

# **THE BURN**

**WHY YOUR SCALE IS STUCK  
AND WHAT TO EAT ABOUT IT**

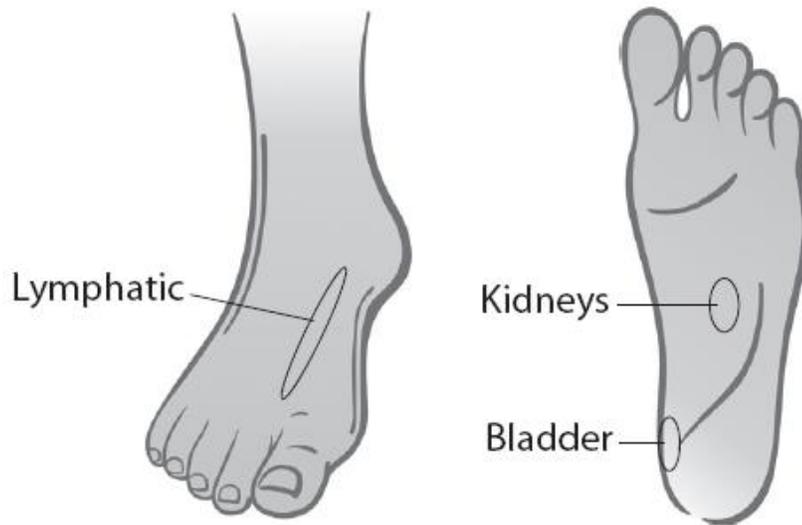
**BY HAYLIE POMROY  
WITH EVE ADAMSON**

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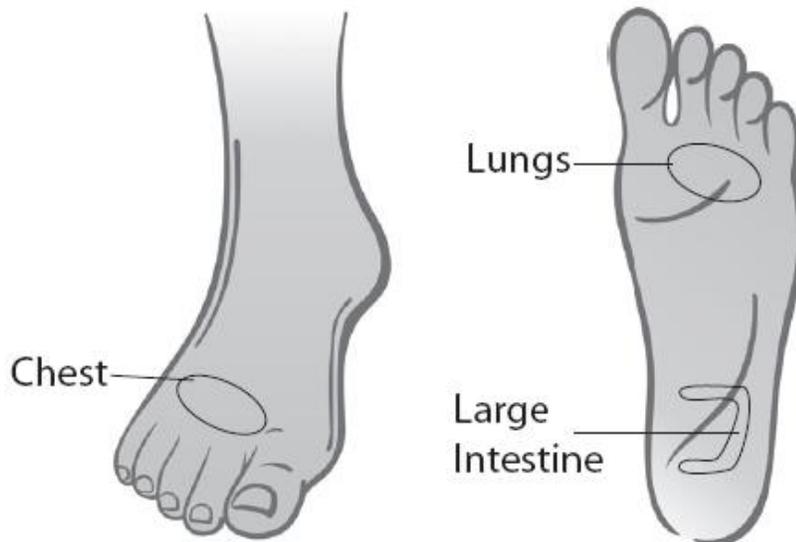
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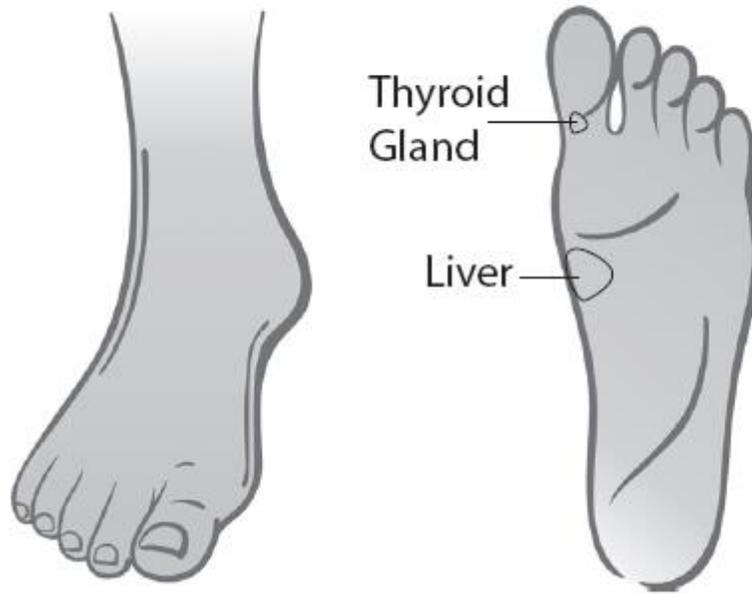
**Figure 1**



**Figure 2**



**Figure 3**



## The I-Burn

### I-Burn Grocery List

#### Free Foods

I-Burn Soup  
I-Burn Tea  
Celery  
Cucumber

Jicama  
Lemons  
Limes  
Radishes

#### Vegetables

1 small carton alfalfa sprouts	½ pound shiitake or maitake mushrooms, fresh or dried
1½ pounds beets	
2 heads green or red cabbage	½ pound white button mushrooms
7 carrots	
4 celery stalks with leaves	1 large red onion
2 cups collard greens, chard, and/or dandelion leaves	2 root vegetables: turnips, parsnips, and/or rutabagas (about 2 cups diced)
2 cucumbers	
1 daikon or white radish, root and top (if tops are available), enough for 1 cup chopped	2 sweet potatoes
8 garlic cloves	6 cups fresh spinach
2 large jicama	3 tomatoes
	7 zucchini

#### Fruit

2 avocados	10 lemons
2½ cups blueberries (fresh or frozen)	8 limes
1½ cups cranberries (fresh or frozen)	3 pears
	1 pink grapefruit
	3½ cups diced watermelon

## **Protein**

1 cup black beans (preferably sprouted, but not required)	½ cup raw pine nuts (or replace with walnuts)
12 ounces Dover sole fillet (or any light wild-caught fish)	6 ounces canned sardines
2 tablespoons hummus	1 cup raw walnuts (or 1½ cups if not using pine nuts)

## **Herbs, spices, sweeteners, and miscellaneous**

½ teaspoon cayenne pepper	Dash of ground cinnamon
3 tablespoons celery seed	1 bunch fresh cilantro or parsley
8 tablespoons extra-virgin olive oil	Sea salt
Dash of ground nutmeg	Optional for sweetening: birch xylitol or pure stevia
9 tablespoons dried parsley	

## **I-Burn Success Boosters**

### **Exercise:**

30-minute walk, preferably outdoors in a beautiful natural setting

Gentle yoga or stretching, 20 to 30 minutes or take a class

### **To Add to Your Smoothie:**

1 cup kale or spinach

### **To Add to Your Tea:**

1 dandelion tea bag

### **To Add to Your Soup:**

1 cup chopped fresh beet greens

### **Easy Boosts:**

Deep breathing

Epsom salts bath

Essential oil self-massage: fennel, cinnamon, clove, eucalyptus, bergamot,  
thyme, rose

Flower essences

Meditation

Reflexology

Targeted I-Burn supplement protocol

### **Intense Boosts:**

Infrared sauna

Lymphatic massage

Rebounding

## I-Burn Meal Map

### DAY 1

#### BREAKFAST



#### SNACK



#### LUNCH



Spinach Avocado Salad  
with Watermelon



#### SNACK



#### DINNER



Dover Sole with  
Roasted Vegetables



#### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- 2 fruits
- Spinach Avocado Salad with Watermelon
- Dover Sole with Roasted Vegetables
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 2

### BREAKFAST



### SNACK

1 cup watermelon pieces  25%

### LUNCH



Hummus  
Coleslaw  50%

### SNACK

1 pear  75%

### DINNER



Roasted Vegetables  
on Zucchini "Pasta"  100%

### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- 2 fruits
- Hummus Coleslaw
- Roasted Vegetables on Zucchini "Pasta"
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 3

### BREAKFAST



### SNACK

1 pink grapefruit with cinnamon  25%

### LUNCH



Sardines and Cucumbers  50%

### SNACK

1 cup blueberries  75%

### DINNER



Mexican Dinner Salad  
Cayenne Watermelon  100%

### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- 2 fruits
- Sardines and Cucumbers
- Mexican Dinner Salad
- Cayenne Watermelon
- Half your body weight in ounces of water
- At least 1 Success Booster

## I-Burn Food List

### Free Foods

Eat as much as you want!

