

Calabash Cleanse Overview

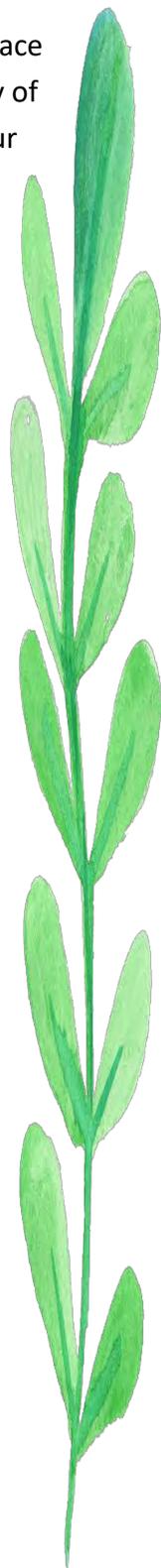
The Calabash Cleanse is a 21-day wellness program that is designed for anyone who is wanting to replace unhealthy routines and habits with wellness practices that will improve your overall health and quality of life. Over 21 days you will learn how to fuel your body with nutritious and delicious foods, improve your sleep, develop a daily fitness routine that works for you and so much more! This program is full of all the tools and tips you need to kickstart your new healthy lifestyle. The plan is customizable to fit any diet, fitness level, and age and focuses on all dimensions of health...And the best part is we are all doing it together!! Let us know that you are joining the 2020 Calabash Cleanse by going to our BSRI Facebook page and comment "I'm in" on the Calabash Cleanse post!

<https://www.facebook.com/brunswickseniors/>

Table of Contents

Calabash Cleanse Overview & Table of Contents.....	1
Tips for Success.....	2
Program Guidelines.....	3-5
Recipes.....	5-12
Sources, Resource Links, and Inspiration!.....	12
Meal Plan Template.....	13
Grocery List Template.....	14
Wellness Journal Pages.....	15-25
Calabash Cleanse Survey	25

 Eco-Conscious Tip: You can simply save the PDF of this plan to your mobile phone, tablet, or computer for reference. To help save paper and trees we recommend that you only print pages 13-25 (front & back) for planning and journaling.



Tips for Success:

- ❑ **Find an accountability partner!!** Invite a friend to join you to take the Calabash Cleanse. Check in with your accountability partner daily to ensure you are both achieving your goals!

- ❑ **Develop a morning ritual!** Set a time frame of at least 30 minutes every morning to dedicate to your mental, physical, and spiritual wellness. Use this time to meditate, write down your intentions for the day and move your body! This healthy and positive start to your morning will energize you and set the tone for a successful day!

- ❑ **Get plenty of rest!** Try your best to get 7-8 hours of sleep every night. We suggest creating a “wind-down” routine like turning off all digital devices 30 minutes before bed, journaling about your day and what you were most grateful for, taking a lavender bubble bath, reading a chapter from a book, or listening to calming music or a guided meditation. Whatever works for you!

- ❑ **Prep your “Inspiration Station!”** Create a space in your home that inspires you to work out every day. This could be simply laying out your fitness equipment, Yoga mat, pictures or motivational quotes that inspire you, and workout clothes in a place you can see them so they serve as a reminder to stay on track!

- ❑ **Plan your meals for each week and prep what you can ahead of time!** Planning your meals and having healthy options on-hand will help you to make better food choices that fuel your body. Use the blank “Meal Plan” template in this program to customize your menu for the week ahead, write down your grocery list, and stock your fridge and pantry with all the ingredients you need. Try to prep as many snacks and meals as you can ahead of time so you can simply grab and go!

- ❑ **Make time for self-care.** Celebrate success daily with a self-care practice. This is different for everyone, but make sure you plan to do something every day that rewards your healthy choices. Maybe take a beach walk, get a massage or manicure, go play a round of golf, have a healthy meal from your favorite restaurant, or do some restorative Yoga.

Program Guidelines:

