

TO OPEN YOUR PSYCHIC SENSES

2 WEEK
PSYCHIC
ENERGY
CLEANSE &
REJUVENATING
DIET



COSMIC AWAKENING INSTITUTE

RIZ & ORIAH MIRZA



2-Week Psychic Energy Cleanse Course

Summary of the 2-Week Energy Cleanse Course

Embark on a transformative 2-week journey designed to cleanse, recharge, and elevate your psychic and spiritual energy. This course is more than just a temporary detox—it's a guided experience to help you release stagnant energy, create lasting inner balance, and connect deeply with your higher self. By following a blend of practical tools and spiritual practices, this program helps you align your mind, body, and soul, setting the foundation for long-term energetic harmony.

Why This Course is Important:

1. **Clearing Energetic Blockages:** Life's daily stresses and emotional baggage can cloud our intuition and energy field. This course is a deep cleanse to shed those layers and help you feel lighter and more vibrant.
2. **Recalibrating Your Vibrational Frequency:** Through daily affirmations, mindful nourishment, and energy practices, you'll elevate your frequency to attract abundance, clarity, and peace.
3. **Strengthening Intuitive Connection:** By clearing out mental and energetic clutter, you open portals to your higher self and divine guidance, enhancing your psychic awareness and spiritual alignment.

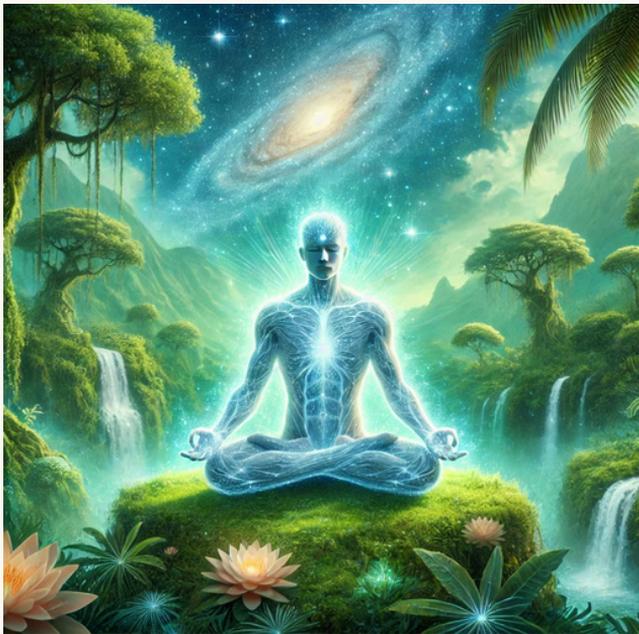


Why 2 Weeks?

Two weeks provide the perfect balance for transformation. It's long enough to create lasting habits and short enough to be achievable. Each day builds upon the last, creating momentum as your energy field realigns. This gentle but impactful timeframe allows for full integration of the practices into your life.

Living the Lifestyle:

Yes, you can adopt this energy-cleansing lifestyle long-term! The tools and rituals taught in this course are designed to be sustainable. By incorporating daily mindfulness, nourishing foods, and spiritual practices, you'll maintain clarity, balance, and heightened awareness as a way of life.



The Experience:

This course offers a sacred and nurturing environment for you to reclaim your inner peace and vitality. Guided by Riz and Oriah Mirza's wisdom, each step of the journey brings you closer to your authentic self, leaving you with a deep sense of empowerment, purpose, and connection.

A Loving Message from Riz & Oriah Mirza

Dearest Soul,

In the vast expanse of this universe, there is only one you—a unique, irreplaceable light, here to shine in ways only you can. Your journey is sacred, and every step you've taken, whether bold or uncertain, has brought you to this moment. We want you to know how deeply you are loved, not just by those around you, but by the very fabric of existence itself. You are seen, you are valued, and you are divine. This 2-week cleanse is not just a practice—it's a homecoming.



A return to the truth of who you are, beyond the noise and distractions of the world. It's an opportunity to release the weight of all that no longer serves you, to reconnect with the immense power and wisdom within you, and to create space for new blessings to flow into your life.

We are here to guide you, not as distant teachers, but as companions on this journey. We, too, have walked the path of awakening, of healing, and of rediscovering our divine essence. We understand the challenges and the beauty that come with it, and we are here to remind you: you are never alone.

