THE ULTIMATE HANDBOOK



ANTI-INFLAMMATORY DETOX

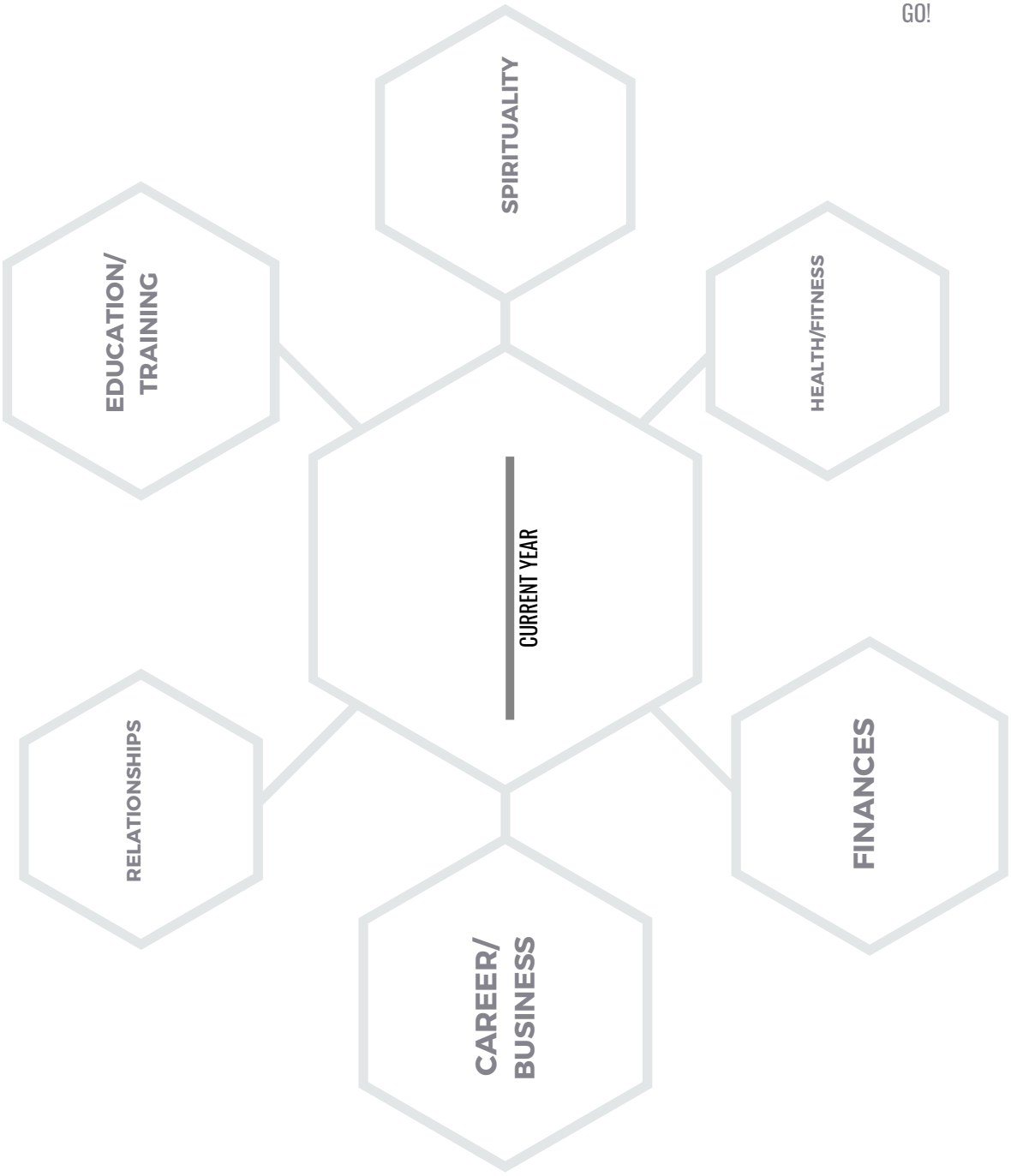
DIET PLAN

DREAM *mapping*

YOUR IDEAL LIFE

1. DREAM MAPPING WILL ALLOW YOU TO LET YOUR IMAGINATION GO WILD. FOR EACH SECTION, WRITE EXACTLY WHAT YOU ENVISION YOUR LIFE LIKE, AND BE AS SPECIFIC AS POSSIBLE. YOU HAVE FIVE MINUTES.

