



DANA DINNAWI

— *empowered wellness & living* —

28-DAY GO AHEAD AND EAT CLEANSE
AT A GLANCE



AT A GLANCE

This simple guide contains your meals for the program and your daily drinks. Refer to your Recipe Guide if you want to exchange meals. Refer to your Suggested Meals if you want to print out your meals for the week and post it on your refrigerator. Print out your Shopping List and get ready.

YOUR DAILY DRINKS

LEMON WATER ELIXIR

1 cup room temperature water

Juice from 1 lemon

1 tablespoon raw apple cider vinegar

1 teaspoon raw honey or stevia to taste

Dash sea salt

This Elixir stimulates digestion, releases toxins from the liver, jumpstarts your digestive enzymes, and is loaded with vitamin C. You will be drinking this every morning.

NOTE If you feel nauseous or experience tightness in the chest after drinking the morning Elixir, please omit the raw apple cider vinegar. This reaction can occur from the body's release of bacteria and toxins while eating clean. Continue to drink the Lemon Water Elixir, omitting the vinegar (or use

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only ½ teaspoon) for at least three days, and then reintroduce it. If the reactions continue upon reintroduction, continue to drink only the lemon water.

CRANBERRY CLEANSER

Makes 1 serving

2 tablespoons cranberry juice concentrate

1 cup room-temperature water

Juice from 1 lemon

Dash of cinnamon

1 teaspoon raw honey, maple syrup, or stevia to taste (optional)

NOTE If you cannot find cranberry concentrate, you can use fresh pomegranate or cranberry powder instead (available at ngs-egypt.com)

SUGGESTED MEALS

DAY 5

BREAKFAST

GO GREEN SMOOTHIE

1 ½ cups dairy-free milk or water

½ cup spinach

½ avocado

½ cup blueberries

¼ teaspoon cinnamon

1 teaspoon raw cacao (optional)

LUNCH

WALDORF SALAD

Makes 2 servings

2 apples, chopped

2 celery ribs, chopped

1 carrot, chopped

¼ cup raw pumpkin seeds

4 cups mixed greens

Assemble the salad by mixing the apples, celery, carrot, and pumpkin seeds with the Dressing (recipe below). Serve on top of mixed greens.

DRESSING

Juice from 1 lemon

2 tablespoons extra-virgin olive oil

Sea salt and black pepper to taste

To make the dressing, mix the ingredients well in a small bowl.

DINNER

ROASTED VEGETABLES

Makes 2 servings

2 beets, peeled and chopped

1 fennel bulb, chopped

2 carrots, chopped

1 onion, chopped

2 tablespoons coconut oil, melted

Sea salt and black pepper to taste

Preheat your oven to 400 °F/205 °C. Add the beets, fennel, carrots, and onion to a large mixing bowl. Drizzle with coconut oil. Mix until well coated. Bake in a shallow pan for about 30 minutes until the vegetables are soft and brown around the edges. When the vegetables are done, remove from the oven and season with salt and pepper. Allow to cool and serve with small salad and your favorite salad dressing from above recipes.

DAY 6

BREAKFAST

KALE SMOOTHIE

- 1 ½ cups dairy-free milk or water
- 4 kale leaves
- ½ cup blueberries
- ½ avocado
- 2 tablespoons shredded coconut (garnish)

LUNCH

COLD ZUCCHINI NOODLES WITH TAHINI SAUCE

Makes 2 servings

- 4 zucchini, spiralized
- 2 tablespoons tahini
- Juice from 1 lemon
- ¼ cup water
- 1-inch piece ginger, grated (OR 1 teaspoon ginger powder)
- ½ teaspoon honey
- Sea salt and black pepper to taste

Use a vegetable spiralizer to turn your zucchini into noodles. If you do not own a spiralizer you can use a vegetable peeler. Simply peel your zucchini lengthwise down to the seeds. DO NOT add the seeds to the noodles as it will quickly turn watery. Add your noodles to a large serving bowl and set to the side.