With every breath you take, you are renewing yourself. With every step, you are aligning closer to your soul's purpose. Trust the process. Trust yourself. You are capable of more than you can imagine. Your light is needed in this world, and as you cleanse and reconnect, you are not only healing yourself but uplifting the collective energy of all. You are loved beyond measure. You are exactly where you're meant to be. Take this time to nurture yourself, to honor your spirit, and to awaken to the limitless potential within.

With all our love and gratitude,

Riz & Oriah Mirza



The 2-Week Energy Cleanse: A Transformative Journey to Your Psychic Renewal

Presented by Riz & Oriah Mirza, School of Mystical Arts

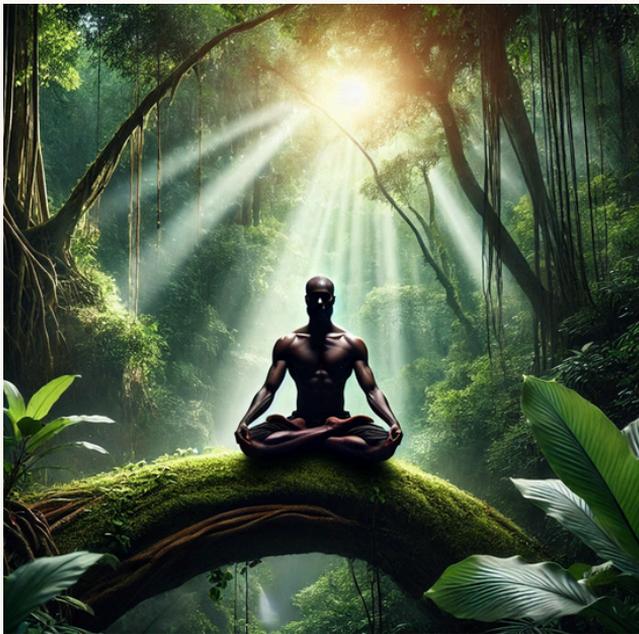
What to Expect in This Course

This 2-week course is designed to guide you through an immersive and holistic process of cleansing, balancing, and elevating your psychic energy. You will gain tools to release emotional blockages, enhance spiritual alignment, and cultivate a lifestyle of clarity and vitality. Here's what you can expect:

Talking Points: The Journey Ahead

1. Understanding Psychic Energy

- Gain insight into the importance of maintaining clean and balanced energy fields.
- Learn about the subtle body, chakras, and the impact of emotional and energetic clutter.



2. Daily Energy Cleansing Practices

- Experience transformative breathwork, guided meditations, and visualization techniques to clear stagnant energy.
- Implement spiritual hygiene rituals like sage smudging, salt baths, and energetic cord-cutting.

3. Mind-Body Connection

- Align your mental and physical states through yoga, mindfulness, and grounding exercises.
- Discover how nutrition and hydration support your energy field.

4. Deep Reflection and Journaling

- Use introspective prompts to uncover limiting beliefs, release old patterns, and deepen self-awareness.
- Explore the connection between emotions, intuition, and spiritual growth.



5. Exploration of Signs and Symbols

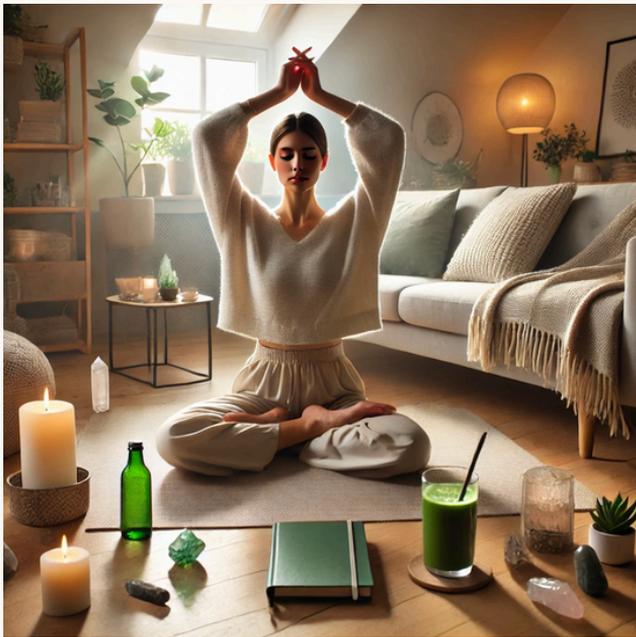
- Enhance your sensitivity to divine synchronicities and messages from your guides.
- Learn how to interpret spiritual symbols that appear in your life during the cleanse.