GO!



2. TAKE A MOMENT AND CIRCLE ONE GOAL IN EACH SECTION THAT WOULD MOVE YOU CLOSER TO HAVING YOUR IDEAL LIFE.

A NOTE FROM HER





Welcome!

INTRODUCING THE ANTI-INFLAMMATORY DETOX DIET BY **HER**COLLECTED! WE RECOGNIZE THAT WELLNESS ENCOMPASSES VARIOUS ASPECTS. OUR HOLISTIC APPROACH TO ACHIEVING YOUR GOALS FOCUSES ON NURTURING A HEALTHY MIND, BODY, AND SOUL. THAT'S WHY WE OFFER A VARIETY OF HEALTH AND WELLNESS TOOLS DESIGNED TO EMPOWER YOU TO MAINTAIN A HEALTHY LIFESTYLE WHILE LIVING PURPOSEFULLY. IF YOU SEEK MINDFUL PRACTICES, NUTRITIONAL ADVICE, OR COMMUNITY SUPPORT, WE ARE HERE TO ASSIST YOU THROUGHOUT YOUR JOURNEY. TO SUPPORT THIS ENDEAVOR, WE HAVE DEVELOPED RESOURCES AND TOOLS TO HELP YOU ACHIEVE YOUR WELLNESS OBJECTIVES WHILE CARING FOR YOUR OVERALL WELL-BEING.

IN TODAY'S FAST-PACED ENVIRONMENT, YOUR HEALTH. CHRONIC INFLAMMATION CAN BE A SUBTLE DISRUPTOR, IMPACTING YOUR ENERGY, MOOD, AND OVERALL VITALITY. THIS IS WHY WE HAVE CREATED THIS DETOX DIET, CENTERED AROUND ANTI-INFLAMMATORY FOODS THAT NOT ONLY ENHANCE PHYSICAL HEALTH BUT ALSO FOSTER MENTAL CLARITY AND EMOTIONAL STABILITY.

AS YOU BEGIN THIS DETOX JOURNEY, REMEMBER THAT YOU ARE NOT MERELY ALTERING YOUR DIET; YOU ARE ADOPTING A LIFESTYLE THAT HONOURS BOTH YOUR BODY AND SOUL. TOGETHER, LET'S CULTIVATE A VIBRANT, HEALTHY EXISTENCE THAT EMPOWERS YOU TO FLOURISH, ACHIEVE YOUR ASPIRATIONS, AND LIVE WITH INTENTION.

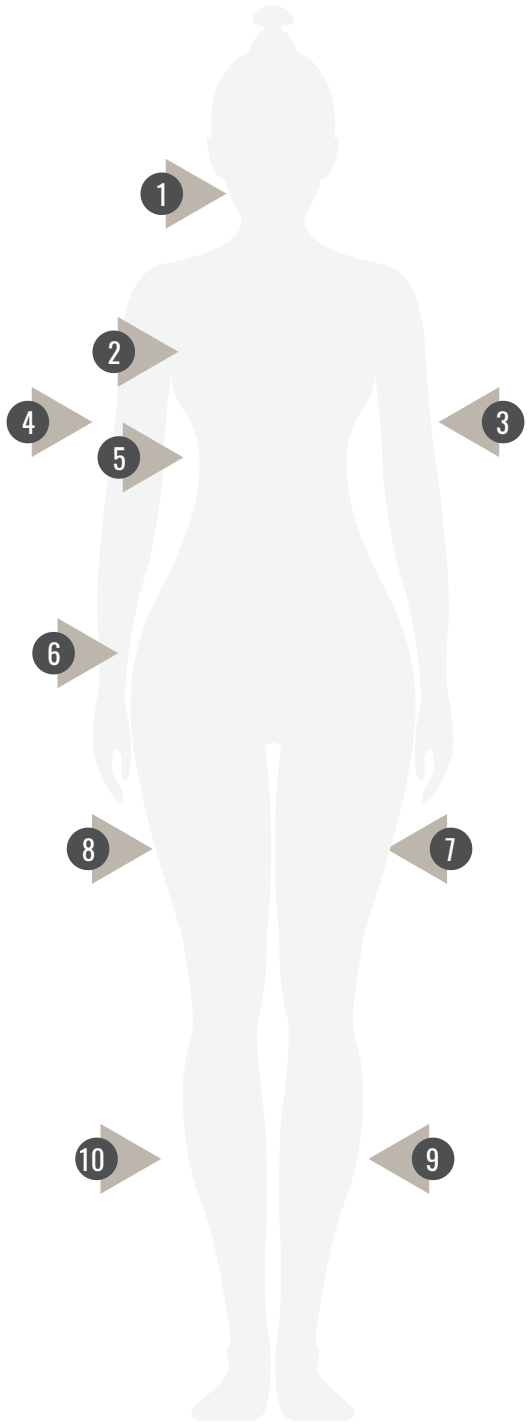
WELCOME TO A TRANSFORMATIVE EXPERIENCE.
LET'S BEGIN!

