

# JEN'S 3 DAY HEALTH RESET

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# DISCLAIMER

Check with your physician before starting any type of nutritional program, detox, etc. It is important to have this conversation; especially, if you are on any medications.

The following recommendations **are not** medical guidelines. This health reset is strictly meant for health benefits and is not meant to cure or prevent any illnesses or disease.

I am not a nutritionist, BUT this was approved by Registered Nutritionist and Cancer Practitioner Hanna Rakowska - <https://www.backtobalancenutrition.com>



# MY STORY

I'm not suggesting you eat a specific way, BUT I can tell you what you put into your body **does** matter. It doesn't have to be some crazy change, but just small changes over time. You may even want to consult with a nutritionist or a Doctor. Have some tests run. We are all unique individuals and our bodies all work differently! I'm hoping by sharing what I'm doing below and this **3 Day Health Reset** will help you get started on a healthier path.

My nutrition has COMPLETELY done a 180 since my diagnosis. I used to eat low carb (meaning basically no fruits, whole grains or fiber) and higher protein. I used to eat animal protein pretty much with every meal. The second I was diagnosed I went plant based. In fact, for a little bit, I was scared to put anything in my body. Think about it like this, animals instinctively know when they are sick, the way to heal themselves, is NOT to eat. My intuition was telling me I needed to change the way I was eating.

*"Let food be thy medicine and medicine be thy food" ~ Hippocrates*

Since then, I've been doing my research on the foods I put into my body and I'm so happy I made that decision. I do allow myself wild caught fish when I'm traveling to places that offer high quality fish. I guess I would call myself a flexible vegan. On the next page you'll find some specifics I have discovered on some of the research I have done with nutrition and breast cancer.



# MY RESEARCH

**MORE PLANTS :** I'm not saying you have to go vegan, remember I'm a bit extra, but if you eat more plant-based foods you may lower your chances of getting breast cancer & the recurrence of breast cancer. Please know I'm not suggesting fake meats with the ingredient list a mile long. I'm talking about healthy plant foods such as fruits, vegetables, whole grains, nuts, seeds, beans, lentils and soy products (more on soy in a minute). Fruits and vegetables are also an important part of a diet that will help you control your weight, which is key for keeping breast cancer from coming back.

**EMBRACE WHOLE GRAINS:** THANK GOD!!! Anyone out there like me that used to swear off all of this??? I did. Now, I happily enjoy my avocado toast in the morning on delicious organic spelt or sourdough bread without any guilt! Here's why: When you add unprocessed wheat, rye, oats, bulgur, rice and quinoa to your diet, it may lower the chances it will return. These foods have nutrients called phytochemicals, which are believed to protect cells from damages that could lead to cancer. They can also help protect against cardiovascular disease. Survivors have higher odds in part because some treatments can damage the heart.

**FATS:** We're not talking about healthy fats here like avocado, olive oil and nuts, we're talking about the bad fat...saturated and trans fat. Some studies say it may play a role in the growth of breast tumors, but the research is far from clear. Your best bet is to limit saturated fats and trans fats, which come in foods like beef, butter, cheese, ice cream, fried foods, and commercial baked goods.

**FIBER:** This is an important one...how much fiber are you consuming daily? Most people get this naturally if they are eating plenty of whole grains, fruits, vegetables and legumes. I'm pretty sure I wasn't getting the recommended amount of 25g of fiber per day. PLUS getting in fiber is good for your overall health, especially your blood sugar levels, heart, and digestive tract. I also read that fiber intake has been associated with a lower risk of estrogen and progesterone receptor-positive breast cancer, which is what I was diagnosed with. Wish I would have been eating more fiber back in the day! If you went through a breast cancer diagnosis, I recommend to aim for 35g of fiber per day.