6. Raising Vibrational Frequency

- Develop habits that elevate your energy and help you sustain a high vibrational state.
- Learn to integrate uplifting practices into your everyday routine.

7. Connection with Higher Realms

- Foster a deeper relationship with your higher self, spirit guides, and universal energy.
- Tap into your intuitive abilities and experience moments of divine clarity.



Highlights of the 2-Week Journey

- Morning Rituals: Start each day with energy-balancing meditations and affirmations.
- Evening Wind-Downs: Engage in reflection and calming exercises to align before sleep.
- Healthy Eating: You will incorporate a very detailed new diet protocol
- Personal Transformation: Walk away with lifelong tools for spiritual renewal and inner peace.

This course isn't just a temporary cleanse—it's an invitation to embark on a lifestyle of intentional energy awareness, self-love, and spiritual growth. Together, we'll create a path to your most vibrant and connected self. A clean body and home will give you full access to your Higher Self easily.

Let this be the beginning of a profound transformation. ✨



Why a Two-Week Psychic Energy Cleanse is Life-Changing

The Two-Week Psychic Energy Cleanse is a transformative journey designed to clear, recharge, and elevate your energetic field. This is not just a cleanse—it's an initiation into a deeper, more aligned version of yourself. By dedicating two weeks to intentional energy clearing and realignment, you're creating the space to return to your natural state of peace, clarity, and connection with the divine.

Why Two Weeks?

Two weeks is the perfect period to gently release stagnant energies and patterns that have accumulated over time while establishing sustainable practices for lifelong energetic health. It allows your mind, body, and spirit to recalibrate. The first week peels back the layers, uncovering what no longer serves you, while the second week integrates the higher frequencies and grounding practices that bring you into alignment. This period mirrors the natural rhythms of life: release, replenish, and rise. Your body will thank you with the new diet protocol you will incorporate.



In the first seven days, you'll feel the release of heavy emotions, mental clutter, and psychic debris. By the second week, you'll notice a sense of spaciousness and lightness, as if your soul is breathing freely again. This timeframe gives your nervous system time to adjust and your energetic body time to stabilize.

Living the Lifestyle

This isn't just a two-week sprint; it's a gateway to an empowered and intentional way of being. Can you live a lifestyle like this? Absolutely. The practices you'll learn—daily grounding, mindful detoxing, spiritual nourishment, and cultivating a clean, sacred space—become second nature over time. Learning to consume healthier foods will be a new way of thinking. Living this way creates a ripple effect in every area of your life: relationships deepen, creativity flows, and decisions become clearer.

The Personal Transformation

As Riz and Oriah Mirza often say, "Your energy is your life force, your soul's fingerprint." When your energy is clear and aligned, you become magnetic. You start to see the signs and synchronicities all around you, guiding you toward your highest path. You trust yourself more deeply because the static has cleared, and you can hear your own soul's voice. 11



This cleanse and new diet protocol are more than a detox; they're a remembrance of who you truly are. It's a call to return to your power, your intuition, and your connection to the infinite. It's a way to say to the universe, "I am ready to release what holds me back and step fully into my light."

Spiritual Encouragement

This is your sacred time. You are not broken; you are awakening. This two-week journey is an act of self-love so profound that it sends a message to your higher self and the universe: "I am worthy of clarity. I am worthy of alignment. I am worthy of joy."

If this feels daunting, know that you are not alone. Every step of this journey is infused with love and guidance, tools and practices, that empower you to reconnect with your essence. By the end of these two weeks, you will not only feel lighter, clearer, and more aligned but also inspired to carry this way of being into every aspect of your life.



Let's start with the Energy cleansing protocol to aid in your psychic awareness. We will give you a 2-week protocol, the 2nd half of this e-book will be the new anti-inflammatory diet protocol (lifestyle change) so you can start to implement it into your daily life. The 2-week protocol and recipes are included. You do both of these protocols together.

Let's Do This!

Week 1: Cleansing & Releasing

Day 1: Setting Sacred Intentions

- Morning Ritual: Begin with a 10-minute meditation. Focus on your breath and visualize a golden light cleansing your energy field. Set the intention: "I release all that no longer serves me."
- Physical Practice: Drink warm water with lemon to detoxify your body. Add a pinch of Himalayan salt for energetic grounding.
- Journaling Prompt: "What am I ready to release from my life?"
- Evening Practice: Smudge your space with sage or palo santo, imagining stagnant energies dissolving into light.
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Day 2: Clearing Emotional Energy

- Morning Ritual: Practice heart-opening breathwork (inhale for 4 counts, hold for 4 counts, exhale for 6 counts). Focus on releasing stored emotions.
- Physical Practice: Take a salt bath infused with essential oils (lavender, eucalyptus) to cleanse your auric field.
- Journaling Prompt: "What emotions have I been holding onto, and how can I lovingly release them?"
- Evening Practice: Listen to calming binaural beats for emotional detox.

