



## 3 Day Detox

Taking a load off your body for just one day can make a big difference in how you feel!

*Hi, I'm Leah Putnam,*



I've been coaching and training people for over 30 years in the movement and healing arts. I care deeply about you and I'm committed to you getting results. I want you to discover how to live an incredible life of wellness beyond what you have ever imagined, just like I doing.

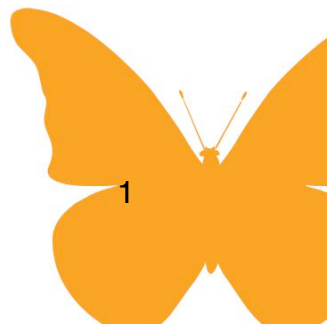
Through my programs, products and video you'll learn evidence based wisdom on how to quit making cancer (if that is what you are up against) or just how to live a life of amazing health, energy, clarity, vibrancy, happiness, joy and wholeness.

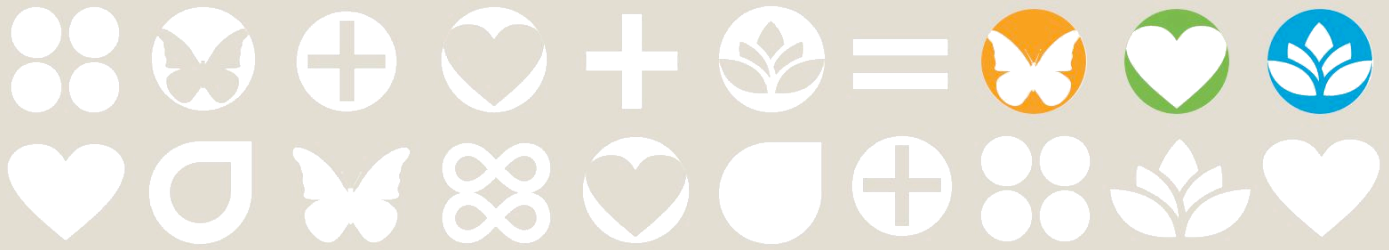
Believe me when I started on this journey my focus was on getting rid of the cancer, but to my surprise I have never felt better in my life, and it gets better and better each day!

I certainly don't have all the answers. But you should know that I'm a seeker of knowledge and have an insatiable thirst for learning. I'm the person who sits at the feet at all the great teachers in the world.

My promise to you as a part of my community is to bring you the very best of the best of what I'm living and learning, keeping it real and honest as I go.

*Are you ready? Keep on reading for your full 3 Day Detox Meal-plan and Recipes!*





## 3 Day Detox

### *What a Detox Day May Look Like*

Start your day off right by drinking a big glass of water (12 - 16 oz.) upon waking in the morning. There is a tendency to be a bit dehydrated when you awaken from your slumber and swigging down water first thing in the morning is a good way to start to rehydrate all the cells in your body.

Not only will your cells be happy but your digestive system will be extremely grateful for this gesture. Dehydration can be one of the causes of constipation. Your daily morning gulp will help to get things moving and flowing smoothly.

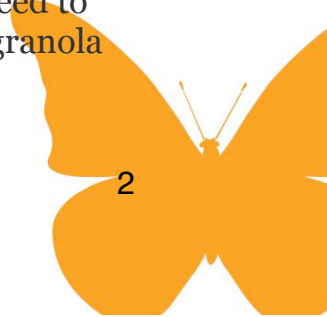
Before showering you may want to give your skin a brush up with a dry brush to stimulate toxic exfoliation from the largest eliminating organ of your body... your skin.

Continue to hydrate all the cells in you body with a warm cup of lemon water and a pinch of cayenne. Lemon is a powerful antibacterial, antiviral and immune boosting agent and the alkalizing effect of lemon aids in flooding your cells with life giving oxygen while flushing out those undesired toxins. I like to rev up my circulation by adding a pinch of cayenne. If you like, add a drop or two of stevia for sweetness.

*Brew yourself a cup of herbal tea and sip it slowly as you quietly give thanks for taking this time to care for yourself.*

Mid morning is a good time for a Green Juice or Smoothie. Liquid greens are a great way to get your recommended daily allowance of fruits and vegetables. These green power drinks reduce inflammation, gives you a great boost of energy and is wonderful for your immune system.

