

with Cate Stillman

*\*free\** a mini yogidetox e-course

VIBRANT HEALTH  
in 21 Days.



yogidetox.com

*\*free\** a mini yogidetox e-course    WITH CATE STILLMAN    yogidetox.com

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# a note from Cate



## your mini yogidetox



Thank you for downloading the mini yogidetox.

I imagine you are feeling a ripening process... a readiness to shift, to clarify, to nourish and nurture yourself.

The [yogidetox](#) originated 10 years ago as I created a simple process for my clients to create their own thrive through an at-home retreat.

Consider your mini yogidetox as a sacred time to rejuve yourself. Cultivate an attitude of curiosity around self-care. Your your appreciation for the gift of your body.

You will be outgrowing outdated patterns.

You will step into more natural daily rhythms.

You will become more aware of which foods create \*thrive\* for you.

And, through this, you will become more awake and more connected in your relationships with yourself and others.

Of course, detoxing alone is a million times harder than detoxing with a group.

**That is why each year I offer 2 live detoxes worldwide - in April and in October.** It's a huge worldwide movement of yoga people who want to go deeper into yoga and upgrade their diet in line with their deeper aspirations.

**Join us live in April or October. It's better together!**

*Cate*

[www.yogahealer.com](http://www.yogahealer.com)

### What next:

- Read through this guide to prepare. Have your day planner with you.
- Schedule in your mini yogidetox as you read through the packet.
- Circle the recipes you want to try first.

- Circle the practices you need most.

### More Resources

If you have an hour or two, please listen to:

- [3 tips to jumpstart your fall Cleanse.](#)
- "[The Simple Kitchen](#)"

If you don't know your constitution, [take a quiz!](#)

# Start with an empty box



purge your house



1. Get an empty box.
2. Put it in the room of your choice. Bedroom or kitchen is best.
3. Start to purge that which isn't aligned with your potential self.
4. Bring box in car to go to thriftstore.
5. Repeat.
6. Drop off **old self's stuff** at thrift store.



"Does this item add joy, value, or purpose into my life?"

Many of us consider a detox is what we're not going to eat or drink. I propose it's about every aspect of our life. I invite you to purge what is out of alignment in every aspect of your life.

Why start with "stuff"?

- Clutter outside the body is easier to remove than inside the body.
- De-cluttering sends a strong message to the body to do the same. Do it and notice.
- Detoxing **REQUIRES** a clean, clear atmosphere. Otherwise, you'll get sucked back into an old pattern.

Tip: While you do this you can listen to "The Simple Kitchen" audio available for free at [Yogahealer.com](http://Yogahealer.com). Next is a worksheet that accompanies the audio.

# simple kitchen worksheet



simplify your kitchen



Set aside 90 minutes to overhaul your kitchen. You might need more time depending on the state of your "inner fridge".

Listen to "The Simple Kitchen" free audio from:

<http://www.yogahealer.com/audio-files/> while you overhaul.

What is the rhythm of your kitchen?

What is the rhythm of the foods you've been eating?

What is the rhythm of your body/mind/emotions/behavior lately (past 3 months)?

What is the new rhythm of your kitchen? Describe it.

What qualities do you want to experience for the next 3 months?

What is the connection between plants outside and food in your kitchen? What are 2 actions you want to take to increase the connection?

Write your intentions for your mini yogidetox. Write below.

# raw or cooked?



design your cleanse



What do you need right now... a cleanse or a rejuvenation?

Are you over-scheduled? Overfed? Exhausted? Energized?

How have you been nourishing yourself?

- \* through food?
- \* through self-care?

Do you need to lose weight? If so, how much? \_\_\_\_\_

How clear do you want to feel? How many days can you commit to a deep process (5--14)?

During the deep cleanse would you rather have juice, soups, smoothies, kitchari?

What % of Living Foods/Juices and what % of Cooked foods do you want to eat during:

\_\_\_\_\_ Pre--cleanse  
\_\_\_\_\_ Deep--cleanse  
\_\_\_\_\_ Post--cleanse

Which are the best foods for my body right now, intuitively?

## Raw = fast cleansing

- Green is your new favorite food color at all meals
- Liquids are better than solids. Plan on a few days++ of just liquids
- Favor raw foods over cooked
- Use less or no fat.

## cooked = slow + rejuvenating

- Add in practices instead of take out.
- Make simple one-pot meals, kitchari, soups or stews.
- Eat cooked or raw food, prepared warm
- Use more fat (ghee, avocados, cold-pressed oils, soaked nuts).

# 2 options

Choose your detox:

- **Raw Yogidetox**
- **Cooked Yogidetox**

**The Raw Yogidetox** is designed for everyone who is interested in evolving the prana (life force energy) in his or her bodily tissue and isn't interested in juice fasting. Learn how to shift your kitchen's energy so it becomes more in tune with the impulse to evolve your health.