Day 3: Detoxing Negative Thoughts

- Morning Ritual: Recite affirmations like, "I choose thoughts that nourish my spirit and elevate my soul."
- Physical Practice: Eliminate processed foods; eat light, fresh, and organic meals rich in greens. (go to 2nd half of book for info)
- Journaling Prompt: "What recurring thought patterns are keeping me stuck?"
- Evening Practice: Light a candle and write down negative thoughts on paper. Burn it as a ritual of release.



Day 7: Deep Rest & Reflection

- Morning Ritual: Spend time in silence. Practice gratitude for your progress.
- Physical Practice: Rest deeply; limit screen time.
- Journaling Prompt: "What have I learned about myself during this first week?"
- Evening Practice: Visualize the upcoming week filled with light, ease, and clarity.

Week 2: Rebuilding & Elevating

Day 8: Connecting with Higher Realms

- Morning Ritual: Meditate and invite guidance from your higher self or spirit guides.
- Physical Practice: Eat foods that enhance your energy, such as fruits, nuts, and seeds.
- Journaling Prompt: "What messages am I receiving from the divine?"

Evening Practice: Use oracle cards or pendulums to connect with spiritual insight.

Day 9: Aligning with Purpose

- Morning Ritual: Chant or hum to align your vibration with universal energy.
- Physical Practice: Practice sun salutations to greet the day with purpose.
- Journaling Prompt: "What brings me the greatest joy and fulfillment?"
- Evening Practice: Visualize your purpose as a bright light guiding your path.

Day 10: Cultivating Gratitude

- Morning Ritual: Write down 10 things you are grateful for.
- Physical Practice: Create a gratitude jar, adding notes daily.
- Journaling Prompt: "How does gratitude elevate my energy?"
- Evening Practice: Share gratitude with someone meaningful in your life.

Day 11: Expanding Your Energy Field

- Morning Ritual: Visualize your aura expanding into a protective, radiant light.
- Physical Practice: Perform Qi Gong or Tai Chi movements to enhance energy flow.
- Journaling Prompt: "What energy am I projecting into the world?"
- Evening Practice: Surround yourself with uplifting sounds like chimes or mantras.

Day 12: Manifesting Abundance

- Morning Ritual: Create a manifestation list of what you wish to invite into your life.
- Physical Practice: Engage in creative expression, like drawing or dancing.
- Journaling Prompt: "What limiting beliefs about abundance am I ready to release?"
- Evening Practice: Visualize each manifestation as already achieved.



Day 13: Celebrating Your Progress

- Morning Ritual: Reflect on your journey and celebrate your growth.
- Physical Practice: Treat yourself to something nurturing, like a massage or nature outing.
- Journaling Prompt: "How have I transformed over these two weeks?"
- Evening Practice: Light a candle as a symbol of your inner light.

Day 14: Integration

- Morning Ritual: Meditate on how you will carry these practices forward.
- Physical Practice: Perform a full-body stretch or grounding yoga session.
- Journaling Prompt: "What steps will I take to maintain my energetic clarity and balance?"
- Evening Practice: Write a letter to your future self, detailing your commitment to your path.

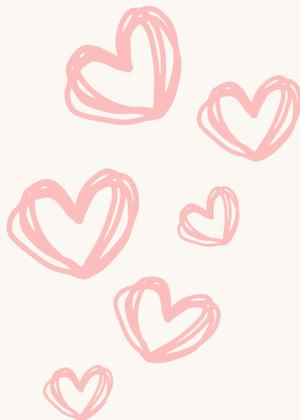
Affirmations for the Journey:

- "I am a radiant being of light, fully aligned with my highest self."
- "Each day, I release what no longer serves me and embrace my divine truth."
- "I am in harmony with the flow of the universe."

