

## 7-Day Juice Fast Info

For the most part, the following information is from Wellness Education Center (WEC).

### Intro

The following are discussed in more detail in their respective sections. See also “Juice Fast Info, Part 2,” for procedures summary (enema, dry-brushing, and flushes).

### Pre-Fast

Before actually beginning the fast, you need to prepare your body by slowly eliminating certain foods, such as alcohol, caffeine and animal foods; and slowly adding more vegetables and fruits, especially raw, so that by the day before the fast begins, you're only eating raw.

Get extra rest (8 - 10 hours sleep each night); clear your schedule for the week of the fast.

### Fast

The fast can last 5 or 7 days. 7 days is recommended for at least the first two fasts.

This is not a true fast, because the juices and broths provide nutrition. But it is very alkalizing, and helps to remove toxins and parasites.

This period includes several daily tasks (in addition to drinking veggie juices and taking certain supplements):

- enemas (twice a day for the first 2 - 3 days)
- dry brushing (once daily) to stimulate the lymph system
- stretching
- meditation or prayer
- bath

And it includes two flushes:

- kidney flush on 2<sup>nd</sup> or 3<sup>rd</sup> day of the fast
- liver flush, which must be done one or more days after the kidney flush, at night

***Break the Fast*** (See also page 7, or Cat's Breaking Fast Schedule file for more detail)

After the 5 or 7 days of fasting, you slowly re-introduce solid foods. First is fruit, followed by raw and then lightly cooked veggies. Then grains (sprouted grains are considered veggies and are introduced earlier). And last, animal foods.

***Supplement, etc. Shopping List*** (page 2; see also Supplement Shopping List file)

***Food Combining Chart*** (page 9)

***Overview Chart*** (page 10; see also Fast Daily Regimen file, or Cat's version)

***Recipes*** (pages 11 - 15)

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### Supplement, etc. Shopping List

All supplements can be obtained from the WEC; iHerb info noted if applicable.

Capsules & tablets:

- Jarro-Dophilus EPS probiotic (iHerb JRW-03020), 2/day, or Mercola's Spore Restore (iHerb MCL-01885), 1/day, from pre-fast through breaking-fast.  
Optional: Primadophilus Bifidus (iHerb NWY-06860), same schedule
- Rainbow Light Advanced Enzyme System, (iHerb RLT-35101), 3/day during fast
- Super Colon Cleanse tablets, 5 tablets; obtain from WEC, 1/day during pre-fast

Powders (in packets or a jar)

- Effer-C (iHerb NOW-00613 for orange flavor), or EmergenC (iHerb ALA-30203 for orange flavor); both carry other flavors.
- Green Magma, 1 jar will last for 1 fast (iHerb code GFC-20431); contains folic acid; consider adding methyl-folate supplement such as Life Extension tablet (iHerb LEX-19391), once per day.
- Ionic Fizz (iHerb PUR-03102); or Natural Calm (iHerb PTG-00002)
- Perfect-7 / Intestinal Clenz, (Amazon ASIN B000219XGE / B00IGJLNDA)
- Tri-Cleanse (Amazon B0009F3RXS) or Fiber Smart (iHerb REN-53467); or Triphala powder (iHerb PTF-10037); (BioVitality is no longer available; Note: if I forget to update BioVitality elsewhere, Tri-Cleanse or Triphala is meant)

Tinctures/Liquids

- Parasite homeopathic tincture, 1 bottle; obtain from WEC (lasts for at least 3 fasts)
- Liquidulse tincture, 1 bottle (iHerb code BER-10531)
- Liver cleanse & detox tincture, 1 bottle; obtain from WEC
- Swedish Bitters (optional, for detox symptoms); (iHerb code ABK-10003 for 8 oz.)

