

Dr. *Ro*™ Presents

Your 15 Day Cleanse

The Ultimate Detox Guide to Weight Loss



*America's Nutrition Coach
Member, Dr. Oz Show
Medical Advisory Board*



- *Healthy Detox Plan*
- *Recipes*
- *Clean Eating*
- *Tips to Succeed at Weight Loss*

Get the tools to finally lose those extra pounds for GOOD!

Dr. Ro's 15 Day Clean Eating Cleanse

By Dr Ro
America's Nutrition Coach

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Disclaimer.

Please consult with your physician before embarking on this or any weight loss diet, meal, or exercise plan.

The suggestions, information and resources in this report are made in a general nature and towards the benefit of individuals seeking weight loss. By no means are they representative of the exact steps YOU should take in order to lose weight. Please take them as examples and samples and do your due diligence before implementing anything suggested.

The statements, testimonials, and examples in this report are exceptional results, and are not intended to represent or guarantee that anyone will achieve the same or similar results. Each individual's success depends on his or her desire, dedication, health, effort and motivation to work and follow programs and advice. There is no guarantee you will duplicate the results stated here. You recognize any weight loss endeavor has inherent risk of not providing results.

Introduction & Overview

Looking to improve your health and well-being? A cleanse is the perfect way to do that. Each day, you are putting substances into your body that are slowly building up and making your entire system function less than optimally.

Even if you eat a relatively healthy diet, this may still be the case as your body will be moving into a more acidic than normal state thanks to the meats that you consume and because of added sugars and processed foods, you may also be suffering from low levels of chronic inflammation, especially if you are eating any sort of processed grains, as well.

That's why a 15 day cleanse or detox is the perfect recipe to clear your body and to get it back to functioning as optimally as possible. The following recipes are all designed to give your body the nourishment it needs, as well as restore the energy that you crave, all while improving your overall health.

Each recipe is thoughtfully developed with you in mind and filled with wholesome, natural foods that utilize plant-friendly protein sources. This makes this cleanse a perfect protocol for anyone whose goal is to not only lose weight, but to take care of her body too. Now there are many "cleanses" that can easily be found on the internet but as a practicing nutrition coach for almost three decades, I can assure you that there are no magic bullets, just startling results when you put the right foods in your body and treat it with the respect and care it requires. When you decide to do that. You will be amazed by the energy and clarity that you experience, not to mention the restful sleep and concentration that comes with giving your engine (your body) the overhaul that sometimes comes with aging and a less than optimal diet can bring.

To follow this cleanse, you'll want to simply mix and match from the meal options listed on the pages that follow. You'll eat breakfast, lunch, dinner, along with one snack and one juice each day. Juicing using these recipes can be an excellent and natural way to take in a high dose of vitamins, minerals, and antioxidants each day, ensuring you hit your 5-10 per day of fresh fruits and vegetables.

I'd also recommend that you start each day with a tall glass of water and the juice of one lemon. This is an excellent way to cleanse your system as lemons are very anti-inflammatory and detoxifying and will also help you to maintain a more alkaline pH level in your body, which helps to prevent the inflammation I spoke of earlier. This is a key part of the detoxification process.

I also recommend taking a daily multi-vitamin with calcium, iron, and antioxidants and a probiotic. I recommend that my patients take the Simply One Multi-vitamin made by Super Nutrition, found in health food stores and online. If you are under 50 years of age you'll want the Performance multi-vitamin. If you are age 50 or older, get the Women's 50 Plus or Men's 50 Plus. To ensure that you experience regularity, (you should be pooping at least 2 times per day and your stool should be curved like an "S" as it moves through your intestines to make its exit), and to ensure good carbohydrate metabolism and that your nutrients are fully absorbed in your gut, I recommend that you take a probiotic. I recommend taking Algin to my clients, which can be found in any pharmacy section of your local drug store. You will take your daily multi-vitamin and probiotic, and together with the foods that you eat and drink on this cleanse, your body will be in one of its healthiest states since childhood.

As your day progresses along, also be sure that you are consuming plenty of water as well. I recommend that you drink the number of ounces of water equal to half your body weight (in pounds). This not only hydrates, but it speeds up your metabolism. Make sure the water is cold because your body uses more energy to get back to its normal temperature when exposed to extreme temperatures. Proper hydration will also be key to ensuring that you are able to rid yourself of any toxic waste build-up, while improving your energy levels, yet another health benefit to a cleanse done right.

