

MAINTENANCE GUIDELINES

FOOD LEVELS 0-6



MONTGOMERY
HEART & WELLNESS

beyond the script

Foods to eat:

- **Raw** fruits and vegetables
- Frozen fruits or vegetables
- Avocado
- Dried fruits without added ingredients
- **Raw nuts** or nut butters
- Beans, whole grains, oatmeal, olives
- Potatoes, sweet potatoes
- Organic tempeh and tofu
- Gluten free crackers, flour mixes, and pastas
- Ezekiel Bread (found in frozen natural food sections)
- Boiling, blanching, baking, sauteing with water, or steaming of foods is allowed but still try to **consume mostly RAW food**

1 Green meal/day strongly encouraged:

- Green Smoothie, Leafy salad, Fresh green juice

Sauces:

- Pureed beans, lentils, or vegetables like cauliflower, carrots, or potatoes, along with nut or soy milk, nutritional yeast, miso, and/or nut butter.

Alternative for oil:

For Sauteing and stir-frying

- Coconut amino, vegetable broth, or nonstick pan.

Baking

- Fruit puree (applesauce, mashed bananas, pureed dates)
- In some instance, nut flour or nut butters can serve as substitutions or additions

Roasting

- Before placing them in the oven, season vegetables with spices, herbs and either a little vegetable stock or light water-soy sauce mixture.

Deep frying alternative

- Bake up delicious (eggless) breaded patties or veggies by lightly dipping them in a slurry of arrowroot powder or cornstarch mixed with either water or unsweetened, unflavored plant milk, and then coating them with whole-grain bread crumbs or cornmeal. Use nonstick, silicone, or parchment-lined baking sheets to achieve a crispy outer crust.

Beverages:

- Filtered water
- Fresh squeezed, raw juices
- Teas (green, herbal, yerba mate, etc.)
- Coffee alternative: Mayan mojo

Foods to continue avoiding:

- All forms of animal protein: eggs, fish, red meat, poultry, pork
- All dairy products: yogurt, milk, cheese, butter, ice cream, etc.
- Fried, grilled, or roasted foods
- Grits, processed grains/cereals
- Soft drinks, alcohol, coffee, etc.
- Any kind of oil: olive, canola, peanut, grape seed, etc.
- All canned or bottled food

Salad dressings:

- For tasty oil-free salad dressing, you can whisk or blend some vinegar, spices, and herbs with fruit juice and a bit of pulp (for sweet dressings), or with nut or seed butter (to add a little creaminess to savory dressings).

Contact Us

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Breakfast:

• **Berry Green Smoothie**

1. 1 cup spinach leaves
2. 1/2 cup frozen blueberries
3. 1/2 cup frozen raspberries
4. 1 ripe banana
5. 1/2 cup almond milk
6. 2 tablespoons steel cut oats
7. 1 tbsp sugar, or more, to taste

Combine in blender with 1 cup ice until smooth.

• **Superfood Breakfast Bites**

1. 3/4 cup pitted dates, soak in hot water 20 min, then drain
2. 1/2 cup raw walnuts, pecans or cashews
3. 3/4 cup dried cranberries, apricots, apple slices or other dried fruit
4. 1/2 cup sunflower seeds
5. 2 tbsp goji berries or barberries
6. 2 tbsp chia seeds or hemp seeds
7. 2 tbsp ground flaxseeds
8. 11 to 12 inch piece vanilla bean, split & scraped (or/teaspoon extract)
9. 1/4 tsp ground cinnamon

In a food processor, combine the drained dates and nuts and pulse until the nuts are finely ground and dates are incorporated. Add the remaining ingredients and process until well combined. Roll a heaping tablespoonful of the mixture between the palms of your hands to form a 1-inch balls. Refrigerate.

• **Stuffed Breakfast Sweet Potato**

1. 1 sweet potato, baked
2. 1 banana, sliced
3. 1 handful blueberries
4. 1 handful granola
5. 1 tbsp tahini
6. 1 tbsp agave nectar
7. 1-2 tsp water

First, make the maple tahini by mixing together tahini, agave nectar, and water. Keep adding water until it reaches desired consistency. Warm up sweet potato and cut down the middle. Fill with banana and blueberries. Drizzle with maple tahini. Sprinkle with granola.

Lunch/Dinner

• **Quinoa Taco Salad**

1. 1 cup Quinoa, uncooked
2. 1 cup Salsa
3. 2 handful Tortilla chips, crushed, organic
4. 1 15 oz. can Black beans
5. 1 Avocado, sliced
6. Salt, pepper, to taste
7. Cilantro, (optional)

Cook quinoa according to directions. While quinoa is cooking, drain the black beans and transfer to big bowl. Add cooked and cooled quinoa, salsa, tortilla chips to the black beans. Season with salt and pepper and garnish with avocado and optional coriander.

• **Sweet Potato Vegan Burgers**

1. 1 sweet potato, raw and chopped
2. 1 cup of lentils, cooked
3. 1 can of garbanzo beans
4. 1 cup of gluten free oats
5. 5 sprigs cilantro
6. 3 garlic cloves
7. 1 tbsp 21 seasoning salute
8. Salt and pepper to taste

Process all ingredients together and process until it has a ground meat like texture. Pack into patties. Cook on greased pan for about 7 minutes on both sides. Serve on gluten free bun or bed of lettuce.

