

# Refresh & Rejuvenate MEAL PLAN

## MEAL PLAN GUIDELINE DAYS 1-10

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
CLEANSE PHASE (DAYS 1-10)	<b>Smoothie with:</b> 2 scoops OsoLean® powder 1 scoop NutriVerus™ powder 1 cup frozen fruit ½ to 1 cup fresh or frozen vegetables 1-2 tablespoons oil (of choice) 1 cup water (less/more or to taste)	1 cup raw vegetables or ½ cup fruit	Large vegetable salad with homemade dressing (equal parts oil and vinegar of choice)	<b>Smoothie with:</b> 2 scoops OsoLean powder ½-1 cup frozen fruit	Bake, broil or lightly stir-fry 2 cups vegetables
	<b>4 MannaCleanse™ caplets</b>		<b>4 MannaCleanse caplets</b>		<b>4 MannaCleanse caplets</b>

## EXAMPLE MEAL PLAN DAYS 1-10

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY ONE	<b>Smoothie with:</b> 2 scoops OsoLean powder 1 scoop NutriVerus powder ½ cup spinach 1 cup frozen berries 1-2 tablespoons flax seed oil 1 cup water (less/more or to taste)	<b>Option 1:</b> Sliced cucumbers and tomatoes	<b>Option 1:</b> Beet Salad (see recipe)	<b>Smoothie with:</b> 2 scoops OsoLean powder ½-1 cup frozen blueberries	<b>Option 1:</b> Baked sweet potato with 1 tablespoon coconut oil and cinnamon
		<b>Option 2:</b> Apple	<b>Option 2:</b> Lettuce wraps w/ chopped avocado, onion, tomato, jicama		<b>Option 2:</b> Vegetable Soup (see recipe)
	<b>4 MannaCleanse caplets</b>		<b>4 MannaCleanse caplets</b>		<b>4 MannaCleanse caplets</b>
DAY TWO	<b>Smoothie with:</b> 2 scoops OsoLean powder 1 scoop NutriVerus powder ½ cup strawberries ½ cup raspberries 1 cup spinach 1 orange 1-2 tablespoons flax seed oil 1 cup water (less/more or to taste)	<b>Option 1:</b> Steamed Brussel Sprouts with dash of salt and pepper	<b>Option 1:</b> Spinach salad with your choice of vegetables and lemon juice as dressing	<b>Smoothie with:</b> 2 scoops OsoLean powder ½-1 cup frozen strawberries	<b>Option 1:</b> Oven roasted asparagus and arugula salad (see recipe)
		<b>Option 2:</b> Pineapple (½ cup)	<b>Option 2:</b> Tomato Cucumber (see recipe)		<b>Option 2:</b> Vegetable Stir-Fry (see recipe)
	<b>4 MannaCleanse caplets</b>		<b>4 MannaCleanse caplets</b>		<b>4 MannaCleanse caplets</b>

# Refresh & Rejuvenate MEAL PLAN

## MEAL PLAN GUIDELINE DAYS 11-30

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
CLEANSE PHASE (DAYS 11-30)	<b>Smoothie with:</b> 2 scoops OsoLean powder 1 scoop NutriVerus powder 1 cup frozen fruit ½ to 1 cup fresh or frozen vegetables 1-2 tablespoons oil (of choice) 1 cup water (less/more or to taste)	1 cup raw vegetables or ½ cup fruit	Large vegetable salad with 6 ozs. lean protein of choice and homemade dressing (equal parts oil and vinegar of choice)	<b>Smoothie with:</b> 2 scoops OsoLean powder ½-1 cup frozen fruit	Unlimited vegetables, 6 oz. lean protein of choice and 1-3 tablespoons oil
	<b>3 MannaCleanse caplets</b>				<b>3 MannaCleanse caplets</b>