I-Burn Soup

Jicama

I-Burn Tea

Lemons

Celery

Limes

Cucumber

Radishes

### Vegetables (minimum serving size is 1 cup raw)

Alfalfa sprouts

Kale

Artichoke and artichoke hearts

Kelp

Arugula

Mushrooms (baby bella, maitake,  
portobello, shiitake, white

Asparagus

button)

Beets, roots and tops (greens)

Bell peppers (red)

Onions (red)

Brussels sprouts

Parsnips

Cabbage (red or green)

Radishes

Carrots

Rutabagas

Cauliflower

Seaweed

Celery

Spinach

Collard greens

Spirulina

Cucumbers

Sweet potatoes

Daikon/white radish

Swiss chard

Dandelion greens

Tomatoes

Garlic

Turnips

Ginger

Watercress

Green beans

Yams

Hearts of palm

Zucchini

Jicama

**Fruits (serving size is 1 piece or 1 cup—you may use fresh or frozen fruit)**

Asian pears	Grapefruit
Blueberries	Lemons
Cherries	Limes
Cranberries	Pears
Persimmons	Raspberries
Pineapple	Watermelon
Pomegranates	

**Proteins (serving size is 4 ounces meat/poultry; 6 ounces seafood/fish; 1 egg; ½ cup legumes; ½ cup grains; ¼ cup nuts/seeds; ½ cup hummus)**

Adzuki beans, sprouted	Mung beans
Black beans	Oysters (in water or olive oil or raw)
Crab	Pine nuts
Eggs	Pumpkin seeds, raw, preferably sprouted
Fish, raw (such as sashimi)	Quinoa, ideally sprouted or whole-grain
Fish, white (such as Dover sole, cod, tilapia, halibut, or any white fish, preferably wild-caught)	Sardines, canned
Hummus	Sesame seeds, black
Kaniwa, sprouted (a small grainlike seed related to quinoa, sometimes called “baby quinoa”)	Sunflower seeds, raw, preferably sprouted
Kidney beans	Turkey
Lentils, sprouted	Walnuts, raw
	Wild rice, sprouted

**Fats (serving size is ¼ avocado or 1 to 2 tablespoons other fat or oil)**

Avocado

Coconut butter, raw

Coconut milk

Olive oil, extra-virgin

**Miscellaneous**

Birch xylitol

Cayenne pepper

Celery seed

Cilantro, fresh

Cinnamon

Nutmeg

Parsley, fresh or dried

Pepper, black

Red pepper flakes, crushed

Sea salt

Stevia, pure

## The D-Burn

### D-Burn Grocery List

#### Free Foods

D-Burn Soup	Cultured/fermented salsa
D-Burn Tea	(purchased or homemade)
Carrots	Kale
Cultured/fermented cabbage (purchased or homemade— see page 185 for simple instructions on how to ferment your own veggies)	Kimchi
	Lemons
	Limes

#### Vegetables

1½ pounds asparagus	1 or 2 jalapeño peppers (more if you like your soup on the spicier side)
1 green bell pepper	
3 red bell peppers	
2 heads broccoli or 1 16-ounce bag florets	2 14.5-ounce cans organic tomatoes, diced or whole
½ head red cabbage	1 red onion
5 large carrots	4 white onions
1 head cauliflower	½ pound shiitake mushrooms
1 head celery	4 medium sweet potatoes
3 cucumbers	1½ pints cherry tomatoes
2 medium fennel bulbs	2 yellow squash
2 heads garlic	6 medium zucchini (about 9 inches long)
1 pound green beans	
4 large green onions	

#### Fruit

3 green apples	1 pear
6 lemons	1 cup prunes
1 lime	

## Protein

1 pound lean ground beef	1½ cups raw pumpkin seeds
1 15-ounce can black beans	1½ cups dry quinoa
5 teaspoons chia seeds	2 6-ounce salmon fillets
1 cup flaxseeds	2 tablespoons sesame seeds
1 cup dried lentils	1 pound sirloin or strip steak
½ cup pine nuts	1 pound ground turkey

## Fats

3 tablespoons coconut oil	9 tablespoons extra-virgin olive oil
8 tablespoons grapeseed oil	

## Herbs, spices, sweeteners, and miscellaneous

2½ cups fresh basil	3½ teaspoons ground cumin
1 dried bay leaf	1 5-inch piece fresh ginger
1 box beef or chicken broth	10 bags licorice tea
½ teaspoon black peppercorns	1 bunch fresh mint
1½ cups chicken broth	¼ teaspoon ground nutmeg
1½ tablespoons chili powder	2½ teaspoons dried oregano
1 teaspoon ground chipotle pepper	½ tablespoon paprika
2 bunches fresh cilantro or parsley, or enough to make 1 cup chopped	1 bunch fresh parsley
1 bunch fresh cilantro	10 bags peppermint or spearmint tea
10 cinnamon sticks or 15 tablespoons ground cinnamon	1½ teaspoons dried rosemary
4½ tablespoons coconut aminos or tamari (or any other gluten-free soy sauce)	1½ tablespoons fresh rosemary
2¼ teaspoons crushed red pepper flakes	2 tablespoons tamari
	¼ teaspoon dried thyme
	3 tablespoons sea salt
	1 32-ounce carton vegetable or chicken broth (organic, nondairy)
	Optional: birch xylitol or pure stevia

## **D-Burn Success Boosters**

### **Exercise:**

30 to 45 minutes of vigorous cardio, such as running, racquetball, aerobics class, or spinning class

### **To Add to Your Smoothie:**

¼ cup aloe vera juice

### **To Add to Your Tea:**

1 pau d'arco tea bag

### **To Add to Your Soup:**

1 cup chopped fennel

### **Easy Boosts:**

Raw apple cider vinegar

Black walnut powder

Cultured/fermented vegetables

Detox bath with pau d'arco tea

Essential oil self-massage: oregano, nutmeg, peppermint, cardamom, clove

Flower essences

Neem oil

Oil pulling

Olive leaf extract

Reflexology

Soaking nuts, seeds, grains, and legumes

Targeted D-Burn supplement protocol

### **Intense Boosts:**

Dry sauna

Hot stone massage

Wheatgrass shots

## D-Burn Meal Map

### DAY 1

#### BREAKFAST



#### SNACK



#### LUNCH



Lentil Chili (freeze half for Day 5 lunch)

50%



#### SNACK



#### DINNER



Beef and Broccoli Bowl (save half for Day 2 lunch)

100%



#### SNACK

Stewed prunes (save half for Day 2 evening)

#### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- 1 cooked fruit
- Lentil Chili
- Beef and Broccoli Bowl
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 2

### BREAKFAST



### SNACK



### LUNCH



Leftover Beef and Broccoli Bowl



### SNACK



### DINNER



Shepherd's Pie (save half for Day 3 lunch)



### SNACK

Leftover stewed prunes

### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- 1 cooked fruit
- Beef and Broccoli Bowl
- Shepherd's Pie
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 3

### BREAKFAST



### SNACK



### LUNCH



Leftover Shepherd's Pie

50%



### SNACK



### DINNER



Stuffed Zucchini (save half for Day 4 lunch)

100%



### SNACK

Cooked pear (save half for Day 4 evening)

### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- 1 cooked fruit
- Shepherd's Pie
- Stuffed Zucchini
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 4

### BREAKFAST



### SNACK



### LUNCH



Leftover Stuffed Zucchini

50%



### SNACK



### DINNER



Fennel and Salmon

100%



### SNACK

Leftover cooked pear  
Defrost leftover Lentil Chili from Day 1

### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- 1 cooked fruit
- Stuffed Zucchini
- Fennel and Salmon
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 5

### BREAKFAST



### SNACK



### LUNCH



Leftover Lentil Chili  
(from Day 1 lunch)

50%



### SNACK



### DINNER



Italian Wonder

100%



### SNACK

½ green apple, baked

### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- 1 cooked fruit
- Lentil Chili
- Italian Wonder
- Half your body weight in ounces of water
- At least 1 Success Booster

## D-Burn Food List

### Free Foods

Eat as much as you want!

D-Burn Soup	Cultured/fermented salsa
D-Burn Tea	(purchased or homemade)
Carrots	Kale
Cultured/fermented cabbage	Kimchi
(purchased or homemade)	Lemons
	Limes

### Vegetables (minimum serving size is 1 cup raw)

Asparagus	Fennel
Bell peppers (green and red)	Garlic
Bok choy	Green beans
Broccoli	Green onions
Cabbage (green and red)	Jalapeño peppers
Carrots	Leeks
Cauliflower	Mushrooms (shiitake)
Celery	Onions, any type
Chiles	Pumpkin
Collard greens	Shallots
Cucumber	Spinach
Endive	Squash, winter or summer
Sweet potatoes	Watercress
Swiss chard	Yams
Tomatoes	Zucchini
Turnips	

### **Fruits (serving size is 1 piece or 1 cup)**

Fruits are for after dinner only and must be cooked, with the exception of the green apple in your smoothie, and lemons and limes for flavoring.

