula, etc.)
- **Whole grains/seeds**
(oats, quinoa, brown rice, amaranth, kamut, buckwheat, spelt)
- **Squash**
- **Sweet potatoes**
- **Yams**
- **Lemons and limes**
- **Avocado**
- **Organic meats**
(chicken, turkey, grass fed beef)
Any kind of wild fish
(salmon, halibut, tuna, etc.)
- **100% whole grain bread**
- **100% whole grain wraps**
- **Garlic**
- **Onions**
- **Eggs**
- **Plain organic yogurt**
- **Hummus**
- **Organic dairy**
- **Organic dairy alternatives** - unsweetened (almond, cashew, hazelnut milk)

FOODS TO HAVE IN MODERATION

- Coffee
- Tea
- Dried fruit

FOODS TO AVOID

- ✗ Refined flours and grains
- ✗ Refined sugars and sweeteners
- ✗ Concentrated fruit juices
- ✗ Alcohol
- ✗ Processed meats

WATER

Drinking water is always recommended. During the Flor•Essence® 7 Day Cleanse drink at least 8 glasses of water a day.

* Choosing organic and non-GMO produce and meat whenever possible is highly encouraged during the Flor•Essence® 7 Day Cleanse program.

7 DAY MEAL PLAN

	Day 1	Day 2	Day 3
BREAKFAST	Overnight Oats (see recipe)	2 scrambled eggs with onions and spinach	Chocolate Smoothie (see recipe)
MORNING SNACK	A handful of raw almonds and a small apple	Organic plain yogurt and berries sprinkled with raw organic sunflower seeds	A handful of raw cashews and a pear
LUNCH	Whole grain sandwich with organic chicken	Whole grain wrap with shredded organic chicken and avocado	Quinoa with Corn and Peppers (see recipe)
AFTERNOON SNACK	Hummus and vegetables	2 No-Bake Energy Bites (see recipe)	2 No-Bake Energy Bites
DINNER	Wild Salmon with Roasted Vegetables and Brown Rice (see recipe)	Kale Salad with Grass-Fed Beef (see recipe)	Turkey wrap with vegetables

Day 4	Day 5	Day 6	Day 7
Whole grain cereal with cashew milk	Oatmeal with fresh fruit	2 soft boiled eggs with whole grain English muffin	Plain yogurt with fruit of your choice
Plain Greek yogurt with an apple and raw pumpkin seeds	Whole grain toast with almond butter	Banana and 1 tbsp. almond butter	Whole grain toast with almond butter
Organic tomato soup with whole grain crackers	Butternut Squash Soup (see recipe)	Turkey wrap with vegetables	Chicken wrap with vegetables
Hummus and vegetables	1 Raw Seed Bar (see recipe)	Hummus and whole grain crackers	1 Raw Seed Bar
Quinoa salad (left overs)	Salmon wrap with vegetables	Butternut Squash Soup (leftovers) with 1/2 cup cooked brown rice	Kale Salad and Wild Salmon (see recipe)

NOTES



Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

OVERNIGHT OATS



1 SERVING

Ingredients:

- ¼ cup unsweetened plain almond milk
- ¼ cup organic plain Greek yogurt (1% or higher)
- 1 tsp. chia seeds
- 1 tbsp. organic almond butter
- ½ cup rolled oats

Optional Toppings:

- Sliced apples, banana, pears, berries, coconut flakes, nuts

In a [mason jar](#) or small bowl add almond milk, Greek yogurt, chia seeds, and almond butter and stir with a spoon to combine.

Add oats and stir a few more times, then press down with a spoon to ensure all of the oats have been covered in the liquid.

Cover with a lid and set in the refrigerator overnight (or for at least 6 hours).

Add optional toppings in the morning, or enjoy as is!





Healthy Recipe



Helpful Tip

Overnight oats will keep in the refrigerator for up to 2 days, which make them great for those busy mornings as a healthy grab-and-go breakfast.

WILD SALMON WITH STIR-FRIED VEGETABLES

4 SERVINGS

Ingredients:

- 2 onions
- 4 cloves garlic
- 4 carrots
- 2 large zucchini
- 1 large sweet red pepper
- 2 tbsp. Flora Sacha Inchi Oil
- 4 (6 oz.) wild salmon fillets

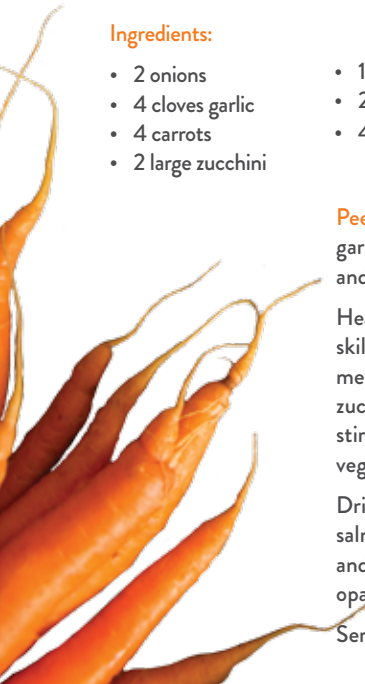


Peel onions; cut each in half lengthwise. Dice garlic, chop carrots, zucchini, and red pepper and cut into chunks.

Heat oven to 400 °F. Meanwhile, in a large skillet add 1 tbsp. Flora Sacha Inchi Oil over medium heat. Add onions, garlic, carrots, zucchini, red pepper, and salt and pepper. Cook, stirring often, for about 15 minutes or until vegetables are softened. Remove from heat.

Drizzle remaining Sacha Inchi Oil over the wild salmon fillets, and place skin down in the oven and bake for 8-10 minutes or until fish is opaque and flakes easily with a fork.