Nutrition

- **Keep it clean** - Try your best to only eat unprocessed, whole foods that are packed full of the vitamins and nutrients you need to stay energized and keep your immune system strong. Consume a well-balanced diet of protein, veggies, fruit, and healthy fats.
- **Keep it fresh** - Try to eat produce that is in season to ensure you are eating the most nutritious fruits and veggies. Some late Summer/early Autumn seasonal foods include bananas, apricots, bell peppers, blackberries, blueberries, cherries, corn, eggplants, mushrooms, tomatoes, peas, kale, apples, brussels sprouts, cauliflower, grapes, squash, and sweet potatoes.
- **Incorporate more SUPERFOODS** - Use these next 21 days to try new things and get creative with food. Try adding immunity boosting spices like turmeric, cinnamon, cayenne pepper, garlic, and black pepper to your dishes when cooking. Eat more greens like kale and sprouts. Throw in fresh herbs like thyme, basil, parsley, and rosemary when you can. Or grab a handful of antioxidant packed berries for your mid-morning snack! Don't forget your healthy fats like almonds, avocado, and chia seeds!
- **Stay hydrated** - We cannot repeat this one enough! Drink water all day, every day! Don't know how much H₂O is enough? Use this easy equation: Your bodyweight in pounds ÷ 2 = Ounces of water you should drink in a day. For example, if you weigh 160 pounds you should drink at least 80 ounces of water a day. You should be drinking even more than this if you are staying active and sweating!! We recommend keeping a reusable water bottle on-hand, so you are reminded to refill frequently.
- **Avoid fried foods** - We know this is a tough one but do your best to avoid fried food for the next 21 days. If you get a craving for something fried, try to substitute a baked version instead. For example, try baked sweet potato wedges with drizzled olive oil and sea salt, instead of those fast food french fries!
- **Cut out added sugar** – This means that you should be checking your food and drink labels for refined sugars, high fructose, and corn syrup. You will be surprised how many foods add in extra sugar (ex. breads, granola bars, yogurts). This goes for your beverages too, so steer clear of soft drinks, sugary coffee creamers, and sweet tea. Cutting out all the extra sugar will help your blood sugar stay balanced and help keep you energized! If you want to sweeten something up, consider trying one of the following *natural* sweeteners: Maple syrup, Agave, Stevia, Turbinado Sugar, or monk fruit.
- **Monitor your wine, beer, and cocktails** – We aren't saying that you can't have a glass of wine at dinner a couple of times a week, we are just suggesting that you pick a couple of nights a week to have 2-3 drinks and alternate with glasses of water. Want to stay away from alcohol altogether? Try a glass of sparkling water infused with herbs and fruit or maybe Kombucha instead!
 - **Skip the late-night snacking** – Try your best to stop eating within 2-3 hours of bedtime so your body has time to rest, reset, and digest while you sleep. If you feel like you are hungry, try drinking a glass of water, almond milk, or herbal tea instead.



- **Drink a morning metabolism booster** – Consider drinking one of these beverages each morning before you get moving to kickstart your metabolism!
 - Warm lemon water
 - Green Tea
 - Matcha latte with almond or coconut milk
 - Black Coffee
 - Coconut water
 - Apple Cider Vinegar Shot (1 Tbs ACV, 4oz water, optional a pinch of cinnamon & cayenne pepper)
- **Write it down** – Journal your meals for the next 21 days. This practice will help keep you accountable and make mealtime more intentional.

Fitness

- **Move your body every day** – We are all aiming to get 30 minutes of intentional movement each day. This could be a long walk, a virtual fitness class, a bike ride, or 9 holes of golf! The key to sticking to this commitment is finding JOY in movement and keeping it FUN! Don't be afraid to mix it up either! Having variety in your exercise routine not only is good for your physical body, but it is also great for your mental health! Studies show that exercises that require coordination, like dance, Yoga, or boxing can improve memory and cognitive health too! Have you tried Kerry's or Kathy's Zumba Zoom classes yet?! Check it out here: www.bsrinc.org/calabash
- **Get outdoors** – There are so many ways to get active outdoors like taking walks, playing tennis or golf, gardening, biking, etc. Weather permitting, we are encouraging you to spend time outside daily. Not only is being outside great option for exercise and getting vitamin D, studies show that time outside also reduces stress/anxiety, improves sleep, enhances focus, supports your immune system, boosts creativity, and so much more!
- **Schedule your workouts ahead of time** – Take the time at the beginning of the week to write out what your fitness plan is for the week. There are plenty of virtual group fitness classes being offered by Brunswick Senior Resources right now, so head over to www.bsrinc.org and check out our monthly schedules by going to any center page. Also, we are building BSRI's YouTube channel with even more pre-recorded exercise classes, so if you miss a Zoom class check out a class here <https://www.youtube.com/channel/UCyg8cLUkJRt5z3Ho-HJRUqQ>

**Accountability Tip: Make at least 3 of these workout dates with a friend so you can keep each other accountable!*



- **Make time for recovery** – Be sure you are warming up your muscles before every workout to prevent injury and make time for active recovery post-workout. Have you tried Sara's Stretch, Restore & Pliability or Yoga with MaryBeth and Michele? www.bsrinc.org/calabash
- **Know your body** – With anything, the excitement of starting something new will motivate you to push yourself, just be sure you only do what works for you and your body. Some exercises may cause muscle soreness and slight discomfort, but you should never feel pain when working out. Take rests/breaks when needed to prevent fatigue and burnout. Also modify exercises so they are accessible for YOU. Please seek professional advice from your healthcare provider if you are recovering from injury/surgery, experiencing any pain or fatigue, or if you are just beginning your fitness journey.