Add your tahini, lemon juice, water, ginger, honey, sea salt, and black pepper to a small bowl. Mix well with a fork. If the sauce is too thin, add more tahini. If the sauce is too thick, add more water a tablespoon at a time.

Finally, add your tahini sauce to your cold noodles and mix well.

DINNER

APPLE BUTTERNUT SQUASH SOUP

Makes 4 servings

2 apples, chopped

3 pounds/1.5kg butternut squash, peeled and chopped

1 onion, chopped

2 tablespoons coconut oil, melted

2-inch piece ginger, peeled and grated

4 cups vegetable broth

1 bunch parsley, chopped

Preheat the oven to 400 °F/205 °C. Add apples, squash, and onion to a large mixing bowl. Coat the apples, squash, and onion well with melted coconut oil. Lay the mixture on a shallow baking pan and bake for about 35 to 40 minutes. The mixture should be soft and brown around the edges.

Next, add the roasted mixture to a large soup pot. Add grated ginger and vegetable broth. Cook for about 10 minutes until hot. Use an immersion blender or a high-speed blender to make a smooth soup. Serve with fresh parsley.

DAY 7

BREAKFAST

WARM CHIA PUDDING

Makes 1 serving

1 cup dairy-free milk

1 teaspoon vanilla extract

½ teaspoon ginger powder

½ teaspoon cinnamon

1 tablespoon honey

⅓ cup chia seeds

1 pear, chopped

1 tablespoon pumpkin seeds

Add the milk, vanilla extract, ginger, cinnamon, and honey to a small pot over low flame. Warm the milk for about 5 minutes. DO NOT let the milk boil. Next, add the warm milk to the chia seeds and allow the seeds to soak up the milk for about 2 to 3 minutes. Mix well and top with chopped pear and pumpkin seeds. Add more cinnamon if desired.

LUNCH

MOCK CHICKEN SALAD

Makes 2 servings

½ cup raw sunflower seeds, soaked overnight and drained

- 1 carrot, roughly chopped
- 1 celery rib, roughly chopped
- 2 scallions
- 1 tablespoon vegetable seasoning
- ½ teaspoon cumin
- 1 garlic clove
- Juice from 1 lemon
- Sea salt and black pepper to taste
- 2 to 3 tablespoons extra-virgin olive oil

Add all the ingredients to a high-speed blender and mix well. Taste for seasoning and adjust as needed. Serve on a bed of mixed greens.

DINNER

ROASTED BRUSSELS SPROUTS WITH SWEET POTATOES

Makes 2 servings

- 1 pound/.5kg Brussels sprouts,
- 1 large sweet potato, chopped
- 2 tablespoons coconut oil, melted
- Sea salt and black pepper to taste

Preheat the oven to 400 °F/205 °C. Remove outer layer of the Brussels sprouts and cut in half. Add the Brussels sprouts and sweet potato to a large bowl and coat with melted coconut oil. Bake for 30 to 35 minutes. Remove and season with sea salt and black pepper.

DAY 8

BREAKFAST

BERRY CREAM SMOOTHIE

- 1 ½ cups dairy-free milk or water
- 1 cup mixed greens
- ½ cup berries
- 1 tablespoon sunflower seed butter (optional)
- ½ teaspoon cinnamon

LUNCH

MASSAGED KALE SALAD

Makes 2 servings

- 1 bunch kale, stems removed and leaves torn into 2-inch pieces
- Juice from 1 lemon
- 1 garlic clove, chopped
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- ¼ cup cucumber, chopped
- ¼ cup carrots, shredded
- ¼ cup pumpkin seeds
- Dash of turmeric (optional)

Add kale to a large mixing bowl along with lemon juice, garlic, olive oil, sea salt, and pepper. Using clean, bare hands, massage the kale until it is wilted (about 2 to 3 minutes).

