

## Vegetarian Options

I have found that many of the foods that people build up sensitivities or intolerances to are what are eaten daily on a vegetarian diet including gluten, soy, corn and peanuts, and also eggs and dairy if on a lacto-ovo vegetarian diet. These sensitivities are often low-grade and people become accustomed to them and think that the headaches, fatigue, brain fog, gas and bloating, weight loss resistance, etc. are just "normal for them".

If you are a vegetarian we have supplied a few meal options for you - it is impossible to follow a vegan diet and not eat a higher carbohydrate diet so if you choose to follow this rather than the basic cleanse diet be aware that you may see slower or no weight loss from it

### Vegetarian options

2 cups vegetarian lentil soup

Mixed green salad with 1-2 ounces of chopped walnuts with balsamic vinaigrette

### Fiesta Rice & Beans

1/2 cup cooked brown rice

1/2 cup black beans

1T chopped green chilies

1 cup chopped sauteed onions, red and green peppers

top with 1/3 sliced avocado

### Mediterranean Quinoa

1 cup cooked quinoa

1/2 cup garbanzo beans

1/2 chopped scallions, cucumber and celery

Mix together, serve on a bed of romaine lettuce dressed with lemon juice and olive oil

### Roasted Veggies

Your choice of summer squash, onions, portabello mushrooms, peppers, Brussels sprouts.

Toss in coconut oil, sprinkle with sea salt and spread on cookie sheet. Roast for 400 degrees, turning at 20 minutes and then continue roasting until desired doneness.

1/2 cup hummus served on 2 brown rice cakes