- \* The Raw Yogidetox involves juicing, smoothies, raw soups, sprouting, marinating. You will learn the basics of living foods for fall.
- \* During the deep part of your detox you can juice fast or enjoy a liquid diet. Juicing is great for those ready for a deep cleanse and those who don't want to spend much time in the kitchen. Helpful for weight loss, fall allergies, colds, sinus issues, lethargy or depression, or just want to lighten up. You will need to use enemas while juice fasting. **\*\*\*You can use the juicing recipes for smoothies if you don't have a juicer! Cut recipes in half. Be creative. The major difference between juicing and smoothies is fiber. Your system works a little harder with the vegetable smoothies, but it's still a deep cleanse. Or, strain the smoothie through a nut milk bag or sprout bag to remove the fiber.**
- \* Helpful kitchen equipment to beg, borrow or invest in. Not essential, but very helpful.
  - High powered blender (vitamix or k-tec blender)
  - Vegetable juicer

**The Cooked Yogidetox** is for those who want to clean up their diet, and enjoy simple cooked and raw foods. You will need a little extra time in the kitchen. Many people learn to cook healthy foods for the entire winter from doing this one. For those who love warm foods, and can't digest raw foods well, you'll enjoy this choice more!

- \* During the detox you can try a monodiet of kitchari (3 times a day), raw juices, and soups.
- \* For those without much time, you can cook your kitchari overnight in a rice cooker or slow cooker.
- \* Helpful kitchen equipment: (not essential, but very helpful)
  - \* High powered blender or juicer
  - \* pressure cooker, slow cooker or rice cooker (for those without kitchen time)



cleanse options





# raw yogidetox basics

## Big Smoothies:

- Start your nutrient consumption with liquid green.
- For those with a huge appetite, make a huge smoothie in the morning.
- Chew your smoothies! Don't guzzle. Mix your saliva in for optimal digestion.
- Add fun wild foods or superfoods. I'm adding wild berries and wild greens to my garden kale and local apples.
- Make enough to share.
- basic recipe:



## Simple Salads:

- Raw or marinated salads - vary your ingredients.
- For more calories add avocado, sunflower seeds, soaked almonds
- Make your own dressings one a week to minimize time and water waste.
- Incorporate some wild foods like berries, dandelion greens, or edible flowers. Wild foods have the most Shakti.



marinated chard, shredded carrot, soaked almonds and shredded beets

## Living Soups:

- The best greens for fall/winter soups include kale, green beans, swiss chard, celery, and fennel.
- Add fat to soups to make them yummy and if you need to slow the detox down.
- Not all soups need to be green! Make a corn chowder or a tomato-based soup for variety. An Asian miso seaweed soup is a great option for fall and winter, or a butternut, carrot, or beet - based soup for color and nutrients.





# raw detox core recipes

## Basic smoothie recipe - for 1 quart

- 1 piece fruit
- 1 cup greens
- 1 tbsp. chia seed or flax
- stevia or honey for sweetness
- superfoods for nutrient fun! (goji berries, maca, spirulina, cacao, wild berries, etc.!)



## Marinated Salad

- I assume you know how to make a raw green salad. Eat those too!
- Make at least 30 minutes before eating. Or make in the morning for lunch or dinner!

4 cups thinly sliced raw greens (kale, collards, chard)  
1/8 cup freshly squeezed lemon juice  
1/8 cup extra virgin olive oil  
1/2 teaspoon sea salt  
1 cloves garlic, crushed or 1 “ shredded ginger root

### Options:

avocado  
grated beets  
grated carrots  
parsley, sage, rosemary or thyme. Or cilantro, dill, lemon balm!  
pine nuts  
sunflower seeds  
pumpkin seeds  
raw dried or fresh berries



marinated chard, shredded carrot, soaked almonds and shredded beets

## Cate's basic winter soup

1 Rapunzel veggie bouillon cube  
2 cobs worth of corn, cut off husk  
1 small zucchini  
1/2 an avocado (more if you want more fat!)  
pinch of cayenne  
1/2 tsp. agave nectar  
1 clove roasted garlic  
1 lime, juiced with pulp  
1 anaheim pepper  
4 c. hot water



Blend. Garnish: 1/2 c. chopped cilantro  
Add salt if your bouillon isn't salted.

# raw yogidetox recipes +

## Super Chia Porridge

1/4 cup dry chia (soaked)  
1 Tbsp. maca powder  
1 Tbsp. hemp seeds  
1 Tbsp. Yacon powder  
2 tsp. maple syrup  
1 tsp. vanilla powder  
pinch of sea salt  
1 tsp. coconut oil  
1/2 tsp. cinnamon

Soak chia in 1 1/2 c. water for 20 minutes. Stir midway through soaking to break up any clumps. Blend all above in blender. Blend just enough to give desired texture.