RECIPES

BREAKFAST OPTIONS

Egg Cups

Yields 6 egg cups_

Ingredients

- 5 eggs
- 1/4 cup unsweetened almond milk
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 to 3/4 cup of ground sausage (omit for Vegetarian option)
- 1/2 to 3/4 cup fresh spinach, ripped into small pieces
- Approx. ¼ of large red pepper, chopped

Instructions

1. Preheat oven to 350 degrees
2. Spray muffin tin with olive oil OR coconut oil and set aside
3. In medium bowl, whisk together eggs, unsweetened almond milk, salt, and pepper
4. Cook sausage/turkey over medium heat
5. Add tablespoon or so of cooked sausage/turkey, tablespoon of ripped spinach, and tablespoon of diced red pepper into each muffin cup
6. Pour the egg mixture in each cup, leaving a little space at top (they will rise & then drop a bit once cooled)
7. Place in the oven for 17 minutes
8. Remove from oven. If top is not completely done, place back in oven for 2-3 minutes increments until fully cooked.

**Other options to add in cups:*

mushrooms, bacon, cheese, kale, broccoli, tomatoes, zucchini, onion, jalapenos, potatoes (be sure to dice very small so they cook fully)



Energy Boosting Toast

(There are so many different toppings you can do! Toast for days!)

Pick the Toast with the most!

- Whole grain
- Make sure 1st ingredient is “whole-wheat flour”
- Look for the word “Organic,” not “Natural”



Toast Topping Options (feel free to get creative & make your own):

- | | | |
|--|---|--|
| -Almond butter, sliced bananas, chia seeds | -Goat cheese, thin sliced cantaloupe, walnuts, agave drizzle | -Mashed chickpeas, tomato, egg |
| -Avocado, pumpkin seeds, cracked pepper, pinch of salt, egg (scrambled or over easy), sriracha (if you like spicy), turkey bacon (if you want to add meat) | -Goat cheese, sliced strawberries, edamame, balsamic, pinch of salt | -Marinara, poached egg, basil, parmesan |
| -Avocado, feta cheese, pomegranate, agave drizzle | -Kale, cheddar cheese, egg | -Blue cheese, thinly sliced apple, local honey |
| | -Ricotta, fig, sesame seeds | -Feta cheese, dates, almonds |
| | -Mozzarella, mango, lime zest | -Cottage cheese, pineapple, cashews |
| | -Avocado, edamame, bean sprouts, fresh squeezed lemon | -Almond butter, thinly sliced apple, cinnamon |



Chia Pudding

(3 ideas below, but feel free to get creative)

pudding Ingredients

- 3 tablespoons chia seeds
- 3/4 cup almond or coconut milk
- 1 tablespoon maple syrup

Whisk together the chia seeds, syrup, extract, and milk in a small bowl. Allow the mixture to sit for 10 – 15 minutes until the mixture has thickened. Stir before serving. To create parfait jar, fill 1/3 of container with pudding mixture, spoon in your favorite toppings/fruit, repeat.

1. Banana Bread

- 1 whole banana, halved
- 1/2 teaspoon ground cinnamon
- Chopped walnuts to garnish

2. Lemon Raspberry

- Zest of 1 lemon
- 1/4 cup fresh raspberries + more to garnish

3. Vanilla Coconut

- Cashew
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1 tablespoon cashew butter
- Shredded coconut

LUNCH & DINNER OPTIONS

Build Your Own Salads and Power Bowls

(Options are endless when it comes to salads—switch ‘em up & get creative!)

1. Choose Your Base

For Salads:

- Arugula
- Romaine
- Spring Mix
- Spinach
- Kale

**Pro Tip: Massage your kale in lemon juice*

For a Power Bowl:

- Baked Sweet Potato
- Quinoa
- Brown Rice
- Cauliflower Rice
- Zoodles (Zucchini Noodles)
- Pears

2. Add Your Veggies/Fruit

- Mushrooms
- Avocado
- Cucumbers
- Tomatoes
- Carrots
- Edamame
- Red onion
- Bell pepper
- Radishes
- Strawberries
- Blueberries
- Apples
- Oranges
- Pomegranate
- Figs
- Pears

3. Pick a Protein

- Chicken
- Fish
- Ground Turkey
- Boiled Egg
- Chickpeas
- Black Beans
- Grilled Tofu
- Baked Tempeh

4. Add a Healthy Fat (Optional)

- Pecans
- Walnuts
- Almonds
- Pumpkins seeds
- Sesame seeds
- Sunflower seeds
- Cheese: Feta, Mozzarella, Cheddar, Gorgonzola, Parmesan
- Salad Dressing

(See options on next pg.)