Misc Items

- Enema bag: either the clear, hospital version & Davol tip (red rubber friend), or red water bottle/enema bag & enema tip
- Puppy Pads
- Brush for dry-brushing
- Tripe Leaf Detox Tea, 1 box (iHerb TLT-00017)
- Organic apple juice or cider; minimum 36 oz. (available at WEC if desired)
- Kidney-bladder flush items from WEC:
  - Nature's Secret Urinary Cleanse, 6 gray caps;
  - Cranberry concentrate, 4 pink caps (or can use unsweetened cranberry juice)
  - Kidney cleanse tea, 1 bag (or can use 4 detox tea bags)
- Liver & gall-bladder flush items:
  - powdered magnesium citrate (available at WEC)
  - cold-pressed extra virgin olive oil, 2 oz
  - 1 fresh grapefruit

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### Pre-Fast (PF)

See also [WEC: Pre-Fast Info](#) (Note, “mandatory” introductory class does not apply to WEC alumni like me)

Before actually beginning the fast, you need to prepare your body by:

- slowly eliminating certain foods, such as alcohol, caffeine and animal foods; and
- slowly adding more vegetables and fruits, especially raw, so that by the day before the fast begins, you're only eating raw.

According to the WEC, you should begin the pre-fast diet 2 weeks before the start of the fast.

See [Breaking the Fast](#) and [Recipes](#) for ideas that also work well for the pre-fast.

### *Pre-fast Supplements*

See shopping list (above) for more info about each supplement. The fast begins on the evening before Day 1. To determine when to start each supplement, count days backward from Day 1; e.g., if fast begins on Saturday, 4 days before the fast is Wednesday.

- **Probiotic:** WEC recommends Jarrow-Dophilus, 1 cap in AM; I also take Primadophilus Bifidus, 1 cap before bed. Start 7 days (or more) before fast begins
- **Digestive Enzymes:** WEC recommends Rainbow Light Advanced Enzyme System - contains all plant-based enzymes. Take 1 at beginning of each meal. Start 7 days (or more) before fast begins
- **Fiber powder:** Tri-Cleanse or Fiber Smart.  
Start 7 days before fast begins. Mix 1/2 serving in 8 oz water, twice daily, and follow with extra 8 oz water.
- **Super Colon Cleanse** tablets:  
Start 4 days before fast begins. Take 1 tablet at bedtime, on empty stomach, each night for 5 nights before fast begins.

### *Other pre-fast considerations*

- Drink plenty of water, including the water with fiber powder. Herbal teas also count. WEC formula is divide weight in pounds by 2 to get oz of water per day.
- Wean off caffeine, sugar, and alcohol.
- Cut down on animal products. The week before the fast should be all vegetarian. Include beans, nuts, legumes, seeds, and whole grains, preferably sprouted. Also steamed or raw veggies and fruits.
- Get extra rest, at least 8 - 10 hours of sleep.
- Clear your schedule.

The last few days of the pre-fast can include the same recipes as for [Breaking the Fast](#).

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### The Juice Fast (JF)

The transition from prefast to fast is smooth and yet abrupt, as there is only juice and no fiber during the week of the fast. On that first day, you eat nothing but raw fruits & veggies; for dinner you can have a delicious "liquidarian soup" (see [Raw Veggie Soup](#) recipe; includes sauerkraut). After that, only water or herb tea for the rest of the night.

The next morning (JF-Day 1) begins the regimen that will become your life for the next 6½ days. Breaking the fast begins with dinner on the 7<sup>th</sup> day. Use chart to track progress.

#### **Water:**

Drink 2 - 3 quarts daily. [WEC formula is divide weight in pounds by 2 to get oz of water per day; e.g., if you weigh 160 lb, drink 80 oz daily.]

- Water with iodine, tinctures, and herbal teas count toward the total.
- Water with Green Magma and Perfect 7 do not count, nor do juices.

#### **Juices & Broth**

You drink two Glacier Juice & Tea (WEC) juices: 1 at noon, 1 in late afternoon, and one oz wheatgrass juice at noon (optional) daily. These are made on Tues and Thurs of each week; purchase at WEC (Kalispell) or Max's Market (Bigfork).

