



"YOU ARE WHAT YOU CAN Dincs 02

Are you ready to take care of your body and treat yourself for this 3 days self-care mini break? Slowing down, going inwards and releasing what doesn't serve you any more.

This 3 day Ayurvedic Cleanse & Reset program is a great way to re-balance your MIND, BODY and SPIRIT, preparing you for the forth coming season.

The good news is, you will be doing it without being hungry! I promise you, no starvation or juices. You'll still be able to eat plenty of light, easily digestible, delicious food.

I can hear you thinking... But how? Well, eating only one type of food! With other words "mono-mealing". You will eat warm & comforting food and giving your digestive system a rest at the same time. Sounds good, right?

You can follow this program any time of the year but it is especially useful when changing the seasons. Going from cold to warm (winter to spring) or warm to cold (summer to fall)

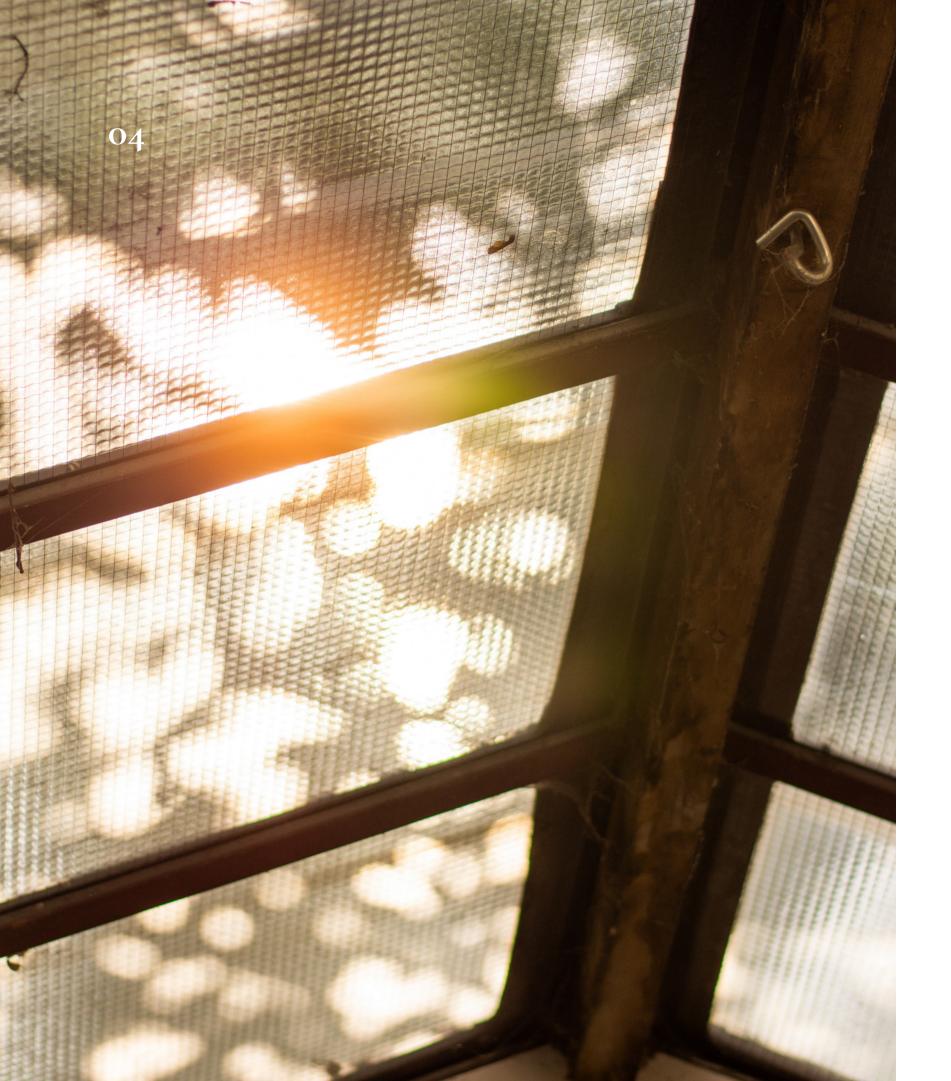


The reason we need to cleanse regularly is because our bodies are able to function best when they are clear of impurities.

