



The Sexy Summer Detox

Summer is when fresh fruits and vegetables are at their peak. I'll have access to fresh berries, peaches, nectarines, watermelon, plums and all of your favorite summer foods.

The detox recipes in this chapter are specifically designed for weight loss and boosting energy levels. It's the perfect kickstart help you keep up with a busy summer of fun, friends and family.

All that extra beta-carotene in these summer green smoothies will help protect your skin from sun damage (it's not, however, an alternative to sun block) and may help enhance your tan.

Summer Mental Detox

Each day of this detox has a mental detox "assignment". Your focus over the next four days is to take time out for yourself. You probably can't take a full summer vacation, but the exercises in this chapter are geared to help you take a time out for yourself and reconnect with who you are and who you want to become.

Summer Home Detox

One of the healthiest changes I made to detox my home was to swap out my toxic anti-bacterial hand soap with plant-oil based Castile soap.

I've tried homemade hand and body soaps made with baking soda and weren't a fan of them. Instead, I prefer liquid Castile soap. You can find it by the bottle or jug in health food stores, or in the "natural" section of your supermarket.

Castile soap is made from vegetable oils (such as olive) and often mixed with tea tree oil and natural fragrances. I use it as my shower and hand soap. It works really well in foaming soap dispensers where it will last longer.

Castile soap can also be used as an all-purpose cleaner, laundry detergent and dish soap.

Note: Fragrance oils in some Castile soaps may stain some fabrics. Always spot test on new surfaces to ensure the cleaner will be safe for different fabrics and finishes.

While you're at it, consider switching over your **laundry & dish soap** to natural, biodegradable alternatives.

One of the most natural solutions to laundry detergent is "soap nuts". They are as natural as you're going to get since all they are is the dried fruit of the Chinese Soapberry tree. Simply drop one in the wash in a linen sachet and you'll have a safe and effective laundry soap that is gentle on your skin and 100% biodegradable.

Unscented Castile soap and vinegar can be used for laundry detergent as well. You can find recipes online.

The easiest thing to do is to purchase eco-friendly, plant-oil-based laundry detergent. I get a great deal on a wonderful, name-brand detergent at my local Costco. You can find natural products at a much better deal at warehouse clubs.

I use natural, biodegradable dish soap for my dishes. You can also use Castile soap for dishes but it's usually more cost effective to buy natural dish soap.

Day 1 – Summer Detox

Meal 1: Green Smoothie

Ingredients

2 bananas, peeled
1 and 1/2 cup whole strawberries
1 grapefruit, peeled and deseeded
1 large head of romaine lettuce, chopped
4 to 6 ounces of filtered water

Directions

Add all the ingredients except for the lettuce to your blender and hit the “pulse” button a few times. Next, add the lettuce and blend on high for 30 seconds or until the smoothie is creamy.

Calories: 488 | Protein: 13g | Carbohydrates: 117g | Fats: 3g

Meal 2: Green Smoothie

Ingredients

3 cups cantaloupe, cubed
3 peaches, pitted
1 head green leaf lettuce, chopped
1 small banana, peeled

Directions

Add all the ingredients except for the lettuce to your blender and hit the “pulse” button a few times. Next, add the lettuce and blend on high for 30 seconds or until the smoothie is creamy.

Calories: 499 | Protein: 14g | Carbohydrates: 119g | Fats: 3g

Meal 3: Chunky Cucumber and Hemp Seed Soup with a Peach and Arugula Salad

First Course: Cucumber Soup

Ingredients:

4 stalks of celery, chopped
1 cup cucumber, chopped
3 tablespoons shelled raw hemp seeds
2 Campari tomatoes, chopped
3/4 cup fresh pineapple, cubed
1/4 cup fresh Italian parsley, chopped
1 tablespoon fresh dill, chopped
1 tablespoon apple cider vinegar

Directions:

In a blender, blend the tomato, pineapple, 1/2 cucumber, parsley, dill and vinegar until creamy. Next, finely chop the remaining 1/2 cucumber. Right before you serve, add the hemp seeds and cucumber to the soup and give it a stir.