You also need Organic apple juice or cider for 3 days prior-to and day-of the liver flush.

Sip a warm veggie broth each evening. You can buy pre-packaged broth at WEC, a powder for dissolving in warm water, or make your own veggie broth. I use Gayelord Hauser's broth powder added to hot water. WEC recommends adding 2 sticks of Kombu (seaweed) for iodine & minerals.

#### **Daily Fast Supplements**

WEC suggests arranging your supplements into 3 or 4 groups and keep them where you are most likely to use them. See [shopping list](#) above.

##### ***Support Group: First thing in morning and last thing at night***

In AM, take homeopathic first after rising, followed 5 minutes later by iodine and probiotic in water. In PM, repeat AM regimen right before bed.

- **Parasite homeopathic**, by Nature's Sunshine, available at WEC. Take 1 dropper under tongue twice per day.
- **Probiotic**: Take 1 cap in AM & PM. WEC recommends Jarro-Dophilus; I take 1 cap Mercola's Spore Restore in AM, and 1 cap Primadophilus Bifidus before bed.
- **Iodine**: WEC recommends LiquiDulse by Bernard Jensen. This is a seaweed supplement to support the thyroid gland. Another option is Lugols (prescription).

##### ***Magma Group: 3 times per day***

- **Green Magma** (barley grass juice powder): Place 2 tsp in glass; add just a little water and stir into a paste, then add rest of the liquid. Mixing 2 oz (¼ cup) apple juice and 6 oz water (¾ cup) is recommended for each serving. Take 3 times daily.

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Apple juice with Magma totals to 6 oz per day, which is half of the 12-oz requirement for each of the 3 days leading up to, and including the liver flush day.

- **Enzymes:** take 3 times a day, with Green Magma. WEC recommends Rainbow Light's Advanced Enzyme System (plant source).
- **Liver tincture:** Take 20 drops 3 times a day in water (or 30 drops on Liver Flush day, for first 2 of day), along with the enzymes and green magma. Put drops in 8 oz warm water for 5 minutes to evaporate alcohol. Available at WEC.

Also take 30 drops after doing the liver flush.

### **Fiber Group: 2 times per day**

- Perfect-7 Intestinal Cleanser. This psyllium-herbal combination is to be used only when fasting, not as a regular fiber supplement.

Take 1 rounded tsp in 6 oz ( $\frac{3}{4}$  cup) of water and 3 oz ( $\frac{3}{8}$  cup or 6 Tbsp) apple juice 2 times daily. This apple juice totals to 6 oz per day - the other half of the 12-oz/day requirement for the first 3 days of the fast. **DO NOT TAKE WITH OTHER SUPPLEMENTS OR FRESH JUICE.**

### **Misc. Group: 1 each per day**

- **EmergenC or Effer-C** (Cat's choice): 1 packet each day in 8 oz water
- **Ionic Fizz** (or Natural Calm) for magnesium & other minerals. 1 packet per day in 8 oz water.
- **Detox Tea:** 1 cup each day. WEC recommends Triple Leaf brand.
- **Swedish Bitters:** 1 - 2 tsp in 8 oz water, or a few drops of Angostura Bitters in mid-afternoon as needed for detox symptoms.

**Fast Flushes** (see separate file for instructions; see also Schedule Overview file)

- **Kidney-bladder flush:** Take on JF-Day 2. Includes the following, available at WEC:
  - Nature's Secret Urinary Cleanse (grey color; 3 caps with each of first 2 magmas)
  - Optional: mix 3 oz unsweetened pure cranberry juice in 1-quart of water; sip throughout day (or in place of water, when mixed with apple juice for Green Magma, Perfect 7). (Pink cran-caps are no longer used; grey caps include cran).
  - Kidney Cleanse Tea:  $\frac{1}{4}$  cup mixture steeped into 1 quart boiled water; steep at least 30 minutes then strain 8 oz at a time. Or can use 4 detox tea bags to make 1 quart; steep at least 15 minutes. Drink throughout day
  - visualize the fluid will go to kidneys and help clean them. Massage middle of foot arches and middle of palms to stimulate the kidney reflex points.
- **Liver & gall-bladder flush:** Take on JF-Day 3 or 4.