Ideally you want to consume only liquids until noon but if you find you need to eat solid foods before then fruit, chia pudding with nuts and gluten-free granola with nut milk are clearly some viable options.





## 3 Day Detox

For the rest of the day your goal is to consume at least 80% of your diet in the form of raw fruits, vegetables, nuts, seeds and healthy oils. For lunch and dinner the easiest choice is to make a big salad with lots of veggies tossed with a dressing of your choice. You will find all the recipes for this 1 Day Detox below.

Make sure you have healthy nutrient dense snacks available incase a snack attack arises.

As you might have noticed dessert is not listed on the meal plan. If you do find yourself craving something sweet after dinner, try a cup of herbal tea like licorice or cinnamon to take the edge off. If you just have to have something sweet, a piece of fruit or a piece of dark, dark chocolate should get you through.

You'll want to get outdoors and expose your senses to the healing power of Mother Nature. Sunlight is essential for our health and all life on this planet. We are designed to be exposed to moderate levels of sunlight. A reasonable amount of direct sunlight on our skin is critical for our wellness in producing Vitamin D, enhancing our immune system function and preventing disease. A daily dose of the sun's vital rays have a way of uplifting our spirits and sparking an attitude adjustment.

Other attitude adjusting activities include walking, hiking, cycling, yoga, dancing, deep breathing, meditation, journaling etc. Try to indulge yourself in at least one of these or more today.

Get yourself to bed early. Without proper pillow time, your body doesn't have a chance to mend, repair and rejuvenate. Remember, early to bed, early to rise makes you happy, healthy and wise!!!

*Lastly let me invite you to the **21 Day Wellness Cleanse** - it is not just about nourishing your body with alkalizing low density high quality nutrition, it's about taking care of the whole you- a true game changer in your wellness!*





## 3 Day Detox

### Day 1 - Breakfast

#### *Good Morning Liquid Sunshine*

What you'll need:

2 large cucumbers (peeled if not organic)  
2 stalks of celery

How to make: Juice all ingredients

Serves: 1-2

Equipment: Juicer or High Speed Blender and juice/nut bag



#### *Chia of Champions*

What you'll need:

3 tablespoons of chia seeds, ground  
1¼ cup of pure water  
1 pinch of salt  
Sweetener (optional)  
Nuts and seeds

How to make:

Place the ground chia seeds in a glass container with a good sealing top.

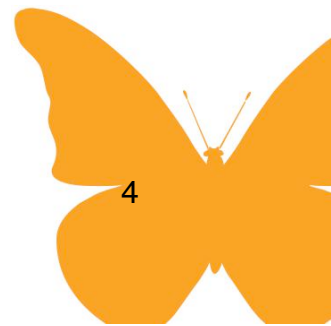
Add the water and secure top. Shake well to combine the water and seeds.

Let soak for a minimum of 20 minutes but I like to leave it for about an hour to two.

Add sweetener like agave, or Stevia, and salt.

Mix in raw soaked or dehydrated nuts and seeds. Add pumpkin, sunflower seeds and almonds. Ready to enjoy.

Serves 2





## 3 Day Detox

### Day 1 - Lunch

#### *Caesar Salad*

What you'll need:

Salad:

2 romaine hearts, cut into 1 inch pieces  
1/2 cup pine nut parmesan or other raw vegan  
parmesan

Dressing:

1 sheet nori crumbled into pieces  
17 almonds hot soaked in water to remove peels 2 - 3 cloves of garlic  
1/4 cup fresh lemon juice  
1/4 cup extra virgin olive oil  
1 teaspoon agave nectar  
1 teaspoon mustard powder 1/2 teaspoon sea salt  
1 cup filtered water

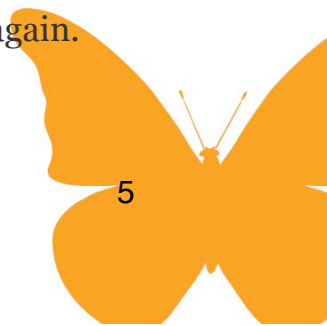
How to make:

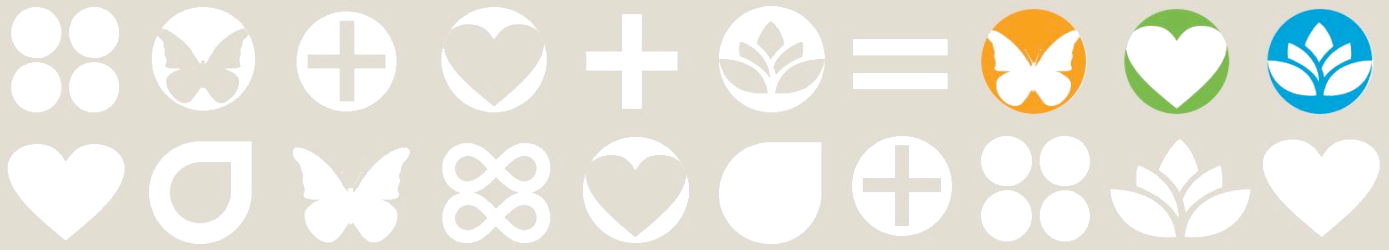
Place in the blender all the ingredients and half the water and blend to mix. Begin adding in the remaining water

a little bit at a time until you have achieve your desired dressing consistency. Toss the dressing with the romaine leaves in a salad bowl and coat well.

Add in parmesan cheese leaving some to top each serving with and toss again.

Serves 4





## 3 Day Detox

### Day 1 - Snack

#### Spinocolada Smoothie

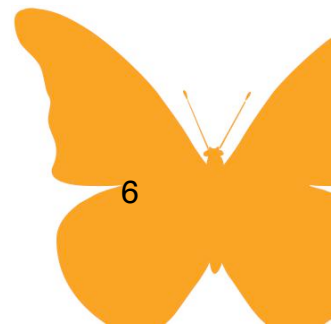
What you'll need:

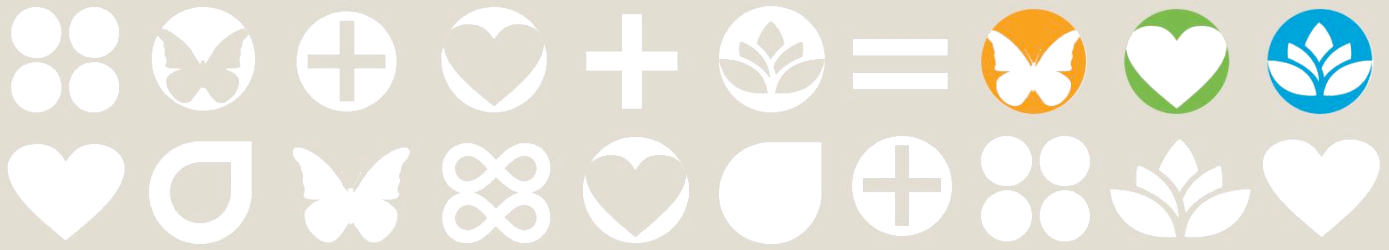
2 cups fresh or frozen pineapple  
1 cup coconut water  
2 tablespoon of lime juice  
1 tablespoon agave  
1/2 teaspoon vanilla  
pinch of sea salt  
2 handfuls of fresh spinach  
1 cup of ice

How to make:

Blend until smooth, pour into glasses and enjoy!

Serves 2





## 3 Day Detox

### Day 1 - Dinner

#### *Taco Time*

What you'll need:

##### Taco Mix:

1 1/2 cups of raw walnuts, ground in a food processor  
1 1/2 teaspoons ground cumin  
3/4 teaspoon ground coriander  
2 tablespoons Nama Shoyu or Braggs Liquid Aminos  
Toppings of your choice

##### Taco Shell:

4 Romaine whole lettuce leaves

##### How to make:

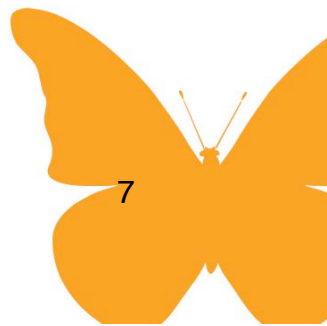
Combine the walnuts, cumin and coriander in a small bowl. Add the Nama Shoyu or Braggs Liquid Aminos and mix well.

Place a romaine lettuce leaf on a plate and add your walnut taco meat. Add your favorite shredded lettuce or sprouts, chopped avocado and fresh salsa.

