

FRESH START

5 Day Fresh Start Guide



WELCOME TO THE FRESH START



Welcome to the Fresh Start! It is wonderful that you are taking this step to improve your health. I love this cleanse, and I know you will too! This is going to be the start of something better, for you and your health.

I wanted to let you know a little bit more about me. I am a Registered Dietitian and registered Public Health Nutritionist with a PhD in nutrition. I'm also a mom of four. I love working with clients to help them to achieve their wellness goals. I've always been inspired by the power of food to bring healing to our minds and our bodies. I developed this meal plan to harness the power of whole foods to help us decrease inflammation, decrease disease risk, increase energy and help us get our glow. One of the best parts of this meal plan is breaking up with unhealthy food habits and falling in love with deeply nourishing food. This meal plan will also help you deepen your practice. I love the Fresh Start, and I know you will too!



Pamela Fergusson PhD
www.pamelafergusson.com

WHAT IS THE FRESH START?



Our organs are wonderful; they are constantly working to cleanse and detoxify our bodies. In our modern lifestyles, however, we often overwhelm our body's capacity to heal and cleanse through too much alcohol, processed food, caffeine and sugar (we have all been there!). Add in stress, inactivity and sleep deprivation, and we can feel tired and unhealthy, and these patterns can lead to inflammation and disease.

We all want to wake up full of energy and positivity with clear skin and bright eyes. The good news is that it is possible to break your unhealthy food addictions and live a life that is full of new possibilities. In this 30 Day Fresh Start you will discover how good fresh, healthy food tastes, and you will connect with your body's healing energy in new ways. You will reduce the inflammation in your body.

You will also break the habits and addictions of processed food, and engrain new, healthy habits with fresh, vibrant foods. Welcome to a more powerful you, welcome to your fresh start!

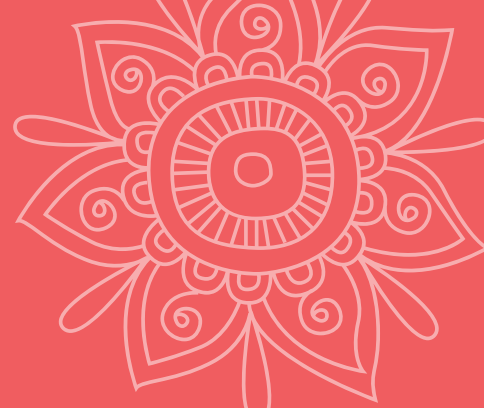
One of the most powerful benefits of the cleanse is the opportunity to change your habits. This is a clean break from sugar and highly

processed foods. Your taste buds will begin to sing with natural flavours enhancers like cinnamon, lemon and Italian parsley and you'll learn to adore the natural sweetness of fresh fruits and dates. You'll begin to skip your morning frothy coffee with ease (saving you time and money) and you will feel so empowered!

This is a plant-based diet where we will draw on the power of plants to naturally help our bodies to detoxify and reduce inflammation.

This is a chance to get really good at cooking healthy plant-based food, recipes that you can continue to eat long after the Fresh Start is finished. Increasing the plant content of your diet is one of the best things you can do, long term for your health. Increased plant intake can reduce your risk of cancer, diabetes, heart disease and stroke, and give you a chance to live a longer, healthier life. Plus, eating plants is good for the environment and for the animals.

WHAT IS THE FRESH START?



It takes 21 days to embed a new habit, and healthy habits and rituals are some of the best ways you can heal yourself and protect your mental and physical health. You will find after the cleanse that you are lighter and freer, more centered, and that healthier choices are easier to make.

This is a plant-based diet where we will draw on the power of plants to naturally help our bodies to detoxify and reduce inflammation. The only supplement you need to take is a B12 supplement, as you will not be consuming animal products this month.

We will also aim to give our bodies a daily rest from digestion by (when possible) eating within a window of 12 hours or less per day. This is called intermittent fasting, and it is a very gentle yet effective way to harness the power of fasting while cleansing. Slightly extending our natural period of nightly fasting is one of the most potent ways we can boost our own immune system.