Janine
xoxo

HEALTH JOURNEY

Biomarkers & Intention in Context

BEFORE		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	**LEFT CALF:**	
10	**RIGHT CALF**	



AFTER		
DATE:		
WEIGHT:		
1	NECK	
2	CHEST	
3	LEFT ARM	
4	RIGHT ARM	
5	WAIST	
6	HIPS	
7	LEFT THIGH	
8	RIGHT THIGH	
9	**LEFT CALF:**	
10	**RIGHT CALF**	

GOAL SETTING

MY 3 MONTH GOAL

MONTH 1 MILESTONE

MONTH 2 MILESTONE

MONTH 3 MILESTONE

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ACTION STEPS

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INCENTIVES


Sweets
2 servings/week max.
Red wine
in moderation
Potatoes
Red Meat
3 servings/week max.
2 servings/week max.
Asian Mushrooms
Cooked
Unlimited Amounts
White meat
Fish & shellfish
Beans & legumes
Eggs
2 servings/week
2 servings each/week min.
2-4 servings/week
Whole Soy Foods
edamame, soy milk, tofu
1-2 servings / day
Tea
2-4 cups/day
Herbs & spices
Liberally for flavor
Olives, nuts & seeds
1-2 servings/day
Olive oil
3-6 servings/day
Vegetables
6 servings/day min.
Fruit
3-6 servings/day
Whole grains
3-6 servings/day

15-DAY MEAL PLAN

SIMPLE RECIPES AND MEAL PLAN FOR 15 DAYS

DAY 1

BREAKFAST

GREEN SMOOTHIE

INGREDIENTS

1 CUP SPINACH
1 BANANA
1 CUP ALMOND MILK (OR ANY PLANT-BASED MILK)
1 TABLESPOON CHIA SEEDS

INSTRUCTIONS

1. BLEND ALL INGREDIENTS UNTIL SMOOTH. ADD ICE FOR A COLDER DRINK IF DESIRED.

LUNCH

QUINOA SALAD WITH VEGGIES

INGREDIENTS

1 CUP COOKED QUINOA
1 CUP MIXED VEGETABLES (BELL PEPPERS, CUCUMBERS, CHERRY TOMATOES)
1 TABLESPOON OLIVE OIL
1 TABLESPOON LEMON JUICE
SALT AND PEPPER TO TASTE

INSTRUCTIONS

1. IN A BOWL, MIX QUINOA AND VEGGIES.
2. DRIZZLE WITH OLIVE OIL AND LEMON JUICE. SEASON WITH SALT AND PEPPER.



DINNER

Turmeric Chicken Stir-Fry
Ingredients
Chicken breast, bell peppers, broccoli, turmeric, ginger, garlic.
- **Recipe:** Sauté chicken with spices, then add veggies and stir-fry until cooked.

GRILLED SALMON WITH ASPARAGUS

LENTIL SOUP

INGREDIENTS

2 SALMON FILLETS
1 BUNCH ASPARAGUS
2 TABLESPOONS OLIVE OIL
SALT AND PEPPER TO TASTE
LEMON WEDGES FOR SERVING

INSTRUCTIONS

1. PREHEAT GRILL TO MEDIUM-HIGH.
2. TOSS ASPARAGUS WITH OLIVE OIL, SALT, AND PEPPER. GRILL FOR ABOUT 5 MINUTES.
3. GRILL SALMON FOR 4-6 MINUTES PER SIDE. SERVE WITH LEMON WEDGES.