##### Top with:

1 cup shredded romaine lettuce or 1 cup of sun over sprouts  
Chopped avocado  
Chopped tomatoes  
Sprouts  
Salsa, Guacamole

Serves 4





## 3 Day Detox

### Day 2 - Breakfast

#### *Fresh Fruit*

What you'll need:

- 1 Apple
- 1 Cup fresh berries



#### *Coconut Almond Shake*

What you'll need:

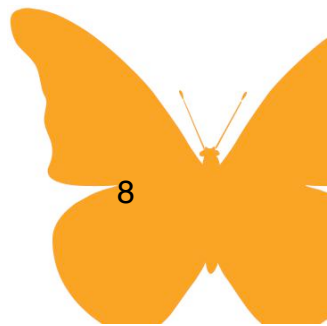
- 1 cups coconut water
- 2 cups of almond milk
- 2-3 dates (use stevia if you are putting sugar on the side lines)
- 2 tablespoons of almond butter (raw organic is the bomb if you can find it)
- 1 teaspoon vanilla extract or vanilla bean
- Pinch of salt
- Ice cubes to thicken

How to make:

Add above ingredients to a blender (high speed or otherwise) and blend until everything is full incorporated.

Add in more milk or ice to create your perfect desired consistency. Enjoy anytime of year!

Serves 2





## 3 Day Detox

### Day 2 - Lunch

#### *Raw Living Nori Rolls*

What you'll need:

Rice:

1 1/2 cups jicama peeled and chopped

1/2 cup parsnip or turnip peeled and

chopped 1 teaspoon rice vinegar

1 teaspoon agave

1/2 teaspoon sea salt

Sushi Rolls:

4 Nori Sheets

2 teaspoon mellow white miso 1 avocado  
thinly sliced

1/2 cucumber, seeded and cut lengthwise  
into long thin strips

1/2 red bell pepper, seeded and thinly  
sliced

1 1/2 cup shredded carrots

2 scallions, cut lengthwise into thin strips

1 1/2 cup of sprouts (sunflower, alfalfa,  
clover or microgreens)

Sesame Seeds (optional)

Nama Shoyu for dipping (optional)

How to make:

Rice:

Pulse the chopped jicama and parsnip in a  
food processor to a consistency of rice.

Drain excess liquid out of the rice using a  
fine mesh strainer. Transfer the rice to a

bowl and add the vinegar, agave and sea  
salt.

Rolling Sushi:

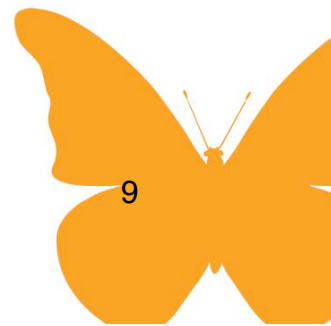
Place one sheet of nori, shiny side down  
on a bamboo sushi mat. Spread 1/2  
teaspoon of the miso in a long horizontal  
strip along the bottom third of the nori  
sheet. Spread 1/4 of the rice over the  
bottom third of the sheet going all the way  
to the edge of the sheet. Onto of the rice,  
layer avocado, cucumber, red bell pepper,  
shredded carrots, scallions and sprouts,  
keeping the ingredients in a long narrow  
pile.

Fold the edge of the nori closest to you  
over the filling. Gently roll the nori away  
from you and tuck the filling back with  
your fingers. Continue to roll the nori  
tightly and evenly into a firm, snugly  
wrapped roll. Before completing the roll,  
seal the exposed edge of the nori with a  
little water of Nama Shoyu.

Cut the roll into desired widths with a  
serrated knife.

Arrange on a plate and serve with a small  
bowl of Nama Shoyu.

Makes 4 Rolls





## 3 Day Detox

### Day 2 - Snack

#### *Red Pepper Kale Chips*

What you'll need:

2 bunches of Kale, stems removed  
1 C. Cashews soaked  
1/2 Red Pepper  
1/4 teaspoon sea salt  
1 lime juiced  
1/4 cup virgin olive oil 1/4 cup water

How to make:

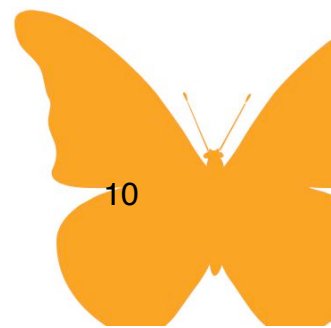
Soak the cashews in water for 30 minutes, or longer (up to overnight), discard water.