Serve salmon over top of the vegetables.



Healthy Recipe



NO-BAKE ENERGY BITES

MAKES 20 BITES

Ingredients:

- 1 cup crispy brown rice cereal (no sugar added)
- ½ cup dried unsweetened coconut, + extra for rolling
- ½ cup gluten-free oats, coarsely ground in food processor
- ¼ cup almond butter, preferably raw
- ¼ cup hemp hearts
- ¼ cup maple syrup
- 1 tbsp. Udo's Choice Green Blend
- 1 tsp. Flora Flax Oil
- 1 tsp. dark cocoa powder
- A pinch sea salt

In a bowl, mix the brown rice cereal, hemp hearts, coconut, oats, and salt.

In another bowl combine the almond butter, maple syrup, U.C. Green Blend, Flora Flax Oil, and cocoa powder.

Combine the wet and dry ingredients to thoroughly combine.

Take a golf ball size of the mixture and squeeze it into a ball, then roll in the extra coconut, and continue until all of the mixture is used up.





Healthy Recipe



A top-down view of several round energy balls on a dark wooden surface. Some are coated in cocoa powder, while others are coated in shredded coconut. They are arranged on pieces of light brown parchment paper. A pair of tweezers is visible on the left side of the frame.

Helpful Tip

Store in the freezer for an easy snack, anytime.

KALE SALAD WITH GRASS-FED BEEF

4 SERVINGS

Ingredients:

- ¼ cup Flora Sacha Inchi Oil
- ¼ cup Olive Oil + 1 tbsp. for cooking the steaks
- ½ cup balsamic vinegar
- 2 garlic cloves pressed
- 2 bunches kale—stems removed and discarded, leaves torn into bite-sized pieces
- 4 (4 oz.) grass-fed beef steaks

Pour Flora Sacha Inchi Oil, ¼ cup Olive Oil, balsamic vinegar, and garlic cloves into a mason jar and shake until uniform.

Put kale into a large mixing bowl, pour the dressing over the kale, and mix together by hand to coat kale, massaging dressing into the leaves to soften.

Add olive oil to a skillet over high heat and cook each steak to your preference. Serve steak with salad and enjoy.

Option: serve with wild salmon fillets instead of beef. Rinse and pat dry salmon, drizzle with olive oil, salt and pepper, and bake at 375°F for 10-12 min.





Healthy Recipe

Helpful Tip

Salad dressing can be kept in the refrigerator for up to 3 weeks.

CHOCOLATE SMOOTHIE

1 SERVING

Ingredients:

- 1 scoop chocolate protein powder of your choice
- 1 tbsp. almond butter
- 1 cup coconut milk
- ½ frozen banana
- 4 ice cubes

Add all of the ingredients to a blender and enjoy!



Healthy Recipe



QUINOA WITH CORN AND PEPPERS

4 SERVINGS

Ingredients:

- 1 cup quinoa
- 1½ cups frozen white corn
- 1½ cups water
- 1 vegetable bouillon cube
- 1 tbsp. coconut oil
- 1 large onion, diced
- 1 red pepper, diced
- 1 green pepper, diced
- 1 yellow pepper, diced
- 1 orange pepper, diced
- ¼ cup Olive Oil
- 2 tbsp. chopped parsley (optional)

Rinse the quinoa and place in a small pot with the corn, water, and the bouillon cube. Bring to a boil over high heat. Reduce the heat to the lowest setting, cover the pot, and cook for 15 minutes.

While the quinoa is cooking, heat the coconut oil in a large pot and add the onion. Cook and stir the onion for about 5 minutes, until softened.

Add the peppers and cook and stir until soft, another 10 minutes.

Add the cooked quinoa and corn and combine well.

Remove from the heat and stir in the Olive Oil and half the parsley, if desired.

Divide among 4 plates and garnish with the remaining parsley. Serve at once.



Healthy Recipe





BUTTERNUT SQUASH SOUP

8 SERVINGS

Ingredients:

- 1 large butternut squash
- 1 medium yellow onion, diced
- 4 cloves garlic, diced
- 4 carrots, diced
- 2 pieces of celery, diced
- 2 ½ cups low-sodium vegetable or chicken broth
- 8 cups water
- 2 tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- ⅓ cup coconut milk
- ½ cup pumpkin seeds, for garnish

Preheat the oven to 350 °F.

Poke holes in the squash with a sharp knife and roast in the oven for 30-45 minutes until it is easy to puncture through the skin.

While the squash is in the oven, over medium heat with a large pot, sauté the onion until transparent, then add the garlic, sautéing for another 2-3 minutes. Add the carrots, celery, chicken broth, water, salt and pepper, and simmer on medium heat until vegetables are softened.

Remove the squash from the oven, remove seeds, and cut into large pieces and add to simmering soup pot. Simmer for another 20 minutes.

Blend all of the ingredients together, until smooth. Add coconut milk and garnish with pumpkin seeds.



Healthy Recipe



NO SUGAR RAW SEED BARS

MAKES 9 BARS

Ingredients:

- 1/3 cup pumpkin seeds
- 1/3 cup sunflower seeds
- 1/3 cup dried coconut
- 1/3 cup sesame seeds
- 1 mashed banana
- 3 dates
- 3 chopped apricots
- 1 tbsp. Flora Sacha Inchi Oil
- 1 tsp. Udo's Choice Green Blend

Pulse **pumpkin** and sunflower seeds in a blender.

Remove and place in a small bowl.

Blend banana and dates in a blender until smooth.

Add pulsed seeds and all remaining ingredients to the bowl and mix together.

Shape mixture into small bars. Place the bars on a parchment paper-lined plate and stick in the freezer. Enjoy frozen!



Healthy Recipe