• **Asian Lettuce Wraps**

1. 2 large spinach leaves or swiss chard
2. 2 cups purple cabbage, roughly chopped
3. 1 large spring onion stalk or 2 medium sized, chopped
4. 1 cucumber, diced
5. 1 tsp coconut amino
6. 1 tbsp hoisin sauce
7. 3 tbsp sesame seeds
8. 1 large carrot, julienne
9. small handful bean shoots

In a medium sized mixing bowl, combine chopped vegetables. Add coconut amino, hoisin sauce and sesame seeds to vegetables, mix until well combined. Spoon a generous amount of mixture into lettuce leaves. Place a few julienne carrot sticks and bean shoots over each.

28 DAY DETOX GUIDELINES

FOOD LEVELS 0 – 4B



MONTGOMERY
HEART & WELLNESS

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Foods to eat:

- Raw fruits
- Raw vegetables
- Frozen fruits or vegetables (smoothies)
- Plant-based fats (avocado, hemp, flax, chia, pumpkin, or sunflower seeds)

Beverages:

- Filtered water
- Fresh squeezed, raw juices (no Naked Juices)
- Teas (green, herbal, yerba mate, etc.)

1 Green meal/day strongly encouraged:

- Green Smoothie, Leafy salad, Fresh green juice

Suggested Meal Plan:

Breakfast

- Any form of fruit (whole, fruit salad, etc.)
- Fruit and vegetable smoothie
- Raw, fresh juice

Lunch/Dinner

- Large leafy salads
- Add any raw fruits or vegetables
- Utilize fresh herbs
- Add organic raisins or avocado

Snacks

- Raw fruits
- Raw seeds
- Dried fruit (dates, figs, etc)
- Raw vegetables

Foods to avoid:

- All forms of animal protein: eggs, fish, red meat, poultry, pork
- All dairy products: yogurt, milk, cheese, butter, ice cream, etc.
- Fried, baked, grilled, boiled, microwave, or roasted foods
- Foods with wheat or wheat gluten
- Oatmeal, grits, processed cereals
- Soft drinks, alcohol, coffee, etc.
- Any kind of oil: olive, canola, peanut, grape seed, etc.
- All canned or bottled food
- Nuts, beans, grains, and olives are not to be eaten but can be consumed AFTER Detox

Of Note:

We don't encourage processed sweeteners. We recommend the following as natural sweeteners:

- Raw local honey
- Raw agave nectar
- Dates

Because oils and bottled goods are not part of the cleansing, it is important to utilize homemade dressings.

- Balsamic vinegar
- Lemon or lime juice
- Any vinegar
- Freshly made salsas (mango, pico de gallo, pineapple, etc.)
- Pureed tomatoes with basil

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Smoothies:

• Supercharged

1. 1 cup mixed berries
2. 1 cup strawberries
3. 1 large kale leaf
4. 1 cup filtered water

• Very Berry

1. 2 cups mixed berries
2. 1 cup filtered water

• Strawberry banana

1. 1 frozen banana
2. 1 cup strawberries
3. 1 cup filtered water

• Strawberry peach

1. 1 cup strawberries
2. 1 cup peaches
3. 1 cup filtered water

• Super Green

1. 1 cup dandelion greens
2. 1 large kale leaf
3. 1 tbsp hemp seeds
4. 1 tbsp flax seeds, ground
5. 1 frozen banana
6. 1 cup filtered water

Beverages:

• Raw Lemonade

1. 2 oz. fresh lemon juice
2. 1 1/2 cups filtered water

• Lemon Tea

1. 1 bag organic green tea
2. 1 lemon, squeezed
3. 1 1/2 cups filtered water, warmed

Juices:

• Carrot Apple

1. 4 carrots, washed
2. 2 apples, red or green

• Body Cleanser

1. 4 carrots, washed
2. 1/2 cucumber
3. 1 beet, including stem

• Alkaline Special

1. 1/4 head cabbage
2. 3 celery stalks

Desserts:

• Mango/Strawberry Sorbet

1. 1 cup frozen fruit
2. 3 tbsp orange juice

• Cinnamon Banana Ice Cream

1. 3 frozen bananas
 2. 1 tsp cinnamon
 3. 1/8 tsp vanilla
- Blend in food processor until well combined

Entrees:

• Corn Salad

1. 2 cups corn
2. 1/4 cup diced red bell pepper
3. 1/4 cup diced red onion
4. 2 tbsp chopped cilantro
5. 1 tbsp lemon juice
6. Pinch of cumin

Put ingredients into bowl and mix until well combined.

• Tomato Basil Soup

1. 4 roma tomatoes
2. 3 sundried tomatoes
3. 1/4 cup fresh basil

Blend until well combined.

• Sprout Salad

1. 2 cups of sprouts (mung and alfalfa sprouts)
2. 4 stalks celery
3. 1 english cucumber
4. 10 scallions/green onions, cut diagonally
5. 12 mushrooms, sliced
6. 1 red apple, cut in strips
7. tomatoes, peeled, seeded, & chopped
8. 1 cup mixed greens

Prepare all ingredients. Combine all ingredients and toss in your favorite oil free dressing.

• Marinated Greens

1. 1 bunch kale
2. 1 bunch spinach
3. 1 red bell pepper
4. 1 yellow bell pepper
5. 1 inch piece of ginger grated
6. 2 lemons, juiced
7. 1/2 cup red onion
8. Cayenne to taste

Strip kale from stem & chop. Combine ingredients 6-8 in food processor and blend. Pour over all vegetables & marinate a few hours before serving.