CHIA SEED PUDDING

INGREDIENTS

1/4 CUP CHIA SEEDS
1 CUP ALMOND MILK
1 TABLESPOON MAPLE SYRUP (OPTIONAL)
FRESH FRUIT FOR TOPPING

INSTRUCTIONS

1. MIX CHIA SEEDS, ALMOND MILK, AND MAPLE SYRUP IN A BOWL.
2. REFRIGERATE FOR AT LEAST 4 HOURS OR OVERNIGHT. TOP WITH FRESH FRUIT BEFORE SERVING.

RECIPES

AVOCADO TOAST

INGREDIENTS
1 SLICE WHOLE GRAIN BREAD
1/2 RIPE AVOCADO
SALT, PEPPER, AND CHILI FLAKES TO TASTE

INSTRUCTIONS
1. TOAST THE BREAD. MASH THE AVOCADO AND SPREAD IT ON THE TOAST. SEASON TO TASTE.

SPINACH AND CHICKPEA SALAD

INGREDIENTS
2 CUPS SPINACH
1 CUP CANNED CHICKPEAS (DRAINED)
1/4 RED ONION (SLICED)
1 TABLESPOON OLIVE OIL
1 TABLESPOON BALSAMIC VINEGAR
SALT AND PEPPER TO TASTE

INSTRUCTIONS
1. TOSS SPINACH, CHICKPEAS, ONION, OLIVE OIL, VINEGAR, SALT, AND PEPPER IN A BOWL.



STIR-FRIED TOFU WITH BROCCOLI

INGREDIENTS
1 BLOCK FIRM TOFU (PRESSED AND CUBED)
2 CUPS BROCCOLI FLORETS
2 TABLESPOONS SOY SAUCE
1 TABLESPOON SESAME OIL
1 TEASPOON GINGER (GRATED)

INSTRUCTIONS
1. HEAT SESAME OIL IN A PAN. ADD TOFU AND COOK UNTIL GOLDEN.
2. ADD BROCCOLI AND GINGER; STIR-FRY FOR 5-7 MINUTES. DRIZZLE WITH SOY SAUCE BEFORE SERVING.

ZUCCHINI NOODLES WITH MARINARA SAUCE

INGREDIENTS
2 ZUCCHINIS (SPIRALIZED)
1 CUP MARINARA SAUCE
1 TABLESPOON OLIVE OIL
FRESH BASIL FOR GARNISH

INSTRUCTIONS
1. SAUTÉ ZUCCHINI NOODLES IN OLIVE OIL FOR 3-4 MINUTES.
2. HEAT MARINARA SAUCE AND POUR OVER NOODLES. GARNISH WITH BASIL

MEDITERRANEAN QUINOA SALAD

INGREDIENTS
1 CUP COOKED QUINOA
1/2 CUP CHERRY TOMATOES (HALVED)
1/2 CUCUMBER (DICED)
1/4 CUP OLIVES (SLICED)
2 TABLESPOONS OLIVE OIL
1 TABLESPOON LEMON JUICE
SALT AND PEPPER TO TASTE

INSTRUCTIONS
1. COMBINE ALL INGREDIENTS IN A BOWL. TOSS TO COMBINE

ROASTED VEGETABLE SALAD

INGREDIENTS
2 CUPS MIXED VEGETABLES (CARROTS, BELL PEPPERS, ZUCCHINI)
2 TABLESPOONS OLIVE OIL
SALT AND PEPPER TO TASTE

INSTRUCTIONS
1. PREHEAT OVEN TO 400°F (200°C). TOSS VEGETABLES WITH OLIVE OIL, SALT, AND PEPPER.
2. ROAST FOR ABOUT 20-25 MINUTES UNTIL TENDER.



RECIPES

TURKEY MEATBALLS WITH ZUCCHINI

INGREDIENTS
1-POUND GROUND TURKEY
1/4 CUP BREADCRUMBS
1 EGG
1 TEASPOON GARLIC POWDER
SALT AND PEPPER TO TASTE

INSTRUCTIONS
1. PREHEAT OVEN TO 375°F (190°C). MIX ALL INGREDIENTS IN A BOWL AND FORM INTO MEATBALLS.
2. BAKE FOR 20-25 MINUTES UNTIL COOKED THROUGH.