Asian pears	Papaya
Figs, fresh	Pears
Green apples	Pineapple
Lemons	Prunes
Limes	

### **Proteins (serving size is 4 ounces meat or poultry; 6 ounces fish; 1 egg; ½ cup beans; or ¼ cup nuts or seeds)**

Adzuki beans	Lamb
Almonds, raw	Lentils
Beef	Lima beans
Black beans	Pecans, raw
Brazil nuts, raw	Pine nuts, raw
Buffalo	Pistachios, raw
Cashews, raw	Pumpkin seeds, raw
Chia seeds	Salmon
Chicken	Sesame seeds, raw
Eggs	Sunflower seeds, raw
Elk	Turkey
Flaxseeds	Walnuts, raw
Garbanzo beans	Wild game (any kind)
Kidney beans	

### **Fats (serving size is 1 to 2 tablespoons)**

Coconut oil	Extra-virgin olive oil
Grapeseed oil	

## Grains (optional: serving size is up to ½ cup cooked)

Quinoa, sprouted

Wild rice, sprouted

### Soaking and Sprouting

Some people have a hard time digesting grains because grains contain certain protective elements that hinder digestion. Soaking grains begins the sprouting process, which increases the cellulose and fiber content and makes the grain come alive by activating enzymes that were dormant. It's like adding water to a seed. It transforms the grain into a live plant. This washes away the hindering elements and activates those digestion-enhancing enzymes. I always recommend that grains be sprouted if possible, but this is important on the D-Burn, as we are repairing digestion. You can buy many grains already sprouted (the package will say if they are), or you can do it yourself. Just soak them in clean water in a glass jar at room temperature for twenty-four hours, then rinse and cook. This also works for seeds, nuts, and legumes. Whatever you can sprout, go for it. Your digestion will thank you!

## Miscellaneous (You may use fresh or dried)

Basil

Cumin

Bay leaf

Ginger

Birch xylitol

Kefir, nondairy (purchased or homemade)

Black pepper

Broth (beef, chicken, vegetable)

Kombucha (a kind of fermented tea)

Chili powder

Chipotle pepper

Licorice tea

Cilantro

Mint

Cinnamon

Nutmeg

Clove

Oregano

Paprika

Parsley

Peppermint tea

Psyllium seed (gluten-free only)

Red pepper flakes, crushed

Rosemary

Sea salt

Stevia, pure

Tamari or coconut aminos

Thyme

Turmeric

### **What Is Kefir?**

Kefir is similar to a thin drinkable yogurt and it contains healthful bacteria that your digestive tract will love. Look for unsweetened nondairy types like coconut kefir, or make your own. Just purchase kefir grains, add them to coconut or almond milk, and let the mixture sit at room temperature for 18 to 24 hours or in the refrigerator for one week. Strain out the grains and refrigerate the kefir. Drink it within five days. Many good web sites will go into even more detail to tell you how to do this if you want to DIY.

## The H-Burn

### H-Burn Grocery List

#### Free Foods

H-Burn Soup	Kale
H-Burn Tea	Lemons
Celery	Limes
Cucumbers	Mushrooms (all types)

#### Vegetables

1 can artichoke hearts, in water	2 large leeks
¾ pound asparagus	1 package nori sheets
1 pound beets	1 red onion
1 pound button mushrooms	1 sweet onion (such as Vidalia)
2 heads cabbage	5 yellow onions
1 head cauliflower	1 head romaine lettuce
2 heads celery	1 pound shiitake mushrooms
½ pound crimini mushrooms	1 spaghetti squash
3 medium fennel bulbs	4 pounds fresh spinach
4 heads garlic	1 cup watercress
2¾ pounds green beans	5 small yellow squash
6 to 8 green onions	12 zucchini
3½ pounds fresh kale	

#### Fruit

10 whole grapefruit	2 peaches
3 lemons	4 plums
15 limes	2 cups pomegranate seeds (2 to 3 pomegranates if you want to seed them yourself)
3 mangos	
2 nectarines	
3 oranges	

## Protein

1 pound ground beef	6 eggs
12 ounces skinless, boneless chicken breasts	5 ounces hummus
2 bone-in, skin-on chicken thighs	2 salmon fillets (6 ounces each)
2 cod fillets (6 ounces each)	12 ounces shrimp
	6 ounces canned tuna (in water)

## Fats

1 avocado	12 tablespoons extra-virgin olive oil
1 can coconut milk	
1 jar coconut oil	1 ounce raw pine nuts
8 kalamata olives	24 ounces raw sunflower seeds
	16 ounces raw walnuts

## Herbs, spices, sweeteners, and miscellaneous

3 teaspoons balsamic vinegar	2 tablespoons grainy mustard
1 bunch fresh basil	3 teaspoons dried oregano
Black peppercorns	2 bunches fresh curly parsley
1 32-ounce carton chicken broth	1 tablespoon crushed red pepper flakes
1 bunch fresh cilantro	1 bunch fresh rosemary
14 bags dandelion root tea	Sea salt
1 bunch fresh dill	2 tablespoons plus 2 teaspoons tamari or coconut aminos
1 2-inch piece fresh ginger	1 bunch fresh thyme
Horseradish	2 tablespoons turmeric
14 bags milk thistle tea	
1 bunch fresh mint	
1 tablespoon Dijon mustard	

## **H-Burn Success Boosters**

If you don't like the Success Boosters I chose for you, or if you want to do more, then choose from this list.

### **Exercise:**

H-Burn Exercise Bundle—three consecutive days of exercise rotating in a rhythm like this:

Day 1: Cardio

Day 2: Strength training

Day 3: Yoga or other stress-reducing activity

### **To Add to Your Smoothie:**

1 raw organic egg (I especially like this for men struggling with testosterone levels. Buy organic and from a clean local source if you are worried about salmonella.)

### **To Add to Your Tea:**

Essiac tea

### **To Add to Your Soup:**

Yams

### **Easy Boosts:**

Alternate nostril breathing

Black pepper

Dry skin brushing

Essential oil self-massage: sage, basil, ylang-ylang, germanium, frankincense

Flower essences

Chlorella

Hormone detox cocktail  
Hydrotherapy (wet sock treatment)  
Meditation  
Milk thistle tincture  
Pectin powder  
Pomegranates and mulberries  
Psyllium fiber  
Reflexology  
Sea vegetables and algae  
Targeted H-Burn supplement protocol

**Intense Boosts:**

Castor oil packs  
Clay bath  
Infrared sauna  
Ionic foot bath  
Thai massage therapy

## H-Burn Meal Map

### DAY 1

#### BREAKFAST



#### SNACK



#### LUNCH



Herbed Egg Salad  
1 peach

50%



#### SNACK



#### DINNER



Skillet Chicken with Fennel and  
Walnuts (save half for Day 2 lunch)

100%



#### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Herbed Egg Salad
- 1 peach
- Skillet Chicken with Fennel and Walnuts
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 2

### BREAKFAST



### SNACK



### LUNCH



Leftover Skillet Chicken  
with Fennel and Walnuts  
1 mango

50%



### SNACK



### DINNER



Cilantro Shrimp and Green Beans  
(freeze half for Day 5 dinner)

100%



### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Skillet Chicken with Fennel and Walnuts
- 1 mango
- Cilantro Shrimp and Green Beans
- Half your body weight in ounces
- At least 1 Success Booster

## DAY 3

### BREAKFAST



### SNACK



### LUNCH



Chicken Avocado Salad with  
Creamy Coconut-Mango Dressing  
2 plums



### SNACK



### DINNER



Roasted Spaghetti Squash with  
Shiitake Mushrooms (save half for  
Day 4 lunch)



### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Chicken Avocado Salad with Creamy Coconut-Mango Dressing
- 2 plums
- Roasted Spaghetti Squash with Shiitake Mushrooms
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 4

### BREAKFAST



### SNACK



### LUNCH



Leftover Roasted Spaghetti Squash with Shiitake Mushrooms  
1 grapefruit



### SNACK



### DINNER



Roasted Cauliflower and Fish  
Defrost Cilantro Shrimp and Green Beans from Day 2 for tomorrow's dinner



### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Roasted Spaghetti Squash with Shiitake Mushrooms
- 1 grapefruit
- Roasted Cauliflower and Fish
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 5

### BREAKFAST



### SNACK



### LUNCH



Leftover Roasted Cauliflower  
and Fish  
1 nectarine



### SNACK



### DINNER



Leftover Cilantro Shrimp and  
Green Beans



### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Roasted Cauliflower and Fish
- 1 nectarine
- Cilantro Shrimp and Green Beans
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 6