Do ONLY after at least 3-4 days of fasting, with consumption of 12 oz apple juice each of those days. You may experience some nausea. Best done after kidney-bladder flush. Includes:

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- 12 oz apple juice per day for 3-4 days
- 2 oz (1/4 cup) cold-pressed extra virgin olive oil
- 4 oz (1/2 cup) strained, fresh-squeezed pink grapefruit and/or lemon juice
- 2 tsp powdered magnesium citrate (available at WEC)
- liver tincture (see Fast supplements, above)

Method (see separate file on Liver Flush for more detail):

- On evening of Day 3 or 4 (on empty stomach), after enema, dry brush and bath, drink the olive oil/grapefruit juice mix - strain then whisk to mix well.
- Set a timer: Lie on right side, 20 min, with right knee (or both knees) as close to chest as possible. Work reflex on hand and/or foot (see reflexology diagrams).
- Add 30 drops liver tincture to 6 oz warm water (let sit for 5 min to evaporate alcohol); add 2 tsp Mg citrate powder, mix well and drink (or you can do these separately). Add more water if any powder remains on glass bottom.
- Go to bed. 6 - 24 hours after the flush you will pass sludge which includes white flecks and light green "peas" (cholesterol 'stones').
- Take another 30 drops liver tincture in warm water twice on the following day, before noon.

### ***Fast Activities (Daily)***

Several activities are performed as part of the daily regimen:

- Drink plenty of water - 2 quarts for the average person (includes water with supplements, tinctures, Ionic Fizz, Effer-C, bitters and herbal teas; does NOT count water with Magma and Perfect 7).
- Sip veggie broth in late afternoon. I make mine from Gaylord Hauser's herbal broth powder and hot water. WEC recommends adding 2 sticks of dried kombu leaves (for minerals and iodine) before heating. If you make your own broth from fresh veggies, blend some of the cooked veggies with the broth for a liquidarian soup on the first night of the fast, and to blend in with Magma or smoothie when breaking the fast. Otherwise, no whole veggies are allowed during the fast.
- Stretching and exercise.
- Enemas: 2 quarts water, twice a day for first 2 - 3 days, then once a day. See separate instructions.

Follow with probiotic retention enema (implant), if desired. Can also use: probiotics, lemon juice, aloe vera or apple cider vinegar (1 tsp of the liquids).

- Dry skin brushing (see separate instructions), followed by a soaking bath and an herbal tea during the bath.

## 7-Day Juice Fast Info

### Breaking the Fast (BF)

Whenever I do this fast, I am filled with mixed feelings about breaking the fast. On the one hand, I want my favorite recipes, but on the other hand, I like the simple routine of the fast. However, I find that as the days progress through the breaking of the fast, the former feeling gets the upper hand over the latter.

The idea is that you slowly reintroduce regular, solid food into your diet, adding the easiest to digest first. Begin the process with dinner on Day 7. By BF-Day 4, you will have reintroduced all food groups.

One side benefit of this process is that you can watch to find out what foods cause problems for you (allergies, sensitivities). Each day, introduce one type of food, or simple groups of food, into your diet, keeping a diary of food, quantity, prep method and time consumed, along with your observations of your reactions to each.

### Breaking the Fast Schedule

#### Supplements, etc:

- Enzymes: take 1 - 2 with each meal, every day. (Use same as for PF).
- Fiber supplement 1 - 2 times/day, beginning with last night of the fast (F-5 or 7) through BF-2 night. (Use same one as for PF).
- Probiotics: 1 in AM and 1 in PM. (Use same as for PF, or your own preference).
- Enemas: BF-1 should be last enema, unless feeling bloated or constipated.