Disclaimer:

Oriah has studied Dr. Mark Hyman's groundbreaking work and health philosophies, immersing herself in his principles of functional medicine, anti-inflammatory diets, and the healing power of superfoods. Through years of personal experience and experimentation, Oriah has curated her own unique recipes, blending Dr. Hyman's insights with her own discoveries to create superfood smoothies and meals that have transformed her health and vitality. Each recipe reflects her journey and is designed to help others experience the same profound benefits of a clean, nourishing, and energy-enhancing lifestyle.

This collection of recipes and practices is inspired by Dr. Mark Hyman's principles but is uniquely crafted by Oriah based on her personal journey and insights. It is not officially affiliated with or endorsed by Dr. Mark Hyman or his associated organizations. Always consult a healthcare professional for personalized advice tailored to your needs.



Your Two-Week Anti-Inflammatory Superfood Diet Protocol

This comprehensive two-week journey is designed to revitalize your mind, body, and spirit by combining energy-cleansing routines with a transformative superfood-based anti-inflammatory diet. By blending spiritual practices with cutting-edge nutrition, this protocol supports you in achieving vibrant health, inner peace, and a renewed sense of connection to your higher self.

What to Expect

- With these Psychic Energy Cleansing Routines and Superfood Diet Protocols together, you will revitalize your life
- Fuel your body with the purest, most nourishing foods. Inspired by Dr. Mark Hyman's groundbreaking principles and curated and re-designed by Oriah personal diet, this new diet eliminates inflammatory foods and focuses on healing, nutrient-dense meals. Expect vibrant smoothies, anti-inflammatory tonics, and whole food recipes that incorporate superfoods like turmeric, maca, matcha, hemp seeds, and adaptogenic mushrooms.

Why It Works

- The energy cleansing routines clear emotional and spiritual clutter, creating space for clarity, healing, and personal growth.
- The superfood diet supports cellular healing, boosts immunity, and reduces inflammation, giving your body the tools it needs to thrive.
- Together, these protocols create a holistic approach to healing and self-empowerment, helping you align with your truest, healthiest self.

Your Path to Transformation

This protocol is more than a cleanse; it's an invitation to deeply nurture yourself on every level. By committing to these practices for two weeks, you'll feel lighter, more energized, and in tune with your inner wisdom. As you step into this journey, know that you are gifting yourself the ultimate reset — one that supports your physical health, emotional well-being, and spiritual awakening.



Two-Week Anti-Inflammatory Diet Protocol

This updated protocol incorporates the added superfoods and supplements, focusing on anti-inflammatory, nutrient-dense, and gut-supportive foods while eliminating processed and inflammatory triggers. The plan emphasizes protein, healthy fats, fiber, and phytonutrients to heal the cells, improve digestion, and sustain energy levels.

Guidelines for the Protocol

- **Quality Focus:** Choose organic, grass-fed, pasture-raised, or regenerative food sources.
- **Eliminate Inflammatory Foods:** Avoid refined sugar, processed grains, dairy (except goat/sheep), cereals, juices, and baked goods like muffins. Click links for re-direct to Riz & Oriah's recommendations.
- **Daily Supplementation:** Include the following:
 - [Lion's Mane Mushrooms](#)
 - [MCT Oil](#)
 - [Maca Powder](#)
 - [Matcha Green Tea Powder](#)
 - [Amino Acids \(e.g., Glutamine\)](#)
 - [Polyphenols \(via pomegranate and cranberry concentrates\)](#)
 - [Pre- and Probiotics](#)
 - [Collagen/Gelatin or Beef Intestines](#)
 - [Aloe Vera Gel for digestion](#)
 - [Mushroom Adaptogens \(Reishi, Chaga, Lion's Mane\)](#)



Shopping List and Affiliate Disclosure

To make your journey toward an anti-inflammatory, holistic lifestyle even easier, we've included a detailed shopping list featuring recommended companies and products. These brands align with the principles of quality, sustainability, and wellness that I value deeply.

Please note: A small portion of purchases made through these links will be provided to me as an affiliate. This support helps me continue to create meaningful content and resources for you on your wellness journey, and I am deeply grateful for your contribution. Rest assured, these recommendations are curated with integrity and based on my personal experience and research.

Daily Basic Outline

Morning: Superfood Start

- Superfood Smoothie (Rotate recipes for variety)
 - Whole Food Smoothie
 - Lion's Mane Mushroom Matcha Latte (recipe below)
 - Add hemp seeds, MCT oil, and pomegranate or cranberry concentrate.
- Optional: Chai Buckwheat Pancake with fruit spread for additional fiber and protein.

Mid-Morning Snack

- Handful of raw nuts (e.g., macadamia, almonds, walnuts).
- Green tea or a macadamia nut latte.