# MY RESEARCH

**SOY** - Let's put the soy controversy to rest. Soy-based foods...such as tofu, soy milk and edamame, have chemicals called phytoestrogens, which are similar to estrogen. This previously raised fears in women with breast cancer because soy uses estrogen as fuel to grow, but the latest studies show soy doesn't raise cancer risk. It may even lower the odds the disease will return. Here are 3 important things to know:

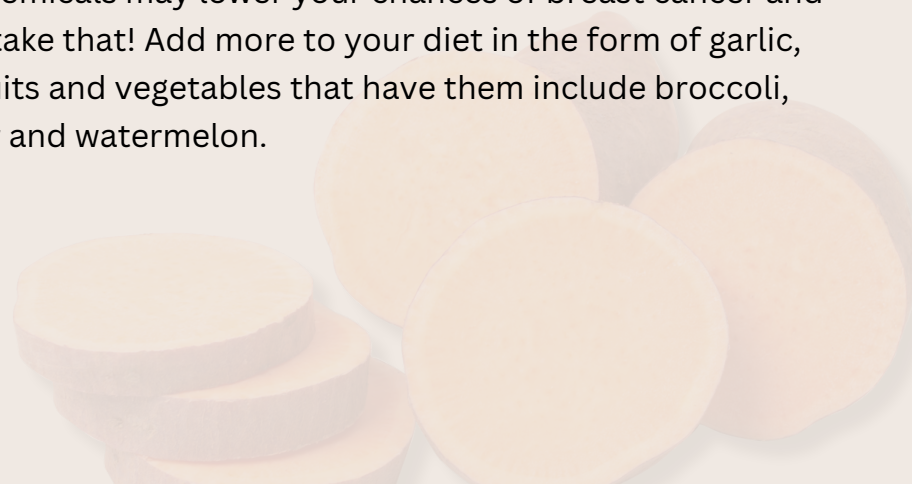
- Phytoestrogens are structurally different and significantly weaker than human estrogen.
- Phytoestrogens do not turn into estrogen when you eat them.
- Moderate intake of soy, in food form, does not increase cancer growth.

Just make sure to purchase ORGANIC, non-GMO soy products.

**FLAVONOIDS:** These chemicals, which you find in certain plants, are linked to lower breast cancer odds. The evidence is strongest for two specific types, flavonols and flavones, especially for women who are past menopause. You can find flavonoids in berries, red cabbage, kale, onions, broccoli, tea and more. Flavones come in parsley, celery and drinks with chamomile.

**CAROTENOIDS:** This one makes me happy because I think I could LIVE on sweet potatoes! This is another type of phytochemical in plant-based food linked to lower breast cancer risk. You can get it from orange, yellow, dark green vegetables and fruits. Look to include more carrots, pumpkins, winter squash, spinach, kale, sweet potatoes and cantaloupe in your diet.

**PHENOLIC COMPOUNDS:** I add this every morning to my smoothie in the form of flax seeds. Studies show these types of chemicals may lower your chances of breast cancer and in some cases slow tumor growth. I'll take that! Add more to your diet in the form of garlic, green tea, soybeans and flaxseed. Fruits and vegetables that have them include broccoli, cabbage, tomato, eggplant, cucumber and watermelon.



# HEALTH RESET 101

The aim of this health reset isn't to advocate starvation, liquid-only diets, or inducing misery. Instead, it focuses on incorporating more **cancer-fighting plant foods** into our diet and eliminating heavily processed junk foods.

The adverse effects of such processed junk extend beyond lingering in our systems, potentially causing havoc on our bodies, manifesting as:

- Headaches
- Energy depletion
- Weight gain
- Abdominal bloating
- Insomnia
- Acne
- Loss of skin radiance
- Dehydration
- Digestive issues such as diarrhea or constipation
- Overall disruption to the body's well-being



# HEALTH RESET 101

## Benefits and potential cancer-fighting ingredients in the recipes:

1. **Lemons:** Rich in vitamin C, which acts as an antioxidant and may help reduce the risk of certain cancers.
2. **Cucumber:** Contains antioxidants and anti-inflammatory compounds.
3. **Ginger:** Has anti-inflammatory and antioxidant properties.
4. **Kale:** High in fiber, antioxidants, and various vitamins and minerals.
5. **Mixed berries (blueberries, strawberries, etc.):** Rich in antioxidants, particularly anthocyanins, which have been linked to cancer prevention.
6. **Avocado:** Contains monounsaturated fats and various antioxidants.
7. **Red bell pepper:** High in vitamin C and other antioxidants.
8. **Garlic:** Contains allicin, which has been associated with anti-cancer properties.
9. **Fresh parsley:** Contains flavonoids and antioxidants.
10. **Turmeric:** Contains curcumin, known for its anti-inflammatory and antioxidant effects.
11. **Cayenne:** Contains capsaicin, which may have anti-cancer properties.
12. **Ceylon cinnamon:** Contains antioxidants and has anti-inflammatory effects.
13. **Ground cumin:** Contains antioxidants and may have anti-cancer properties.
14. **Miso paste:** Fermented foods like miso may have potential health benefits.
15. **Walnuts:** High in omega-3 fatty acids and antioxidants.
16. **Flaxseeds:** Contain lignans, which may have anti-cancer properties.
17. **Chia seeds:** Rich in fiber, omega-3 fatty acids, and antioxidants.
18. **Quinoa:** A whole grain with high protein content and various nutrients.
19. **Tahini:** Contains sesame seeds, which are rich in antioxidants.
20. **Super/extra firm tofu:** A good source of plant-based protein.
21. **Organic green tea:** Contains polyphenols, which may have anti-cancer properties.