Releasing toxins, excess mucus & water helps your body with this process.

When we digest food better, we are more able to absorb the nutrients of the food and NOURISH our bodies.

Sort of yearly check up for your digestive system, like we normally do for our cars;)



PHYSICAL & MENTAL

Benefits



Reduction of toxins

Boosting the immune system

Reduce sugar cravings

Reduce caffeine cravings

Improves sleep

Nourishing your body & soul

Re-balancing your taste buds

Re-set energy & focus

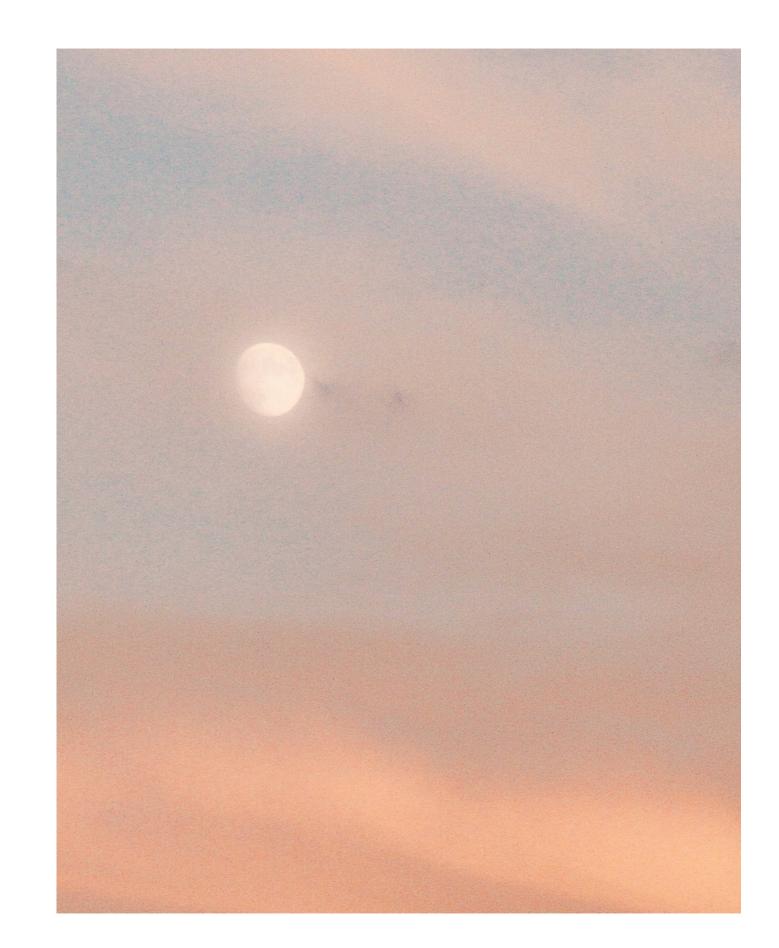
WHEN TO CLEANSE?

Ayurveda is all about *holistic* approach. So it doesn't come with a surprise I guess, if I tell you to sync the period of these 3 days with the Moon.

Just like ebb & flow of the oceans are caused by *lunar energy* - the attractive force of the Moon - our bodies are also very much reacting to each Moon phase (since we are ~ 60% water) Waning Moon, the period from Full to New Moon, has a detoxifying effect. The closer to New Moon, the stronger this effect will be.

Also, try to choose a periode when you can take it easy, focus on your self instead of work or busy social activities. If it's a Friday-Saturday-Sunday period or during the week, it's completely up to you. Whenever if feels right for You.

Please, avoid cleansing when pregnant, breast-feeding or menstruating.



"HEALTH STARTS IN YOUR GUTS"

WHAT IS AGNI?

Agni literally stands for "fire" in Sanskrit. It's the strengths of your digestion.