During our 12 hours of fasting we will drink lots of water and fruit infused waters as well as herbal teas. During our 12 hours of eating we

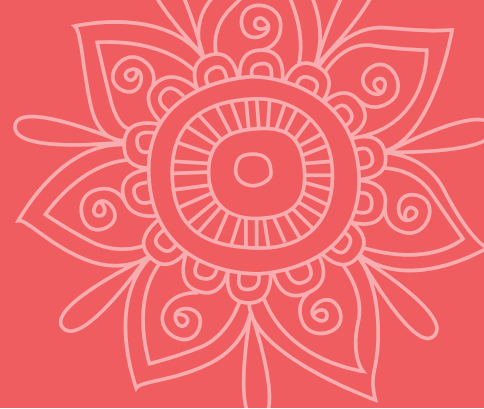
will enjoy beautiful recipes including soups, smoothies, salads, main dishes, snacks and fresh juices. Don't worry if the 12-hour window does not work for you every day. This is a judgement free zone, and not a competitive sport!

Love yourself, nurture yourself and allow yourself to be open to healing.

If you feel able to, play with the possibility of an 8-hour or even 5-hour eating window a few times during the month. This is an anti-inflammatory, disease-risk-reducing, spirit-enhancing practice that you can continue with long after the month ends.

It is also a great way to maintain a healthy weight. Bring the right energy (self-love and ease) to your fasting, and it will soon become a healthy habit.

5 DAY FRESH START CALENDAR



Day 1	Day 2	Day 3	Day 4	Day 5
Ginger Lemon Water	Ginger Lemon Water	Ginger Lemon Water	Ginger Lemon Water	Ginger Lemon Water
Breakfast: Tropical green smoothie	Breakfast: Carrot cake smoothie	Breakfast: Date, coconut, lime smoothie	Breakfast: Tropical Green Smoothie	Breakfast: Apple pie smoothie
Snack: Ants on a log (plus cleanse-friendly beverage)	Snack: Fruit salad (Plus cleanse-friendly beverage)	Snack: Ants on a log	Snack: Fruit salad	Snack: Peanut cup energy bites
Lunch: Inner Goddess Detox Salad	Lunch: Hot and sweet chili with quinoa	Lunch: Crunchy kale salad with Green Goddess Dressing	Lunch: Veggie burger with Green Goddess Dressing	Lunch: Leek and potato soup
Snack: Fruit or fresh juice of your choice	Snack: 10 almonds or cashews (unsalted)	Snack: Fruit or fresh juice of your choice	Snack: Apple slices and 2 tsp nut butter	Snack: 4 Medjool dates
Dinner: Hot and sweet chili with quinoa	Dinner: Crunchy kale salad with Green Goddess Dressing	Dinner: Veggie burger with Green Goddess dressing	Dinner: Leek and potato soup	Dinner Fresh juice



Lemon Ginger Soother (unlimited)

Slice some ginger and squeeze some lemon into your cup.
Fill your cup with water. The water can be warm, cool or hot. Start everyday with this refreshing drink and sip on it throughout the day too.
Optional: try adding a few drops of hot sauce for an extra kick.

Date, Coconut and Lime Smoothie

1 cup drinkable, unsweetened coconut milk
1 squeeze lime
2 pitted dates
1 tray ice cubes
3-4 handfuls of baby spinach

Mix all ingredients in your blender and blend on high for 1-2 minutes

Apple Pie Smoothie

1 sliced, cored apple
1/2 fresh or frozen banana
1 cup almond milk
1/2 tsp cinnamon
1 tray ice cubes

Mix all ingredients in your blender and blend on high for 1-2 minutes

Tropical Green Smoothie

1 fresh or frozen ripe banana
1 cup fresh or frozen mango
1 cup coconut water
3 or 4 handfuls of baby spinach
1 tray of ice cubes

Mix all ingredients in your blender and blend on high for 1-2 minutes.
You can substitute the coconut water with almond or drinkable coconut milk for a creamier texture.