#### Meals, by day *(Links go to Recipes section)*

**Last day of fast:** (Breaking Fast begins at evening)

**AM:** regular fast schedule.

**Noon:** blended fruit (apple and peaches or berries) with water. No other ingredients.

**Mid-Afternoon:** regular fast schedule

**Evening:** Juice, raw veggie soup, or blended fruit and water (an add blended mango).

I like: [Cold Tomato-Avocado Soup](#) without Avo the first nite (can add it next nite)

#### BF-Day 1:

**AM:** Green Magma, juice, water, herbal tea

**Mid-Morning:** Fruit & water smoothie (single type of fruit); 1/2 packet **Biovitality** (can mix into smoothie, or separate)

**Lunch:** Veggie Juice OR liquid soup (such as [Bieler's Broth](#)) OR light salad (greens, sprouts, finely grated veggies, lemon juice, sea veggie, garlic, & Braggs Aminos or sea salt)

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I do a light salad, with some pea and lentil sprouts from local Organic store (or [sprout my own legumes](#)).

**Enema** (the last, unless constipated or bloated). Implant bifidus.

**Mid-Afternoon:** Green Magma, juice, water, herbal tea, hot broth

**Evening:** Magma 1/2 hour before dinner (or at least 8 oz water with 1/2 packet Biovitality).

Salad of greens, sprouts, grated veggies, and 1/2 avocado if desired. Use very light dressing (olive oil, lemon juice, Braggs Aminos or Spike)

I like: [Cold Tomato-Avocado Soup](#) (page 12) with the Kale salad from WEC (can't use the dressing that comes with it until Sunday, so mix up lemon juice & olive oil, with salt and pepper).

Start the [soaking of oatmeal](#) for BF-2, if desired.

**Snacks:** [Tapenade](#) (see page 15; choose the simple, or the one with capers) with sprouted pita, [Salsa](#), Greens salad

### BF-Day 2

Can add fish oil/cod-liver oil, vitamin E oil and lecithin to fruit smoothie.

Buckwheat groats or [pre-soaked oatmeal](#) in AM.

1/2 packet Biovitality in morning and afternoon

Add whole fruits, avocado and other raw veggies during day

Evening: add lightly steamed or sauteed veggies, [sprouted grains](#) such as quinoa, [Sprouted hummus](#), and [sprouted bean sprouts](#).

>> **If not having a bowel movement**, continue the Green Magma in juice or water on empty stomach, mid-afternoon.

#### My selections:

**Breakfast:** [Fruit smoothie](#) with fish or krill, cod-liver and vitamin E oils and lecithin; coconut milk. Buckwheat groats (kasha) or [pre-soaked oatmeal](#), with coconut milk

**Lunch:** Green salad with raw veggies & avocado; raw apple (can eat out)

**Dinner:** [Sprouted hummus](#) with sprouted grain bread or pita & braised kale. Or [Spinach Pies \(with yogurt crust\)](#). Cooked beans. Greens salad, or salad from WEC, with it's dressing.

### BF-Day 3

Add whole grains, nuts, seeds, beans (sprouted or not), tofu yogurt and eggs. Also cooked sprouts and raw milk or kefir.

Can add Ranch Dressing or Cole Slaw Dressing, if made with raw-egg mayo and raw cream.



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### My selections:

**Breakfast:** [Fruit smoothie](#) as on BF-2, with fresh parsley added. Bran or other whole grain muffin, or bowl of oatmeal with raw cream or milk.

**Lunch:** Green salad with Ranch Dressing (my first eat-out meal).

**Dinner:** a bean casserole or soup. Or [Spinach Pies \(with yogurt crust\)](#)

### BF-Day 4

Add other dairy, meat and eggs in small quantities.