## Cherry Fig Cereal

2 tbsp. chia seeds  
1/4 c. dried cherries, soaked  
1 tbsp. goji berries, soaked  
1 apple, grated  
1 tbsp. coconut flakes

Soak the chia and dried fruits overnight. Stir in other ingredients. Warm on stovetop. Add nutmilk and sweetener as desired.

## Fall Fennel Slaw:

2 apples, one chopped, one grated  
1 fennel bulb, grated  
1/2 lemon  
1 carrots  
1 c. green cabbage, grated  
1 c. red cabbage, grated  
1/2 cup dried cranberries  
1/2 cup pumpkin seeds  
Place apples in bowl. Squeeze the juice from 1/2 lemon over the apples and stir. Add the rest of ingredients and combine.

## Creamy Basil Dressing

1/2 cup hemp seeds  
1/2 cup fresh basil  
1/2 cup water  
juice from 1 lemon  
2 cloves roasted garlic

1 tbsp. nutritional yeast  
1 tbsp. agave nectar

Whisk all ingredients together. Pour over slaw and mix well.

## Mesquite Cashew Milk

1/3 cup soaked almonds  
1 cup soaked cashews  
4 cups water  
pinch sea salt  
4 tbsp. mesquite powder

Blend and strain. Refrigerate.

## Red Hot Tomato Soup

4 large tomatoes  
1 red bell pepper  
4 tsp cold pressed olive oil  
1 tsp grated ginger root  
4 green onions  
1/8 tsp cayenne  
dash of cinnamon  
Add water or more tomatoes for desired consistency if needed. Blend in blender or vitamix.

## Sequoia's calcium soup

by David Wolfe

10 kale leaves  
1 handful of parsley  
2 cloves of garlic  
1/3 of a red onion  
2 lemons  
1 avocado  
1 tomato  
2 yellow bell peppers  
1 handful of dulse strips or Spirulina flakes  
1/2 teaspoon sea salt  
1 tablespoon of unpasteurized miso  
3 tablespoons olive oil  
20 pumpkin seeds.

Shave the outer skin of the lemons leaving the white pith intact. While blending all the ingredients, add distilled water to reach a thick, soupy consistency. This is a great raw soup for kids! An excellent way to

introduce important heavy minerals and calcium into the diet.

## Curry Squash Soup

4 cups butternut squash, chopped  
1 cup fresh apple juice or cider  
1/3 cup orange juice  
1/3 cup water  
2 large stalks celery  
1/2 a leek  
1 tsp. curry paste  
4 pitted and soaked dates  
1 tsp sea salt  
1 tsp. nama shoyu

Blend all in a high speed blender till smooth and creamy. \*\*If you don't have a high speed blender, steam the squash and celery first. Then, blend. You can reheat on the stove post-blending.

## Borscht adapted by Boutenkos

\*In high speed blender, blend together for 30 seconds:  
2 c. water  
2 carrots  
2 stalks celery  
2 T. lemon juice  
1 T raw honey  
1/2 c. olive oil  
sea salt to taste

Add 1/2 c. walnuts and blend on low speed quickly so walnuts are not completely blended.

Grate:

1/4 head cabbage  
1-2 carrots  
1 bunch parsley  
Add grated ingredients to blended mixture. Warm. Serve.

Serves 7 - 10

\* with regular blender, gently steam the veggies first.



# yogidetox raw soups



**Vata soups: warm, savory and spicy as a general guideline**

## Basic Vata Green Soup

1 c. fennel  
1/2 c. yellow pepper  
1 avocado  
1/4 c. fresh basil or dill chopped  
1 tbsp. lemon juice  
1/2 tsp. agave  
1 veggie broth cube  
dash of cayenne  
salt and pepper to taste.  
Blend with 4 c. boiling water.  
Garnish with sunflower sprouts.

## Basic Vata Red Soup

3 c. tomatoes  
1 stick celery  
5 brazil nuts  
1 tbsp. olive oil  
1 tsp lemon juice  
2 tsp. italian spice blend  
1/2 tsp. agave  
1 veggie broth cube

Blend with 4 c. boiling water.  
Garnish with fresh basil.

## Fun Vata Soup

1/2 fennel bulb  
1 large carrot  
1 cup jicama  
1 avocado  
1 veggie broth cube  
Blend with 4 c. boiling water.  
Garnish with sunflower sprouts.



**Pitta Soup: sweet and hearty with plenty of color and sprouts.**

## Basic Pitta Green Soup

1/2 an avocado  
2 c. lettuce greens  
sprigs of fresh dill or cilantro  
1 1/2 c. zucchini  
1 veggie broth cube  
1/2 avocado

Blend with 4 c. boiling water.  
Garnish with clover sprouts.