Homemade Salad Dressings

Apple Cider Vinegar Dressing

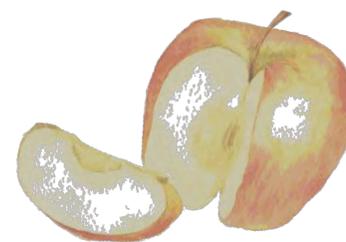
¼ cup apple cider vinegar

½ cup olive oil

½ clove garlic, minced

Sea salt & freshly ground pepper to taste

*Combine all ingredients in a mason jar, refrigerate, shake well before using.



Balsamic Dressing

1/4 tbsp balsamic vinegar

3 tbsp olive oil

1 tsp maple syrup

½ tsp Dijon mustard

½ clove garlic, minced

Pinch of sea salt

*Combine all ingredients in a mason jar, refrigerate, shake well before using.

Creamy Avocado Dressing

½ avocado

¼ cup lime juice

1 cup water

2 tbsp olive oil

½ cup cilantro

1 clove garlic, minced

½ tsp cumin

Sea salt & freshly ground pepper to taste

*Combine all ingredients in a mason jar, refrigerate, shake well before using.

Honey Mustard

1 Tbsp olive oil

1/2 lemon, juiced

1/2 Tbsp apple cider vinegar

1 Tbsp honey

2 Tbsp Dijon mustard

Sea salt and freshly ground pepper to taste

*Combine all ingredients in a mason jar, refrigerate, shake well before using.

Raspberry Vinaigrette

1/2 lemon, juiced

3 Tbsp apple cider vinegar

1 Tbsp maple syrup

*Combine all ingredients in a mason jar, refrigerate, shake well before using.



Taco Stuffed Sweet Potatoes

Ingredients (4 servings)

- 2 medium sweet potatoes
- 1 teaspoon olive oil
- 1 1/4 teaspoons ground cumin divided
- 1/4 + 1/8 teaspoon salt
- 1/4 + 1/8 teaspoon ground pepper
- 1lb. ground turkey or tempeh
- 4 garlic cloves minced
- 1 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 1/4 cup canned crushed tomatoes
- 1/4 cup grated pepper Jack cheese
- 2 tablespoons minced flat-leaf parsley

Instructions

1. Pierce the sweet potatoes all over with a fork. Cook in the microwave on HIGH until tender when pierced with a fork, 4 to 5 minutes per side. Let the potatoes rest until cool enough to handle.
2. Cut the potatoes in half lengthwise. Carefully scoop the flesh out of the potatoes and place in a medium-sized bowl.



Reserve the skins. With the back of a fork, mash the potato flesh until most lumps are gone. Stir in the olive oil, 1/2 teaspoon cumin, 1/4 teaspoons salt and 1/4 teaspoon pepper. Divide the mashed sweet potato evenly between the potato skins. Place on a baking sheet.

3. Heat a large nonstick skillet over medium-high heat. Lightly coat with cooking spray. Add the ground turkey or tempeh and cook, breaking up with a wooden spoon, until cooked through. Stir in the garlic, chili powder, remaining 3/4 teaspoon cumin, oregano, paprika, and remaining 1/8 teaspoon salt and pepper. Cook for 1 minute. Stir in the crushed tomatoes.

4. Preheat the broiler. Spoon the turkey or tempeh mixture into each sweet potato skin. Top each with 1 tablespoon grated cheese. Broil until the cheese is melted, about 30 seconds. Garnish with parsley. Serve.

Broccoli & Cheese Spaghetti Squash

(Only 314 calories per serving!)

Ingredients

- 1 spaghetti squash cut in half; seeds removed
- Nonstick spray
- 2 cups chopped broccoli florets
- 3 cloves garlic minced
- 1 tsp red pepper flakes
- pinch of salt and pepper
- 1 tsp Italian season or use a mix of oregano, basil, thyme
- 1/2 cup part skim shredded mozzarella cheese I like to shred my own
- 1/3 cup Parmesan cheese shredded

Instructions

1. In a microwave safe dish, place your squash halves side by side. Add about 1/4 cup water to the bottom of the dish (water should be covering the bottom, but not more than 1/4 inch high). Place into microwave and cook on high for 9-11 minutes, or until squash is tender. * Remove, and set aside for about 10 minutes to cool.
2. In a skillet coated with nonstick spray, add red pepper flakes, and cook for 30 seconds, stirring constantly. Add broccoli and garlic, stirring to combine. Add about 2 TBS water to the skillet and turn

up the heat. Sauté for 3-5 more minutes, or until the chopped broccoli is tender. Add mixture to a large bowl, discarding any left-over water.

3. Using a fork, scrape out the flesh/'spaghetti' of the squash, and add it to the large bowl with the broccoli mixture. Add Parmesan cheese, salt and pepper, and Italian seasoning to the mixture, stir to combine.

4. Turn your broiler on medium/high. Distribute the mixture back into the squash shells, then sprinkle 1/4 cup of mozzarella cheese on top of each squash half. Place shells into an oven safe baking dish/pan.