My selections:

**Breakfast:** Complete [Fruit smoothie](#), with coconut milk or raw milk.

**Lunch:** Chicken or turkey sandwich

**Dinner:** [Salmon Coconut Curry](#), with fresh mandarin or tangerine wedges

## Food Combining Chart (Alkaline-Acid Food Combining)

The idea is to avoid acid-forming foods and combinations (red, orange yellow on chart). See [healthy-weight-loss-help.com/support-files/foodcombiningchart.pdf](http://healthy-weight-loss-help.com/support-files/foodcombiningchart.pdf) for an easy to read chart (different from the one I got from WEC)

## Daily Fast Overview Chart

See [Fast Daily Regimen Overview \(catsfork.com/CatsKitchen/wp-content/uploads/2019/10/FastRegimenOverview\\_WEC-2019d.pdf\)](http://catsfork.com/CatsKitchen/wp-content/uploads/2019/10/FastRegimenOverview_WEC-2019d.pdf) for a printable pdf version.

NOTE: if you take prescription meds, talk with your doctor about which ones you can suspend during the fast. WEC recommends taking as few as possible.

## Recipes [See also Food Combining Chart, above]

WEC Book:

- Breaking the Fast Notes (see page 10)
- Raw Veggie (Liquitarian) Soup (see Cat's version, page 11)
- Cold Tomato-Avocado Soup (see Cat's version, page 12)
- Tapenade (see Cat's version, page 15)

Nourishing Traditions (see also Cat's versions on Cat's Kitchen [catsfork.com/Cats-Kitchen/](http://catsfork.com/Cats-Kitchen/); use the search box in upper right of page):

- [Bieler's Broth](#)
- [Presoaked Porridge](#) (Oatmeal and/or other Cereal Grains)
- [Lebanese Spinach Pie](#) (with yogurt crust) or [Spanikopita](#)
- Sprouting Legumes; see [catsfork.com/CatsKitchen/misc-menu-2/soaking-sprouting-fermenting-grains-nuts-seeds-legumes/](http://catsfork.com/CatsKitchen/misc-menu-2/soaking-sprouting-fermenting-grains-nuts-seeds-legumes/)

Cat's Recipes (see below, beginning with page 11)

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### ***Breaking the Fast Notes***

#### ***Break the Fast Fruit***

Don't combine fruits (note that my smoothie recipe breaks this rule, but only on last day of breaking-the-fast).

First night: Try Organic melon cut into very small pieces and chewed well; OR soft organic berries which can be chewed to a liquid.

#### ***Break the Fast Smoothy***

Blend fresh organic fruit with purified water. Only 2 types of fruit at a time, such as apple and berries. Don't use sweet and citrus fruits together (like banana & orange).

May add flax meal and spices like cinnamon, ginger, nutmeg.

Don't add raw milk or kefir until 3rd day. Don't use pasteurized milk.

#### ***Break the Fast Salad***

Organic greens, grated veggies, sprouts and fresh herbs.

Dressing of olive oil and lemon juice OR raw apple cider vinegar, and spiced with fresh garlic and Braggs or Spike.

#### ***Break the Fast Raw Soup***

Organic veggies, herbs and garlic blended with purified water until smooth. Drink slowly and chew before swallowing. Can add 1/2 avocado on 3rd day, to "cream" it.

#### ***Break the Fast Veggie Chips***

Slice green zucchini about 1/4 inch thick, toss in bowl with Spike or Braggs and dehydrate at 105 degrees until crunchy like potato chips.

Or peel yam and slice lengthwise into 3 sections. Using a peeler, create thin strips. Spice and dehydrate until crunchy.

## 7-Day Juice Fast Info

### Recipes:

#### *Raw Veggie Soup (Liquitarian Soup)*

The first evening of our fast, we were served this soup; the last solid food for a week. Despite the odd list of ingredients, this is a delicious soup. The recipe in the WEC book makes a large batch (32 servings); here's a version in which I estimate the amounts for 1 - 2 servings.

Requires a veggie juicer and a Vita Mix.