## Minty Celery Soup

1 cup green beans  
juice of 1 lime  
2 tbsp. coconut oil  
2 tbsp. unsweetened coconut flakes  
1 c. cucumber  
2 tbsp. mint  
salt to taste  
1 veggie broth cube  
Blend with 4 c. boiling water.  
Garnish with sunflower sprouts

## Curry Pumpkin Soup

1 c. pumpkin  
1 c coconut water, or water  
4" leek  
1 1/2 tsp. yellow curry powder  
1/2 c. unsweetened coconut flakes  
2 dates, pitted  
2 stalks celery  
1 veggie broth cube  
Blend with 4 c. boiling water.  
Garnish with cilantro and sunflower sprouts.



**Kapha soups: spicy, pungent and light**

## Basic Kapha Soup

1 cup arugula  
1/4 c. basil  
1 turnip  
1 cob corn (sliced off)  
1 veggie broth cube  
1 tbsp. flax oil  
cayenne to taste  
Blend with 4 c. boiling water.  
Garnish with fenugreek sprouts.

## Spicy Ginger Soup

1 daikon, grated  
1 c. celery  
1 big tomato  
1 tbsp. cup lemon juice  
2 tbsp. fresh lemongrass  
2 tbsp. ginger, finely grated  
2 tsp. thai curry paste  
1 tbsp. toasted sesame oil  
1 veggie broth cube  
Blend with 4 c. boiling water.  
Garnish with sunflower sprouts

## Light Seaweed Broth

2 sheets nori, cut into strips  
1 stalk celery, finely chopped  
2 tbsp. miso paste  
1 tsp. thai curry paste  
1 tbsp. toasted sesame oil  
1 veggie broth cube  
Blend miso with 2 c. warm water.  
Dissolve broth cube and curry paste with 2 c. hot water. Stir in remaining ingredients. Garnish with arugula.

# cooked yogidetox basics

## Yummy Warm Drinks

Start or end your day with something warm and nourishing. Stewed apples or a warm drink are great choices.

### Warm Nutmilk

- ¼ cup soaked almonds
- ¼ cup soaked sesame seeds
- 1 cup of hot water
- ¼ teaspoon ground cardamom
- 1 inch vanilla bean
- 3 pitted medjool dates, soaked until soft

Blend & strain.



## Kitchari:

- This is a great staple for those needing rejuvenation. Learn to cook it a day or two before your detox starts. Make enough to eat it as a monodiet during your detox.
- Experiment with the amount of spices. Don't be afraid to make it yellow (turmeric) and spicy (mustard seeds, ginger, cayenne).
- Use soaked whole mung beans, sprouted mung beans or split mung beans. See what you like best.
- Add your favorite vegetables towards the end of cooking to avoid over cooking.



Simple kitchari with vegetables, garnished with lime and cilantro.

## Cooked or Raw Soups

- Soups as stocks can replace green juices any time of the day.
- Try both raw and cooked soups to expand your repertoire.
- Add more fat (avocados, ghee, coconut oil, soaked almonds) if you're hunger is intense.
- Use hot spices to make living soups warming. Ginger, cayenne, mustard seeds, cinnamon, etc.



Make a creamy butternut squash soup for grounding and calming.

# cooked core recipes

## Cooked apples: Breakfast or dessert

Chop 1-2 apples or pears. Heat a small saucepan. Add ¼ c. water and ¼ tsp. cinnamon. When water comes to a boil add apples, and a handful of raisins or chopped prunes. If you like oatmeal add a handful of oats and a little more water to the cooking process.



## Kitchari for 1 day

1 c Split Yellow mung Beans  
or 2 c. mung bean sprouts  
¼ - ½ c White Basmati Rice  
1 Tbs Fresh Ginger Root  
1 tsp each Black Mustard Seeds,  
and Cumin and Turmeric  
powder  
½ tsp each Coriander powder, and  
fennel and fenugreek seeds  
1 pinch Hing (asafoetida)  
3 Cloves  
3 Bay Leaves  
7---10 c Water  
½ tsp rock salt or Bragg's  
1 c. chopped cilantro

Wash split yellow mung beans (dal) and rice together until water runs clear. Heat a large pot on

medium heat and then add all the spices (except the bay leaves) and dry roast for a few minutes. This dry---roasting will enhance the flavor. Add dal and rice and stir again. Add water and bay leaves and bring to a boil. Boil for 10 minutes. Turn heat to low, cover pot and continue to cook until dal and rice become soft (30-40minutes) Add salt or Bragg's to taste. Garnish with cilantro

\* For weak digestion, gas or bloating: Soak your beans overnight, or first par boil the split mung dal (cover with water and bring to boil), drain, and rinse of the bean scum Repeat 2-3



## Cleansing Soup

1 large leek, chopped small  
3 bay leaves  
1 large turnip (kapha) or 1 sweet potato (Vata, pitta), peeled and chopped small  
5 cups vegetable stock (or 5 cups water & 2 vegetable stock cube)  
1" piece of ginger, minced  
1 zucchini, chopped small  
2 cups minced kale  
a large handful of spinach, coarsely chopped  
juice of 1 lemon  
fresh chopped parsley, flax oil and fresh black pepper for garnish

Sauté the leek in a saucepan with a little water or ghee for a few minutes. Add the turnip or sweet potato and sauté until they just begin to soften. Stir in the stock, bay leaves and ginger and simmer for 10 minutes. Add zucchini and kale and cook over medium---low heat for 20 minutes, covered. At the end, stir in spinach and lemon juice, letting the spinach wilt. Remove bay leaves. Puree half the soup in a blender or using a hand blender and serve with parsley and fresh pepper.