### BREAKFAST



### SNACK



### LUNCH



Tuna Romaine Salad  
1 peach

50%



### SNACK



### DINNER



Stuffed Cabbage Rolls with  
Wild Mushroom Sauce  
(save half for Day 7 lunch)

100%



### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Tuna Romaine Salad
- 1 peach
- Stuffed Cabbage Rolls with Wild Mushroom Sauce
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 7

### BREAKFAST



### SNACK



### LUNCH



Leftover Stuffed Cabbage Rolls  
with Wild Mushroom Sauce  
1 mango

50%



### SNACK



### DINNER



Rosemary Chicken with  
Roasted Veggies  
(freeze half for Day 10 dinner)

100%



### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Stuffed Cabbage Rolls with Wild Mushroom Sauce
- 1 mango
- Rosemary Chicken with Roasted Veggies
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 8

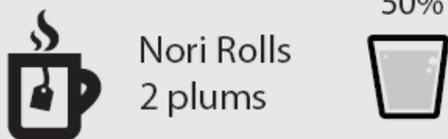
### BREAKFAST



### SNACK



### LUNCH



### SNACK



### DINNER



### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Nori Rolls
- 2 plums
- Veggie Quiche
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 9

### BREAKFAST



### SNACK



### LUNCH



Leftover Veggie Quiche  
1 grapefruit



### SNACK



### DINNER



Greek-Style Baked Cod  
with Artichokes  
Defrost the Rosemary Chicken  
with Roasted Veggies from Day 7  
dinner for tomorrow's dinner.



### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Veggie Quiche
- 1 grapefruit
- Greek-Style Baked Cod with Artichokes
- Half your body weight in ounces of water
- At least 1 Success Booster

## DAY 10

### BREAKFAST



### SNACK



### LUNCH



Savoy, Watercress, and  
Pomegranate Salad  
1 nectarine

50%



### SNACK



### DINNER



Leftover Rosemary Chicken  
with Roasted Veggies

100%



### AT A GLANCE

- 1 smoothie
- 3 cups tea
- 2 servings soup
- Savoy, Watercress, and Pomegranate Salad
- 1 nectarine
- Rosemary Chicken with Roasted Veggies
- Half your body weight in ounces of water
- At least 1 Success Booster

## H-Burn Food List

### Free Foods

Eat as much as you want!

H-Burn Tea

H-Burn Soup

Celery

Cucumbers

Kale

Lemons

Limes

Mushrooms (all types)

### Vegetables (minimum serving size is 1 cup raw)

Artichoke hearts (fresh or water-packed)

Asparagus

Beets

Cabbage, red or green

Cauliflower

Celery

Cucumbers

Fennel

Garlic

Green beans

Green onions

Kale

Leeks

Mushrooms (button, crimini, shiitake)

Onions (red, sweet, yellow)

Romaine lettuce

Sea vegetables (dulse, hijiki, kelp, kombu, nori)

Spaghetti squash

Spinach

Watercress

Yellow squash

Zucchini

### Fruits (serving size is 1 piece or 1 cup)

Grapefruit

Lemons

Limes

Oranges

Peaches

Plums (because they are smaller

Nectarines

Mangos

Mulberries

than other orchard fruits, serving is 2 plums)

Pomegranates

**Proteins (serving size is 4 ounces meat or poultry; 6 ounces fish or seafood; 2 eggs; or ½ cup hummus)**

Beef	Mussels
Chicken	Salmon
Cod	Shrimp
Eggs	Tuna
Hummus	

**Fats (serving size is ¼ avocado; 1 to 2 tablespoons coconut milk or oil; ¼ cup olives; ¼ cup nuts or seeds)**

Avocado	Extra-virgin olive oil
Coconut milk (canned)	Pine nuts, raw
Coconut oil	Sunflower seeds, raw
Olives	Walnuts, raw

**Miscellaneous**

Balsamic vinegar	Mint, fresh
Basil, fresh	Mustard, Dijon and grainy
Black pepper	Oregano, dried
Chicken broth	Parsley, fresh
Cilantro, fresh	Red pepper flakes, crushed
Dandelion root	Rosemary, fresh
Dill, fresh	Sea salt
Ginger, fresh	Tamari
Horseradish	Thyme, fresh or dried
Milk thistle	Turmeric

## ***THE BURN RECIPES***

### **I-BURN RECIPES**

On the I-Burn plan, the smoothie recipe serves 1 because you will make it fresh every morning. The tea and soup recipes make enough for the entire 3 days. Every lunch recipe serves 1 (double it if you are sharing) and every dinner recipe serves 2. If you are on your own for dinner, cut the recipe in half, or save half in the freezer for a future meal after you are finished with the I-Burn.

#### **I-BURN SMOOTHIE**

Serves 1

*Make this smoothie fresh each morning for maximum micronutrient content.*

¼ cup raw walnuts

2 limes, peeled

1 cup water

¾ cup ice

½ cup blueberries (fresh or frozen)

½ cup cranberries (fresh or frozen)

½ cucumber

¼ avocado

Optional: dash of ground

cinnamon

Optional: birch xylitol or pure

stevia, if you need more

sweetness

Dry-blend the nuts. Add the limes, water, ice, blueberries, cranberries, cucumber, and avocado. Blend until smooth. If you need more flavor, you can add a sprinkle of cinnamon and/or a few drops of pure stevia or birch xylitol to taste.

## I-BURN TEA

Serves 9 (1 serving = 1 cup)

*During the next three days, you will be having a minimum of nine servings of I-Burn Tea. Brew this all at once and then reheat. This tea is truly medicinal, so be sure you let it steep for one to two hours to achieve full potency. I've seen profound effects in my clients' lives from this tea.*

10 cups water	3 tablespoons celery seed
9 organic lemons	¼ teaspoon cayenne pepper
9 tablespoons dried parsley (do not use fresh—dried works better in this recipe)	Optional: 2 to 4 drops pure stevia

Pour the water into a pot. Slice the lemons in half, squeeze the juice into the water, and drop the rinds into the water. Add the parsley, celery seed, and cayenne pepper. Bring to a boil, then let the tea steep for 1 to 2 hours. Filter out the solids and store in the refrigerator. Reheat as needed. If you need a little more sweetness, add a few drops of stevia. Enjoy with breakfast, lunch, and dinner.

## I-BURN SOUP

Serves 6 (1 serving = 2 cups)

*This is an unlimited food, so this recipe makes more than the 12 cups called for in the meal plan. Eat it between meals as much as you need to if you get hungry, but if you have leftovers, just freeze and enjoy anytime, even after the plan is over.*

4 quarts water	1½ cups fresh or dried shiitake or maitake mushrooms
4 carrots, diced	
4 celery stalks, chopped, with leaves	1½ cups white button mushrooms

2 cups chopped greens: collard greens, chard, and/or dandelion tops

1 large red onion, chopped

2 sweet potatoes, chopped

2 cups chopped root vegetables: turnips, parsnips, and/or rutabagas

1 cup minced daikon or white radish, root and tops

½ cup chopped fresh cilantro or parsley

2 garlic cloves, peeled

½ teaspoon sea salt, or more, to taste

Combine all ingredients in a stockpot and bring to a boil. Cover and let simmer for 2 hours. Allow to cool. Then purée in a blender, or blend in the pot with an immersion blender. Serve warm, room temperature, or chilled. This soup will keep in the refrigerator for up to 5 days, or you can freeze it in individual portions for later use.

## I-BURN LUNCHES

### SPINACH AVOCADO SALAD WITH WATERMELON

Serves 1

*This salad takes only a few minutes to put together, so make it fresh. If you do make it ahead of time to take with you to work, put the dressing in a separate container and dress the salad right before eating.*

2 cups fresh spinach, torn into bite-sized pieces	¼ cup raw walnuts
½ cup diced watermelon	Handful of alfalfa sprouts
¼ cup chopped avocado	Juice of ½ lemon
¼ cup chopped fresh cilantro or parsley	1 tablespoon extra-virgin olive oil
	Pinch of black pepper
	Pinch of sea salt

Put the spinach in a medium bowl. Top with the watermelon, avocado, cilantro, walnuts, and sprouts. In a small bowl, whisk together the lemon juice, oil, pepper, and salt. Pour the dressing over the salad and toss to coat and mix the ingredients. Enjoy.

### HUMMUS COLESLAW

Serves 1

1 cup shredded cabbage	½ cup shredded zucchini
½ cup shredded raw beets	¼ cup raw pine nuts or walnuts
½ cup shredded carrots	2 tablespoons prepared hummus
½ cup shredded jicama	1 tablespoon fresh lime juice

Put all ingredients in a medium bowl and toss until the hummus is evenly distributed. If prepared ahead, store in the refrigerator in an airtight container. Do not freeze.