This version makes about 1 1/2 cups (1 or 2 servings)

#### *Ingredients:*

- 6 oz carrot, to yield 2/3 cup juice
- 1 oz celery
- 1 oz zucchini
- tiny wedge of onion (1/16)
- 1 1/2 tsp Braggs
- 1/2 clove garlic (or 1 small clove)
- pinch curry powder
- pinch nutmeg
- 2 Tbsp raw sauerkraut
- 1 Tbsp almond or tahini butter \*
- filtered water

\* Do not include the nut butter if eating the first night of breaking a fast; increase zucchini instead.

#### *Method:*

1. Scrub, then juice the carrots, enough to make 10 cups juice (2/3 cup for 2 servings). Save the pulp in case soup needs thickening; set aside
2. Scrub, then cut up celery and zucchini into 1 - 2" lengths and set aside
3. Cut onion into quarters (or smaller if using a blender). Combine with remaining ingredients. Add enough water to the 6 cup mark on the Vita Mix (3/8 cup for 2 servings). Blend well (makes 8 cups after blending -- 1/2 cup for 2 servings).
4. Add carrot juice and blend again.
5. Add the celery and zucchini chunks; blend until mixture of small chunks.
6. Serve!

## 7-Day Juice Fast Info

### ***Cold Tomato-Avocado Soup***

This recipe is from WEC Juice Fast book (2009); makes two servings. Note that for dinner on last day of fast (beginning of Breaking the Fast), you cannot include the avocado. Add it for the second serving on the next night (BF-Day 1).

#### ***Ingredients:***

- 1 - 2 Organica, Non-GMO tomatoes: sliced (after removing seeds), about 3/4 - 1 cup
- 1/4 cup carrot juice, or ~ 2 small carrots, grated to make 1/2 cup
- 2" long celery stick, sliced thinly
- 1/8 red onion, chopped
- 1/2 large, ripe avocado, sliced or chopped coarsely
- 1/2 Tbsp freshly-squeezed lemon juice
- filtered water
- 1-2 tsp dried Herbs de Provence, oregano or basil
- Optional spices: cumin, turmeric, coriander
- unrefined sea salt and freshly-squeezed black pepper, to taste
- dash cayenne or to taste
- Equipment:
- Juicer (optional, for carrot juice)
- Blender

#### ***Method:***

1. ***Prep veggies:*** Juice or grate carrot; slice celery, and chop onion; squeeze lemon for juice
2. Place all veggies except avocado into blender, and blend. Add lemon juice and herbs/spices.
3. Puree mixture, adding water as needed.
4. Adjust seasoning.
5. ***For dinner, last day of fast:*** Serve half of the soup on evening of last day of fast. Pour remaining half into a jar and refrigerate.
6. ***For dinner of BF-Day 1,*** remove peel from avocado and slice or chop.
7. Pour reserved soup into blender, add avocado, adjust seasoning, and serve.

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### *Cat's Fruit Smoothie (Breakfast Smoothie)*

Choose from any of these ingredients; however, not all of these ingredients can be used during 'Breaking the Fast' until the very last day.

#### **Liquids:**

- \* 1/2 cup raw goat or cow's milk, or diluted organic coconut milk
- \* 1/2 cup homemade or good quality yogurt or kefir (made from raw milk)
- \* 2-4 Tbsp strong green tea (optional)
- \* 1 tsp cod liver oil or fish oil
- \* 1 - 3 raw organic eggs (from local, pasture-raised hens)

#### **Fruits** (all, or any combination):

- \* 1/8 fresh organic Orange (use pulp, and cut peel, with pith, into thin slivers)
- \* 1/2 whole fresh Organic apple, cut into wedges
- \* 2 - 4 slices fresh or frozen Organic peach, mango or papaya
- \* handful of fresh or frozen Organic berries
- \* 1/3 large or 1/2 small Organic banana (slightly green - no black on peel)