After your fifteen days are up, you'll notice you have improved focus and concentration levels, you'll experience less bloating, and you'll feel stronger than you ever have before. Eureka!

Once this cleanse is completely over, don't abandon all the good habits you've built while doing it. Consider having one or two days per week where you do focus on plant-friendly recipes, taking in your protein from beans, nuts, and seeds. This can also help to reduce the amount of digestive stress that you encounter as animal meats do tend to take more from the body to break down and to utilize.

Also feel free to also adjust and adapt the recipes that follow to meet your own taste preferences. You can swap out any of the fruits or vegetables called for with other varieties and likewise, use different types of beans whenever the recipe calls for it. Get creative and see what you can come up with. Just remember to keep all meals strictly made from all-natural, wholesome foods.

Do that and you'll be on your way to achieving the ultimate health and weight loss that you so richly, deserve.

Should you need more support, I am but a FB Post or Tweet away. If you haven't done so yet, I encourage you to join our Pvt. F-15 FB support group where I will lead you and where others, just like you will gather in support of you and each other.

With Love and Happiness



Now, Let's show you your 15 Day Cleanse recipes!

Breakfast

Overnight Oatmeal

1 large banana, mashed
2 tbsp. chia seeds
¼ tsp. cinnamon
½ cup rolled oats
¾ cup unsweetened almond milk
2 scoops vanilla hemp protein powder
Stevia to taste
2 tbsp. unsweetened coconut flakes
1 cup fresh raspberries

Combine together the banana, chia seeds, and cinnamon until well mixed. Shake together the almond milk and protein powder. Add this to the oatmeal and then place in the fridge overnight. Upon waking, stir the oatmeal, add stevia to taste, and then top with coconut flakes and raspberries.

Note that if your oatmeal is too runny upon waking, add one more tablespoon of chia seeds and then let stand for another hour before eating.

Nutritional information (makes 2 servings): 332 calories, 38 grams of carbs, 31.5 grams of protein, 7 grams of fat.

Raspberry- Coconut Baked Steel Cut Oatmeal

1 ½ cups steel cut oats
1 tsp. baking powder
½ tsp. salt
1 tsp. cinnamon
5 cups unsweetened almond milk
1 cup light coconut milk
1 cup raspberries
½ cup dried cranberries
¼ cup unsweetened coconut flakes
Stevia to taste

Preheat the oven to 350 degrees. Spray a large baking dish with non-stick spray. Mix together the steel cut oats, baking powder, salt, cinnamon, and milks until well combined. Add stevia to desired sweetness. Bake for 30 minutes, remove and then stir in the raspberries. Place back in the oven and bake for 30 minutes longer. Once finished, place in the fridge for four hours to thicken. Once time is up, place into bowls for reheating and once heated, sprinkle over top some dried cranberries and coconut flakes. Serve immediately.

Nutritional information (makes 6 servings): 293 calories, 32 grams of carbs, 8.3 grams of protein, 10.2 grams of fat.

Blueberry Chia Pudding

1 ½ cups unsweetened almond milk
¼ cup chia seeds
1 tsp. pure vanilla
1 tbsp. maple syrup
1 cup fresh blueberries
2 tbsp. walnuts

Whisk together the almond milk, chia seeds, vanilla, and maple syrup. Place into the fridge and let stand for 10 minutes. Whisk again. Repeat this process two more times and then place in individual bowls. Place back in the fridge for three hours or overnight. Once finished, stir in some fresh blueberries and sprinkle on top the walnuts.

Nutritional information (makes 3 servings): 169 calories, 19 grams of carbs, 8.3 grams of protein, 8.3 grams of fat.

Lunch

Grilled Burger With Tomatoes

1 cup cooked brown rice
1 cup raw walnuts, chopped
½ tbsp. avocado oil
½ white onion, finely diced
1 tbsp. chili powder
salt and pepper to taste
1 ½ cups cooked, black beans, drained
¼ cup raw oats
1 whole avocado
1 large tomato
¼ cup tomato sauce/paste

Heat a skillet over medium heat and then toast walnuts. Once finished, transfer to a plate. Next, heat the avocado oil and then add in the onion. Add salt and pepper to taste. Transfer to another plate. Next, place the walnuts in a blender along with the chili powder and more salt and pepper. Pulse grind until walnuts are finely chopped.

