

# 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 tbsps. 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 tbsps. 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 potato w/ chives, 1 tbsp. coconut oil, sea salt, pepper to taste
		<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 tbsps. 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 (1 cup)	<b>Option 2:</b> Vegetable Soup (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 tbsps. 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	Bake, broil or lightly stir-fry 2 cups vegetables and 6 ozs. lean protein of choice with 1-2 tbsps. 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 tbsps. 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 tbsps. 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> Watermelon (2 cups)	<b>Option 2:</b> Chicken and Vegetable Stir-fry (see Vegetable Stir-Fry recipe and add cooked chicken)		<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:

Fresh or frozen broccoli, cauliflower, portobella mushrooms, shredded red or green cabbage  
2 tbsps. fresh garlic (more or less to taste)  
½ cup chopped onion (more or less to taste)  
2–4 tbsps. coconut or olive oil  
2 tbsps. 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:

4 salmon fillets, 6 ozs. each  
4 tbsps. fresh lemon juice  
Sea salt and pepper  
½ Dijon mustard  
2 tbsps. olive oil  
3 tbsps. chopped fresh dill  
3 tbsps. 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 tbsps. 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 tbsps. of lemon juice, oil, dill and basil. Spoon the sauce over the salmon and serve immediately.

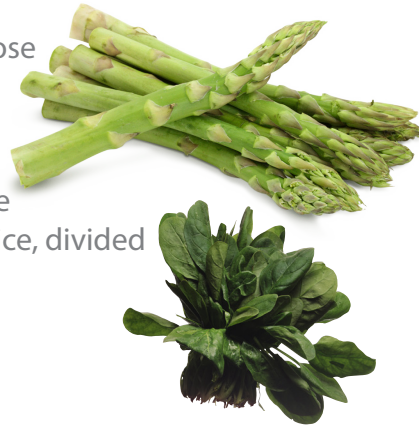


# Refresh & Rejuvenate RECIPES

## Roasted Asparagus and Arugula Salad

### Ingredients:

- 1 bunch (about 1 lb.) asparagus (choose thicker, larger stalks if possible)
- 3 tbsps. extra virgin olive oil, divided
- Salt and pepper
- 3 tbsps. freshly squeezed orange juice
- 1 ½ tbsps. freshly squeezed lemon juice, divided
- 1 ½ tsp. 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 tbsp. 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 tbsp. lemon juice, basil and a pinch of salt. As you whisk the mixture rapidly, very slowly drizzle in the remaining 2 tbsps. 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:

- 1 tuna steak (cooked and flaked) or 1 chicken breast (diced/shredded)
- ½ apple (red)
- 1 avocado (ripe)
- ½ celery
- 1 tsp. dill
- ½ cup red onion
- ¼ tsp. cumin
- 1 tsp. 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:

3 tbsps. of olive oil  
Zest of 1 lemon  
3 cloves of garlic, minced  
1 tbsp. of minced fresh parsley  
1 tsp. sea salt  
½ tsp. 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:

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 tbsps. oil  
2 tsps. 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:

1 lb. beets, peeled and grated  
4 sticks celery, finely chopped  
2 tbsps. of apple juice  
1 tbsp. of apple cider vinegar  
4 scallions, finely chopped  
2 tbsps. fresh parsley, chopped  
3 tbsps. 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!



## Edamame Quinoa Salad

### Ingredients:

2 cups uncooked quinoa  
4 cups water  
½ tsp. salt  
1 cup celery, sliced  
¾ cup cilantro, finely minced  
12 ozs. edamame, cooked and shelled  
2 red bell peppers, diced  
3 tbsps. olive oil (more or less to taste)  
5 tbsps. lime juice (more or less to taste)  
Salt 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

### Ingredients:

- 2–4 tbsps. 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 tsp. salt
- ½ tsp. 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

### Ingredients:

#### FOR THE SALAD

- 1 lb. ground turkey
- Several tbsps. homemade taco seasoning (recipe below)
- 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 tbsps. chili powder
- 3 tbsps. plus 1 tsp. paprika
- 3 tbsps. ground cumin
- 1 tbsp. plus 2 tps. onion powder
- 1 tsp. garlic powder
- ¼ tsp. 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 tbsps. (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!