BAKED COD WITH QUINOA

INGREDIENTS
2 COD FILLETS
1 CUP COOKED QUINOA
1 TABLESPOON OLIVE OIL
LEMON JUICE, SALT, AND PEPPER

INSTRUCTIONS
1. PREHEAT OVEN TO 400°F (200°C). PLACE COD ON A BAKING SHEET, DRIZZLE WITH OLIVE OIL, LEMON JUICE, SALT, AND PEPPER.
2. BAKE FOR 15-20 MINUTES. SERVE WITH QUINOA.

GRILLED SHRIMP WITH CAULIFLOWER RICE

INGREDIENTS
1 POUND SHRIMP (PEELED AND DEVEINED)
1 HEAD CAULIFLOWER (RICED)
2 TABLESPOONS OLIVE OIL
GARLIC, SALT, AND PEPPER TO TASTE

INSTRUCTIONS
1. SAUTÉ RICED CAULIFLOWER IN OLIVE OIL WITH GARLIC, SALT, AND PEPPER FOR 5-7 MINUTES.
2. GRILL SHRIMP UNTIL PINK AND OPAQUE (ABOUT 3-4 MINUTES PER SIDE).

LEMON HERB CHICKEN WITH BROCCOLI

INGREDIENTS
- 2 CHICKEN BREASTS
- 1 TABLESPOON OLIVE OIL
- JUICE OF 1 LEMON
- 1 TEASPOON DRIED HERBS (THYME OR ROSEMARY)
- SALT AND PEPPER TO TASTE
- 2 CUPS BROCCOLI

INSTRUCTIONS
1. MARINATE CHICKEN IN OLIVE OIL, LEMON JUICE, HERBS, SALT, AND PEPPER FOR AT LEAST 30 M

NOTE:
EVERY RECIPE CAN BE CUSTOMIZED TO SUIT INDIVIDUAL FLAVOR PREFERENCES.

ANTI-INFLAMMATORY DETOX DIET

HERE'S A COMPREHENSIVE GROCERY LIST FOR THE 14-DAY DETOX ANTI-INFLAMMATORY DIET. THE ITEMS ARE GROUPED BY

GROCERY LIST

FRUITS
- BANANAS (6)
- BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES) (2-3 CUPS)
- APPLES (4)
- ORANGES (4)
- PEARS (2)
- MANGO (1)
- PINEAPPLE (1)
- KIWI (2)
- BEETROOT
- SLICED FRUIT FOR YOGURT (PINEAPPLES, CHERRIES)

VEGETABLES
- SPINACH (2 LARGE BAGS)
- KALE (1 BUNCH)
- BROCCOLI (2 HEADS)
- ZUCCHINI (4)
- BELL PEPPERS (4, ASSORTED COLOURS)
- CUCUMBER (3)
- CHERRY TOMATOES (1 PINT)
- CARROTS (1 BAG)
- SWEET POTATOES (2)
- CAULIFLOWER (1 HEAD)
- ASPARAGUS (1 BUNCH)
- MIXED SALAD GREENS (1 BAG)
- MUSHROOMS (OPTIONAL)
- AVOCADOS

LEGUMES
- LENTILS (1 BAG)
- CHICKPEAS (2 CANS OR 1 BAG DRIED)
- BLACK BEANS (1 CAN)

GRAINS
- QUINOA (1 BOX)
- BROWN RICE (1 BOX)
- WHOLE GRAIN BREAD (GLUTEN-FREE)

NUTS & SEEDS
- ALMONDS (1 BAG)
- WALNUTS (1 BAG)
- CHIA SEEDS (1 BAG)
- SUNFLOWER SEEDS (1 BAG)
- PUMPKIN SEEDS (OPTIONAL)

HEALTHY FATS
- OLIVE OIL (1 BOTTLE)
- COCONUT OIL (1 JAR)
- AVOCADO OIL (OPTIONAL)
- COCONUT MILK (CANNED OR CARTON)

PROTEINS
- CHICKEN BREASTS (4-6)
- SALMON FILLETS (2)
- GROUND TURKEY (1 POUND)
- TOFU (1 BLOCK, FIRM)
- EGGS (1 DOZEN)
- SHRIMP (1 POUND, PEELED AND DEVEINED)
- CANNED TUNA (1 CAN)