# cooked yogidetox recipes +

## Hot Quinoa Cereal

1/4 cup quinoa - soak quinoa overnight, rinse in morning  
4 dried apricots, or handful of raisins, soak overnight.  
1/2 cup water  
1/2 cup organic almond or rice milk  
1/4 t ground ginger  
1/4 t. cinnamon

Put the water and quinoa in a small saucepan and bring to a boil over high heat. Reduce the heat and simmer, stirring occasionally, until the quinoa is tender and the mixture thickens, about 20 minutes, add ginger, and cinnamon.. Warm the mixture over low heat.

## Wellness Broth

4 cups water  
1 celery stick  
3 stalks kale or collards  
1 cup fresh parsley  
1 cup green beans  
1" piece of fresh ginger lemon

Bring the water to a boil in a medium---sized pot. Meanwhile, chop all the vegetables and slice the ginger; add to the pot. You can also add a few slices of lemon, or squeeze in the juice of a lemon wedge at the end. Simmer on a low boil for half an hour. Store hot in a thermos and consume throughout the day. Makes about 4 cups.

**Hot and Spicy Soup** - A nice brew to sip during a cold, flu, cough, or hay fever.

5 c. water  
1 inch fresh ginger root  
1/3 c. basmati rice  
1 clove  
3 peppercorns  
1 medium carrot, sliced  
1 c. raw cabbage, chopped or 1 c. fresh greens  
1 umeboshi plum  
1 large Shiitake mushroom (optional,

Vata can skip eating it, but good for flavor)

1/16 t pippali or cayenne  
1 T. Braggs  
1 t. raw honey (optional)

Bring water to boil in medium saucepan. Peel and slice the ginger into 4 or 5 pieces. Add to the boiling water, cover and turn to low. Let simmer while you wash the rice and drain it. Add it to the soup and turn heat up to medium, cover again. Wash and slice the carrot and chop the cabbage. Add them to the brew. Simmer 10 minutes more. Add cayenne and pippali, tamari, and honey just before serving. by Shannon Mooney

## Split Mung Bean soup

Make the kitchari recipe, omitting the rice, using 7 cups of water.

## Easy Soup

5 cups water  
1 cube herb bouillon (like Rapunzel brand)  
3 bay leaves  
3 cups leafy greens, washed and torn (chard, kale, collards spinach)  
1 cup chopped carrots  
1 apple, chopped  
1 cup of lentil or mung bean sprouts  
1 Tbsp grated fresh ginger  
1 tsp each turmeric, ground cumin and ground coriander  
1 tbsp. Oil (ghee, coconut, corn)  
garnish options: cilantro, parsley, red pepper

In a small pot pour in the water and add the bouillon, greens, carrots, apple, sprouts, bay leaves. Cover and let cook 20 minutes. In a small fry pan, heat the oil and lightly toast the spices for a minute. Add to soup pot. Garnish with your chosen extras. (Options: when not cleansing, drizzle some tahini into the soup just before pureeing, then stirred in 1 Tbsp each chopped cilantro and parsley, & a smattering of pumpkin seeds.)

## Root Vegetable Purée

1 medium turnip, peeled and cut into 2-inch pieces  
1 small carrot, peeled and cut into 2-inch pieces  
1 small parsnip, peeled and cut into 2-inch pieces  
1 small sweet potato, peeled and cut into small chunks  
1 to 3 tablespoons unsalted butter or ghee, at room temperature (or use vegetable broth for less fat)  
3 tbsp. veggie broth, almond milk **or** rice milk  
Freshly ground black pepper  
In a medium saucepan, combine the turnips, carrots, parsnip, sweet potato, and rutabaga, add a good pinch of salt, and cover by 2 inches with water. Bring to a boil, then reduce to a simmer and cook until the vegetables are tender, 30 to 40 minutes. Drain the vegetables and then return them to the saucepan to dry out over medium heat for 2 minutes. Transfer the vegetables to a food mill and puree. Add the ghee and salt and pepper to taste, and add liquid broth or milk (rice or almond) if necessary to moisten.

## Kale with ginger and cranberries

1 pound kale, stems and center ribs discarded and leaves coarsely torn  
1 tablespoon minced ginger  
2 tablespoons olive oil  
1/4 cup dried cranberries (1 ounces)

Cook kale in a 3-quart pot of boiling water, uncovered, until almost tender, 5 to 7 minutes. Drain in a colander, then immediately transfer kale to an ice bath to stop cooking. When kale is cool, drain but do not squeeze.  
Cook ginger in oil in same pot over medium heat, stirring, until fragrant, about 30 seconds. Add kale, dried cranberries, (salt and pepper to taste) tossing frequently with tongs, until kale is heated through and tender, 4 to 6 minutes.