In a large bowl, mash the black beans until just about fully mashed, but leaving a few beans intact. Add in the brown rice, walnut mixture, oats, and tomato sauce or paste (note if using paste, you may want to add a bit more water). Form into burger

patties and heat the grill. Grill over medium heat for 4-5 minutes or until golden brown.

Top with sliced avocado and tomato before serving.

Nutritional information (makes 4 servings): 421 calories, 37.5 grams of carbs, 12 grams of protein, 26.5 grams of fat.

Chickpea Salad On Ezekiel Bread

6 oz. canned chickpeas, drained and rinsed
1 stalk celery, finely diced
3 green onions, thinly sliced
½ white onion, finely diced
¼ cup red pepper, finely diced
½ mashed avocado
1 clove garlic
1 tsp. fresh lemon juice (more or less to taste)
Pepper to taste
4 slices Ezekiel bread

Mash together the chickpeas with the avocado. Stir in the celery, onions (both varieties) and red pepper). Add the garlic, lemon juice, and pepper and then stir one final time. Place between two slices of Ezekiel bread.

Nutritional information (makes 2 servings): 487 calories, 81.5 grams of carbs, 23.5 grams of protein, 12.5 grams of fat.

Vegetable And Bean Soup

1 yellow onion, diced
2 cloves garlic, minced
1 medium sweet potato, cut into 1 inch cubes
2 carrots, cut into one inch pieces
2 stalks celery, finely sliced
1/2 green cabbage, shredded
salt and pepper to taste
½ tsp. oregano
¼ tsp. paprika
1 bay leaf
2 cups fresh green beans
16 oz. red kidney beans
4 cups no salt vegetable broth
1 14.5 oz. can diced tomatoes

Place all the ingredients into a slow cooker on low heat and then cook, covered for 6-7 hours or until vegetables and potatoes are tender. Serve immediately.

Nutritional information (makes 4 servings): 242 calories, 47 grams of carbs, 11 grams of protein, 0.5 grams of fat.

Dinner

Sweet Corn And Bean Salad

1 15-oz. can of kidney beans
1 15 oz. can of black beans
1 ½ cups kernel corn
1 cup cherry tomatoes, sliced in half
1 small onion, finely diced
1 clove garlic, minced
1 tsp. dried oregano
1 small bunch cilantro, chopped
Juice of two lemons
¼ cup olive oil
salt and pepper to taste

Rinse and drain the beans and kernel corn. Next, combine together with the sliced tomatoes, and onion. In another bowl, mix together the garlic, lemon juice, olive oil, and salt and pepper. Drizzle onto bean mixture and then toss. Sprinkle on top the cilantro and then toss one more time. Place in the fridge for an hour or two and then serve.

Nutritional information (makes 4 servings): 459 calories, 53 grams of carbs, 13.75 grams of protein, 23.5 grams of fat.

Black Bean Chili

5 cups black beans, rinsed
1 cup quinoa, uncooked
3 cups no salt added vegetable broth
2 cups water
1 cup kernel corn
1 18 oz. can diced tomatoes
1 tbsp. cilantro, chopped
1 pepper, finely diced
1 tbsp. minced garlic
1 red pepper, finely diced
1 green pepper, finely diced
1 medium onion, diced
3 stocks celery, diced

1 large carrot, diced
3 tbsp. chili powder
1 tsp. cumin powder
salt and pepper to taste

Place all the ingredients in a slow cooker, cover, and cook on low for 4-6 hours or until quinoa is finished. Serve immediately.

Nutritional information (makes 6 servings): 382 calories, 79 grams of carbs, 19 grams of protein, 3.2 grams of fat.

Lentil Soup

1 tbsp. olive oil
2 cloves garlic, minced
4 leeks, sliced
1 yellow onion, sliced
2 carrots, chopped
1 28 oz. can whole tomatoes, drained
1 cup no salt added vegetable broth
1 cup chopped kale, stems removed
2 sweet potatoes, peeled and cut into cubes
½ cup brown lentils
1 tbsp. fresh thyme
salt and pepper to taste

Heat olive oil in a skillet. Once heated, add garlic, onion, carrots, and leeks. Add in the thyme, salt and pepper. To this, add the tomatoes and cook for a few more minutes.

Next, stir in the lentils, broth, sweet potatoes, and kale. Turn down to a simmer and cook for 25-30 minutes longer. Serve immediately.