Carrot Cake Smoothie

1 cup (2 handfuls) peeled baby carrots
1 fresh or frozen ripe banana
1/2 cup pineapple - can be fresh, frozen or canned (optional)
2 pitted dates
1 cm nub of fresh ginger
1/2 tsp cinnamon
1 cup almond or drinkable coconut milk
1 tray ice cubes

Mix all ingredients in your blender and blend on high for 1-2 minutes



Peanut Cup Energy Bites

Ingredients

- 3/4 cup (about 165 g) dates, pitted (if dry, soak in warm water for 10 minutes, then drain well)
- 2 tbsp all natural peanut or almond butter
- 1/4 cup dairy free dark chocolate, roughly chopped (or use dairy free chocolate chips)
- 2 tsp chia seeds (or sub flax or hemp seeds)
- 1/2 cup rolled oats

Instructions

1. Pulse dates in a food processor or blender until they're in small pieces or it forms a ball (see photo).
2. Add oats, chocolate, chia seeds and peanut butter and pulse or mix until combined. You want there to be consistently small pieces but not overly processed.
3. Carefully roll into 1-inch balls (29-30 grams per ball), using the warmth of your hands to mold them together. Should yield 7-8 balls.
4. To set, pop in fridge or freezer for 15 minutes. Otherwise, eat as is! Will keep fresh in an air-tight bag or container for up to a week. Freeze for longer term storage.

From: www.minimalistbaker.com

Inner Goddess Detox Salad

This salad is your opportunity to have the fresh fruit and veg that you love, and to use up whatever you have in the fridge. Be playful with your mixture of tastes and colours, and don't be afraid to mix fruits and vegetables together in one salad. Start with a liberal amount of baby spinach, and add in your favourite fruit and veg. Some excellent choices include: sliced, ripe persimmons, sliced apple or pear, sliced, peeled oranges, grapes, sliced peaches or nectarines, edamame, sliced sweet peppers, cherry tomatoes, chopped raw broccoli, chopped or shredded carrots or beets, any type of sprouts or shoots. If you feel you need something a bit more substantial, try these salad boosters: chick peas, avocado, 10 almonds or cashews (unsalted), hemp or chia seeds, 1/4 cup of hummus.

Toss your salad with 2 tbsp olive oil and 2 tbsp balsamic or apple cider vinegar



Hot and Sweet Chili

Ingredients

One half can low sodium black beans
One half can low sodium kidney beans
One can low sodium chopped tomatoes
1 cup pumpkin puree (canned is fine)
1 chopped red, orange or yellow pepper
1 tbsp olive oil
1 tbsp chili powder
1 tsp cocoa powder
1 tsp cinnamon
1 tsp cumin
1 handful Italian parsley
1 tbsp maple syrup
1 chopped onion
2 cloves chopped garlic
Black pepper
1/2 tsp Bragg's Aminos (optional)
1/4 cup quinoa (dry, per serving)

Instructions

1. Heat the oil in a heavy-bottomed pot over medium heat. Add the onion and cook until translucent, about 5 minutes. Stir in the chilli powder, cumin, cinnamon, and garlic and cook another minute or two until the spices are fragrant, stirring often.
2. Add in the diced tomatoes with juice along with the maple syrup and pumpkin puree and whisk to combine.
3. Stir in the black beans, Italian parsley, Bragg's Aminos and pepper.
4. Reduce heat to low, partially cover and let simmer for at least 30 minutes, stirring often. If the mixture becomes too thick, add a little more water. The longer this cooks, the more flavour develops so feel free to make this one in the afternoon to let simmer for hours. It can be made a day ahead and stored in the fridge. Steps 2-4 can be done in a slow-cooker, after transferring the hot mixture from step 1.
5. While the chilli is simmering, make quinoa according to package directions.
Serve hot over 1/2 cup quinoa!! Have half today and save half for tomorrow.

Reserve 1/2 cup of cooked quinoa in the fridge to make veggie burgers.