5. Place under broiler, watching carefully. Remove when cheese is bubbling and browned, about 2-3 minutes depending on how close the squash is to the broiler.

****You can also cook in the oven - Place into a 350-degree oven on a baking sheet, flesh side down, cook for 50-60 minutes, or until squash is tender. Time may vary depending on squash size.**

****There are SO many ways you can spice up spaghetti squash. Try switching up the ingredients! Think burrito bowls, alfredo, spaghetti, or simply as a side with a little olive oil, fresh garlic, and fresh herbs! Treat it as you would noodles (without all the unhealthy carbs, of course)!**

Egg Roll in a Bowl

(4 servings)

Ingredients

- 2 Tbsp. olive oil divided
- 1 lb. lean ground turkey or firm tofu (drain water)
- 1 ½ cup sweet onion finely diced
- 1 cup carrots shredded
- ½ tsp ginger minced
- 3 cloves garlic crushed
- ¼ cup vegetable broth
- 5 cups cabbage cut into ¼-inch shreds
- 2 Tbsp. coconut aminos, Tamari, or soy sauce
- 2 tsp. apple cider vinegar or rice wine vinegar
- ½ tsp. salt to taste
- ¼ tsp. pepper to taste
- 1 tsp. toasted sesame oil
- Toasted sesame seeds (optional)
- Green onions (optional)



Instructions

1. In a large sauté pan over medium heat drizzle 1 tablespoon olive oil and add ground turkey or drained/cubed tofu. Cook for 5-6 minutes, until turkey or tofu is brown.
2. Push turkey or tofu to the side of the pan and add onion and other tablespoon of oil. Sauté for 3-4 minutes.
3. Add shredded carrots, garlic, and ginger and sauté for 2 minutes. Stir the vegetables and turkey together.
4. Pour veggie broth in the pan and scrape the bottom of it to deglaze it.
5. Add cabbage, sauce of choice, vinegar, salt, and pepper. Stir well and cover with a lid. Reduce heat to medium-low and cook for 12-15 minutes, or until cabbage is to your desired tenderness.
6. Just before serving add toasted sesame oil and top with green onions and toasted sesame seeds. Serve over brown rice, cauliflower rice, quinoa or eat it in a bowl by itself. Enjoy!

SNACKS

- Looking for something to grab on the go?
 - Sugar snap peas, carrots, & hummus
 - Dairy free *So Delicious* yogurt
 - Almonds, pecans, or walnuts
- Avocado Ideas:

You can simply cut them in half, pop the seed out, add your favorite toppings, & eat straight out of the shell!

 - Honey & pumpkin or sunflower seeds
 - Sriracha
 - Feta & sundried tomatoes
 - Fresh diced tomatoes, mozzarella pearls, & balsamic vinegar
- Celery, stuffed with cream cheese, & sprinkled with Everything Bagel seasoning
- Boiled egg topped with sriracha if you need a little extra flavor

SWEETS (guilt free!)

Banana Popsicles

Ingredients

- Yellow bananas (There should be some brown spots on the peel)
- Nuts, chopped (whatever kind you like)
- Cocoa nibs or dark chocolate chips (Look to see if you can find the Enjoy Life brand))
- Popsicle sticks (you can get these at most craft stores) OR use a skewer

Instructions

- Peel the bananas and cut them in half.
- Push a popsicle stick into the center, and then roll them in whatever toppings you have chosen.
- Place on a flat surface like a plate or small cookie sheet and freeze overnight.
- Keep in freezer until you are ready to eat them.
- *Note: If you want to be fancy, melt some chocolate and dip the bananas in that. THEN roll them in the nuts.

Chocolate Quinoa Crisps

(Approximately 12 crisps)

- In a medium bowl, whisk coconut oil, agave nectar, vanilla, and cocoa powder until smooth.
- Fold in the puffed quinoa.
- Use a cookie scooper to scoop 8 – 12 mounds on a baking sheet lined with parchment paper.
- Use your fingers to gently press the tops to flatten them out.
- Pop in the fridge or freezer for 1 hour to harden.
- Transfer the crisps to a bag or container and store in the fridge

INFUSED WATER

Bored with plain water? Dress it up with various fruits and herbs!

- Lime, Strawberry, & Basil
- Raspberry & Rosemary
- Cucumber, Lemon, & Mint
- Strawberry & Thyme
- Blueberry & Basil
- Orange & Kiwi



Sources, Resource Links & Inspiration!