CONDIMENTS & SPICES
- BALSAMIC VINEGAR (1 BOTTLE)
- APPLE CIDER VINEGAR (1 BOTTLE)
- GARLIC (1 BULB)
- FRESH HERBS (BASIL, PARSLEY, CILANTRO)
- GROUND CUMIN
- ITALIAN SEASONING
- SALT
- PEPPER
- CHILI FLAKES (OPTIONAL)
- HUMMUS (STORE-BOUGHT OR HOMEMADE)
- MARINARA SAUCE (1 JAR DAIRY-FREE)

SNACKS
- DARK CHOCOLATE (SUGAR-FREE, OPTIONAL)
- SEAWEED SNACKS (OPTIONAL)
- NUT BUTTERS (ALMOND OR PEANUT BUTTER, DAIRY-FREE)

MISCELLANEOUS
- HERBAL TEAS (GINGER, CHAMOMILE, ETC.)
- ALMOND MILK (UNSWEETENED, CARTON)
- COCONUT YOGURT (DAIRY-FREE)

NOTES
- ADJUST QUANTITIES BASED ON THE NUMBER OF PEOPLE YOU'RE COOKING FOR AND PERSONAL PREFERENCES.
- CHECK YOUR PANTRY FOR ITEMS YOU MAY ALREADY HAVE BEFORE SHOPPING.
- FEEL FREE TO SUBSTITUTE ANY INGREDIENTS FOR THOSE THAT SUIT YOUR TASTE OR DIETARY RESTRICTIONS.

THIS GROCERY LIST SHOULD COVER ALL THE

HERE ARE SOME REFRESHING, SUGAR-FREE BEVERAGES THAT CAN SERVE AS GREAT ALTERNATIVES TO SODA WHILE SUPPORTING YOUR DIET:

CUCUMBER MINT SPARKLER

INGREDIENTS
1 CUCUMBER, THINLY SLICED
FRESH MINT LEAVES
SPARKLING WATER
JUICE OF 1 LIME

INSTRUCTIONS
1. IN A PITCHER, COMBINE CUCUMBER SLICES AND MINT LEAVES.
2. ADD LIME JUICE AND TOP WITH SPARKLING WATER.
3. LET IT SIT FOR 10 MINUTES TO INFUSE FLAVORS BEFORE SERVING.

LEMON-BASIL INFUSED WATER

INGREDIENTS
1 LEMON, SLICED
FRESH BASIL LEAVES
WATER

INSTRUCTIONS
1. IN A PITCHER, COMBINE LEMON SLICES AND BASIL LEAVES.
2. FILL WITH WATER AND REFRIGERATE FOR AT LEAST 2 HOURS TO ALLOW FLAVOURS TO MELD.
3. SERVE CHILLED.

BERRY CITRUS REFRESHER

INGREDIENTS
1 CUP MIXED BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES)
1 ORANGE, SLICED
SPARKLING WATER OR CLUB SODA

INSTRUCTIONS
IN A GLASS, MUDDLE THE MIXED BERRIES AND ORANGE SLICES.
FILL WITH SPARKLING WATER OR CLUB SODA.
STIR GENTLY AND ENJOY!



GINGER-LEMON FIZZ

INGREDIENTS
FRESH GINGER, THINLY SLICED (ABOUT 1 INCH)
JUICE OF 1 LEMON
SPARKLING WATER
ICE

INSTRUCTIONS
1. IN A GLASS, ADD GINGER SLICES AND LEMON JUICE.
2. FILL WITH ICE AND TOP WITH SPARKLING WATER.
3. STIR AND LET IT SIT FOR A FEW MINUTES TO INFUSE THE GINGER FLAVOUR.

HERBAL ICED TEA

INGREDIENTS
2-3 HERBAL TEA BAGS (MINT, CHAMOMILE, OR HIBISCUS)
WATER
ICE
FRESH LEMON SLICES (OPTIONAL)

INSTRUCTIONS
1. BREW HERBAL TEA ACCORDING TO PACKAGE INSTRUCTIONS AND LET IT COOL.
2. POUR OVER ICE AND ADD FRESH LEMON SLICES FOR EXTRA FLAVOUR.