# HEALTH RESET 101

## Recommendations and Tips:

**GREEN TEA** - During the next 3 day I recommend 3 cups of green tea a day - Here's why; Cancer has its weaknesses - ANTIOXIDANTS. Foods like vegetables, fruits, whole grains, legumes (peas, beans and lentils), nuts, seeds and spices are fantastic antioxidants. So why tea? Tea ranks higher than most fruits and vegetables in antioxidant potential and vitamin C and K content. Various medical studies from different countries around the world have reported on tea as an anti-inflammatory agent as well as selective immune-system booster in pursuing anti-cancer mechanisms.

Favorite brand is PIQUE tea, which is tea crystals because sadly a lot of tea bags carry toxins.

Options to add to smoothies to get extra greens in:

**Power Greens** (chlorella, spinach, cucumber, celery, kale, matcha green tea).

OR

True Grace Broccoli Microgreens

**Optional snacks:** Apples, handful of almonds, carrots and hummus or raw juice.

Flax seeds - Grind flaxseeds just before using them to preserve their nutritional value. Ground flaxseeds have a larger surface area and are more prone to oxidation. Storing them in the refrigerator or freezer. This helps to extend their shelf life and prevents them from going bad. You can purchase a very inexpensive grinder on amazon.

Practice mindfulness and eat at a slower pace, ensuring to thoroughly chew your food. Pay attention to your body's signals when you start feeling full.





# WHERE TO BEGIN

## **Creating Your Meal Plan:**

Start your meal planning adventure by browsing through the ingredients list, meal plans, and the handy prep suggestions listed before your kickoff date. Once you've gotten to know the details, follow these easy steps:

### **Check Out the Grocery Sheet and Recipe List:**

Dive into the grocery sheet and look over the recipes to get familiar with timing of everything and things you can prep.

### **Begin Fresh on Monday:**

Kick off your meal plan on a positive note, starting fresh on a Monday. Mondays typically work best for a 3 day.

### **Grab Your Groceries Before Monday:**

Ensure a smooth start to your week by grabbing all your essential groceries the weekend before.

### **Factor in Some Extra Shopping Time:**

Keep in mind that you might need a bit of extra time for shopping, especially if you're picking up new and exciting items.

This step-by-step guide is here to make your meal planning journey light, easy, and full of positive vibes, setting the stage for a successful and enjoyable culinary experience.





## **Items Recommended for Prepping the Day Before:**

Prepare the Detox Water (See recipe on Day 1)

**Roasted Sweet Potatoes (for Day 2 Lunch):** Roast whole sweet potatoes at 375°F for approximately 40 minutes, turning halfway through, to achieve a deliciously caramelized flavor.

**Quinoa:** Prepare 2 cups of quinoa by cooking it according to the package instructions, ensuring a fluffy and nutritious base for your meals.

**Brown Rice:** Cook 1 cup of brown rice according to package instructions, providing a wholesome and fiber-rich addition to your planned dishes.

**Lentils:** Cook 1 ½ cups of lentils according to package instructions, creating a protein-packed ingredient ready to enhance your meals.

**Produce Washing:** Thoroughly wash all produce to ensure freshness and cleanliness for effortless meal preparation.

These proactive steps will streamline your cooking process, allowing for a seamless and enjoyable experience over the next few days.

# DAY 1

**Morning:** 8 oz detox water (This should be prepared the day before for the next 3 days) - You'll be drinking this every morning.

- 5 cups water
- 2 lemons squeezed
- 1 cucumber, sliced
- 1 tsp turmeric
- ½ tsp Cayenne
- ¼ tsp black pepper (necessary for turmeric absorption)
- 1 ounce ginger, peeled and cubed

Combine everything in a pitcher and store in your fridge.



