



Bonus Guide

Delicious Cleanse Sample Day

delicious health
balanced being through healthy eating

Simla Somturk Wickless, MBA, CHC, CNE
Integrative Health & Nutrition Coach
Founder & CEO

415.595.5775
simla@enjoydelicioushealth.com
www.enjoydelicioushealth.com

☺ A gift for you!

Here's a sample day from the Delicious Cleanse program.

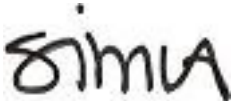
If you're reading this, I'm hoping it's because you are thinking about making a commitment to your well-being.

This is a sample day of menus and recipes from my Delicious Cleanse, which is a 28-day small group program that will support you step-by-step towards a healthier, sustainable, more delicious way of eating and living. The Delicious Cleanse combines the best of health advice + common sense + deliciousness + sustainable application for lasting change that fits into your real life and pleases your discerning taste buds.

After reading this, I invite you to stay tuned for the next time I offer the Delicious Cleanse. Just go to my website at www.EnjoyDeliciousHealth.com and sign up for your free monthly eZine (online newsletter), where I share all kinds of juicy recipes, health and lifestyle tips, and inform you of upcoming events (including the Delicious Cleanse).

I'd love for you to join me and others who are just as committed to their health and happiness. It's time.

Have a deliciously healthy day!



p.s. You can find out more about Simla or Delicious Health and our services by calling 415.595.5775, or reading more at www.EnjoyDeliciousHealth.com or www.DeliciousHealthBlog.com.

p.p.s Think you may want to work with me privately? Then I invite you to schedule a complimentary initial session with me in order to review your health history and health goals and see if we're a good fit. You can email me at Simla@EnjoyDeliciousHealth.com and we'll go ahead and set that up.

p.p.p.s Have fun with this guide! We'd love your feedback. Just email us at [Hello@EnjoyDeliciousHealth.com](mailto>Hello@EnjoyDeliciousHealth.com).

Important Medical Note

The Delicious Cleanse is not designed to be a medical program, meaning: I cannot diagnose you and the Cleanse cannot “treat” any health conditions. It is designed to encourage and support a transition to a healthier diet and lifestyle, both of which are critical contributors to overall health.

Although the Delicious Cleanse is designed to work gently and well for most people, I must urge you strongly to check in with your doctor before doing this or any other nutritional program if you:

- Use medications for any chronic health condition
- Are pregnant, nursing, or planning on becoming pregnant soon
- Are under the age of 18
- Have cancer
- Have a terminal illness
- Live with a mental illness other than mild anxiety or mild depression
- Have hyperthyroidism (overactive thyroid)
- Have weak kidneys, kidney failure, or borderline kidney function
- Are underweight or malnourished
- Have anemia or a low blood count

Other Important Note

I sometimes recommend specific brands as a convenience and because I like them myself. Delicious Health has no ties to these companies and cannot be held responsible if you dislike or have any type of unpleasant or otherwise negative experience with these brands or their products. If you like them, that just makes us happy.

Ok. Now that that’s taken care of, let’s continue!

☼ Checklist & Menu

Breakfast (7 - 9 AM)

- High Protein Breakfast Rice Pudding
- 1 cup decaf green tea or ginger tea; reuse 1 teabag and refill your cup if you'd like

Snack / Mid-Morning (10 AM)

- 2-3 cups Yogi brand Detox tea; reuse 1 teabag and refill your cup
- Dried fruit - try 3 dates or 5 unsulfured apricots - with 2 TBS of nut mix

Lunch (11:30 AM - 1:00 PM)

- Chicken & Sugar Snap Pea Salad with Mint

Mid-Afternoon Snack (3 - 4 PM)

- 1/3 cup Hummus with unlimited carrots, broccoli, celery, fennel bulb sticks

Dinner (6 - 7 PM)

- Lamb Chops with Nutty Green Rice and Pan Grilled Zucchini
- Dessert 30 min later: Baked Pears - we'll be making extra for a snack tomorrow.