Calories: 239 | Protein: 11g | Carbohydrates: 33g | Fats: 11g

Second Course: Peach and Arugula Salad

Ingredients:

2 large peaches cut into wedges
2 plum tomatoes cut into wedges
1 cups arugula
2 cups spinach
2 to 4 thin slices of red onion, cut in half

Dressing

1 to 2 teaspoon extra virgin olive oil
2 tablespoons apple cider vinegar

Directions

Mix the olive oil and vinegar together and set aside. Next, mix the salad ingredients together and add the dressing.

Calories: 252 | Protein: 6g | Carbohydrates: 48g | Fats: 6g

Meal 4: Watermelon Spice Soup

Ingredients

5 cups watermelon
2 and 1/2 small bananas, peeled and sliced
Juice from 2 limes
3 tablespoons fresh mint, chopped
1 tablespoon fresh ginger, grated

Directions

In a food processor or high-speed blender blend 3 1/2 cups of watermelon and 1 banana until smooth. Next add the lime juice, mint, ginger and remaining watermelon and banana.

Chill for at least 30 minutes before eating.

Calories: 493 | Protein: 8g | Carbohydrates: 126g | Fats: 2g

Mental Detox: Personal Development Reading

A powerful complement to a dietary detox plan is motivational reading that inspires you to grow as a person. Commit to reading a chapter in a personal development book every day. Or you can spend 10 uninterrupted minutes reading personal development blogs.

Summer is the perfect time to relax and focus on what is important in life. Let's take the next four days to read self-growth topics on gratitude, love and relationships.

Suggested Reading:

Books:

The Secret by Rhonda Byrne

Personal Development For Smart People by Steve Pavlina

Magazines:

Success Magazine – <http://www.successmagazine.com/>

Blogs:

Stop Dreading Mondays – <http://www.stopdreadingmondays.com>

Personal Development For Smart People –
<http://www.stevpavlina.com>



Day 2 – Summer Detox

Meal 1: Green Smoothie

Ingredients

3 peaches, pitted
4 apricots, pitted
2 small frozen bananas, peeled
1 teaspoon lime juice
3 cups dandelion greens, chopped
4 to 6 ounces of filtered water

Directions

Add all the ingredients except for the greens to your blender and hit the “pulse” button a few times. Next, add the greens and blend on high for 30 seconds or until the smoothie is creamy.

Calories: 507 | Protein: 12g | Carbohydrates: 123g | Fats: 3g

Meal 2: Green Smoothie

Ingredients

2 medium bananas, peeled
3 cups watermelon, chopped
2 stalks of celery
1 medium cucumber with peel
1 head romaine lettuce, chopped

Directions

Add all the ingredients except for the greens to your blender and hit the “pulse” button a few times. Next, add the greens and blend on high for 30 seconds or until the smoothie is creamy.

Calories: 500 | Protein: 15g | Carbohydrates: 120g | Fats: 3g

Meal 3: Zucchini Soup and Watermelon Salad

First Course: Zucchini Soup

Ingredients

2 whole zucchini (or yellow summer squash)
4 Campari tomatoes, chopped
2 stalks of celery, chopped
1 sliver of red onion
1/2 to 1 clove garlic, minced and crushed (optional)
Spices: A dash each of dill, cilantro (fresh or dried), sea salt and pepper to taste.
1 and 1/2 to 2 cups of filtered water

Directions

In your blender, mix all of the ingredients except for 1/2 a zucchini and 1 tomato for about 40 seconds on high or until it is smooth and creamy. Before serving, chop the last of the zucchini and tomato and stir into the soup.

Calories: 135 | Protein: 5g | Carbohydrates: 20g | Fats: 1g

Second Course: Watermelon Salad

Ingredients

2 cups watermelon, cubed
1/4 to 1/2 cup fresh mint, chopped
1 and 1/2 cup raspberries
1 and 1/2 cup red grapes, halved
2 teaspoons lime juice

Directions

Mix all the ingredients into a large bowl. Let it marinate in the refrigerator for about 30 minutes. (Note: Make the salad first, then make and eat the soup.)

Calories: 365 | Protein: 6g | Carbohydrates: 90g | Fats: 2g

Meal 4: Beet Soup with a Strawberry Salad

First Course: Beet Soup

Ingredients

1 and 1/4 cup beet root, chopped
1 and 1/4 cup carrot, chopped
1 large tomato, chopped
1/8 to 1/4 cup red onion, sliced
1 cup strawberries, sliced
1 to 2 cups of water pending on how thick or thin you want it.