## EXAMPLE MEAL PLAN DAYS 11-30

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY ELEVEN	<b>OsoLean with:</b> 2 scoops OsoLean powder 1 scoop NutriVerus powder ½ cup spinach 1 cup frozen berries 1-2 tablespoons flax seed oil 1 cup water (less/more or to taste)	<b>Option 1:</b> Cauliflower and Broccoli (2 cups)	<b>Option 1:</b> Tuna or Chicken and Avocado Salad (see recipe)	<b>Smoothie with:</b> 2 scoops OsoLean powder ½-1 cup frozen raspberries	<b>Option 1:</b> Paleo Taco Salad (see recipe)
		<b>Option 2:</b> veggie wrap/taco: romaine lettuce leaf with shredded red cabbage and sea salt	<b>Option 2:</b> Chicken, Edamame and Quinoa Salad (see recipe)		<b>Option 2:</b> Garlic- Lemon Chicken Kabobs (see recipe)
	<b>3 MannaCleanse caplets</b>				<b>3 MannaCleanse caplets</b>
DAY TWELVE	<b>Smoothie with:</b> 2 scoops OsoLean powder 1 scoop NutriVerus powder ½ cup strawberries ½ cup raspberries 1 cup spinach 1 orange 1-2 tablespoons flax seed oil 1 cup water (less/more or to taste)	<b>Option 1:</b> Kale chips	<b>Option 1:</b> Beet and Chicken Salad (see Beet recipe and add cooked chicken)	<b>Smoothie with:</b> 2 scoops OsoLean powder ½-1 cup frozen mixed berries	<b>Option 1:</b> Herbed Salmon (see recipe)
		<b>Option 2:</b> Mixed fruit (½ cup)	<b>Option 2:</b> Mixed greens and diced chicken salad		<b>Option 2:</b> Lentil Soup (see recipe)
	<b>3 MannaCleanse caplets</b>				<b>3 MannaCleanse caplets</b>

# Refresh & Rejuvenate RECIPES

## Vegetable Stir-Fry

### Ingredients:

DAYS 1-30

Fresh or frozen broccoli, cauliflower, portobella mushrooms, shredded red or green cabbage  
2 tablespoons fresh garlic (more or less to taste)  
½ cup chopped onion (more or less to taste)  
2-4 tablespoons coconut or olive oil  
2 tablespoons lemon or lime juice (more or less to taste)  
Herbs/spices to taste

### Instructions:

Sauté garlic and onion in oil until lightly browned. Add vegetables, frequently stirring for about 10 minutes. Reduce heat and add lemon/lime juice. Add herbs and spices to taste. Serve and enjoy!



## Herbed Salmon

### Ingredients:

DAYS 11-30

4 salmon fillets, 6 ozs. each  
4 tablespoons fresh lemon juice  
Sea salt and pepper  
½ Dijon mustard  
2 tablespoons olive oil  
3 tablespoons chopped fresh dill  
3 tablespoons chopped fresh basil

### Instructions:

Heat broiler with rack 4 inches from heat. Rinse salmon and pat dry with paper towels. Place salmon on a broiler pan, drizzle 2 tablespoons of lemon juice over top. Season with sea salt and pepper. Broil until salmon is just cooked but still moist (should flake with fork), 8-9 minutes. Remove the salmon's skin. In a medium bowl, stir together mustard, remaining 2 tablespoons of lemon juice, oil, dill and basil. Spoon the sauce over the salmon and serve immediately.



# Refresh & Rejuvenate RECIPES

## Roasted Asparagus and Arugula Salad

### Ingredients:

DAYS 1–30

- 1 bunch (about 1 lb.) asparagus (choose thicker, larger stalks if possible)
- 3 tablespoons extra virgin olive oil, divided
- Salt and pepper
- 3 tablespoons freshly squeezed orange juice
- 1 ½ tablespoons freshly squeezed lemon juice, divided
- 1 ½ teaspoon finely chopped fresh basil
- 4 cups arugula (about 5 ozs.)



### Instructions:

Place the asparagus on a baking sheet; foil line the sheet for easier cleanup. Drizzle the stalks with 1 tablespoon olive oil, then rub each stalk with your hands to evenly coat with oil. Sprinkle with salt and pepper — freshly ground black pepper is best. Place prepared asparagus into the oven and let it roast for 12–15 minutes until the toughest parts of the stalks are tender and the leafy tips are starting to get crispy.

When the asparagus has finished cooking, remove from the oven and allow to cool to room temperature. Cut each stalk into four to five pieces each. Discard any overly tough ends that did not soften during roasting.

In a small bowl, whisk together orange juice, 1 tablespoon lemon juice, basil and a pinch of salt. As you whisk the mixture rapidly, very slowly drizzle in the remaining 2 tablespoons olive oil until emulsified with the juice mixture. Reserve dressing. In a large salad bowl, combine the arugula, roasted asparagus, avocado and dressing. Toss gently till the ingredients are well mixed and the arugula is evenly moistened by the dressing. Season the salad with additional salt to taste, if desired. Serve.