# cooked yogidetox ++

## **Simple Soup (one serving)**

1 cup vegetables (celery, zucchini, carrots, turnips, rutabagas, sweet potatoes)  
one vegetable broth cube  
2 cups water  
sea salt or nama shoyu to taste  
chopped parsley or cilantro, to garnish (optional)

Clean the vegetables and dice and slice attractively.

Heat ¼ c. water and ¼ of veggie cube in 2 qt pot on medium heat. Add veggies and sauté until aromatic. Add remaining ingredients and simmer until vegetables are tender. Season with nama shoyu or sea salt, and serve garnished with chopped parsley or cilantro.

## **Brown Rice**

Soak 1 cup brown basmati rice overnight. Rinse.  
Boil 2 c. water with ½ tsp. Sea salt, and 1 tsp. ghee. Add soaked rice and simmer, covered on low for 25 minutes. Remove from heat, and keep covered for 5 minutes. Remove cover and allow to rest for 5 minutes. Fluff with fork.

## **Baked Beets (and/or turnips, parsnips, yams, carrots)**

Scrub beets with a vegetable brush. Bake whole for best flavor and to prevent color from bleeding. Rub with ghee or oil or place in a baking dish with a little water. Sprinkle with salt & pepper. Cover and bake in a 350 F oven until tender, 1 hour or longer. Trim the root and stem ends, peel and slice.

## **Sautéed Turnips**

2 medium turnips, cut and peeled (peeling is not necessary if turnips are fresh)  
2 T toasted sesame oil  
nama shoyu  
fresh parsley

Sauté turnips for 3 minutes in oil. Sprinkle with salt and cover. Simmer for an additional 10-15 minutes. The turnips will “sweat” and cook in their own juices (the salt draws the juice out) bringing out their sweetness. If needed, add a little water, cover and simmer until turnips are soft. Turn the heat off and drizzle nama shoyu over turnips. Place in a bowl and sprinkle with fresh parsley before serving.

## **Lemon Green Beans**

½ lb. green beans  
1 tbsp. Ghee  
½ lemon, juiced  
sea salt

Cut off the tough ends of the beans. Bring water to a boil, turn off heat, and allow to cool a moment. Place beans in a shallow pan and pour hot water over them. Allow to stand for 10 minutes or until the beans become tender. Drain and toss with the remaining ingredients. Allow to marinate at least 5 minutes.

## **Asian Ginger Greens**

1 bunch of greens de-stemmed (chard, collards, kale, turnip greens, etc)  
1 T fresh grated ginger  
1 T toasted sesame oil  
nama shoyu to taste  
1 t. lime juice  
1 t. raw sugar

Boil a quart of water. Add greens & simmer gently until they are soft, but still vibrant green. Mix remaining ingredients. Drain greens and stir in sauce.



# what is your constitution?

Eating seasonally has the highest priority for optimal health - attunement to nature's rhythms. Secondly, you want to attune to your personal energetic design. This where eating for your bodytype comes in handy. Refer to the Ayurvedic Basics Guide to know

more about who you are. Then, start to see if you're on track by following the guidelines for your type below, and notice how you feel. If you feel more grounded and clear, you are on the right track.

## Vatas

Vatas are already light, dry, cold, sensitive, and have a dispersing energy. Foods and eating habits that are intrinsically opposite these qualities will optimize health for Vata people and vata season.



## Pitta

Pittas are already hot, oily, sharp, intense, and radiating. Foods and eating habits that are intrinsically opposite these qualities will optimize health for Pitta people and Pitta season.



## Kapha

Kaphas are already moist, cool, grounded, heavy, and have a condensing energy. Foods and eating habits that are intrinsically opposite these qualities will optimize health for Kapha people and Kapha season.



## Guidelines for integrating more raw foods for each constitution:

### **Vata types** (light bodyweight, easily excitable mind)

You may be drawn to begin your cleanse with juice cleansing and move from there into soups. As you move into and out of deeper cleansing, eat heavier, oily foods such as avocados, soaked nuts and seeds, and add spice like ginger and cayenne. Use mostly soups during your cleanse, warmed and moderately spiced, or warm your juices up. Combine dark leafy greens with avocados or soaked nuts.

### **Pitta types:** (medium bodyweight, intense mind)

You may be drawn towards a deeply purifying juice cleanse or all living foods. In general, steer towards a mild, more bland diet with plenty of roots and greens, sweet fruits, mild spices, sprouted grains, coconuts and avocados, and plenty of fresh sprouts. After a deep cleanse, protein may be desired through almonds and sunflower seeds.