Nutrition Education & More Recipe Inspo

- <https://minimalistbaker.com/>
- <https://www.forksoverknives.com/recipes/>
- <https://domesticssuperhero.com/broccoli-cheese-stuffed-spaghetti-squash/>
- <https://www.cookincanuck.com/turkey-taco-stuffed-sweet-potatoes/>
- https://thetoastedpinenut.com/chocolate-quinoa-crisps/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=400888504_13357084_216145
- <https://bsrinc.org/nutrition/balanced-bites/>
- <https://bsrinc.org/nutrition/mini-resources/>
- FREE Nutrition Counseling with BSRI's Wellness Program Manager, Mallory Balice!
<https://bsrinc.org/nutrition/nutrition-counseling/>
- More from Mallory Balice:

Low Calories with Malloy videos: https://www.youtube.com/playlist?list=PLsz7rkFQ7Z3b3_90qrwET3Wu08i_TDYFY

Making Smoothies with Mallory videos: https://www.youtube.com/playlist?list=PLsz7rkFQ7Z3bkH4_-lHoB8H9liFvoyna-

Fitness Education, Meditation, & Virtual Classes

- The Center at Calabash Virtual Activity Calendar (via Zoom) <https://bsrinc.org/calabash/>
- The Center at Supply Virtual Activities <https://bsrinc.org/supply/>
- Fun Fit Friday videos with BSRI's Center at Leland Assistant Director, Jade Regina
<https://www.youtube.com/playlist?list=PLsz7rkFQ7Z3bKO8OZ9b8DYgYADlfa5uFg>
- Work it out Wednesday videos with BSRI's Center at Leland Assistant Director, Jade Regina
<https://www.youtube.com/playlist?list=PLsz7rkFQ7Z3Y-gG9M0ZwlyoCSOOEd9OkM>
- The Calm Meditations YouTube Channel
https://www.youtube.com/playlist?list=PLgdxvG3Ulbidz8n_l3rZdcAADnDJ6NFHO

More Plan Sources & Helpful Links

- <https://www.icaa.cc/>
- <https://www.ncoa.org/center-for-healthy-aging/basics-of-evidence-based-programs/physical-activity-programs-for-older-adults/>
- <https://www.webmd.com/>
- <https://my.toneitup.com/>

*Weekly
Meal Plan*

Week #:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>Breakfast</i>							
<i>Mid-Morning Snack</i>							
<i>Lunch</i>							
<i>Afternoon Snack</i>							
<i>Dinner</i>							

Use this template to plan out your meals for the week. Take time on Sundays to check that you have all ingredients for your recipes and write out your grocery list. Here are some helpful tips when creating your meal plan:

- Think clean and green!
- Incorporate a variety of superfoods (veggies, fruits, nuts, seeds, etc.)
- Try to eat small meals every 4-5 hours to curb hunger and keep your metabolism working all day
- Limit starches after lunch (potatoes, rice, etc.)
- Don't forget to check out the additional links and recipes listed on page 12!

GROCERY LIST

VEGGIES

- _____
- _____
- _____
- _____
- _____
- _____
- _____

FRUITS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PROTIEN (Eggs, Tofu, Lean Meats, Tempeh, Beans etc.)

- _____
- _____
- _____
- _____

PANTRY (Grains, Canned goods, Seasonings, etc.)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

HEALTHY SNACKS (Coconut Yogurt, Hummus, Dried fruit, etc.)

- _____
- _____
- _____
- _____

MISC.

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

NOTES/REMINDERS:



Day 1

<i>Breakfast</i>	
<i>Mid-Morning Snack</i>	
<i>Lunch</i>	
<i>Afternoon Snack</i>	
<i>Dinner</i>	
<i>Water Tracker</i>	
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Start journaling daily.
Today is day one!

Personal Goal:

Daily Inspiration: “If you must look back, do so forgivingly. If you must look forward, do so prayerfully. However, the wisest thing you can do is be present in the present...gratefully.” -Maya Angelou

Evening Gratitude Practice:

Day 2

<i>Breakfast</i>	
<i>Mid-Morning Snack</i>	
<i>Lunch</i>	
<i>Afternoon Snack</i>	
<i>Dinner</i>	
<i>Water Tracker</i>	
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Try a recipe that was provided.

Personal Goal:

Daily Inspiration: “Do something today that your future self will thank you for.”
-Sean Patrick Flanery

Evening Gratitude Practice:

Day 3

Breakfast	
Mid-Morning Snack	
Lunch	
Afternoon Snack	
Dinner	
Water Tracker	
Activity Tracker <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Take a beach walk & bring along a bag to pick up trash along your way.

Personal Goal:

Daily Inspiration: “Success if not final, failure is not fatal: it is the COURAGE TO CONTINUE that counts.” -Winston Churchill

Evening Gratitude Practice:

Day 4

Breakfast	
Mid-Morning Snack	
Lunch	
Afternoon Snack	
Dinner	
Water Tracker	
Activity Tracker <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Do a 30-minute meditation today. Try to keep it going!

