

# WINTER DETOX GUIDE

BOOST YOUR HEALTH THIS WINTER



CREATE HEALTHY HABITS. NOT RESTRICTIONS.

START YOUR WELLNESS JOURNEY TODAY FOR BETTER HEALTH AND BODY.

 **First Wave Wellness**

[www.firstwavewellness.com](http://www.firstwavewellness.com)



Winter is a natural time of transition, especially after the holidays, which makes it ideal for a gentle detox cleanse that will reset your body and mind while priming you for a winter of wellness and ready for spring.

Detoxifying through your diet doesn't have to mean fasting, and if done periodically, is one of the best ways to stay healthy.

## HERE ARE 3 REASONS TO DO A GENTLE DETOX CLEANSE THIS WINTER:

Bolster your immune system  
to help prevent the flu

Boost your mood, energy, and productivity  
by clarifying your mind

Shed the excess weight from the holidays

IMAGINE WHAT YOUR LIFE WOULD BE LIKE IF YOU HAD  
CLEAR THINKING, ENERGY, AND EXCITEMENT EVERY DAY.



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What follows are three gentle detox meal plans, filled with delicious, seasonal vegetables that will aid your body in naturally getting rid of toxins.

While you don't have to follow the recipes exactly, just make sure to keep these guidelines in mind:

FOODS TO INLCUDE	FOODS TO ELIMINATE
Whole, unprocessed foods	Processed foods
Vegetables	Wheat
Fruit	Dairy
Seeds	Meat
Fresh pressed juices	Alcohol
All fruit smoothies	Caffeine

## WHY DETOX?

Our bodies are naturally built to detoxify every day as part of our normal body processes. We detox by eliminating and neutralizing toxins through our colon, liver, kidneys, lungs, lymph and skin.

We are exposed to numerous pollutants in the air we breathe, the water we drink, and the food we eat. Furthermore, our chemical-laden diet with large amounts of animal protein, saturated and trans fats, caffeine, and alcohol inhibit our bodies from properly performing their detoxification processes.

Detoxing through the diet is a great way to give your body a break and support its natural self-cleaning system.



## WINTER DETOX BREAKFAST

### Cinnamon Apple Oats

#### INGREDIENTS:

- 1-cup steel cut oats
- 2 cups hot water
- 1 apple, cored and chopped
- 1 ¼ tsp. cinnamon
- Pinch of sea salt
- ¼ cup pure maple syrup, if desired

#### DIRECTIONS:

1. Bring water to a boil, and then add in oats, cooking according to directions.
2. About 1 minute before the oatmeal is done, add in chopped apple and cover.
3. Transfer to a bowl and sprinkle in cinnamon and sea salt. For a sweeter dish, add in maple syrup.



**Apples:** This antioxidant-rich fruit helps reduce inflammation and is linked to heart and lung health.

**Steel Cut Oats:** High in both soluble and insoluble fiber, oats will keep you satiated and your digestive system moving.

**Cinnamon:** This aromatic spice boosts brain function, helps control blood sugar levels, and improves colon health.

## WINTER DETOX LUNCH

### Baby Arugula & Kalamata Olive Salad

#### INGREDIENTS:

- 4 cups baby arugula or baby kale
- ½ cup cucumber, diced
- 2 radishes, diced
- ¼ cup onion, diced
- 8 Kalamata olives, pitted
- 1–2 tbs. raw or sprouted pumpkin seeds
- 1–2 tbs. raw or sprouted sunflower seeds
- 1 tbs. hemp seeds
- Pinch of sea salt and pepper, to taste
- 1 tbs. extra virgin olive oil, or more to taste

#### DIRECTIONS:

1. Combine all ingredients in a salad bowl.
2. Add a dash of salt, pepper, lemon, and olive oil.



# WINTER DETOX DINNER

## Chicken Vegetable Soup

### INGREDIENTS:

- 2 Tablespoons olive oil
- 2.5 pounds chicken breasts – cut into 1.5–inch pieces
- kosher salt and freshly ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon red pepper flakes
- 1 medium onion – chopped
- 1 stalk leek – rinsed and chopped
- 2 large carrots – chopped
- 2 stalks celery – chopped
- 3 cloves garlic – minced
- 8 ounces bella mushrooms
- 8 ounces shitake mushrooms
- kosher salt and freshly ground black pepper – to taste, season in layers, additional garlic powder and onion powder – to taste, season in layers
- 7–8 cups low-sodium chicken broth
- 3 cups cabbage – chopped
- 1/2 cup pearl barley
- 2 whole bay leaves
- cilantro or parsley – to serve

**Onions, garlic, leeks, celery, carrots, cabbage, mushrooms:** These vegetables are rich in antioxidants, fiber, vitamins and minerals.



*Photo courtesy of Sue Bee Homeaker*

### DIRECTIONS:

1. Season the chicken with salt, pepper, garlic powder, onion powder, and red pepper flakes. Heat a large stock pan to medium heat and add one tablespoon of olive oil and then the chunks of chicken breasts.
2. Cook for approximately 15–20 minutes, or until chicken is browned and just barely cooked through. Remove from pan and set aside on a plate.
3. Rinse out pan and place back on stove with another tablespoon of olive oil. Then add onion, leeks, carrots, and celery. Season with salt and pepper, and sauté for 6–7 minutes or until veggies are softened.
4. Add garlic and mushrooms to pan, and stir for another 3–4 minutes.
5. Add chicken broth and heat until soup reaches a slow simmer. Add cabbage, bay leaves, and pearl barley. Cook for about 30 minutes, or until barley is done.
6. Shred the chicken chunks, and add them back to the soup. Simmer on low for another 10 minutes.
7. To serve, top with cilantro or parsley.



# A HEALTHY LIFE IS WITHIN REACH

## HOLISTIC HEALTH COACHING AND FITNESS

Our Healthy Living Coaching Program is a comprehensive and holistic approach towards wellness, by addressing and establishing balance with the many influences in your life. Whether your goal is to boost your energy, decrease your stress, improve your sleep, address poor nutrition choices, lose weight or get in shape, we will work together to create a customized Healthy Living program to support you.

First Wave Wellness also offers fitness training programs that are uniquely designed for individuals who are new to exercise and want to include physical activity into their life but are unsure how to get started. Learn more about our health coaching and fitness programs online at [www.firstwavewellness.com](http://www.firstwavewellness.com).

THE JOURNEY TOWARDS HEALTH BEGINS ON THE PATH OF SELF LOVE.  
BEGIN YOUR JOURNEY TODAY.



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