Recipes

Breakfast

High Protein Breakfast Rice Pudding

Makes 1 serving

1/2 - 3/4 cup cooked brown rice

1/4 - 1/3 cup coconut milk, or more (adjust to desired texture)

2 scoops (or about 2 TBS) pure, unflavored brown rice protein powder

Pinch of sea salt

2 tsp brown rice syrup or 1-2 tsp agave nectar (agave is sweeter by volume)

Sprinkle of cinnamon, nutmeg and any other spices you would normally use at breakfast

Optional: Add 1 TBS chopped almonds or sunflower seeds or other nuts of choice

Optional: Stir in 1 tsp of coconut butter or ghee for added creaminess, healthy fats and satiety

Optional: Add 1/4 cup blueberries, strawberries, apple slices, or pear slices

Directions

1. Combine the rice and coconut milk, sea salt; warm over low heat.
2. Stir in sweetener of choice, spices, and top with nuts or seeds as desired.

Snack / Mid-Morning

Dried fruit options: Newman's Own dried plums / prunes, unsulfured apricots, organic dates, dried tart cherries, dried apples (find dried fruits sweetened with apple juice rather than refined sugar or cane sugar).

Acceptable raw, unsalted nuts include: almonds, walnuts, hazelnuts, macadamia, brazil nuts. Also great seeds to include are pumpkin and sunflower.

Do not eat if you already know you are allergic to tree nuts or seeds.

Continued on next page.

Lunch

Chicken & Sugar Snap Pea Salad with Mint

adapted from Gourmet Every Day cookbook

Serves 1

1 3-to-4 oz chicken breast meat, depending on how hungry you are (about the size and thickness of the palm of your hand)
1/2 cup sugar snap peas, trimmed and cut diagonally into thin slices
1/2 cup cucumber, halved lengthwise and cut diagonally into thin slices
4 TBS fresh mint leaves, rolled in a bunch and sliced into thin strips
1 teaspoon minced peeled fresh ginger
1 TBS olive oil
1 TBS balsamic vinegar or pomegranate molasses (buy at Middle Eastern markets or make your own by reducing 1 cup of pure, unsweetened 100% pomegranate juice down to 1/4 cup and store unused portion for later)
Sea salt and black pepper to taste

Directions

1. Cook the chicken breasts until opaque and cooked all the way through, until the internal temperature (bone in) is 170 degrees. You can pan fry them with 1 tsp of olive oil, or on a naked stainless steel pan. Use a lid for it to cook faster if you use a pan. Depending on the thickness of the cut, it'll take about 10 - 15 minutes to cook through on medium heat, maybe slightly longer. Leave the bones in and skin on until cooked through, to preserve moisture and flavor.
2. In the meantime, prep the other salad ingredients and the dressing (ginger, olive oil, vinegar)
3. When the chicken is done, remove and discard the skin and bones, cut it up into cubes or shred it with a fork.
4. Toss the salad with 3 - 4 oz of the chicken. Set aside the rest in an airtight container in the fridge for use later.
5. Season with salt and pepper to taste.
6. Store the salad dressing separately and add right before eating, to prevent the salad from getting soggy.

Note: You can increase the amount of sugar snap peas and cucumbers you use as much as you'd like.

Mid-Afternoon Snack

Hummus (citrus-free for purposes of Cleanse)

Makes about 3-4 servings, enough for several snacks / meals over the next few days

1 (15 ounce) cans garbanzo beans
1/4 cup tahini (sesame seed paste)
1 TBS extra virgin olive oil
1-2 garlic cloves, pressed
1/2 teaspoon ground cumin
3 - 4 shakes of Umeboshi Plum Vinegar
pepper

Directions

1. Drain beans and reserve the liquid when you do so.
2. Blend it in a food processor with the other ingredients and 1/8 cup of the liquid.
3. Process until the mixture is smooth.
4. Add liquid until the desired consistency is reached.
5. Adjust seasonings along with more cumin, pepper, to taste.