Personal Goal:

Daily Inspiration: “Every day may not be good, but there is something good in every day.” -Alice Morse Earl

Evening Gratitude Practice:

Day 5

<i>Breakfast</i>	
<i>Mid-Morning Snack</i>	
<i>Lunch</i>	
<i>Afternoon Snack</i>	
<i>Dinner</i>	
<i>Water Tracker</i>	
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: If you do not recycle, start today!

<https://www.wm.com/us/en/recycle-right/recycling-101>

Personal Goal:

Daily Inspiration: “The more thankful I became, the more my bounty increased. That’s because – for sure – what you focus on expands. When you focus on the goodness in life, you create more of it.”

-Oprah Winfrey

Evening Gratitude Practice:

Day 6

<i>Breakfast</i>	
<i>Mid-Morning Snack</i>	
<i>Lunch</i>	
<i>Afternoon Snack</i>	
<i>Dinner</i>	
<i>Water Tracker</i>	
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Take a “ME” day & do all the things you love.

Personal Goal:

Daily Inspiration: “Happiness is not about the trophy, or the finish line. It’s the journey. If you can enjoy your journey, you can enjoy your life.” -Pharrell Williams

Evening Gratitude Practice:

Day 7

<i>Breakfast</i>		<p>Challenge Goal: Eat a veggie or fruit you've never tried before.</p> <p>Personal Goal:</p> <p>Daily Inspiration: "I am in charge of how I feel and today I choose happiness." -Likainen Parketti</p> <p>Evening Gratitude Practice:</p>
<i>Mid-Morning Snack</i>		
<i>Lunch</i>		
<i>Afternoon Snack</i>		
<i>Dinner</i>		
<i>Water Tracker</i>		
<i>Activity Tracker</i> (examples: Zoom fitness class, beach walk, Yoga)		

Day 8

<i>Breakfast</i>		<p>Challenge Goal: Try a virtual fitness class offered by BSRI (from any Center).</p> <p>Personal Goal:</p> <p>Daily Inspiration: "You are braver than you believe, stronger than you seem, and smarter than you think." -Christopher Robin</p> <p>Evening Gratitude Practice:</p>
<i>Mid-Morning Snack</i>		
<i>Lunch</i>		
<i>Afternoon Snack</i>		
<i>Dinner</i>		
<i>Water Tracker</i>		
<i>Activity Tracker</i> (examples: Zoom fitness class, beach walk, Yoga)		

Day 9

<i>Breakfast</i>	
<i>Mid-Morning Snack</i>	
<i>Lunch</i>	
<i>Afternoon Snack</i>	
<i>Dinner</i>	
<i>Water Tracker</i>	
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Drink hot tea instead of coffee today.

Personal Goal:

Daily Inspiration: “Today, be thankful and think how rich you are. Your family is priceless, your time is gold, and your health is wealth.” -Zig Ziglar

Evening Gratitude Practice:

Day 10

<i>Breakfast</i>	
<i>Mid-Morning Snack</i>	
<i>Lunch</i>	
<i>Afternoon Snack</i>	
<i>Dinner</i>	
<i>Water Tracker</i>	
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Get started on something you have been putting off.

Personal Goal:

Daily Inspiration: “Today I will be happier than a bird with a French fry.” -Toni Nelson

Evening Gratitude Practice:

Day 11

<i>Breakfast</i>	
<i>Mid-Morning Snack</i>	
<i>Lunch</i>	
<i>Afternoon Snack</i>	
<i>Dinner</i>	
<i>Water Tracker</i>	
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Unplug yourself! Try not to use your cell phone or tablet today unless it is to participate in a fitness class.

Personal Goal:

Daily Inspiration: “Who you are tomorrow begins with what you do today.”

-Tim Fargo

Evening Gratitude Practice:

Day 12

<i>Breakfast</i>	
<i>Mid-Morning Snack</i>	
<i>Lunch</i>	
<i>Afternoon Snack</i>	
<i>Dinner</i>	
<i>Water Tracker</i>	
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Make a pitcher of infused water.

Personal Goal:

Daily Inspiration: “You may never know what results come of your actions, but if you do nothing, there will be no results.”

-Mahatma Gandhi

Evening Gratitude Practice:

Day 13

<i>Breakfast</i>	
<i>Mid-Morning Snack</i>	
<i>Lunch</i>	
<i>Afternoon Snack</i>	
<i>Dinner</i>	
<i>Water Tracker</i>	
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Go for a walk after breakfast or dinner.

Personal Goal:

Daily Inspiration: “Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”

-Oprah Winfrey

Evening Gratitude Practice:

Day 14

<i>Breakfast</i>	
<i>Mid-Morning Snack</i>	
<i>Lunch</i>	
<i>Afternoon Snack</i>	
<i>Dinner</i>	
<i>Water Tracker</i>	
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Send in an application to begin Volunteering somewhere in your community.