The stronger your digestive fire is, the better your digestion is.

According to Ayurvedic doctors, it's more important to have to have good digestion (strong Agni) and a poor diet than bad digestion and a really healthy diet, since your body is not able to absorb all the good stuff than. Makes sense, right?



WHAT IS AMA?

The term Ama means "undigested" "incomplete" or "raw" in Sanskriet.

So when we talk about Ama in our bodies, it is basically undigested food, toxic food rests stuck in the digestive system.

It disturbs digestion and attracts imbalances that may lead to disease on a long term, blocking the subtle channels of the body. It also damages the proper function of digestion.

KITCHARI

YOUR MAIN MEAL DURING THE CLEANSE

Kitchari is the most ancient form of detox, practiced for centuries.

It has a unique quality of both *cleansing and* strengthening at the same time. Mung beans are literally scraping your colon clean. They also help to purge mucus from the bowels, rooting out parasites and toxins that might be stuck in your gut.

It is a really delicious, satisfying, nourishing meal, so you will not be hungry at all, but it will give your digestive system a very much needed rest.



INGREDIENTS

- 350 gr mung beans
- 150 gr basmati rice
- 2 tbsp ghee or sesame oil
- fresh ginger (2-3 cm)
- 2 tsp turmeric powder
- 2 tsp cummin seeds
- 1 tsp corinader seeds
- 1 tsp fennel seeds
- pinch of asafoetida
- 5-6 cardamom pods (break them to get the seeds)
- 2-3 bay leaves
- pinch of sea salt
- black pepper
- 1,5 liter water or more

Agni Booster Chutney For one meal:

- 1.5 cm ginger chopped fine
- a squeeze of lemon
- pinch of salt

Extra Toppings:

• green in season veggies like broccoli, courgette, asparagus, Brussel sprouts or spinach. Only for lunch, your biggest meal!



PREPARATION

- 1. Soaking the mung beans overnight. (rinse well before using them)
- 2. Heat the ghee in a pan and add the spices, the cardamom seeds sauté for a couple minutes, then add the mung beans and rice, the bay leaves + 1 liter water. Add some more water later if needed.
- 3. Cook the mung dal voor 40-45 minutes till the beans are completely cooked. Add some more water if needed.
- 4. In a separate pan, sauté the ginger (chopped) with the three different seeds (cummin, coriander & fennel) and some extra turmeric. Add them to the cooked mung beans and cook them together for a couple of minutes to blend well.
- 5. Serve with the Agni Booster Chutney, some fresh coriander and steamed/cooked vegetables. See extra topping ideas.

Eventually, extra salt and pepper to taste.

MORNING TEA

According to Ayurveda, ginger is a universal medicine. It is also one of the oldest medicinal drinks. It can help improve digestion, manage glucose level, and reduce inflamation just to mention a few of the benefits.

INGREDIENTS

- fresh ginger
- 1 tbsp apple cider vinegar
- 1 slice lemon

PREPARATION

- 1. Slice a couple of organic ginger + lemon.
- 2. Add some boiling water. Let it soak for about 10 minutes.
- 3. Once cooled off a bit, add the apple cider vinegar.



CCF TEA

This traditional Ayurvedic tea is designed to ease and sooth digestive distress by stimulating your digestive fire.

Also gently detoxifying and balancing for all 3 dosha types.

You will be drinking it the whole day through during the cleanse.

INGREDIENTS

- coriander seeds
- cummin seeds
- fennel seeds

PREPARATION

- 1. Mix equal amount of coriander, cummin and fennel seeds and add boiling water.
- 2. Let it soak for at least 10 minutes.
- 3. One teaspoon of each seeds makes 2 liter tea for the whole day.

GOLDEN MILK

You can use this delicious Turmeric latte as a substitute of the Kitchari in the program. For breakfast or dinner.