Lunch: High Protein + Fiber

- Salad Base: Greens, cucumbers, avocado, pumpkin seeds, olives, and olive oil.
- Add hard-boiled eggs or wild-caught salmon for protein.
- Include cooked veggies like green beans or broccolini.

Afternoon Snack

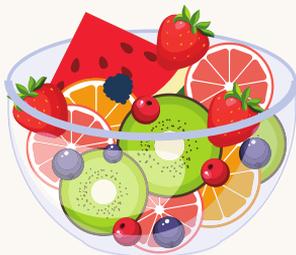
- Sliced cucumber with almond butter or guacamole.
- Tea with adaptogenic mushrooms (Reishi, Lion's Mane, Chaga).

Dinner: Protein with Veggies

- Main Protein: Roasted shrimp, steak, or organ meats (liver, kidney).
- Veggie Side: Squash, broccolini, celery root, or lemon garlic broccoli.

Evening Snack (if needed)

- Sheep yogurt with fresh fruit and nuts.
- Herbal tea (peppermint, chamomile, or adaptogenic blend).



Detailed Anti-Inflammatory Two-Week Plan

This two-week protocol is designed to rebalance your body, reduce inflammation, and set you on a path to sustainable health. Integrate these practices into your lifestyle to maintain long-term energy, cellular repair, and overall well-being. The journey towards healing is deeply personal, and tailoring your approach with these principles will yield lasting results.

Week 1

Focus: Cellular healing and reducing inflammation.
Begin each day with the Superfood Smoothie.

Add Lion's Mane or adaptogenic mushrooms to teas or recipes.

Keep meals simple with a balance of fat, protein, and fiber:

Breakfast: Smoothie or chai buckwheat pancake with a superfood topping.

Lunch: Wild-caught salmon with green beans and avocado.

Dinner: Roasted shrimp or steak with broccolini and squash.

Supplementation: Pre- and probiotics, glutamine, aloe vera, and MCT oil.

Week 2

Focus: Gut restoration and energy optimization.

Introduce additional variety like:

Eggs and avocado with German rye bread for breakfast.

Hard-boiled free-range eggs and pumpkin seeds for snacks.

Sautéed shiitake mushrooms with olive oil for dinner sides.

Increase polyphenol intake through pomegranate concentrate or fresh pomegranate seeds.

Optional addition of Mitopure for cellular regeneration.



Superfood Smoothie Recipes

Whole Food Protein Smoothie

Lion's Mane Mushroom Matcha Smoothie

Ingredients:

- 1 cup unsweetened almond milk
- 1 tsp matcha powder
- 1 tsp Lion's Mane powder
- 1 tbsp almond butter
- 1 tbsp MCT oil
- 1 handful spinach
- 1/4 avocado
- 1/2 cup frozen wild blueberries

Instructions: Blend until smooth and enjoy.



Oriah's Superfood Blend

Ingredients:

- 1 cup frozen wild blueberries
- 1/4 lemon (peeled)
- 1 tbsp almond butter
- 1 tbsp coconut butter
- 1 tbsp pumpkin seed butter
- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 2 whole walnuts
- 1/4 avocado
- 1 cup unsweetened almond milk (or homemade almond milk)
- 1 handful fresh spinach
- 1 scoop unsweetened bone broth protein powder
- Optional: 1 tsp bee pollen (for topping)
- (Obviously, don't include anything you are allergic to)



Instructions:

- Combine all ingredients in a high-powered blender.
- Blend until smooth, adding up to 1/2 cup of water if the consistency is too thick.
- Pour into a glass.
- Top with bee pollen for an extra nutrient boost (optional).
- Enjoy immediately for the best taste and nutrient retention!

This smoothie is packed with healthy fats, plant-based protein, antioxidants, and fiber, making it an excellent addition to your anti-inflammatory diet. It's designed to fuel your body while supporting cellular health and reducing inflammation.



Additional Hot Food Recipes

Lemon Garlic Broccoli

Ingredients:

- Broccoli florets
- 2 tbsp olive oil
- 2 cloves crushed garlic
- Juice of 1 lemon
- Salt and pepper

Instructions: Toss broccoli with olive oil, garlic, lemon juice, and seasoning. Roast at 375°F for 20-25 minutes.

Sautéed Shiitake Mushrooms

Ingredients:

- 1 cup shiitake mushrooms, sliced
- 1 tbsp olive oil
- Salt and pepper

Instructions: Heat olive oil in a skillet, add mushrooms, and sauté for 5-7 minutes. Season with salt and pepper.