## Tuna or Chicken and Avocado Salad (2 servings)

### Ingredients:

DAYS 11–30

- 1 tuna steak (cooked and flaked) or 1 chicken breast (diced/shredded)
- ½ apple (red)
- 1 avocado (ripe)
- ½ celery
- 1 teaspoon dill
- ½ cup red onion
- ¼ teaspoon cumin
- 1 teaspoon lemon juice
- Sea salt and pepper (to taste)

### Instructions:

In a large bowl, mash up avocado with the back of a fork or potato masher. Add in tuna, celery, red onion and apple. Mix well. Add in lemon juice, dried dill, cumin and salt and pepper. Mix well. ENJOY!

Will keep up to one week in refrigerator.



# Refresh & Rejuvenate RECIPES

## Garlic-Lemon Chicken Kabobs

### Ingredients:

DAYS 11-30

- 3 tablespoons of olive oil
- Zest of 1 lemon
- 3 cloves of garlic, minced
- 1 tablespoon of minced fresh parsley
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 pound boneless, skinless chicken breasts cut into ¾ inch pieces

### Instructions:

In a medium bowl, whisk together the olive oil, lemon zest, garlic, parsley, salt and pepper. Add the chicken pieces to the bowl and mix to coat with marinade. Cover and refrigerate for 2-8 hours. Prepare a medium fire in a grill. If using wooden skewers, soak them in water for at least 20 minutes before use. Thread the chicken pieces on the skewers and discard the excess marinade. Lightly oil the grill grates. Place the kabobs on the



grill, cover and cook until chicken is opaque throughout, about 8-12 minutes, turning once or twice during cooking. Feel free to add vegetables to your marinade and alternate threading the chicken and vegetables.

## Lentil Soup

### Ingredients:

DAYS 11-30

- 1 onion
- 5 cloves garlic
- 2 celery stalks
- 2 cups diced tomatoes
- 1 ½ cups brown lentils
- 1 quart homemade chicken stock
- Sea salt and pepper to taste
- 2 tablespoons oil
- 2 teaspoons parsley

### Instructions:

Chop up onion, carrot and celery. Add all ingredients to crock pot. Cook on low 6-8 hours. Lentils absorb a lot of liquid so an extra quart of stock or water may be needed. This soup freezes and reheats very well.

If you need a quick and inexpensive dinner, throw all ingredients in a saucepan and simmer for 40-55 minutes.



# Refresh & Rejuvenate RECIPES

## Beet Salad

### Ingredients:

DAYS 1–30

1 lb. beets, peeled and grated  
4 sticks celery, finely chopped  
2 tablespoons of apple juice  
1 tablespoon of apple cider vinegar  
4 scallions, finely chopped  
2 tablespoons fresh parsley, chopped  
3 tablespoons olive oil  
Sea salt and pepper to taste



### Instructions:

Mix beets and celery with apple juice. In a separate bowl, whisk together the remaining ingredients. Toss the celery/beets with half of the liquid. Then drizzle the remaining liquid over the salad. Chill 2 hours and serve.

\*\*You can add chicken to this recipe, and add to the 11–30 day menu!

## Zesty Quinoa Salad

### Ingredients:

DAYS 11–30

1 cup quinoa  
2 cups water  
¼ cup oil  
2 limes, juiced  
2 teaspoons ground cumin  
1 teaspoon salt  
½ teaspoon red pepper flakes, or more to taste  
1 ½ cups halved cherry tomatoes  
5 green onions, finely chopped  
¼ cup chopped fresh cilantro  
Salt and ground black pepper to taste



### Instructions:

Add the quinoa, water and salt to a medium saucepan and bring to a boil. Once at a boil, turn the heat to low and cover. Cook for 15–20 minutes or until done. Transfer to a large bowl and fluff with a fork.

Add remaining ingredients and toss to combine. Add salt to taste. Chill until ready to serve.

# Refresh & Rejuvenate RECIPES

## Vegetable Soup

DAYS 1-30

### Ingredients:

- 2-4 tablespoons olive oil
- 1 medium onion, chopped
- ½ cup carrots, peeled and chopped
- ¼ cup celery, chopped
- 4-5 roma diced tomatoes
- 2 cups potatoes, scrubbed and diced
- 3 cups stock (vegetable)
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 cup fresh sweet peas (frozen is fine)\*
- ½ cup fresh green beans, cut, ends snipped (frozen is fine)



### Instructions:

Heat the oil in a large saucepan. Add the onions and cook for about two minutes, until translucent. Then add the carrots and celery. Continue cooking, stirring occasionally, for about three minutes. Add diced tomatoes and potatoes. Bring to a simmer. Pour in the stock and bring to a simmer. Add the salt and pepper {see notes} and continue cooking for about eight minutes. Add the peas and green beans. Continue cooking until all the vegetables are tender (check the potatoes). Serve hot! This is amazing re-heated and you could eat it for a few days!