In a blender, combine the cashews, red pepper, salt, lime juice, olive oil and water. If the mixture is too thick, add more water half of a tablespoon at a time while blending until desired consistency is reached (you'll want it runny enough to coat but not to thick that it globs on to the kale).

Coat kale leaves in mixture. Place coated kale on dehydrator sheets and dehydrate overnight or until done.

Store in dry container.

Note: If you do not have a dehydrator set your oven on the lowest setting, place kale on baking sheets and dry to desired consistency.





## 3 Day Detox

### Day 2 - Dinner

#### *Jicama Radish Salad*

What you'll need:

Salad:

4 cup jicama peeled and cut into 1/2' cubes (2 lbs. = 4 cups chopped)  
12 radishes cut into 1/8 " slivers  
1/4 cup red onion, diced  
1 teaspoon minced fresh jalapeño (or to taste)  
3 tablespoons chopped fresh cilantro leaves

Dressing:

3 tablespoons extra virgin olive oil  
1 tablespoon toasted sesame oil  
4 tablespoons coconut amino or bragg's aminos  
1 1/2 teaspoon fresh squeezed lime juice  
1-2 drops of stevia to taste (can use agave)

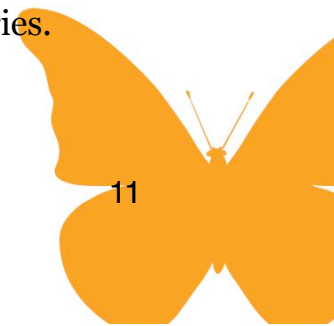
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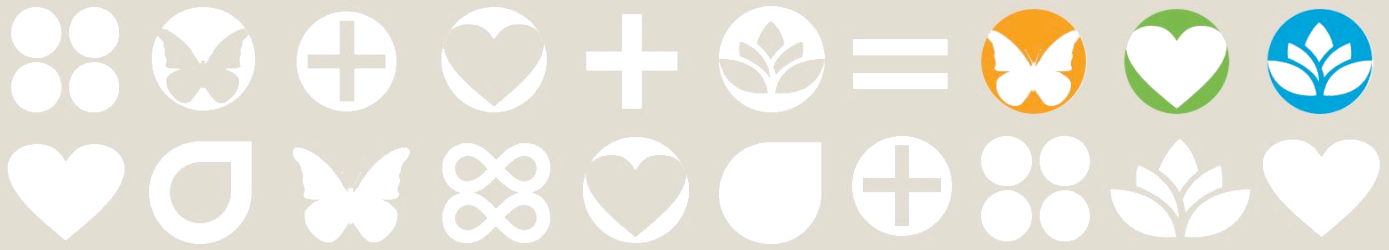
Combine all salad ingredients in a large bowl. Whisk together all dressing ingredients. Pour over salad and toss to coat. Serves 4-6

NOTES:

**Coconut Aminos:** A Soy-Free Seasoning Sauce, 100% Organic, Gluten-Free, Dairy-Free and Vegan It is very low on the glycemic index and is an abundant source of 17 amino acids, minerals, and vitamins. Coconut aminos have a nearly neutral pH.

**Stevia:** Stevia is a South American herb used as a natural sweetener for centuries. The stevia is pressed freshly from the leaves of the Stevia rebaudiana plant and has zero glycemic index and zero calories.





## 3 Day Detox

### Day 3 - Breakfast

#### *Good Morning Liquid Sunshine*

What you'll need:

2 large cucumbers (peeled if not organic)  
2 stalks of celery

How to make: Juice all ingredients

Serves: 1-2



#### *Break Out the Oats*

What you'll need:

1/4 cup steel cut oats  
1 1/2 cup water or 3/4 cup water and  
3/4 cup almond milk 1 apple chopped  
1 tablespoon raisins  
1 pinch of salt  
1 pinch of cinnamon

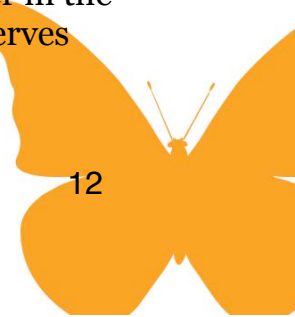
How to make:

Soak the oats and raisins overnight in the water or half water half almond milk combination.