## **SARDINES AND CUCUMBERS**

Serves 1

6 ounces canned sardines, in olive oil	1 teaspoon fresh lemon juice
1½ cups sliced cucumbers	Sea salt to taste

Combine the sardines with the cucumbers and season with lemon juice and salt. Enjoy this with a pear on the side.

## I-BURN DINNERS

### DOVER SOLE WITH ROASTED VEGETABLES

Serves 2

*This recipe makes 8 cups roasted vegetables. Use 4 cups in this recipe and set aside the remaining 4 cups for tomorrow night's dinner,*

*Roasted Vegetables on Zucchini "Pasta."*

1½ cups sliced cabbage	4 garlic cloves, minced
1½ cups sliced carrots	4 tablespoons extra-virgin olive oil
1½ cups sliced white mushrooms	2 teaspoons sea salt
1½ cups diced zucchini	Pinch of black pepper
1 cup diced beets	12-ounce Dover sole fillet (or other
1 cup sliced tomatoes	white fish)

Preheat the oven to 425°F. In a large bowl, toss all the vegetables with the garlic, oil, salt, and pepper. Spread them evenly on a roasting pan. Roast for half hour, or until the vegetables are tender and a bit crisp. In the last 8 minutes of cooking, place the fish on top of the vegetables. Cook for 3 minutes. Flip the fish and cook for an additional 5 minutes. Remove from the oven and serve the sole over the vegetables.

### ROASTED VEGETABLES ON ZUCCHINI "PASTA"

Serves 2

4 medium zucchini	4 cups leftover roasted vegetables
1 tablespoon extra-virgin olive oil	from yesterday's dinner
2 garlic cloves, minced	¼ cup raw pine nuts or walnuts

Put the zucchini through a spiralizer or mandoline, or cut them with a knife into long thin noodle shapes. Heat the oil in a large skillet over medium heat. Add the garlic and sauté for about 2 minutes. Add the roasted vegetables and place the zucchini “noodles” on top. Cover the skillet tightly and steam for 5 minutes. Serve hot, garnished with pine nuts.

### CAYENNE WATERMELON

Serves 2

2 cups diced watermelon                      Pinch of cayenne pepper

Sprinkle the cayenne pepper over the watermelon and serve.

### MEXICAN DINNER SALAD

Serves 2

4 cups fresh spinach	½ avocado, chopped
1 cup cooked black beans (preferably sprouted, if you can find them; canned is fine)	¼ cups chopped fresh cilantro or parsley
1 cup diced tomatoes	Juice of 2 limes
½ cup diced jicama (or more to taste)	2 tablespoons extra-virgin olive oil
	Sea salt to taste
	Pinch of crushed red pepper flakes

Divide the spinach between two salad bowls. Top each with half of the black beans, tomatoes, jicama, avocado, and cilantro. Whisk the lime juice and oil together with the salt and red pepper flakes. Divide the dressing between the two salad bowls and serve. Enjoy with the side dish above.

## **D-BURN RECIPES**

On the D-Burn plan, the smoothie recipe serves 1 because you will make it fresh every morning. The tea and soup recipes make enough for the entire 5 days. Every lunch recipe serves 1 (double it if you are sharing) and most dinner recipes serve 4. In those cases, you will have enough for dinner for 2, plus 2 extra servings. You will use one of these later in the week for lunch, as specified, and you will have an extra portion to store in the freezer for another time. If the D-Burn dinner does not require that you save some for a future meal, it will serve 2.

### **D-BURN SMOOTHIE**

Serves 1

*Though fresh is best, if you want to make this for the whole plan, take this recipe and multiply its ingredients by five. Pour into single-serving containers and freeze. Then remove, reblend, and enjoy.*

¼ cup raw pumpkin seeds	1 cup water
1 lemon, peeled	¾ cup ice
1 teaspoon chia seeds	Optional: birch xylitol or pure
½ green apple, cored	stevia to taste, if you need more
½ cup packed fresh basil leaves	sweetness
½ cucumber	

Dry-blend the pumpkin seeds. Add the lemon, chia seeds, apple, basil, cucumber, water, and ice. Blend until smooth. If you need more sweetness, you can add a few drops of pure stevia or birch xylitol.

## D-BURN TEA

Serves 15 (1 serving = 1 cup)

10 teaspoons ground cinnamon	10 licorice tea bags
1 5-inch piece fresh ginger, peeled and cut into chunks	6 tablespoons flaxseeds
10 peppermint tea bags	18 cups water

Combine all ingredients in a pot. Bring the tea to a boil and then let it steep for 10 to 15 minutes. Strain and refrigerate for up to five days.

## D-BURN SOUP

Serves 10 (1 serving = 2 cups)

*Even after the plan is over, this soup is an excellent way to soothe your digestive tract.*

10 cups water	1 to 2 jalapeño peppers, cored and minced
4½ cups chopped cauliflower	1 14.5-ounce can organic tomatoes (diced or whole)
3 large green onions (scallions), white and green parts, chopped	1 carton vegetable broth, organic nondairy
2 cups chopped green beans (trim the ends off if you prefer)	½ head celery, sliced
1 cup chopped asparagus, tough ends trimmed	½ head red cabbage, chopped
1 cup chopped fresh cilantro or parsley	2 tablespoons coconut aminos or tamari
2 garlic cloves, minced	½ teaspoon dried oregano
1 dried bay leaf	½ teaspoon dried rosemary
1 green bell pepper, diced	¼ teaspoon dried thyme
	2 tablespoons sea salt

Combine all ingredients except the salt in a large pot over medium heat and bring to a boil. Reduce the heat to low, cover, and simmer for 2 hours. Add salt during the last 5 or 10 minutes of cooking. Serve hot, warm, or at room temperature. Refrigerate for up to 3 days. Freeze the remainder in individual serving sizes (2 cups).

## **D-BURN LUNCHES**

### **LENTIL CHILI**

Serves 4

*Although this recipe serves 4, you only actually need 2 servings—one for your Day 1 lunch and another for Day 4’s lunch. Fortunately, this recipe freezes well, so set aside half for a future quick dinner for two after you are done with the D-Burn plan.*

2 tablespoons extra-virgin olive oil or grapeseed oil	¼ teaspoon freshly ground black pepper
2 carrots, diced	3 cups vegetable or chicken broth
1 red bell pepper, diced	1 cup dry lentils
1 celery stalk, diced	1 15-ounce can black beans, drained and rinsed
1 medium onion, diced	1 14.5-ounce can diced tomatoes, with juice
2 garlic cloves, minced	½ teaspoon sea salt
1½ tablespoons chili powder	½ cup sliced green onion (scallion), white and green parts
½ tablespoon ground cumin	¼ cup chopped fresh cilantro
½ tablespoon paprika	Juice of 1 lime
1 teaspoon dried oregano	
¼ teaspoon cayenne pepper	

Place a wide soup pot on the stove over medium heat. Place the oil, carrots, red bell pepper, celery, and onion in the pot and cook, stirring often, for about 10 minutes, until the vegetables are nearly tender and beginning to brown. Add the garlic, chili powder, cumin, paprika, oregano, cayenne pepper, and black pepper. Sauté for 1 minute, then add the broth, scraping any browned bits from the bottom of the pan. Stir in the lentils and bring to a boil. Reduce the heat, cover, and sim-

mer for 30 minutes, or until the lentils are tender. Stir in the black beans, tomatoes, and salt. Simmer for 10 minutes, then add the green onion, cilantro, and lime juice. Serve.

## **D-BURN DINNERS**

### **BEEF AND BROCCOLI BOWL**

Serves 4

4 garlic cloves, minced	4 tablespoons grapeseed oil
2 tablespoons minced fresh ginger	½ medium red onion, sliced
2 tablespoons tamari	½ red bell pepper, cored, seeded, and sliced
2 tablespoons rice vinegar	6 cups broccoli florets
½ teaspoon crushed red pepper flakes	¼ cup beef or chicken broth
1 pound sirloin or strip steak, sliced ¼ inch thick across the grain	2 tablespoons sesame seeds
	2 cups cooked quinoa

In a medium bowl, stir together the garlic, ginger, tamari, vinegar, and red pepper flakes. Add the steak, stirring to coat, and set aside to marinate. Have ingredients ready by the stove, along with a large bowl.

Place a large, heavy skillet with a lid over high heat. Heat 1 tablespoon of the grapeseed oil in the skillet. Lift the beef out of the marinade (reserving the marinade) and add the beef to the skillet. Stir-fry for 1 minute, just until the beef is no longer pink on the outside. Scrape the contents of the skillet into the large bowl. Add another tablespoon of grapeseed oil to the skillet, along with the onion. Stir-fry for 1 minute. Add the bell pepper, stir-fry for 1 minute more, then transfer the onion and bell pepper to the bowl.