Once the kale is ready, top your salad with cucumber, carrots, and pumpkin seeds. Add a dash of turmeric if desired. Toss and serve.

DINNER

LEMON BROCCOLI STIR FRY

Makes 2 servings

2 tablespoons coconut oil

1 head broccoli, chopped

2 garlic cloves, chopped

¼ cup of vegetable broth

Juice from 1 lemon

Dash of toasted sesame oil

Add coconut oil to a large sauté pan. When the pan is hot, add broccoli and garlic. Sauté until the broccoli is bright green. Add vegetable broth and continue to sauté until the broccoli is soft.

Remove the broccoli from heat and top with lemon juice, toasted sesame oil, and sunflower seeds.

DAY 9

BREAKFAST

FRESH FRUIT CUP WITH COCONUT MILK YOGURT

Makes 1 serving

- 1 cup coconut milk yogurt
- 1 banana, sliced
- 1 apple, chopped
- 1 tablespoon sunflower seeds

Add coconut milk yogurt to a bowl. Top with sliced banana, chopped apple, and sunflower seeds.

LUNCH

SPICY FALL SLAW

Makes 4 servings

- 1 cup purple cabbage, thinly sliced
- 1 cup carrots, grated
- ¼ cup red onion, thinly sliced
- 1 apple, sliced
- 1-inch piece ginger, peeled and grated
- Juice from 1 lemon
- 1 tablespoon raw apple cider vinegar

Sea salt and black pepper to taste

2 tablespoons extra-virgin olive oil

Add all the ingredients to a large mixing bowl. Massage the vegetables using clean hands to help the vegetables wilt. Adjust the seasoning to your tastes. Allow the slaw to marinate in the refrigerator for at least 15 minutes before serving.

Top with 1 avocado.

DINNER

ROASTED VEGETABLES

Makes 2 servings

2 beets, peeled and chopped

1 fennel bulb, chopped

2 carrots, chopped

1 onion, chopped

2 tablespoons coconut oil, melted

Sea salt and black pepper to taste

Preheat your oven to 400 °F/205 °C. Add the beets, fennel, carrots, and onion to a large mixing bowl. Drizzle with coconut oil. Mix until well coated. Bake in a shallow pan for about 30 minutes until the vegetables are soft and brown around the edges. When the vegetables are done, remove from the oven and season with salt and pepper. Allow to cool and serve with small salad and your favorite salad dressing from above recipes.

DAY 10

BREAKFAST

MARATHON SMOOTHIE

1 ½ cups dairy-free milk or water

1 banana

4 kale leaves

¼ cup spinach

Handful of parsley

2 tablespoons raw cacao

Dash of cinnamon

LUNCH

STUFFED LETTUCE CUPS

Makes 2 servings

Romaine lettuce leaves (or your favorite lettuce variety)

1 cup Mock Chicken Salad (see above recipe)

Guacamole (see recipe below)

GUACAMOLE

2 avocados, mashed with a fork

2 scallions, chopped

- 1 teaspoon garlic powder
- 1 teaspoon cumin
- Sea salt and black pepper to taste
- Juice from 1 lime

To make the guacamole, add all the ingredients to a small mixing bowl.

To assemble the lettuce cups, add a few spoonfuls of the Mock Chicken Salad to your lettuce leaves. Top with guacamole.

Serve with your favorite roasted vegetables, if desired.

DINNER

EASY SAUTÉ

Makes 2 servings

- 1 tablespoon coconut oil
- 2 teaspoons sesame seeds, toasted
- 1 small onion, thinly sliced
- 1-inch piece of ginger, shredded
- 2 cups purple cabbage, shredded
- 1 cup cauliflower, chopped
- 1 cup carrot, shredded
- 1 garlic clove, minced
- 1 tablespoon coconut aminos* (optional)
- ½ teaspoon toasted sesame oil

Toast the sesame seeds. Heat a dry sauté pan on low flame. When the pan is hot, add the sesame seeds. Toast for about 2 minutes until golden. Remove the sesame seeds from the pan so that they don't continue cooking. Set aside to use in the final step.