INGREDIENTS

- (plant based)milk
- 1/3 tsp turmeric
- 1/3 tsp cinnamon
- 1/3 tsp ginger powder
- 1/3 tsp cardamom
- pinch black pepper
- extra cinnamon (for the top)
- drizzle of raw honey
- half teaspoon of ghee or coconut oil (if you are Vegan) is optional

PREPARATION

- 1. Put a teaspoon spice mix in a cup.
- 2. Add some cooked water and wait for a minute.
- 3. Mix it with a spoon then add some milk foam. (I used oat milk from Oatly here, but feel free to use your favorite choice of milk)
- 4. Adding some good fats, like ghee or coconut oil is also great. Makes the taste nice and silky. Finally, sweeten as you like.

Some residue of the spices is normal at the bottom of the glass. They do not totally dissolve, so you did everything right!





PANTRY & FRESH INGREDIENTS

3x 500 gr mung beans

- ghee (or sesame oil for the Vegan) option
- white basmati rice
- fresh ginger (size like your fist)
- 3 lemons
- 3x bunch of fresh cilantro
- apple cider vinegar
- your choice of green veggies to add for lunch
- your choice of milk (for Golden Milk)
- raw honey

ORGANIC SPICES

- cumin seeds
- coriander seeds
- fennel seeds
- ground turmeric
- asafoetida (online or from the Toko)
- sea salt or himalayan salt
- black pepper
- cardamom pods
- cinnamon
- ginger powder

YOUR 3 DAY EATING PLAN SUGGESTION



MORNING TEA



BREAKFAST / KITCHARI



CCF TEA



LUNCH / KITCHARI



CF TFA



DINNER / KITHARI OR GOLDEN MILK



CCF TEA





MORNING TEA



BREAKFAST / KITCHARI



CF TE



LUNCH / KITCHARI





DINNER / KITCHARI



CCF TEA





MORNING TEA



BREAKFAST / KITHARI OR GOLDEN MILK





LUNCH / KITCHARI





DINNER / KITCHARI



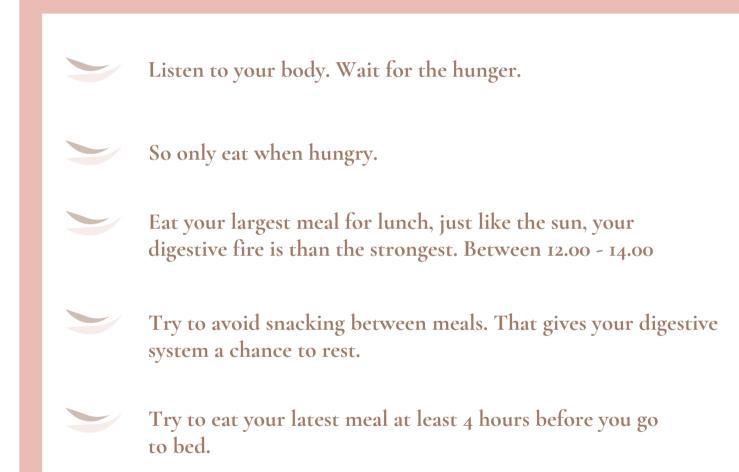
CCF TEA



HOW & WHEN



- Sit at the table with your back straight.
- Eating is not only food, but also atmosphere and good company. Make this moment a small party for yourself. Set some music on, lit a candle if you want. Even when you eat alone. You are so worth it!
- Be grateful for the food.
- Take your time when eating. Are you a quick eater? A good trick is to set your cutlery on the table between every single bite. This will help you slow down...
- Chew well. Make every bite like a soup in your mouth. Your stomack will thank you for it.;)
- Try to use smaller plates. The size of your two palms together is the size of your stomack.
- Stop eating at the first burb. It's a sign you've had enough. Even if you don't think that at that moment.
- According to Ayurveda, your stomack should be half full with food, 1/4 liquid and 1/4 empty to leave space for easy digestion/ movement.







Cheers to your health!

Please, note. You should always contact your doctor for medical advise when in doubt of doing this Cleanse & Reset program. This 3 day mono diet is based on my own experience with nutrition, and Ayurveda.