### Notes:

This soup will be delicious as written but if you would like to season it further, feel free to add fresh parsley, oregano, and thyme. Dried Italian seasoning blends are delicious too, as is poultry seasoning (which actually does not contain any poultry but is a very versatile herb blend).

\* Please note sweet peas are recommended for days 11-30 only.

# Refresh & Rejuvenate RECIPES

## 15-Minute Paleo Taco Salad and Taco Seasoning

DAYS 1-30

### Ingredients:

#### FOR THE SALAD

- 1 lb. ground turkey
- Several tablespoons homemade taco seasoning (see recipe)
- 3 hearts of romaine lettuce
- 1 large cucumber
- 2 ripe avocados
- 2-3 tomatoes
- 1 large red bell pepper
- 4 scallions (green onions)

#### FOR THE TACO SEASONING

- 4 tablespoons chili powder
- 3 tablespoons plus 1 teaspoon paprika
- 3 tablespoons ground cumin
- 1 tablespoon plus 2 teaspoons onion powder
- 1 teaspoon garlic powder
- ¼ teaspoon cayenne pepper

### Instructions to assemble taco seasoning:

Combine all spices in an airtight container and shake well to mix.

### Instructions to assemble salad:

Set a pan over medium high heat and cook ground turkey until it is no longer pink, stirring frequently.

While you're cooking the turkey, chop romaine lettuce/hearts and divide among four large salad plates.

Stir turkey to make sure it is cooking evenly.

Chop cucumber, avocado, tomatoes, bell pepper, and scallions and add evenly to each plate of lettuce.

When turkey is no longer pink, add several tablespoons (3-4) of the homemade taco seasoning and stir to fully incorporate. If the meat is somewhat dry, splash a little water into the pan to loosen everything up and help the seasoning coat the meat.

When the meat is fully cooked and seasoned, top each salad with approximately ¼ the total amount.

Any extra cooked and seasoned meat can be refrigerated in an airtight container for up to a week!







# Refresh & Rejuvenate RECIPES

## Roasted Garlic Cabbage Steaks

### Ingredients:

DAYS 1–30

1 (approx. 2 lbs.) head of organic green cabbage, cut into 1" thick slices  
1 ½ tablespoons olive oil  
2 to 3 large garlic cloves, smashed  
Sea salt  
Freshly ground black pepper

### Instructions:

Preheat oven to 400°F and oil a baking sheet to prevent the cabbage from sticking. Pull outer leaf off, cut cabbage from top to bottom (bottom being root) into 1 inch thick slices. Rub both sides of cabbage with smashed garlic. Evenly spread the olive oil over both sides of the cabbage slices. Finally, sprinkle each side with a bit of sea salt and freshly cracked black pepper. Roast on the middle rack for 30 minutes. Carefully flip the cabbage steaks and roast for an additional 30 minutes until edges are brown and crispy. Serve hot and enjoy!

## Tomato and Cucumber and Onion Salad

### Ingredients:

DAYS 1–30

3 cucumbers, peeled and sliced ¼ inch thick	1 tablespoon crushed garlic (optional)
3 medium sized tomatoes, cut into wedges	1 cup water
1 medium onion, sliced and separated into rings	2 teaspoons sea salt
1 teaspoon salt (or to taste)	2 teaspoons stevia (or to taste)
1 teaspoon pepper (or to taste)	1 teaspoon ground black pepper
	¼ cup olive oil
	½ cup balsamic vinegar (or to taste)

### Instructions:

Combine all ingredients in a large bowl. Toss well to mix. Refrigerate at least 2 hours before serving. This will make enough to store and use for a few meals!



# Refresh & Rejuvenate RECIPES

## Roasted Carrots

### Ingredients:

DAYS 1-30

12 carrots  
1 handful of fresh thyme  
¼ cup of olive oil

### Instructions:

This should be just enough to fill up a baking sheet pan. Also, enough for 6-8 people. Split carrots down the middle into smaller sizes, then lay them out on a baking sheet and drizzle them with olive oil. Toss the carrots and make sure they are well coated. Take a handful of fresh thyme and peel the leaves off of the sprigs. Sprinkle the thyme leaves over the carrots and then sprinkle with salt and pepper. Bake at 400°F for 35-40 minutes.