### **Kapha types:** (heavy bodyweight, fluid mind)

You may be drawn strongly towards 1-3 of hot water fasting, and from there moving into some spicy juices and spicy light soups. As you move into and out of deeper cleansing, eat something bitter first in the meal. Keep nuts and seeds minimal. Spice foods well, minimize salt, soak and sprout nuts and seeds. Enjoy apples and pears, lemon, ginger and parsley.

# 7 days of choices



## Day 1-2

Breakfast: choice of:  
green smoothies, juice, chia  
cereal, apples & oatmeal, quinoa  
cereal, & hot herbal tea

Lunch & Dinner: warm salads,  
kitchari, simple warm soups, flat  
breads, wraps

## Day 3-5

Breakfast: juice, smoothies or  
kitchari

Lunch: kitchari, warm soups or  
warm juice, broth

Dinner: kitchari, warm soups

## Day 6-7

Breakfast, choice of:  
green smoothies, juice, chia  
cereal, apples & oatmeal, quinoa  
cereal, & hot herbal tea

Lunch & Dinner: warm salads,  
kitchari, simple warm soups, flat  
breads, sprouted breads, whole  
grains, whole foods



## Day 1-2

Breakfast: choice of:  
green smoothies, juice, chia  
cereal, apples & oatmeal, quinoa  
cereal, & hot herbal tea

Lunch & Dinner: warm salads,  
kitchari, simple warm soups, flat  
breads, wraps

## Day 3-5

Breakfast: juice, smoothies or  
kitchari

Lunch: juicing, smoothies, raw  
soups or Kitchari

Dinner: juicing, smoothies, raw  
soups or Kitchari

## Day 6-7

Breakfast: choice of:  
green smoothies, juice, chia  
cereal, apples & oatmeal, quinoa  
cereal, & hot herbal tea

Lunch & Dinner: simple warm  
soups warm salads, kitchari, flat  
breads, sprouted breads, whole  
grains



## Day 1-2

Breakfast: hot herbal tea, juice or  
green smoothie

Lunch & Dinner: warm salad or  
raw salads, kitchari, simple warm  
soups, or flax crackers

## Day 3-5

Breakfast: hot herbal tea, juice or  
green smoothie

Lunch: juicing, broths, raw soups

Dinner: juicing, broths, raw soups

## Day 6-7

Breakfast: hot herbal tea, juice or  
green smoothie

Lunch & Dinner: warm or cold  
salads, kitchari, simple warm  
soups, flat breads, sprouted  
breads, whole grains, whole foods

# make your plan

week	breakfast	lunch	dinner
Sunday			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
notes: herbs, enemas, bodywork, symptoms to track, reading, practices.			

Print one for each week

# make your list

## What you need to start preparing:

Once you know your constitution (and that of those you feed), write a list of foods that will be optimal. Think in terms of categories. Make your list below.

- Leafy Greens
- root vegetables
- fresh fruits
- seeds for sprouting
- seeds and nuts
- grains & beans (mung beans, brown rice)
- seaweeds

### Condiments

- Oils (olive, sunflower, flax)
  - Lemons & limes
  - stevia leaf
  - raw honey
  - Superfoods to play with (maca, goji berries, cacao nibs, etc.)
-

# daily practices for your detox

## A Breath of Fresh Air

Breathe through your nose for 20 minutes upon arising. You can do sun salutations, take a walk/jog, go for a bike ride, etc. Start each day with a meal of prana. Then, whenever you are struggling with the limitations imposed by the cleansing process, you can remember to simply go outside for a 5-30 minute walk and breath through your nose. This is the most simple form of pranayama or a breathing exercise to clear the body and mind channels of stagnant energy. The channels that carry the breath, the life force, then will be able to transmit more energy on a cellular level, enabling a clearing of thoughts and emotions. Though simple, this is an essential and powerful technique when used regularly.

## Meditation

Meditation is essential for cleansing. Begin and end your day with meditation. Even if it is brief, it is essential. Allowing yourself the opportunity to meditation for a few moments each hour, or at least 10 minutes every other hour will greatly enhance your cleansing experience. Whenever you feel overwhelmed or have intense cravings or emotions, take 5 minutes for deeper breathing and meditation. Sit formally for a half hour a day, preferably at the same time each day. For specific meditation techniques, visit:

[www.integralenlightenment.com](http://www.integralenlightenment.com)

## Silence

Increase the amount of time spent in silence in your pre-cleanse. Your deep cleanse should be spent in silence as much as possible. If you are working, plan the silent days for when you have days off. Explain to the people you are living with your intention and ask for their support. During the cleanse, you are encouraged to move into silence whenever possible and appropriate. Silence also cleanses the mind, and reserves more energy for the body to remove toxins. In silence we have access to witness consciousness, and the more subtle states with increased depth.