Add the remaining grapeseed oil to the skillet, then the broccoli and stir-fry for 1 minute. Add the broth, cover tightly, and steam for 1 minute. Add the beef and veggies back to the skillet, along with any accu-

mulated juices, the reserved marinade, and the sesame seeds, and stir until bubbling and heated through, about 5 to 10 minutes. Serve over quinoa.

## SHEPHERD'S PIE

Serves 4

### FOR THE TOPPING:

4 medium sweet potatoes, scrubbed  
3 tablespoons raw coconut oil  
½ teaspoon sea salt  
½ teaspoon ground cinnamon  
¼ teaspoon ground nutmeg  
⅛ teaspoon cayenne pepper

### FOR THE FILLING:

1 tablespoon extra-virgin olive oil  
or grapeseed oil  
2 large carrots, diced  
2 celery stalks, diced  
1 medium onion, diced  
1 teaspoon sea salt  
2 garlic cloves, minced  
¾ teaspoon ground chipotle  
pepper  
½ teaspoon dried oregano  
½ teaspoon ground cumin  
¼ teaspoon ground cinnamon  
1 pound ground turkey  
1 cup chicken broth

Preheat the oven to 425°F. Halve the sweet potatoes lengthwise and place them cut side down on a foil-lined baking sheet. Bake for 30 minutes or until tender. Set the sweet potatoes aside to cool.

While the sweet potatoes bake and cool, make the filling: Heat a wide, deep skillet or pot over medium-high heat. Place the oil, carrots, celery, onion, and a pinch of salt in the pot and cook, stirring often, until the veggies are soft and starting to brown, about 10 minutes. Add the garlic, chipotle pepper, oregano, cumin, and cinnamon, and sauté for 1 minute.

Add the ground turkey and cook, stirring, until the meat is browned. Stir in the chicken broth, bring to a fast simmer, and cook for about 10 minutes, until the sauce thickens. Season with 1 teaspoon salt.

Meanwhile, when the sweet potatoes are cool enough to handle, scoop out the flesh with a spoon. In a food processor (or by hand), mash the sweet potato with the coconut oil, salt, cinnamon, nutmeg, and cayenne pepper until smooth.

Spread the turkey mixture evenly in an 8 × 10-inch baking dish. Spread the sweet potatoes evenly on top. Bake at 425°F for 15 minutes, and then broil for 1 to 2 minutes to brown the sweet potatoes around the edges.

## STUFFED ZUCCHINI

Serves 4

4 medium zucchini (about 9 inches long)	¼ teaspoon crushed red pepper flakes
2 tablespoons extra-virgin olive oil	1 pound lean ground beef
½ medium onion, finely chopped	½ cup chicken broth
½ red bell pepper, finely chopped	1 cup cooked quinoa
3 garlic cloves, minced	¼ cup chopped fresh mint
2 teaspoons ground cumin	¼ cup finely chopped fresh parsley
1½ teaspoons sea salt	

Preheat the oven to 375°F. Halve the zucchini lengthwise, and then scoop out the seeds with a melon baller or sharp spoon, leaving about ¼ inch of flesh. Arrange the zucchini shells snugly in a 9 × 13-inch baking dish or on a rimmed baking pan.

Heat a large skillet over medium-high heat. Place the oil, onion, and bell pepper in the skillet and sauté for 3 minutes. Add the garlic, cumin,

salt, and red pepper flakes and sauté for 1 minute. Add the ground beef and cook, stirring often, until browned, about 10 minutes. Add the chicken broth and scrape up any browned bits from the bottom of the pan. Raise the heat and simmer for 1 to 2 minutes, until the liquid has nearly evaporated. Remove from the heat and stir in the quinoa, mint, and parsley.

Divide the filling among the zucchini, packing it tightly and mounding it up. Cover tightly with foil and bake for 40 minutes, until the zucchini is tender.

## FENNEL AND SALMON

Serves 2

*Note: This recipe serves only 2 because you don't need any leftovers, and it doesn't freeze very well.*

4 garlic cloves, minced	2 medium fennel bulbs, sliced ½
2 tablespoons extra-virgin olive oil	inch thick
2 tablespoons chopped fresh rosemary	½ medium red onion, sliced ½ inch thick
1 teaspoon sea salt	1 red bell pepper, cored, seeded, and sliced ½ inch thick
¼ teaspoon freshly ground black pepper	2 6-ounce salmon fillets
	½ lemon

Preheat the oven to 450°F. In a large bowl, combine the garlic, oil, rosemary, salt, and pepper. Scoop out 1 tablespoon of this mixture and set it aside. Toss the fennel, onion, and bell pepper with the remaining oil mixture, and spread evenly on a rimmed baking sheet. Bake for 20 minutes. Flip the veggies. Lay the salmon fillets on top, skin side down, and spread them with the 1 tablespoon of oil mixture that was

previously set aside. Squeeze the lemon over everything. Bake for 10 to 12 minutes more, until the fillets are nearly opaque in the middle, and serve.

## ITALIAN WONDER

Serves 2

*Note: This recipe serves only 2 because you don't need any leftovers. If you are dining on your own, stash half in the freezer.*

2 tablespoons extra-virgin olive oil	1 tablespoon chopped fresh rosemary
1 cup diced red onion	1 teaspoon dried oregano
2 cups diced zucchini	½ cup vegetable or chicken broth
2 cups diced yellow squash	1 tablespoon fresh lemon juice
2 cups sliced shiitake mushrooms	½ cup pine nuts
1 teaspoon sea salt	2 tablespoons chopped fresh parsley
¼ teaspoon freshly ground black pepper	Optional: 1 cup cooked quinoa or wild rice
1 cup cherry tomatoes	
1 garlic clove, minced	

Heat a large skillet over medium-high heat. Place the oil and onion in the skillet and cook, stirring often, for about 4 minutes, until the onion begins to soften and brown. Add the zucchini, squash, mushrooms, salt, and pepper. Cook for another 4 minutes, stirring often. Add the tomatoes, garlic, rosemary, and oregano, and sauté for 4 minutes more. Stir in the broth and lemon juice, and scrape up any browned bits from the bottom of the pan. Simmer for 1 minute, until the sauce thickens. Stir in the pine nuts and parsley. Remove from the heat and season with salt and pepper to taste. Serve over quinoa or wild rice, if you like, or just enjoy it as is.

## H-BURN RECIPES

On the H-Burn plan, the smoothie recipe serves 1 because you will make it fresh every morning. The tea and soup recipes make enough for the entire 10 days, but 10 days is a long time to leave tea and soup sitting in the fridge, so I suggest freezing half and defrosting it halfway through the week. Every lunch recipe serves 1 (double it if you are sharing) and every dinner recipe serves 2, but you will need to save half for a future lunch or dinner. If you need more than 1 serving for dinner, double or triple the recipe. The only exception is the Greek-Style Baked Cod, which also serves 2, but does not require saving half for later in the plan. Enjoy it with someone special.

### H-BURN SMOOTHIE

Serves 1

¼ cup raw sunflower seeds	¼ raw beet, peeled
2 cups fresh spinach	1 tablespoon coconut oil
1 cup kale	½ cup water (or more, depending on texture and preference)
1 whole grapefruit, peeled (if you are on statin drugs, use 1 whole orange instead)	½ cup ice

Dry-blend the sunflower seeds. Add the rest of the ingredients to the blender and blend until the smoothie has reached your desired consistency.

## H-BURN TEA

Serves 15 (1 serving = 1 cup)

6 organic limes, halved	1 tablespoon turmeric
7 milk thistle tea bags	18 cups water (some will boil off)
7 dandelion root tea bags	

Squeeze the limes into a large pot, then add the lime rinds and all other ingredients. Bring to a boil for 2 to 5 minutes, then let it steep uncovered for 1 hour. Cool, strain out the limes and tea bags, and store in the refrigerator. If you don't have enough room in your fridge, store half in the freezer and defrost it midway through the plan.

## H-BURN SOUP

Serves 20 (1 cup soup + 1 cup water = 1 serving)

*Makes 20 cups, but note that this soup makes a concentrate, so when you prepare to eat it, dilute it with an equal part of water (so that in total, this recipe makes enough for 40 cups of soup). And remember, you can always make more—this is a free food!*

6 cups water	3 cups button mushrooms
9 celery stalks, roughly chopped	3 cups parsley
6 cups chopped green beans	1½ onions, coarsely chopped
6 garlic cloves, smashed	Sea salt to taste
9 zucchini, diced	

Place the water, celery, green beans, and garlic in a stockpot and cook for 5 minutes. Add the zucchini, mushrooms, parsley, and onions and cook for another 5 to 7 minutes, until tender. Let cool and purée in a

blender, or blend in the pot with an immersion blender. When serving, dilute this concentrate with an equal amount of water, then heat and enjoy.