## Baked Sweet Potato Fries

### Ingredients:

DAYS 1-30

2 lb. sweet potatoes  
2 tablespoon olive oil  
⅛ teaspoon salt  
⅛ teaspoon pepper  
⅛ teaspoon garlic powder  
⅛ teaspoon paprika

### Instructions:

Line a baking sheet with parchment paper. In a shallow dish, combine oil and spices. If leaving the skin on, scrub your sweet potatoes really well, if not, peel your potatoes. Cut sweet potatoes into ¼ inch fries. Toss fries in olive oil to coat. Spread fries onto a prepared baking sheet. Bake for 20 minutes, turning occasionally or until fries are browned.

# Refresh & Rejuvenate RECIPES

## Carrot, Tomato & Coconut Soup

### Ingredients:

DAYS 11-30

- 1 tablespoon coconut oil or olive oil
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 teaspoon ground turmeric (optional)
- 10 medium size carrots, rinsed and sliced
- 5 chopped fresh tomatoes
- Water, enough to cover
- Sea salt & black pepper
- 1 can (400 g / 14 oz.) full fat coconut milk (or any plant milk of choice)

### Instructions:

Heat oil in a pot. Add onions, garlic and turmeric and sauté until soft and fragrant. Add carrots and tomatoes and cook for a minute or so, while stirring. Now add water, sea salt and pepper, cover and let simmer for 15-20 minutes until the carrots are tender. Meanwhile prepare the corn topping. When the soup is ready, use an immersion (hand) blender to puree until smooth. Stir in the coconut milk, taste and adjust the flavors.

## Italian Potato Salad

### Ingredients:

DAYS 1-30

#### FOR THE SALAD

- 3 lbs. baby red potatoes, unpeeled and quartered or halved
- 1 cup cherry tomatoes, halved
- 6 celery stalks, sliced
- 3 tablespoon capers, drained
- 1 small red onion, halved and thinly sliced
- 16 pitted Kalamata olives, halved
- ¼ cup fresh basil,
- ¼ cup fresh parsley

#### FOR THE DRESSING

- ¼ cup extra-virgin olive oil
- 1 large lemon, juiced
- 1 teaspoon dried Italian herb seasoning
- ½ teaspoon sea salt
- ½ teaspoon ground black pepper

### Instructions:

Bring a very large pot of salted water to a boil over high heat. Meanwhile wash and scrub the potatoes of any dirt. If the potatoes are on the larger side, cut or quarter them. Once the water reaches a rapid boil, add the potatoes. Boil for about 20 minutes, until tender when pierced with a fork. Strain and set aside. While the potatoes boil, prep the remaining salad ingredients. Add them all to a very large serving bowl and combine. To make the dressing, simply combine all the ingredients in small bowl or measuring cup and whisk well. Add the boiled potatoes to the large serving bowl and combine with the tomato/celery/olive mixture. Pour the dressing over it all and mix again, until well coated. Serve warm or cold.



# Refresh & Rejuvenate RECIPES

## Balsamic Rosemary Beets

### Ingredients:

DAYS 1–30

- 4 medium beets, peeled and cut into 1-inch cubes (about 4 cups)
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon minced fresh rosemary
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon sea salt

### Instructions:

Preheat the oven to 400°F. In a medium bowl combine the beets, olive oil, vinegar, rosemary, pepper, and salt. Transfer the beets to a 9 by 13 inch baking dish and cover with aluminum foil. Bake for 45 minutes. Remove the foil and back, uncovered, for 10 to 20 more minutes until the beets are tender when pierced with a fork, then serve.

## Grilled Green Tomatoes

### Ingredients:

DAYS 1–30

- 3 large green tomatoes, sliced into ½ inch – thick slices
- ¼ cup extra virgin olive oil
- 2 garlic cloves, minced
- 1 tablespoon chopped fresh oregano
- Salt to taste
- Freshly ground pepper

### Instructions:

Lightly oil the grill rack. Preheat the grill. Place the tomatoes in a large bowl. Add the oil, garlic and oregano. Toss the tomatoes to thoroughly coat. Place the tomatoes on the grill and season each side generously with salt and pepper. Cook, turning for 5 minutes, or until the tomatoes are tender.