## Media & Socializing

To enhance the ability of your mind to detox and your awareness to enjoy our naturally blissful undercurrent take in less distractions through your eyes & ears. Limit conversations, TV, radio, movies, email & web surfing, the news, random reading and other ways that you may ordinarily take in stimulus. Also, try to give yourself a week with less happening, less socializing. This will deepen your intuition and pleasure during cleansing. When cleansers feel over-scheduled it creates frustration. The mind and body don't release as deeply.

## Plan your mini Yogidetox

This course is designed to inspire all levels of practitioners in a way that you can step out of your daily life and refine your routines to fulfill your deeper desires. Design your cleanse so that it is relaxing and rejuvenating. If you don't have much time for yourself, skip the enemas, and keep your meals simple so that you prepare food just once a day. *The cleanse should be a blissful experience where we move with grace into a state of being, and end up doing much less.* We can each prepare our bodies, our minds, our families, and our households for the cleanse by getting comfortable with the routines and integrating them into our particular situation.

## Make Your Space Sacred

Deep cleaning your living space and especially your kitchen is unfathomably beneficial to the cleansing and renewal process. If I'm overwhelmed by the project, I hire help and we do it together. In your kitchen, donate what you haven't been using. Include food stuffs and appliances. **If you don't already have a meditation and yoga space in your house, now is the time to create one & begin using it daily.** Naturally, you'll also feel an impulse to clear your kitchen, house & wardrobe of energetically draining extra stuff.

## Reading

During this time, read and listen only to that which awakens your spirit. Be highly selective. My new favorite is [Evolutionary Enlightenment](http://www.evolutionaryenlightenment.com) by Andrew Cohen

## Grace

As a seated contemplation, please identify what for you will be the greatest challenges and greatest opportunities for the course, and **surrender the process to grace.** You may choose to do this daily as part of your morning meditation.

# a closing from Cate



your mini yogidetox



Detoxing is hard when you go it alone. I remember my first detox I lived alone, but I did it with a group from Ayurveda School. We would check in, compare notes, egg each other on to try out therapies and detox processes that were totally foreign to us.

The next year I detoxed alone, while living my husband-to-be. It was 10x harder! I couldn't believe the non-stop temptation of smelling food all of these smells I was trying to avoid.

The next year I gave him an ultimatum: detox with me or forget it. He really wanted to be with me so he detoxed. It was the easiest detox ever. Detoxing with other is fun. You can explore different ways of showing up together. Different ways of using your space and your time. You can practice being different too - so that you don't commit to being the same person for your whole life.

I've created the live detox courses because I know how

Detox live  
with Cate.

Join :

- \* live April Yogidetox
- \* live October Yogidetox

much easier it is - and how much better it is to detox en masse. This year our movement is larger than ever, spanning the Earth.

So join us, if you're alone, if you're together, if you're a family, if you're bringing your yoga community. We have room.

Sign up today - and I'll start filling you in to get you ready.

*Cate*

[www.yogahealer.com](http://www.yogahealer.com)

## What next:

- Read through this guide to prepare. Have your day planner with you.
- Schedule in your mini yogidetox as you read through the packet.
- Circle the recipes you want to try first.

- Circle the practices you need most.

## More Resources

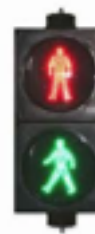
If you have an hour or two, please listen to:

- [3 tips to jumpstart your fall Cleanse.](#)
- ["The Simple Kitchen"](#)

If you don't know your constitution, [take a quiz!](#)

# your habits and detox...

## stop or start?



## detox the evil....

Stop doing things that aren't working for you.

Stop eating more than 3 times a day.

Reduce stimulants like coffee, chocolate, black tea, and green tea (in that order).

Stop talking too much or speaking in way that is out of alignment with your highest potential.

Stop bad habits, like engaging in self-deprecating or self-aggrandizing thought patterns.

Stop buying processed foods, including all of the processed sugars.

Reduce grains consumption.

Stop buying meat and eggs.

Eliminate foods your allergic too, or are suspicious of.

Cut back on alcohol and pot. Eliminate drugs, unless you're on prescriptions. If you're on prescriptions, review with your doctor about all known side effects and what you can do to wean off the medication.

Stop cooking the life force out of your food.

## nourish the good....

Start breathing for your first meal of the day, exercising for 20 minutes upon arising.

Start eating leafy greens to your breakfast, lunch and dinner.

Start drinking more water between meals.

Start walking after dinner.

Start rubbing oil on your body instead of lotion. (Before bathing recommended).

Add extra hugs and kisses with friends and family.

Start sitting in silence each day.

Add fresh fruits (with seeds, not seedless) to your meals.

Start looking for weeds to eat in your yard. Take a walk in the woods with a local herbalist.

Start sprouting in your kitchen.

Start juicing or making green smoothies for breakfast.

Start making all of your meals from greens, fruits, nuts, seeds, sprouts, sprouted grains, sprouted legumes, and fresh herbs.

Try 3 new recipes a week.

Start looking in the mirror and seeing the good, the beauty, and the truth in what you have to offer in this lifetime.