SPARKLING GREEN TEA WITH LIME

INGREDIENTS
GREEN TEA BAGS (2-3)
SPARKLING WATER
JUICE OF 1 LIME
ICE

INSTRUCTIONS
1. BREW GREEN TEA AND LET IT COOL COMPLETELY.
2. IN A GLASS, COMBINE GREEN TEA, LIME JUICE, AND ICE.
3. TOP WITH SPARKLING WATER AND STIR GENTLY.

WATERMELON AGUA FRESCA

INGREDIENTS
2 CUPS WATERMELON, CUBED
JUICE OF 1 LIME
WATER
MINT LEAVES (OPTIONAL)

INSTRUCTIONS
1. BLEND WATERMELON AND LIME JUICE UNTIL SMOOTH.
2. STRAIN THROUGH A FINE MESH SIEVE IF DESIRED FOR A SMOOTHER TEXTURE.
3. MIX WITH WATER TO DILUTE TO YOUR LIKING AND SERVE OVER ICE.

COCONUT-LIME COOLER

INGREDIENTS
1 CUP COCONUT WATER
JUICE OF 1 LIME
FRESH MINT LEAVES
ICE

INSTRUCTIONS
1. IN A GLASS, COMBINE COCONUT WATER AND LIME JUICE.
2. ADD FRESH MINT LEAVES AND ICE.
3. STIR AND ENJOY!

PINEAPPLE-COCONUT SPARKLER

INGREDIENTS
1 CUP UNSWEETENED COCONUT WATER
1/2 CUP FRESH PINEAPPLE JUICE (WITHOUT ADDED SUGAR)
SPARKLING WATER

INSTRUCTIONS
1. IN A GLASS, COMBINE COCONUT WATER AND PINEAPPLE JUICE.
2. TOP WITH SPARKLING WATER AND STIR.

SPICED APPLE CIDER (ICED)

INGREDIENTS

2 CUPS UNSWEETENED APPLE CIDER
1 CINNAMON STICK
ICE
SLICES OF APPLE FOR GARNISH

INSTRUCTIONS:
1. IN A POT, HEAT APPLE CIDER WITH A CINNAMON STICK UNTIL WARM, THEN LET IT COOL.
2. POUR OVER ICE AND GARNISH WITH APPLE SLICES.

THESE BEVERAGES ARE REFRESHING, FLAVOURFUL, AND FREE FROM ADDED SUGARS, MAKING THEM GREAT ALTERNATIVES TO SODA WHILE SUPPORTING YOUR HEALTH AND DIET GOALS!
ENJOY

SUGAR-FREE BEVERAGES

GROCERY LIST

FRUITS
- 2 CUCUMBERS
- 1 LEMON (PLUS 1 FOR GARNISH)
- 1 ORANGE
- 1 CUP MIXED BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES)
- 1 WATERMELON (OR 2 CUPS PRE-CUT)
- 1 LIME (PLUS 1 FOR GARNISH)
- 1 CUP FRESH PINEAPPLE (OR 1 CAN OF UNSWEETENED PINEAPPLE CHUNKS)
- 2-3 APPLES (FOR GARNISH)

HERBS
- FRESH MINT LEAVES (1 BUNCH)
- FRESH BASIL LEAVES (1 BUNCH)

GINGER
- FRESH GINGER ROOT (1 SMALL PIECE)

TEA
- 2-3 HERBAL TEA BAGS (MINT, CHAMOMILE, OR HIBISCUS)
- GREEN TEA BAGS (2-3)

COCONUT PRODUCTS
- 1 CUP COCONUT WATER (OR 1 CARTON)

MISCELLANEOUS
- ICE (IF NOT AVAILABLE AT HOME)
- CINNAMON STICKS (OPTIONAL, FOR SPICED APPLE CIDER)

NOTES:
- ADJUST QUANTITIES BASED ON YOUR PREFERENCES AND THE NUMBER OF SERVINGS YOU'D LIKE TO MAKE.
- CHECK YOUR PANTRY FOR ITEMS YOU MAY ALREADY HAVE BEFORE SHOPPING.
- FEEL FREE TO MIX AND MATCH INGREDIENTS BASED ON YOUR TASTE PREFERENCES OR TO CREATE NEW BEVERAGE COMBINATIONS!


HER BLUEPRINT & BLOOM
SOCIETY