Take a sauté pan and add 1 tablespoon of coconut oil. When the coconut oil is hot, add the onions. Sauté until soft. Add shredded ginger and sauté for 1 to 2 minutes. Add purple cabbage and allow it to soften. When the cabbage is soft, add cauliflower and shredded carrots. Add the minced garlic and sauté for 2 minutes. Add the coconut aminos and toss until thoroughly mixed. Turn off the flame and top with toasted sesame oil and toasted sesame seeds.

DAY 11

BREAKFAST

ORANGE CREAM SMOOTHIE

- 1 ½ cups dairy-free milk or water
- 1 orange
- 4 kale leaves
- ½ avocado
- 1-inch piece ginger

LUNCH

SPICY FALL SLAW

Makes 4 servings

- 1 cup purple cabbage, thinly sliced
- 1 cup carrots, grated
- ¼ cup red onion, thinly sliced
- 1 apple, sliced
- 1-inch piece ginger, peeled and grated
- Juice from 1 lemon
- 1 tablespoon raw apple cider vinegar
- Sea salt and black pepper to taste
- 2 tablespoons extra-virgin olive oil

Add all the ingredients to a large mixing bowl. Massage the vegetables using clean hands to help the vegetables wilt. Adjust the seasoning to your tastes. Allow the slaw to marinate in the refrigerator for at least 15 minutes before serving.

Top with 1 avocado along with your choice of protein, if desired.

DINNER

APPLE BUTTERNUT SQUASH SOUP

Makes 4 servings

2 apples, chopped

3 pounds/1.5kg butternut squash, peeled and chopped

1 onion, chopped

2 tablespoons coconut oil, melted

2-inch piece ginger, peeled and grated

4 cups vegetable broth

1 bunch parsley, chopped

Preheat the oven to 400 °F/205 °C. Add apples, squash, and onion to a large mixing bowl. Coat the apples, squash, and onion well with melted coconut oil. Lay the mixture on a shallow baking pan and bake for about 35 to 40 minutes. The mixture should be soft and brown around the edges.

Next, add the roasted mixture to a large soup pot. Add grated ginger and vegetable broth. Cook for about 10 minutes until hot. Use an immersion blender or a high-speed blender to make a smooth soup. Serve with fresh parsley.

DAY 12

BREAKFAST

GO GREEN SMOOTHIE

1 ½ cups dairy-free milk or water

½ cup spinach

½ avocado

½ cup blueberries

¼ teaspoon cinnamon

1 teaspoon raw cacao (optional)

LUNCH

WALDORF SALAD

Makes 2 servings

2 apples, chopped

2 celery ribs, chopped

1 carrot, chopped

¼ cup raw pumpkin seeds

4 cups mixed greens

Assemble the salad by mixing the apples, celery, carrot, and pumpkin seeds with the Dressing (recipe below). Serve on top of mixed greens.

DRESSING

Juice from 1 lemon

2 tablespoons extra-virgin olive oil

Sea salt and black pepper to taste

To make the dressing, mix the ingredients well in a small bowl.

DINNER

GARLIC CAULIFLOWER SOUP

Makes 4 servings

2 tablespoons coconut oil

1 onion, chopped

1 whole head garlic, peeled and chopped

1 whole head of cauliflower, chopped

4 cups vegetable broth

1 bunch parsley, chopped

Add coconut oil to a large soup pot over low heat. Next, add chopped onion and sauté for about 3 to 5 minutes until brown. Then add chopped garlic. Sauté for an additional 5 minutes. Be careful to not let the garlic burn. If the garlic is browning too quickly, simply turn down the heat. Add chopped cauliflower and sauté to brown the edges. Then add vegetable broth and simmer for 10 to 15 minutes. Use an immersion blender or a high-speed blender to make a smooth soup. Serve with fresh parsley.