Dinner & Dessert

Lamb Chops

Serves 1

3-4 single lamb chops, about 3 oz of meat total (not counting weight of bone)
1/2 TBS oregano
Sea Salt and pepper to taste

Directions

1. Mix oregano, sea salt and pepper.
2. Rub both sides of the lamb chops.
3. Heat up small fry pan over low-medium heat for 1-2 minutes.
4. Place lambchops in pan. Cook one side for 3 minutes until done, to taste (medium rare is ok with lamb).
5. Flip and cook the other side to your preferred "done-ness"

Nutty Green Rice with Pan-Grilled Zucchini

Rice: 2-4 servings; Zucchini: 1 serving

For Rice:

- 2 cups prepared brown rice OR
- 1 cup brown rice (any kind - short grain, long grain, basmati, etc.)
- 2 cups chicken broth or filtered water

For Green Pesto:

- ½ cup almonds
- ½ small bunch parsley + 1/2 small bunch cilantro (if you like it)
OR 1 small bunch parsley: keep on some of the stems
- 1 clove garlic
- 1 ½ Tbsp olive oil
- Sea salt and pepper to taste

For Zucchini:

- 1 large or 2 small green summer squash (or zucchini), washed, peeled or not, and cut in the way you'd to eat it: long whole strips, sticks or round slices, or cubed
- 1/2 - 1 TBS olive oil
- 3-4 sprinkles of coriander or thyme, to taste
- Sea salt and pepper to taste

Directions

For Rice & Pesto:

1. Cook brown rice according to basic brown rice recipe.
2. Blend almonds, parsley/cilantro, garlic, and olive oil in a food processor.
3. When rice is cool, or using already prepared plain rice, stir in the blended mixture.
4. Season with sea salt and pepper to taste.

For Zucchini:

1. Warm olive oil in pan for 1-2 minutes over low heat.
2. Add zucchini. Saute until zucchini reaches desired tenderness, but do not overcook - 5-7 minutes at most.
3. Sprinkle coriander or thyme, to taste
4. Season with sea salt and pepper
5. Serve with nutty green rice

Baked Fruit (Pears, Apples, or Quince)

Serves 1 over 2-3 snacks/desserts

2 whole fruit of choice (pears, apples, or quince work well)

Enough 100% apple, 100% apple/cranberry juice, or 100% pomegranate juice (which is more tart) to cover up to half of the fruit, about 1 cup

Directions

1. Preheat oven to 350 degrees.
2. Wash and cut the fruit in half. Core the fruit and remove stems.
3. Prep glass baking dish.
4. Lay fruit cut side down in glass dish.
5. Pour in juice - enough to fill up glass dish by 1" or enough to submerge 1/2 the fruit in juice.
6. Bake in oven until fruit is easily pierced with a fork, about 30 minutes.

☼ About Delicious Health



First came need. Then came desperation. Then came intuition, experience and inspiration... Delicious Health was born organically out of founder [Simla Somturk Wickless's experience](#) dealing with her own health woes and discovering the healing effects of nutrition and lifestyle changes on her own well-being.

Delicious Health's mission is to help you reach your health goals by implementing lasting nutrition and lifestyle changes. We empower you to make it happen through knowledge, self-reflection, and action at a pace that works for you.

Simla is a holistic health coach, nutrition educator, and speaker whose specialty is transforming Busy Bodies into healthy Balanced Beings™ so that they can enjoy deliciously fulfilling lives. She works with busy professionals and autoimmune clients internationally, combining the latest scientific research with traditional holistic approaches.

She loves inspiring her clients to take action and make lasting changes to increase energy, tame stress, find their natural weight, and promote self-healing... for good.

You can find out more about Simla or Delicious Health and our services by calling 415.595.5775, or reading more at www.enjoydelicioushealth.com or www.delicioushealthblog.com.