Crunchy Kale and Spinach Salad with Green Goddess Dressing

Salad

One small bunch kale – any variety
4 handfuls baby spinach
One apple, chopped into cubes
¼ cup raisins
¼ cup cashews or almonds (unsalted)

GREEN GODDESS DRESSING

Can also substitute Fresh Tahini Sauce from the bonus recipes section. The Fresh Tahini Sauce is still full of healthy fats, but it is slightly lighter than the Green Goddess.

Ingredients

1 garlic clove
2 small ripe avocados
5 tbsp Extra Virgin Olive Oil
1/2 cup water
3/4 cup basil
1/4 cup Italian parsley
1/4 cup chives
1/2 cup green onions (white parts removed)

Juice of 1 1/2 small lemons
2 tbsp apple cider vinegar
1/2 tsp salt

Instructions

1. Using scissors, cut your kale into bite sized pieces into a large salad bowl. Add 1 tbsp of olive oil and massage with your hands until your kale softens. Leave to sit while you prepare your dressing. (You can do this step the night before and leave your kale to soak and soften overnight in your fridge. It is like a spa for kale).
2. To make the dressing: In a food processor, blend together the garlic, avocado, olive oil, and water. Add basil, parsley, chives, and scallions and pulse to blend. Add lemon juice, apple cider vinegar, and salt and blend to combine.
3. Add the spinach, apple, and raisins to your kale and toss
4. Pour half of the dressing over your salad, reserving the other half in a closed container in your fridge (you will use it in a future recipe).

This salad makes two portions, eat one today and save the other portion in the fridge. You can store this salad dressed.

From: www.karalydon.com



Veggie Burger

Ingredients

- 1 cup mashed sweet potato (Roast 2 large sweet potatoes, use one for this recipe and reserve the other in the fridge)
- 1/2 cup unsalted black beans, rinsed and well drained
- 1/2 cup cooked quinoa
- 5 almonds or cashews, finely chopped
- 1 shredded apple
- 2 tbsp flax meal
- 1/4 cup finely diced green onion
- 1/2 tsp ground cumin
- 1 tsp paprika
- 1/4 tsp each salt and pepper (to taste)

Instructions

1. Preheat oven to 400 degrees and cut sweet potatoes in half. Rub with olive oil and place face down on a foil-lined baking sheet. Bake sweet potatoes until soft and tender to the touch - about 30 minutes - set aside. Reduce oven heat to 375 degrees F.
2. Add black beans to a mixing bowl and mash half of them for texture. Then add sweet potato and lightly mash, then add in the quinoa, green onion, flax meal, nuts, apple and spices. Mix to combine. Taste and adjust seasonings as needed. Add more quinoa or oats if the mixture feels too wet. It should be very moist but mouldable.
3. Lightly grease a baking sheet
4. Shape mixture into burger shapes with your hands
5. Bake burgers for a total 30-45 minutes, carefully flipping 20 minutes in to ensure even cooking. The longer you bake them the firmer and drier they will get - up to preference
6. Serve atop a salad with sliced avocado, red onion, greens and a dollop of green goddess dressing.

Note: you can fry your burgers 4-5 mins per side over medium heat in 1tbsp of olive or coconut oil if you prefer
Have half the burgers today, and store half in the fridge for tomorrow

Adapted from: www.minimalistbaker.com



Leek and Potato Soup

Ingredients

- 1 tbsp olive oil
- 1 Leek white and light green parts, sliced
- 1 garlic cloves, chopped
- 1 potato scrubbed and cubed (no need to peel)
- ½ cup low-sodium vegetable broth
- ½ cup unsweetened almond milk
- ½ cup low sodium white beans (can substitute chick peas)
- Italian parsley for garnish
- 1/2 tsp each salt and pepper

Instructions

1. Heat olive oil in a heavy bottomed pot.
2. Sauté the sliced leeks about 5 minutes or until slightly tender.
3. Add garlic and sauté another minute or so.
4. Add potato and broth. Bring to a boil. Reduce heat to medium and simmer 20 minutes or until potatoes and leeks are quite tender.
5. Add beans, almond milk, and salt and pepper. Warm through, but do not boil.
6. Puree until smooth, using a wand blender or in small batches in a regular blender. If necessary, return to heat until warm enough.
7. Top with Italian parsley for garnish

Note: if you prefer your soups to be a bit chunky, try mashing, rather than pureeing half the soup.