Curated Daily Ritual for Optimal Energy & Healing

Preparing nourishing meals doesn't have to be complicated. With a little foresight and love for yourself, you can create vibrant, healthy options that fit into even the busiest of days. Here's an effortless way to prepare your superfood smoothies, so you're always ready to fuel your day with nutrient-packed goodness.

Step 1: Pre-Prepare Your Ingredients

- Take a moment to measure out your key ingredients like frozen wild blueberries, cranberries, lemon, avocado, and any other superfoods you love (like hemp seeds or spinach).
- Store these pre-measured ingredients in individual ziplock bags or reusable containers and keep them in your freezer. This ensures freshness and ease in the mornings.

Step 2: Activate Your Seeds & Nuts

- Before bed, soak your chia seeds, hemp seeds, and walnuts (or your chosen nuts/seeds) in water to activate them. This step boosts their bioavailability and makes them easier to digest, enhancing their health benefits.

Step 3: Morning Magic

- When you're ready to make your smoothie, combine the frozen pre-prepped ingredients from your bag with the soaked nuts and seeds in a blender.
- **Add your liquid of choice** (unsweetened almond milk is ideal) and a spoonful of almond butter, MCT oil, or coconut butter for healthy fats.
- **Blend everything together**, and in less than five minutes, you'll have a creamy, energizing smoothie packed with antioxidants, healthy fats, and fiber.



This process takes only a few minutes of your time each week but yields endless benefits. By incorporating this into your routine, you're not just saving time—you're prioritizing your well-being and creating a sacred, healing moment for yourself each morning.

A Loving Reminder from Oriah:

“This practice is more than just preparing a smoothie. It’s about setting the tone for your day with intention and care. As you nourish your body with these wholesome ingredients, remember that you are also nourishing your soul. Take a deep breath, say a loving affirmation, and step into your day as your highest, most vibrant self.”

Reminders

Step 1: Prepare Your Morning Superfood Smoothie

- Take a moment to measure out your ingredients, such as:
 - Frozen wild blueberries, cranberries, lemon, avocado
 - Superfoods like hemp seeds, chia seeds, spinach, walnuts, or almonds
- Store them in pre-measured ziplock bags or reusable containers in the freezer for a quick grab-and-blend routine.

Before bed, soak your seeds and nuts (chia, hemp, walnuts, or cashews) in water to activate their nutrients and enhance digestibility. In the morning, combine your pre-prepped ingredients with:

- Unsweetened almond milk
- A spoonful of almond butter, MCT oil, or coconut butter
- Blend and enjoy a creamy, antioxidant-packed smoothie to start your day.



Step 2: Nourish Your Midday with a Superfood Salad

Fuel your body with a delicious, nutrient-rich salad that's easy to prepare yet deeply satisfying.

Ingredients for a Superfood Salad:

- Cabbage, pumpkin seeds, strawberries, green apple, microgreens, alfalfa sprouts
- Add crumbled blue cheese for creaminess (optional) and a drizzle of honey mustard dressing.
-

Additional toppings to mix and match:

- Avocado, cashews, pistachios, figs, red grapes, Brussel sprouts
-

For variety, try a Worcester Caesar Salad:

- Toss microgreens, romaine lettuce, or brussels sprouts with a light Caesar dressing and a splash of Worcester sauce for a unique twist.
-

These salads are not just a meal but a moment of nourishment and creativity. Take the time to savor each bite, appreciating the vibrant flavors and textures that energize your cells.

Step 3: Holistic Lunch and Dinner Options

Lunch:

- A hearty, nutrient-packed plate featuring:
 - Hard-boiled eggs, wild salmon, green beans, pumpkin seeds, avocado, and olives
- Add lemon olive oil and crushed garlic for a zesty dressing.



Dinner:

- Main course of vegetables (broccolini, celery root, squash) with a side of organic, grass-fed proteins, such as roasted shrimp or steak.
- Keep meals simple, focusing on high-quality, whole ingredients.

Step 4: Treat Yourself with Wholesome Snacks

- Munch on a handful of macadamias, figs, or green apple slices with almond butter.
- For beverages, enjoy a matcha green tea latte or green juice made with organic, cold-pressed ingredients.

“This journey is about more than food—it’s about aligning yourself with a higher vibration of health and self-love. As you prepare these superfoods, take a moment to honor your body. Every meal is an opportunity to nourish not just your physical self but your spirit as well. Trust the process, embrace the change, and watch as your energy transforms.”