## Breakfast: Berry Bliss Green Fusion Smoothie

### Ingredients:

- 2 to 3 handfuls of kale
- 2 cup mixed frozen berries (blueberries, raspberries, blackberries, strawberries)
- 2 tablespoon flaxseeds, ground (be sure to see note on Flaxseeds in recommendations)
- 1 tablespoon chia seeds
- 1/4 avocado
- 1 cup soy milk or nut milk of choice (just make sure no gums or additives)
- 1 tsp ceylon cinnamon
- 3 dates
- 1 cup water
- Optional: 1 scoop power greens or 1/4 tsp broccoli micro greens

Blend all ingredients until smooth.



## Lunch: Vegan Detox Salad

### Ingredients:

- 2 to 3 handfuls of mixed leafy greens
- ½ cup of either raw or steamed broccoli (Note: if using broccoli that is steamed for longer than 2 minutes, I would suggest adding a pinch of mustard seed powder to provide the myrosinase enzyme needed to make anti-cancer compounds called isothiocyanates; as this enzyme is destroyed in cruciferous veggies with heat).
- 1 red bell pepper, chopped
- ¼ cup cup walnuts
- 1/4 avocado
- 1 to 2 slices of red onion
- 2 button mushrooms (sliced and sautéed for a couple minutes with 1 Tbsp water)
- 1 to 2 Tbsp hemp seeds
- ½ cup black beans (cancer-fighting compounds (IP6) found in legumes.)

**Dressing:** Mix 1 tablespoon of tahini, 1 minced garlic clove and & 1 tbsp red wine vinegar. Add 1 Tbsp water if too thick.

Combine all the ingredients, including the dressing, in a mixing bowl and thoroughly blend them together; this is the secret to achieving exceptional flavor!



# Dinner: Garlic and Mushroom Stir-Fry

(Serves 2)

## Ingredients:

- 1/2 block super firm tofu, pressed (to remove most of the liquid), cubed
- 2 cups broccoli florets
- 2 cups mushrooms, sliced
- 1 bell pepper, sliced
- 1 cup quinoa, cooked
- 1 cup bok choy, chopped
- Sauce: 1 to 2 Tbsp with coconut aminos, 1 tablespoon minced garlic, and 1 teaspoon grated ginger.

1. **Prepare Tofu:** Press the super firm tofu to remove excess liquid and cube the tofu.
2. **Cook Quinoa:** Cook 1 cup of quinoa according to package instructions.
3. **Prepare Sauce:** In a small bowl, mix together 1 to 2 tablespoons of coconut aminos, 1 tablespoon of minced garlic, and 1 teaspoon of grated ginger.
4. **Stir-Fry:** Heat a large skillet or wok over medium-high heat. Add a small amount of olive oil, coconut aminos or water to the pan. Add the cubed tofu to the pan and stir-fry until golden brown. Add the sliced mushrooms, bell pepper, and broccoli florets. Continue stir-frying until the vegetables are tender-crisp. Add the chopped bok choy to the pan and cook briefly until it wilts slightly.
5. **Add Sauce:** Pour the prepared sauce over the tofu and vegetables. Stir everything together, ensuring the tofu and vegetables are well-coated with the sauce.
6. **Spoon** the stir-fried tofu and vegetables over a bed of cooked quinoa.

## Enjoy!

(\*Recommend to add a pinch of mustard seed powder to the cooked broccoli after removing it from heat).



# DAY 2

**Morning:** 8 oz of Detox Water

**Breakfast: Tropical Green Vitality Burst Smoothie**

**Ingredients:**

- 2 cups leafy greens
- 1 cup frozen pineapple chunks
- 1 cup frozen strawberries
- 1 tablespoon chia seeds
- 2 tablespoon flax seeds, (ground)
- 1 inch ginger
- ¼ cup unsweetened plant based yogurt
- 1 cup coconut water
- 1 cup water
- Add ¼ cup broccoli sprouts or dry-frozen organic broccoli sprout powder (I have a powder from True Grace), as suggested on product label, to get in sulforaphane

Blend all ingredients in a blender until smooth.