Personal Goal:

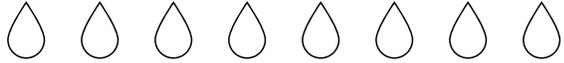
Daily Inspiration: “Don’t be pushed around by the fears in your mind. Be led by the dreams in your heart.” -Roy T. Bennett

Evening Gratitude Practice:

Day 15

<i>Breakfast</i>		<p>Challenge Goal: Start reading a book today.</p> <p>Personal Goal:</p> <p>Daily Inspiration: “Whatever is good for your soul, do that.” -Unknown</p> <p>Evening Gratitude Practice:</p>
<i>Mid-Morning Snack</i>		
<i>Lunch</i>		
<i>Afternoon Snack</i>		
<i>Dinner</i>		
<i>Water Tracker</i>		
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>		

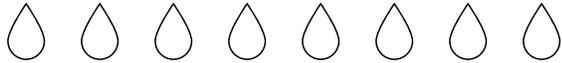
Day 16

<i>Breakfast</i>		<p>Challenge Goal: Start and end your day with a 5-10-minute stretching routine.</p> <p>Personal Goal:</p> <p>Daily Inspiration: “Don’t worry about failures, worry about the chances you miss when you don’t even try.” -Jack Canfield</p> <p>Evening Gratitude Practice:</p>
<i>Mid-Morning Snack</i>		
<i>Lunch</i>		
<i>Afternoon Snack</i>		
<i>Dinner</i>		
<i>Water Tracker</i>		
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>		

Day 17

<i>Breakfast</i>		<p>Challenge Goal: Be mindful of your posture today.</p> <p>Personal Goal:</p> <p>Daily Inspiration: “Start where you are. Use what you have. Do what you can.” -Arthur Ashe</p> <p>Evening Gratitude Practice:</p>
<i>Mid-Morning Snack</i>		
<i>Lunch</i>		
<i>Afternoon Snack</i>		
<i>Dinner</i>		
<i>Water Tracker</i>		
<i>Activity Tracker</i> (examples: Zoom fitness class, beach walk, Yoga)		

Day 18

<i>Breakfast</i>		<p>Challenge Goal: Cut salt out of your meals today.</p> <p>Personal Goal:</p> <p>Daily Inspiration: “Life is 10% what happens to me and 90% of how I react to it.” -Charles R. Swindoll</p> <p>Evening Gratitude Practice:</p>
<i>Mid-Morning Snack</i>		
<i>Lunch</i>		
<i>Afternoon Snack</i>		
<i>Dinner</i>		
<i>Water Tracker</i>		
<i>Activity Tracker</i> (examples: Zoom fitness class, beach walk, Yoga)		

Day 19

<i>Breakfast</i>	
<i>Mid-Morning Snack</i>	
<i>Lunch</i>	
<i>Afternoon Snack</i>	
<i>Dinner</i>	
<i>Water Tracker</i>	
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Go meatless today!
 Replace with proteins listed on the Build Your Own Salad/Power Bowl page (pg. 7).

Personal Goal:

Daily Inspiration: “Well done is better than well said.” -Benjamin Franklin

Evening Gratitude Practice:

Day 20

<i>Breakfast</i>	
<i>Mid-Morning Snack</i>	
<i>Lunch</i>	
<i>Afternoon Snack</i>	
<i>Dinner</i>	
<i>Water Tracker</i>	
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>	

Challenge Goal: Be mindful by reading the Nutrition label on everything you consume today.

Personal Goal:

Daily Inspiration: “Believe you can and you’re halfway there.” -Theodore Roosevelt

Evening Gratitude Practice:

Day 21

<i>Breakfast</i>		<p>Challenge Goal: Share the Calabash Cleanse with a friend and/or family member!</p> <p>Personal Goal:</p> <p>Daily Inspiration: “Do the best you can until you know better. Then when you know better, do better.” -Maya Angelou</p> <p>Evening Gratitude Practice:</p>
<i>Mid-Morning Snack</i>		
<i>Lunch</i>		
<i>Afternoon Snack</i>		
<i>Dinner</i>		
<i>Water Tracker</i>		
<i>Activity Tracker</i> <i>(examples: Zoom fitness class, beach walk, Yoga)</i>		

Congratulations! You completed the 21 Day Calabash Cleanse!

We are so incredibly proud of you and hope that you found wellness practices that you can take into your everyday life. Use this portion of the page to write down your reflections from the challenge. Think back to Day 1 and why you decided to do this challenge. *Did you achieve your goals? Did you break old routines that did not serve you? Celebrate ANY victory!*

Once you have completed the program, please email hnorris@bsrinc.org or cbledsoe@bsrinc.org to receive your certificate of completion!

ALSO, please take a few moments to give us some feedback on our program! Thank you in advance!

CALABASH CLEANSE SURVEY: <https://www.surveymonkey.com/r/CalabashCleanse2020>