## H-BURN LUNCHES

### HERBED EGG SALAD

Serves 1

2 hard-boiled eggs, chopped	Sea salt and freshly ground black pepper to taste
1/3 cup diced celery	2 cups torn romaine lettuce
1 tablespoon chopped green onion (scallion), white and green parts	1 cup thinly sliced fennel bulb
1 tablespoon finely chopped fresh parsley	1/2 cup sliced fresh white mushrooms
1 tablespoon hummus	1 tablespoon extra-virgin olive oil
1 tablespoon Dijon mustard	1 teaspoon balsamic vinegar
1/2 tablespoon fresh thyme leaves	1 cup pomegranate seeds (or serve with a fruit)

In a small bowl, combine the eggs, celery, green onion, parsley, hummus, mustard, thyme, salt, and pepper. Mix well. In a large serving bowl, toss the romaine, fennel, and mushrooms with the oil and vinegar. Add more salt and pepper to taste. Top the lettuce mixture first with the egg salad and then the pomegranate seeds (or serve with a fruit).

## CHICKEN AVOCADO SALAD WITH CREAMY COCONUT-MANGO DRESSING

Serves 1

*You could make extra chicken when prepping Day 1's dinner to use in this recipe (check out the recipe for Skillet Chicken with Fennel and Walnuts on page 68, and note that the amounts of chicken differ depending on whether you want to do this). If you don't, just cook your chicken fresh for this quick lunch.*

4 ounces boneless, skinless chicken breast  
Sea salt and freshly ground black pepper to taste  
1 teaspoon extra-virgin olive oil  
2 cups fresh baby spinach  
1 cup watercress  
¼ avocado, sliced

### FOR THE DRESSING:

1 mango, diced, with juices (or 1 cup thawed frozen chunks, diced; peaches or nectarines would work, too)  
2 tablespoons coconut milk  
1 tablespoon chopped fresh mint  
2 teaspoons fresh lime juice  
⅛ teaspoon lime zest  
¼ teaspoon grated fresh ginger  
⅛ teaspoon sea salt  
⅛ teaspoon freshly ground black pepper  
Pinch of crushed red pepper flakes

If you are not using leftover chicken from Day 1, place the chicken breast in a zip-top bag (or between two sheets of plastic wrap) on a cutting board. Pound it to a fairly even ⅓-inch thickness, and season generously on both sides with salt and black pepper. Heat a large non-stick skillet over medium-high heat. Place the oil and chicken in the skillet and cook the chicken until cooked through, about 4 minutes per side. Remove the chicken from the pan and set it aside to rest. In a large serving bowl, combine the mango, coconut milk, mint, lime juice, lime

zest, ginger, salt, black pepper, and red pepper flakes. Slice the chicken and add it to the dressing, along with the spinach and watercress. Toss to coat evenly. Season with salt and black pepper to taste, and top with the sliced avocado.

## TUNA ROMAINE SALAD

Serves 1

1 6-ounce can water-packed tuna, drained	Sea salt and freshly ground black pepper to taste
¼ cup finely minced celery	½ tablespoon extra-virgin olive oil
¼ cup finely minced green onion (scallion), white and green parts	2 cups torn romaine lettuce
3 tablespoons hummus	1 cup sliced white mushrooms
1 tablespoon plus ½ teaspoon fresh lemon juice	2 tablespoons chopped fresh basil
	1 orange, segmented
	2 tablespoons raw pine nuts

In a small bowl, combine the tuna, celery, green onion, hummus, 1 tablespoon of the lemon juice, salt, and pepper. Mix well. In a serving bowl, whisk together the oil and the remaining ½ teaspoon lemon juice. Add the romaine, mushrooms, and 1 tablespoon of the basil to the dressing. Season with salt and pepper to taste. Top with the tuna salad, orange segments, pine nuts, and the remaining 1 tablespoon basil.

## NORI ROLLS

Serves 1

1 orange	2 cups thinly sliced Savoy or regular cabbage
1 tablespoon chopped fresh mint	
1 teaspoon fresh lime juice	4 nori sheets
1 teaspoon tamari	4 asparagus stalks, tough ends trimmed
¼ teaspoon grated fresh ginger	¼ avocado, sliced into 4 pieces
Pinch of crushed red pepper flakes	2 tablespoons sunflower seeds
6 ounces precooked small shrimp, shelled	

Segment and dice the orange, saving the juice. In a large bowl, whisk together the orange chunks and their juice with the mint, lime juice, tamari, ginger, and red pepper flakes. Add the shrimp and cabbage and toss to coat.

Lay a nori sheet down and place one quarter of the filling on one side, leaving any excess liquid behind in the bowl. Top with one quarter of the asparagus, avocado, and sunflower seeds. Starting with the bottom corner below the filling, roll the nori around the filling in an ice cream cone shape. Seal the edges of the rolls with a little bit of the dressing. Repeat for all four nori sheets.

## SAVOY, WATERCRESS, AND POMEGRANATE SALAD

Serves 1

1½ cups sliced Savoy or regular cabbage	Sea salt and freshly ground black pepper, or tamari/coconut aminos, to taste
½ cup sliced celery	
2 tablespoons sliced green onion (scallion), white and green parts	1 cup watercress or fresh spinach
⅓ cup hummus	1 cup pomegranate seeds
Chopped fresh mint to taste	¼ cup raw walnuts or sunflower seeds

In a large bowl, combine the cabbage, celery, green onion, hummus, mint, and salt and pepper. Mix well. Place the watercress on a plate and top with the cabbage mixture. Garnish with pomegranate seeds and walnuts.

## H-BURN DINNERS

### SKILLET CHICKEN WITH FENNEL AND WALNUTS

Serves 2

*This dinner serves 2, but make an extra 4 ounces of chicken to use with Chicken Avocado Salad for your Day 3 lunch. Store it in an airtight container in the refrigerator.*

8 ounces boneless, skinless chicken breast	1 small onion, sliced ½ inch thick
Sea salt and freshly ground black pepper to taste	2 teaspoons dried oregano
1½ tablespoons extra-virgin olive oil	2 garlic cloves, minced
2 medium fennel bulbs, sliced ½ inch thick	1 cup chicken broth
	2 teaspoons balsamic vinegar
	2 tablespoons chopped fresh basil
	2 tablespoons crushed walnuts

Place the chicken in a zip-top bag (or between two sheets of plastic wrap) on a cutting board. Pound to a fairly even ½-inch thickness and season generously on both sides with salt and pepper. Heat a large non-stick skillet over medium-high heat. Place ½ tablespoon of the oil and the chicken in the skillet and cook the chicken until cooked through, about 4 minutes per side. Remove the chicken from the pan and set it aside to rest.

Add the remaining 1 tablespoon oil to the hot skillet. Then add the fennel, onion, and oregano. Sauté for about 5 minutes, until the onion and fennel begin to caramelize. Add the garlic and sauté for 30 seconds more. Add the broth, bring to a boil, and cook for about 5 minutes, until the broth has evaporated. Remove from the heat and stir in the

vinegar. Add salt and pepper to taste. Slice the chicken and serve it over the veggies, sprinkled with basil and walnuts.

## CILANTRO SHRIMP AND GREEN BEANS

Serves 2

1 tablespoon coconut oil	¼ cup coconut milk
6 ounces green beans, trimmed and cut into 2-inch pieces	1 tablespoon tamari
1 small yellow squash, thinly sliced	2 teaspoons lime juice
1 small zucchini, thinly sliced	1 teaspoon grated fresh ginger
12 ounces raw shrimp, shelled and deveined	½ teaspoon lime zest
¼ cup sliced green onion (scallion), white and green parts	⅛ teaspoon crushed red pepper flakes
2 garlic cloves, minced	3 tablespoons chopped fresh cilantro

Heat the coconut oil in a large, heavy skillet over medium-high heat. Add the green beans and stir-fry for 1 minute. Add the squash and zucchini and stir-fry for 2 minutes. Add the shrimp, green onion, and garlic and stir-fry for about 1 minute more, until the shrimp turn pink. Add the coconut milk, tamari, lime juice, ginger, lime zest, and red pepper flakes. Continue to stir for about 5 minutes, until the shrimp is cooked through and everything is hot. Remove from the heat and serve topped with the cilantro.