## Lunch: Quinoa and Vegetable Bowl

### Ingredients:

- 2 to 3 cups leafy greens
- 1 cup roasted sweet potatoes, diced (this was prepped on prep day) SIDE NOTE: purple sweet potatoes (Okinawan potatoes) are very good for anyone who went through colorectal cancer- the anthocyanins in purple potatoes have been shown to kill colorectal cancer STEM cells.
- ½ cup quinoa (Prepped on prep day)
- 1/2 cup canned black beans
- ¼ to ½ avocado
- 1 to 2 tbsp chopped fresh parsley
- 1 to 2 tbsp hemp seeds

**Dressing:** Toss the salad with 1 tablespoon tahini and 1 minced garlic clove. Be sure to mix really well. Remember mixing the salads really well is what brings out the delicious flavors.

**Option:** If you have any tofu left over you can add that to this salad as well.





## Dinner: Pinto Beans and Rice With Steamed Vegetables

### Ingredients:

(Serves two)

- 1 cup canned pinto beans, with liquid
- 2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- 2 tsp coconut aminos
- 1 cup brown rice
- 1 cup broccoli
- 1 cup cauliflower

1. **Prepare Rice:** Cook 1 cup of brown rice according to package instructions.
2. **Heat Beans:** In a medium saucepan over medium heat, warm 1 cup of canned pinto beans with their liquid for 3 to 5 minutes or until heated through.
3. **Drain and Season Beans:** Drain the excess liquid from the beans. Add a drizzle of oil to the beans in the saucepan. Sprinkle in 2 teaspoons of smoked paprika, 1/2 teaspoon of ground cumin, 1/2 teaspoon of ground coriander, and 2 teaspoons of coconut aminos. Mix the beans and spices well, ensuring they are evenly coated.
4. **Serve Over Rice:** Spoon the seasoned beans over the cooked brown rice.
5. **Steam Broccoli and Cauliflower:** While the beans are heating, steam 1 cup each of broccoli and cauliflower until they are tender-crisp.
6. **Plate and Enjoy**

**Suggestion:** Add mustard seed powder after removing veggies from heat, to ensure formation of cancer-fighting isothiocyanates in broccoli and cauliflower.

**Option:** Add 1/4 to 1/2 cup of sweet potatoes if you have any leftovers from yesterday.



# DAY 3

**Morning:** 8 oz of Detox Water

**Breakfast: Banana Nut Nirvana Smoothie**

**Ingredients:**

- 1 cup mixed berries
- 1 banana
- 2 tablespoons flaxseeds
- 3 cups cup leafy greens (or kale)
- 1/4 avocado
- 1 tablespoons organic almond butter
- 1 cup soy or nut milk of choice
- 1 cup water
- ¼ tsp turmeric powder with a pinch of black pepper
- ¼ cup broccoli sprouts, broccoli sprout powder, OR ¼ cup raw broccoli or raw cauliflower

Blend all ingredients in a blender until smooth.



## Lunch: Avocado and Lentil Salad

### Ingredients:

- 4 cups mixed greens
- 1 cup cooked lentils
- 1 carrot, shredded
- 1 to 2 button mushrooms, diced small
- 1 cup cherry tomatoes, halved
- 1/4 avocado, diced
- 1 crushed garlic clove
- 1 to 2 slices of red onion

**Dressing:** 1 tablespoon lime juice, 1 tablespoon tahini, 1 tablespoon chopped cilantro

In a small bowl, whisk together 1 tablespoon each of lime juice, tahini, and chopped cilantro. Set the dressing aside.

In a large salad bowl, combine the mixed greens, cooked lentils, shredded carrot, diced mushrooms, halved cherry tomatoes, diced avocado, crushed garlic, and sliced red onion.

Pour the prepared lime-tahini-cilantro dressing over the salad. Gently toss all the ingredients together until they are well coated with the dressing.

Enjoy!



## Dinner: Kabocha Squash With Garlic-Tahini

(Serves 2)

### Ingredients:

- 1 kabocha or acorn squash, halved and seeds removed
- 2 tsp miso paste
- 3 tablespoons tahini
- 2 to 3 tsp garlic cloves, minced
- 2 cups broccoli, chopped and steamed (or preferred vegetables)
- Optional, top with fresh chopped parsley

Preheat the oven to 400. Cut the kabocha or acorn squash in half and remove the seeds. Place the squash halves on a baking sheet.