#### **Powders:**

- \* Protein powder from rice or un-denatured whey (optional)
- \* 1 Tbsp green food powder, green magma or 1 oz wheat grass juice (optional)
- \* 1 - 2 Tbsp freshly ground organic flax seeds
- \* 1 Tbsp nutritional yeast (for Lipoic Acid, Chromium and B-vitamins)
- \* 1 - 2 Tbsp non-GMO lecithin granules (optional, for liver health)
- \* 1/4 tsp Acerola powder (natural vitamin C, optional)

#### **Spices** (all, or any combination):

- \* 1/4 tsp each powdered cinnamon, fenugreek, ginger, and/or turmeric

Pour milk or diluted coconut milk into blender. Add orange peel slivers and blend at low speed until the peel is thoroughly blended. Add remaining fruit and blend again; add egg while blender is spinning. Add remaining ingredients and blend at medium speed until of smooth consistency

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### *Salmon Coconut Curry*

- 1/2 lb. salmon fillet, skinned & cut into 1" cubes
- 1/2 Tbsp cornstarch
- 1/2 tsp Celtic sea salt
- 1/4 tsp ground black pepper
- 1 - 2 Tbsp olive oil or ghee, divided
- 1/2 large onion, cut in 1" pieces
- 1/2 medium red bell pepper, cut in bite-size strips
- 1/2 cup carrots, julienne
- 1/2 Tbsp grated fresh ginger
- 1 clove garlic, minced
- 1/2 - 1 tsp ground curry powder \*
- 1/8 tsp crushed red pepper (optional)
- 1/4 cup diluted coconut milk \*\*
- 1 cups steamed brown rice
- sprigs of fresh cilantro (optional)

### *Method:*

1. Skin and cube the salmon filet. Toss with cornstarch, salt and pepper in a bowl; set aside.
2. Clean bell pepper and remove seeds. Cut into strips. Clean and julienne the carrots. Grate the ginger and mince the garlic. Combine all in a bowl; set aside.
3. Heat 1 Tbsp olive oil or ghee in heavy cast iron skillet over medium-high heat. Add onion, bell pepper, carrots, ginger, garlic, curry powder and, if desired, crushed red pepper. Saute 5 - 6 minutes or until vegetables are crisp-tender. Remove from skillet and set aside.
4. Add remaining 1 Tbsp olive oil or ghee to skillet; cook seasoned salmon in hot oil about 3-4 minutes, or until fish flakes easily (don't overcook).
5. Stir in coconut milk; reduce heat and cook, uncovered, 1 minute or until thickened, stirring gently.
6. Stir veggies into skillet; heat. Garnish with sprigs of cilantro.
7. Serve with steamed brown rice.

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## 7-Day Juice Fast Info

### ***Tapenade***

Two recipes; both share the same method

#### ***Simple Tapenade***

This recipe is adapted from the 7-day juice fast book from the Wellness Education Center in Kalispell MT, for breaking the fast. See Cat's Kitchen: [catsfork.com/CatsKitchen/tapenades-olive-po-boy-sandwich/](http://catsfork.com/CatsKitchen/tapenades-olive-po-boy-sandwich/)

- 1/2 cup Kalamata olives, pitted
- 3 Tbsp extra virgin olive oil
- 1 Tbsp lemon juice
- 2 cloves garlic

#### ***Olive Caper Spread (Tapenade)***

This recipe is adapted from *Stop and Smell the Rosemary*, by the Junior League of Houston.

- 1/2 cup Kalamata olives, pitted
- 3 Tbsp extra virgin olive oil
- 1 Tbsp chopped fresh basil or oregano (optional)
- 1 Tbsp capers, drained
- 2 cloves garlic
- Optional: sundried tomatoes, about 1/4 – 1/3 cup. If packed in oil, lay them out on paper towel to remove excess oil. If dried, soak in water to soften.

#### ***Method:***

1. Place all ingredients in food processor, and process until pureed.
2. If you don't have a food processor or Vita Mix, use a mortar and pestle, but chop up the olives first. A regular blender won't work well because there is not enough liquid in the recipe. However, you could try a hand-held (immersion blender).