Have half the soup today, and save the rest in the fridge for tomorrow.

Juices

My favourite juice is a red juice with beets, ginger, apples and carrots, but I also love green juice. Use bright, fresh produce for the best results. Try adding a bit of apple or pear and a bit to a green juice to provide natural sweetness. Add a squeeze of lemon and serve it over ice for the best flavour. My absolute favourite vegetable to juice is sweet potato! It has an amazing sweet taste and imparts a creamy texture to juice. Try it in place of carrots in any juice recipe. Cucumbers and pineapples and apples lovely, light and hydrating addition to green or red juices.

FRESH START PANTRY

These are staples that are used throughout the Frsh Start.
Buy in bulk and keep on hand.



Ginger
Lime
Lemons
Onions
Garlic
Coconut water
Almond butter (can be substituted with peanut)
Raisins
Almonds or cashews (unsalted)
Chili powder
Cumin
Black pepper
Salt
Paprika
Cinnamon
Turmeric
Herbal tea
Coconut oil
Olive oil
Sesame oil
Coconut milk (light)
Balsamic vinegar
Cider vinegar
Quinoa
Flaked, unsweetened coconut
Raw cocoa powder (can substitute with regular cocoa powder)
Maple syrup
Dates (Medjool or pitted)
Hemp hearts
Chia seeds
Bragg's Aminos or Tamari
Nutritional yeast
Non-dairy milk (almond, coconut or hemp)
Low-sodium chick peas, kidney beans and black beans
Low-sodium vegetable stock
Sriracha (thai-style chili sauce)
Hot Sauce

SHOPPING LIST



1 cup peeled baby carrots
1 large (450g) container of baby spinach, or 3 bunches
1 big or 2 small bunches of kale – any variety
4 stalks celery
1 cucumber
3 small ripe avocados
1 pepper (red, orange or yellow)
1 bunch green onions
2 large sweet potatoes
1 potato
1 Red onion
1 leek
1 bunch Italian flat leaf parsley
¾ cup basil
¼ cup chives
Vegetables of your choice for 1 lunch salad, suggestions: edamame, peppers, cherry tomatoes, broccoli, beets, sprouts or shoots
7-8 apples
3 bananas
1 cup fresh or frozen mango
Fruits of your choice for 4 snacks (to eat raw,

or juiced), and for 1 lunch salad, some suggestions include: ripe persimmons, pear, oranges, grapes, peaches

1 cup coconut water
¼ cup dairy free dark chocolate
2/3 cup rolled oats
1 can low sodium chopped tomatoes
1 cup pumpkin puree (canned is fine)
½ cup low sodium veg broth
½ cup low sodium white beans

Optional

½ cup pineapple can be fresh, frozen or canned
¼ cup hummus

Pantry items needed in Days 1-5

Dates, approx. 14-16
Ginger, 6 x 1 cm nubs
Almond or coconut milk (unsweetened), 4 cups
Olive oil, at least ¾ cup

Vinegar (balsamic or apple cider), ½ cup
Maple syrup, small bottle
Black beans (low sodium), 1 cup
Kidney beans (low sodium), 1 cup
Chickpeas, 1 cup
Almond or peanut butter: ¾ cup
Almonds or cashews (unsalted), 1 cup
Raisins, ½ cup
Chia seeds, ¼ cup
Hemp seeds, ¼ cup
Ground flax seed 2 tbsp
Quinoa, 1/2 cups dry (approximately)
Cocoa powder, 1 tsp
Spices: cinnamon, chili powder (1 tbsp), cumin (2 tsp), black pepper (1 tsp), salt (1 tsp), paprika (1 tsp)
Lemons, 2-3; Limes, 1
Onion, 1; Garlic, 1 head
Small bottle Bragg's Aminos
Herbal Tea