## ROASTED SPAGHETTI SQUASH WITH SHIITAKE MUSHROOMS

Serves 2

1 large spaghetti squash	2 teaspoons chopped fresh
2 tablespoons extra-virgin olive oil	rosemary
Sea salt and freshly ground black pepper to taste	1 teaspoon dried oregano
8 ounces ground beef	1 cup chicken broth
1½ cups sliced shiitake mushrooms	1 tablespoon tamari
1 cup chopped onion	3 tablespoons chopped fresh
2 garlic cloves, minced	parsley

Preheat the oven to 400°F. Cut off the squash's stem end. Halve the squash lengthwise, scoop out the seeds (an ice cream scoop works great), and place the halves cut side up on a baking sheet. Brush them with ½ tablespoon of the oil and season generously with salt and pepper. Roast the squash for 40 minutes, or until you can easily scrape the strands out of the squash with a fork.

While the squash is roasting, make the sauce. Heat the remaining 1½ tablespoons oil in a large skillet over medium-high heat. Add the ground beef, mushrooms, onion, garlic, rosemary, and oregano and sauté for about 5 minutes, until the beef is browned. Add the broth and tamari. Bring to a boil, then reduce the heat and simmer for about 8 minutes, until nearly all of the liquid evaporates.

When the squash is cool enough to handle, use a fork to scrape out all of the strands into a large bowl. Season the squash with salt and pepper. Top the spaghetti squash with the meat sauce and parsley.

## ROASTED CAULIFLOWER AND FISH

Serves 2

2 tablespoons extra-virgin olive oil	¼ teaspoon freshly ground black pepper
Juice and zest of ½ lemon, plus 2 lemon wedges for serving	2 6-ounce salmon fillets
2 garlic cloves, minced	4 cups cauliflower florets
3 tablespoons chopped fresh dill	½ medium red onion, cut into 8 wedges
Pinch of crushed red pepper flakes	Prepared horseradish to taste, for serving
¼ teaspoon sea salt	

Preheat the oven to 450°F. In a small bowl, combine the oil, lemon juice and zest, garlic, 2 tablespoons of the dill, red pepper flakes, salt, and pepper. Brush the fish generously with about half this mixture and set it aside on a plate. Toss the cauliflower and onion with the remaining half of the oil mixture and spread it on a baking sheet. Roast the vegetables for 15 minutes. Stir the veggies and then place the salmon on top, skin side down. Bake for 12 to 15 minutes more, or until the fillets are nearly opaque in the middle. Season again with salt and pepper; top with the remaining 1 tablespoon dill. Serve with horseradish and lemon wedges.

## STUFFED CABBAGE ROLLS WITH WILD MUSHROOM SAUCE

Serves 2

*You need only six large cabbage leaves for this recipe, but you can use the remaining cabbage for the Savoy, Watercress, and Pomegranate Salad on page 67.*

### FOR THE CABBAGE ROLLS:

1½ teaspoons extra-virgin olive oil  
1 cup finely chopped onion  
½ cup finely chopped celery  
2 garlic cloves, minced  
½ tablespoon minced fresh rosemary  
½ tablespoon fresh thyme leaves  
Sea salt and freshly ground black pepper to taste  
8 ounces ground beef  
2 tablespoons raw pine nuts  
6 large Savoy or Napa cabbage leaves  
1 cup chicken broth

### FOR THE SAUCE:

1 tablespoon extra-virgin olive oil  
8 ounces wild or crimini (baby bella) mushrooms, sliced  
¼ teaspoon sea salt  
¼ teaspoon freshly ground black pepper  
1 garlic clove, minced  
½ cup chicken broth  
1 tablespoon fresh thyme leaves  
1 teaspoon fresh lemon juice  
1 teaspoon tamari  
2 tablespoons chopped fresh parsley

Preheat the oven to 350°F and set a large pot of salted water to boil. Heat a large nonstick skillet over medium heat. Place 1½ teaspoons oil and the onion, celery, garlic, rosemary, thyme, and a pinch of salt and pepper in the skillet and sauté for about 5 minutes, until the onion and celery are tender, and then set the mixture aside in a large bowl. When it has cooled a bit, mix in the ground beef, pine nuts, ¼ teaspoon salt, and ¼ teaspoon pepper.

Add the cabbage leaves to the boiling water and blanch them for about 5 minutes, until they're pliable. Remove the leaves gently with tongs.

Lay the leaves out flat and cut out the thickest part of the center vein, to make them easier to roll.

Divide the beef mixture evenly among the 6 blanched cabbage leaves. Fold in the sides and roll up. Place the rolls seam side down in an 8-inch square baking dish. Add 1 cup broth to the pan, cover loosely with foil, and bake for 1 hour.

When the cabbage rolls are nearly done, make the sauce. Heat a skillet over medium heat. Place 1 tablespoon oil and the mushrooms, salt, and pepper in the skillet and sauté for about 5 minutes, until the mushrooms release their liquid. Add the garlic and sauté for 30 seconds more. Add the broth, thyme, lemon juice, and tamari. Simmer until the liquid is nearly evaporated, about 4 minutes. Serve the cabbage rolls with a spoonful or two of their broth, and top with the mushroom sauce and parsley.

## ROSEMARY CHICKEN WITH ROASTED VEGGIES

Serves 2

½ pound fresh beets, trimmed	2 tablespoons extra-virgin olive oil
2 small yellow squash	1½ tablespoons chopped fresh
2 celery stalks	rosemary
1 small sweet onion	¼ teaspoon sea salt
Juice of ½ lemon	¼ teaspoon freshly ground black
2 garlic cloves, chopped	pepper
2 tablespoons grainy mustard	2 bone-in, skin-on chicken thighs

Preheat the oven to 450°F. Cut the beets, squash, celery, and onion into 1½-inch chunks. In a large bowl, combine the lemon juice, garlic,

mustard, oil, rosemary, salt, and pepper. Add the chicken thighs to the bowl, turning them to coat both sides, and then set them aside on a plate. Add the chopped vegetables to the bowl and toss to coat. Spread the vegetables evenly in a 9 × 13-inch baking dish. Bake uncovered for 10 minutes. Add the chicken (skin side up) and bake uncovered for another 40 minutes, or until the chicken is browned and cooked through and the vegetables are tender.

### VEGGIE QUICHE

Serves 2

2 large leeks, white and light green parts, thinly sliced	2 cups fresh spinach
1 tablespoon extra-virgin olive oil	2 teaspoons fresh thyme leaves
1 cup sliced shiitake mushrooms	Sea salt and freshly ground black pepper to taste
1 cup sliced asparagus, tough ends trimmed, sliced diagonally into 2-inch pieces	4 large eggs
	⅓ cup coconut milk
	2 tablespoons chopped fresh basil

Preheat the oven to 350°F. Rinse the sliced leeks thoroughly to remove any grit and drain well. Heat the oil in a large skillet over medium heat. Sauté the leeks and mushrooms for about 5 minutes, until the mushrooms have given up their liquid. Add the asparagus and sauté for 4 minutes more, or until the leeks are nearly tender. Add the spinach and thyme. Stir for about 1 minute, until the spinach wilts. Remove the skillet from the heat, season with a pinch of salt and a crack or two of pepper, and set aside to cool a bit.

In a large bowl, whisk together the eggs and coconut milk, another pinch of salt, and a few cracks of pepper. Stir in the veggie mixture.

Pour into a 9-inch pie plate and bake for 30 minutes, or until the quiche is golden brown and puffed and the center is set. Let the quiche rest for 5 minutes before slicing. Sprinkle with the basil.

## GREEK-STYLE BAKED COD WITH ARTICHOKE

Serves 2

1 tablespoon extra-virgin olive oil	Freshly ground black pepper to taste
½ medium red onion, cut into 8 wedges	1 14-ounce can artichoke hearts, drained and quartered
2 cups sliced zucchini	8 kalamata olives, chopped
2 cups sliced yellow squash	Juice and zest of ½ lemon
1 garlic clove, minced	2 6-ounce cod fillets
2 teaspoons fresh thyme leaves	1 tablespoon chopped fresh parsley
Pinch of sea salt	

Preheat the oven to 450°F. Heat a large ovenproof skillet over medium-high heat. Add the oil and sauté the onion, zucchini, squash, garlic, thyme, and a generous pinch of salt for about 5 minutes, until the veggies are crisp-tender. Remove from the heat and stir in the artichoke hearts, olives, and lemon juice and zest. Season the cod fillets with salt and pepper and nestle them in the vegetable mixture. Bake uncovered for about 15 minutes, until the fish is nearly opaque in the center. Sprinkle with parsley and serve.