In a small bowl, combine 3 tablespoons of tahini, 2 teaspoons of miso paste, and 2 to 3 teaspoons of minced garlic. If the mixture is too thick, you can add a little water to achieve the desired consistency.

Evenly cover the exposed flesh of the squash halves with the tahini mixture. Bake the squash in the preheated oven for approximately 30 minutes or until the squash is tender. The tahini mixture should form a golden crust on top.

While the squash is baking, steam 2 cups of broccoli or your preferred vegetables until they are tender yet still vibrant.

(\*Add mustard seed powder after removing broccoli from heat to ensure formation of isothiocyanates).



# GROCERY LIST

## PRODUCE

- |  |   |
|--|---|
| <input type="checkbox"/> <i>Banana (1)</i>                       | <input type="checkbox"/> <i>Cucumber (1)</i>                      |
| <input type="checkbox"/> <i>Lemons (2)</i>                       | <input type="checkbox"/> <i>Bok choy</i>                          |
| <input type="checkbox"/> <i>Lime (2)</i>                         | <input type="checkbox"/> <i>Carrot (1)</i>                        |
| <input type="checkbox"/> <i>Mixed berries (4 cups)</i>           | <input type="checkbox"/> <i>Mixed greens (1 to 2 large boxes)</i> |
| <input type="checkbox"/> <i>Cherry tomatoes (1 cup)</i>          | <input type="checkbox"/> <i>Sweet potatoes (1)</i>                |
| <input type="checkbox"/> <i>Avocado (2)</i>                      | <input type="checkbox"/> <i>Kabocha or acorn squash (½)</i>       |
| <input type="checkbox"/> <i>Cauliflower (small head)</i>         | <input type="checkbox"/> <i>Frozen strawberries</i>               |
| <input type="checkbox"/> <i>Broccoli (2 large bunches)</i>       | <input type="checkbox"/> <i>Frozen pineapple chunks</i>           |
| <input type="checkbox"/> <i>Kale (4 handfuls)</i>                | <input type="checkbox"/> <i>Ginger (3 inches)</i>                 |
| <input type="checkbox"/> <i>Red bell pepper (2)</i>              | <input type="checkbox"/> <i>Garlic (1 bulb)</i>                   |
| <input type="checkbox"/> <i>Red onion (1)</i>                    | <input type="checkbox"/> <i>Fresh parsley</i>                     |
| <input type="checkbox"/> <i>Button mushrooms (large package)</i> | <input type="checkbox"/> <i>Cilantro</i>                          |

## SEASONINGS AND SPICES:

- |   |  |
|---|--|
| <input type="checkbox"/> <i>Turmeric</i>        | <input type="checkbox"/> <i>Ground coriander</i>     |
| <input type="checkbox"/> <i>Cayenne</i>         | <input type="checkbox"/> <i>Smoked paprika</i>       |
| <input type="checkbox"/> <i>Ceylon cinnamon</i> | <input type="checkbox"/> <i>Miso paste</i>           |
| <input type="checkbox"/> <i>Ground cumin</i>    | <input type="checkbox"/> <i>Mustard seed, ground</i> |

## DAIRY AND ALTERNATIVES:

- Soy milk (organic/non-GMO) or nut milk*
- Unsweetened plant-based yogurt (¼ cup)*

## NUTS, SEEDS AND NUT BUTTERS:

- |   |  |
|---|--|
| <input type="checkbox"/> <i>Walnuts</i>               | <input type="checkbox"/> <i>Hemp seeds</i> |
| <input type="checkbox"/> <i>Organic almond butter</i> | <input type="checkbox"/> <i>Chia seeds</i> |
| <input type="checkbox"/> <i>Flaxseeds</i>             |  |

# GROCERY LIST CONT.

## GRAINS AND LEGUMES:

- Quinoa (2 cups, cooked)*
- Brown rice (1 cup)*
- Lentils*
- Black beans*
- Pinto beans*

## CONDIMENTS AND SAUCES:

- Coconut aminos*
- Tahini*
- Red wine vinegar*

## OTHER ITEMS:

- Super/extra firm tofu (1 block)*
- Extra virgin olive oil*
- Dates (3)*
- Coconut water (1 cup)*
- Organic green tea (3 cups per day) My favorite is from Pique (Attach link)*

- Please adjust quantities based on your preferences and serving sizes.
- Purchase organic whenever possible!