Put oats, raisins and water mixture in a high speed blender and blend. Add the chopped apple and salt and continue blending until the oatmeal is a nice smooth texture.

Can top with a pinch of cinnamon and maybe even add some fresh berries or more raisins if you like. Enjoy!

Can be stored in glass container in the refrigerator for up to 4 days. Serves 2-3





## 3 Day Detox

### Day 3 - Lunch

#### *Strawberry Tomato Soup*

What you'll need:

9 medium tomatoes  
1 1/2 cups of fresh strawberries  
1 tablespoon fresh lemon juice  
2 tablespoon olive oil  
1 tablespoon balsamic vinegar  
1/2 teaspoon sea salt  
2 tablespoons or to taste date paste  
3 tablespoon fresh basil

How to make:

Blend all ingredients in a high speed blender.

Chill for a minimum of 1 hours.

Serve topped with a dollop of cashew creme fraiche (see recipe) and a strawberry slice or two.

#### *Cashew Creme Fraiche*

What you'll need:

1 cup cashews soaked 1 hour  
3/4 cup of ltered water  
1 1/2 tablespoons of fresh squeezed lemon  
1 pinch sea salt

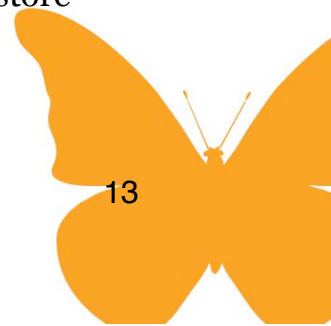
How to make:

Soak the cashews in water for 30 minutes, or longer (up to overnight). Soaking increases the volume of the cashews.

In a blender, combine the cashews, lemon juice, salt, and water.

Blend, stopping to scrape down the sides as necessary. If the cream is too thick, add more water half a tablespoon at a time while blending until desired consistency.

Use immediately, or cover and store for up to a few days.





## 3 Day Detox

### Day 3 - Snack

#### Spicy Virgin Mary

What you'll need:

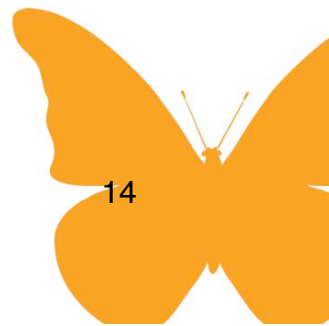
6 carrots  
4 tomatoes, quartered  
1 cucumber  
2 stalks celery  
1 tablespoon red onion, chopped  
1/2 clove garlic  
2 tablespoons freshly squeezed lemon juice 1/2 inch piece horseradish  
1/4 teaspoon sea salt  
Pinch of cayenne  
1 cup of ice

How to make:

Juice the carrots, tomatoes, cucumber, celery, lemon, onion, horseradish and garlic.

Add salt, and cayenne to taste. Serve immediately.

Serves 2





## 3 Day Detox

### Day 3 - Dinner

#### Pasta Marinara

What you'll need:

For the marinara:

2 tomatoes, seeded and chopped  
1 cup sun-dried tomatoes, soaked 2-4 hours, drained, and chopped  
1 red bell pepper, chopped  
1/4 cup extra virgin olive oil  
2 cloves garlic, crushed  
1/2 teaspoon sea salt, or to taste Dash cayenne  
Dash fresh ground black pepper  
2 tablespoons minced fresh basil or 2 teaspoons dried  
1 tablespoon minced fresh oregano or 1 teaspoon dried

For the noodles:

6 medium zucchini, peeled and cut into thirds

How to make:

Place all Marinara ingredients in a food processor and process until smooth. Make zucchini into noodles using a vegetable peeler or spiral slicer.



Toss the zucchini noodles with enough marinara sauce to coat well and serve immediately.

Top with Brazil Nut Parmesan Cheese (see recipe) Serves 6

Stored in a glass container in the refrigerator. Marinara Sauce will keep for 5 days.

Note: To make Pasta Puttanesca add 1/4 cup sliced kalamata olives to the nished sauce.

Stored in a sealed container in the refrigerator. Marinara Sauce will keep for three days.