~ Oriah

Superfood Smoothie Recipe (Optional to Add to Your Morning)

Blend together:

- Frozen wild blueberries
- Chia seeds, hemp seeds, and a handful of spinach
- 1 tbsp almond butter, coconut butter, or MCT oil
- A splash of pomegranate concentrate or cranberry concentrate for added antioxidants.
- Top with bee pollen or enjoy as is—a quick, vibrant meal in a glass. (if you are not allergic to bee products)



DETOX

Why This Matters?

1. Matcha Anti-Inflammatory Tonic

Whisk together:

- 1 tsp matcha green tea powder
- 1/2 tsp turmeric
- 1/2 tsp MCT oil or coconut oil
- Warm almond milk or water
- This energizing tonic fights inflammation while providing a gentle caffeine boost without the jitters.

2. Greens and Berries Smoothie

Blend:

- 1 cup spinach
- 1/2 cup kale
- 1/2 cup frozen berries (blueberries, strawberries, or raspberries)
- 1 tbsp flaxseeds
- 1 cup unsweetened almond milk
- This smoothie is a delicious way to pack in anti-inflammatory nutrients and fiber.

3. A Warm Detox Bone Broth Recipe

For an extra healing detox mix, combine these in a pot and simmer for 20 minutes:

- 2 cups organic chicken bone broth
- 1/2 tsp turmeric
- 1 handful parsley (chopped)
- 1 thumb-sized piece of ginger (grated)
- A pinch of black pepper
- 2 cloves garlic (crushed)

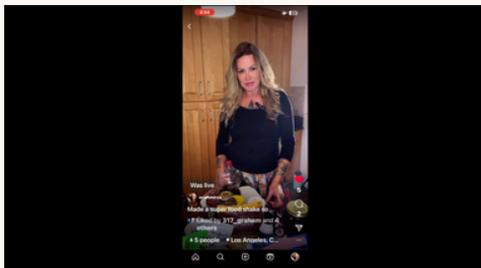
Enjoy this comforting, warm broth daily to support your gut, boost immunity, and fight inflammation.



"As part of this journey, I've drawn inspiration from Dr. Mark Hyman's groundbreaking nutritional philosophy. His superfood recipes have played a pivotal role in my personal healing. If you'd like to explore his transformative recipes, you can find them in my favorite book (I did all the recipes) Forever Young, you can get it [here](#) and Food, What the heck should I cook? You can get it [here](#). These recipes have been thoughtfully designed to nourish your body and support vibrant health.

(Please note: this is an affiliate link, and I may earn a small commission if you make a purchase at no additional cost to you.)"

To see the live IG video I did when I was teaching people how to make the superfood recipe, go [here](#).



QUOTES

On Nourishment

"Every seed, every sip, every bite you take is a gift to your body. You're not just eating food—you're feeding your energy, your vitality, and your connection to the universe."

On Activation

"When we activate the life within seeds and nuts, we activate the life within ourselves. This simple act reminds us that everything, even the smallest things, holds infinite potential when nurtured."

On Intentional Eating

"Eating is a sacred act, a moment to honor the Earth's gifts and our body's wisdom. With each meal, you create harmony between your physical self and the energy that sustains you."

On Detoxification

"Releasing toxins isn't just for the body—it's for the soul. As we cleanse our cells, we clear our thoughts, emotions, and connections to the divine."

On Ritual

"Rituals like soaking seeds or making a smoothie are more than routines—they are acts of self-love, small yet profound ways to care for the temple that houses your spirit."

On Transformation

"Every step of this journey, from choosing your ingredients to savoring your meals, is a step toward transformation. This isn't just a protocol—it's a rebirth of how you live and love your life."

On Gratitude

"When you sit down to eat, take a moment to thank the Earth for its abundance, your body for its resilience, and your soul for guiding you toward wholeness."

On Consistency

"The power of this protocol lies in consistency. Small, intentional choices build the foundation for the vibrant, aligned life you deserve."

On Energy Cleansing

"As you cleanse your body, you cleanse your energy field. Each step you take in this protocol is a gentle clearing of old patterns, making space for radiant, renewed energy."

On Integration

"This is more than a two-week cleanse; it's a lifestyle of honoring your body, mind, and spirit. Integrate these practices into your life, and you will witness your own light shining brighter than ever."

Blessings on your journey