DAY 13

BREAKFAST

KALE SMOOTHIE

- 1 ½ cups dairy-free milk or water
- 4 kale leaves
- ½ cup blueberries
- ½ avocado
- 2 tablespoons shredded coconut (garnish)

LUNCH

COLD ZUCCHINI NOODLES WITH TAHINI SAUCE

Makes 2 servings

- 4 zucchini, spiralized
- 2 tablespoons tahini
- Juice from 1 lemon
- ¼ cup water
- 1-inch piece ginger, grated (OR 1 teaspoon ginger powder)
- ½ teaspoon honey
- Sea salt and black pepper to taste

Use a vegetable spiralizer to turn your zucchini into noodles. If you do not own a spiralizer you can use a vegetable peeler. Simply peel your zucchini lengthwise down to the seeds. DO NOT add the seeds to the noodles as it will quickly turn watery. Add your noodles to a large serving bowl and set to the side.

Add your tahini, lemon juice, water, ginger, honey, sea salt, and black pepper to a small bowl. Mix well with a fork. If the sauce is too thin, add more tahini. If the sauce is too thick, add more water a tablespoon at a time.

Finally, add your tahini sauce to your cold noodles and mix well.

DINNER

APPLE BUTTERNUT SQUASH SOUP

Makes 4 servings

2 apples, chopped

3 pounds/1.5kg butternut squash, peeled and chopped

1 onion, chopped

2 tablespoons coconut oil, melted

2-inch piece ginger, peeled and grated

4 cups vegetable broth

1 bunch parsley, chopped

Preheat the oven to 400 °F/205 °C. Add apples, squash, and onion to a large mixing bowl. Coat the apples, squash, and onion well with melted coconut oil. Lay the mixture on a shallow baking pan and bake for about 35 to 40 minutes. The mixture should be soft and brown around the edges.

Next, add the roasted mixture to a large soup pot. Add grated ginger and vegetable broth. Cook for about 10 minutes until hot. Use an immersion blender or a high-speed blender to make a smooth soup. Serve with fresh parsley.

DAY 14

BREAKFAST

WARM CHIA PUDDING

Makes 1 serving

1 cup dairy-free milk

1 teaspoon vanilla extract

½ teaspoon ginger powder

½ teaspoon cinnamon

1 tablespoon honey

⅓ cup chia seeds

1 pear, chopped

1 tablespoon pumpkin seeds

Add the milk, vanilla extract, ginger, cinnamon, and honey to a small pot over low flame. Warm the milk for about 5 minutes. DO NOT let the milk boil. Next, add the warm milk to the chia seeds and allow the seeds to soak up the milk for about 2 to 3 minutes. Mix well and top with chopped pear and pumpkin seeds. Add more cinnamon if desired.

LUNCH

MOCK CHICKEN SALAD

Makes 2 servings

½ cup raw sunflower seeds, soaked overnight and drained

- 1 carrot, roughly chopped
- 1 celery rib, roughly chopped
- 2 scallions
- 1 tablespoon vegetable seasoning
- ½ teaspoon cumin
- 1 garlic clove
- Juice from 1 lemon
- Sea salt and black pepper to taste
- 2 to 3 tablespoons extra-virgin olive oil

Add all the ingredients to a high-speed blender and mix well. Taste for seasoning and adjust as needed. Serve on a bed of mixed greens.

DINNER

ROASTED BRUSSELS SPROUTS WITH SWEET POTATOES

Makes 2 servings

- 1 pound/.5kg Brussels sprouts,
- 1 large sweet potato, chopped
- 2 tablespoons coconut oil, melted
- Sea salt and black pepper to taste

Preheat the oven to 400 °F/205 °C. Remove outer layer of the Brussels sprouts and cut in half. Add the Brussels sprouts and sweet potato to a large bowl and coat with melted coconut oil. Bake for 30 to 35 minutes. Remove and season with sea salt and black pepper.