Nutritional information (makes 2 servings): 413 calories, 68.5 grams of carbs, 15 grams of protein, 10.5 grams of fat.

Snacks

Packed Celery Sticks

2 celery sticks, cut in half
2 tbsp. natural peanut butter
1 tbsp. dried unsweetened coconut flakes
2 tbsp. dried cranberries

Wash and slice the celery sticks. Smear with some natural peanut butter and then top with dried cranberries and coconut flakes before serving.

Nutritional information (makes 1 servings): 188 calories, 13.5 grams of carbs, 4 grams of protein, 13 grams of fat.

Energizing Oat Balls

½ cup raw oats
¼ cup natural almond butter
2 scoops vanilla hemp protein powder
2 tbsp. dried cranberries
1 tbsp. sunflower seeds
1 tbsp. walnuts
2 tbsp. agave, maple, or fiber syrup

Combine together all the ingredients in a large bowl and then form into bite-sized balls.

Nutritional information (makes 5 servings): 215 calories, 21.8 grams of carbs, 10.6 grams of protein, 11.6 grams of fat.

Sweet Potato Hummus With Vegetables

1 cup baked sweet potatoes (skin sliced off)
1 ½ cups garbanzo beans, rinsed and drained
2 tbsp. apple cider vinegar
½ finely diced red pepper
2 tbsp. tahini
4 tbsp. olive oil
¼ cup orange juice
stevia to taste (if desired)

Add all of the ingredients to a food processor and process until smooth or until desired consistency is reached (if you prefer it a little chunkier).

Serve with some raw vegetables of choice (carrots, celery, broccoli, sliced peppers).

Nutritional information (makes 10 servings): 140 calories, 10.6 grams of carbs, 2.6 grams of protein, 10.3 grams of fat.

Juice

Detoxification Green Juice

1 bunch celery
4 leaves of kale
1 green apple
1 lime (juice of)
1 lemon (juice of)
1 tbsp. chia seeds

Place the celery, kale, apple, along with the lime and lemon juice in a juicing machine. Juice. Stir in chia seeds and drink immediately.

Nutritional information (makes 1 servings): 191 calories, 39 grams of carbs, 4 grams of protein, 4 grams of fat.

Digestive Helper Juice

½ medium papaya, sliced
½ cup pineapple, sliced
1 inch piece of fresh ginger
1 cup coconut water
¼ sliced zucchini

Place the papaya, pineapple, zucchini, and ginger in a juicer and create juice. Next, mix in the coconut water and serve.

Nutritional information (makes 1 servings): 135 calories, 33 grams of carbs, 1 grams of protein, 0 grams of fat.

Liver Cleansing Sweet Juice

1 beet root (3 inches in diameter)
2 leaves of red cabbage
1 medium carrot
1 lemon (juice of)
1 orange, peeled
1 cup strawberries
1 handful of spinach

Place all the ingredients in a juicer and juice. Serve immediately.

Nutritional information (makes 1 servings): 194 calories, 45 grams of carbs, 4 grams of protein, 1 grams of fat.

About Dr. Ro

Author of Dr. Ro's Ten Secrets To Livin' Healthy and the soon to be released "The Final 15" diet book helping readers to lose weight 15 Servings, 15 Pounds, & 15 Days at a time on (Rodale Press).

Dr. Ro is the Dr. Oz Show Nutrition Coach who helped over a half-million Americans lose more than 5 million pounds and serves on the Dr. Oz Show Medical Advisory Board. Dr. Ro also serves as a nutrition coach to the Meredith Vieira Show and has held the same post on The View, helping Sherri Shepherd lose weight for her infamous on-camera swimsuit reveal. She has contributed to numerous national media and is known for her easy and accessible advice delivered by her vibrant and relatable personality.

As a leading nutrition coach for over 2 decades, Dr. Ro was named by More and Consumer Health Magazines as one of the nation's top 5 nutritionists. She joins President Barack and First Lady Michelle Obama and Oprah Winfrey on the Ebony Power 100 List of the Most Influential African Americans in the country (2010 and 2011).

Dr. Ro holds a PhD in Nutritional Sciences, a MS Degree in Community Nutrition and Broadcast Journalism from Howard University, and a BS degree in Foods and Nutrition from Virginia State University.

For more on Dr. Ro's healthy lifestyles platform visit www.everythingro.com.

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