Direction

In your blender, blend all the ingredients except for 1/4 beet and 1/4 carrot until creamy. Pour the soup into a large bowl and mix in the remaining beet and carrot.

Calories: 240 | Protein: 7g | Carbohydrates: 55g | Fats: 1g

Second Course: Strawberry Salad

Ingredients

3 cups fresh baby spinach
3 cups strawberries, sliced
2 to 3 thin slices red onion

Dressing

2 tablespoons apple cider vinegar
1 tablespoon maple syrup

Directions

Mix the vinegar and syrup together and set aside. In a large bowl, mix the salad ingredients together. Next, add the salad dressing.

Calories: 263 | Protein: 6g | Carbohydrates: 61g | Fats: 1g

Mental Detox: Digital Detox

A digital detox is just what it sounds like. You'll abstain from TV, radio, mobile devices (yes, even your cell phone), your computer and anything with an Internet connection for at least 24 hours. Feel free to continue this through the remainder of the 4-day summer detox.

Sounds like hell, right? At first, maybe it will feel like total isolation. You'll likely feel a bit cut off and stir crazy. But what will happen is that if you keep this up for a few days, you'll reconnect with your true self. You'll hear your own thoughts again and that is a beautiful thing! Even one day will show just how distracted you get.

A digital detox will help you reconnect with yourself. You might just start a novel, create some art or that lucrative business idea will strike you like lightning.

It's summer so try to get outside in the sunshine, attend a summer festival and reconnect with people face to face.

You'll probably feel more peaceful and find that you are much more fulfilled connecting with people in person than over the phone, online or living life vicariously through the characters in your favorite show.

Try out a game night instead of a TV night. Go out to a museum or art gallery. Go for an evening hike and enjoy the sunset (leave your MP3 player and cellphone at home!).

Be brave and give a digital detox a try! It just might be what you need to jumpstart your creativity.

Day 3 – Summer Detox

Meal 1: Green Smoothie

Ingredients

4 cups strawberries, sliced
1/2 lemon, peeled and deseeded
2 small frozen bananas, peeled
3 cups dandelion greens, chopped
1 cup fresh spinach, chopped
4 to 6 ounces of filtered water

Directions

Add all the ingredients except for the dandelion greens to your blender and hit the “pulse” button a few times. Next, add the dandelion greens and blend on high for 30 seconds or until the smoothie is creamy.

Calories: 481 | Protein: 12g | Carbohydrates: 116g | Fats: 4g

Meal 2: Green Smoothie

Ingredients

1 and 1/4 cups blueberries
1 and 1/2 cups cherries, pitted
1 large pear, cored
2 medium stalks of celery, chopped
1 head of romaine lettuce, chopped
4 to 6 ounces of filtered water

Directions

Add all the ingredients except for the lettuce to your blender and hit the “pulse” button a few times. Next, add the lettuce and blend on high for 30 seconds or until the smoothie is creamy.

Calories: 503 | Protein: 12g | Carbohydrates: 122g | Fats: 3g

Meal 3: Tomato-Carrot Soup and Red Cabbage Salad

First Course: Tomato-Carrot Soup

Ingredients

4 medium carrots, chopped
4 Campari tomatoes, chopped
4 stalks of celery, chopped
2 slivers of red onion (optional, to taste)
1/2 to 1 clove garlic, minced and crushed (optional)
1 tablespoons oregano and basil
Dash of sea salt and pepper to taste
1 and 1/2 to 2 cups water

Directions

In your blender, mix all of the ingredients for about 40 seconds on high or until it is smooth and creamy.

Calories: 200 | Protein: 6g | Carbohydrates: 44g | Fats: 1g

Second Course: Red Cabbage Salad

Ingredients

1 cup red cabbage, chopped
1 cup carrots, shredded
1/8 to 1/4 cup red onions, chopped
1/2 cup dried unsweetened cranberries
Juice from 1 lemon

Directions

In a large bowl, mix all the ingredients together.

Calories: 292 | Protein: 3g | Carbohydrates: 76g | Fats: 1g

Meal 4: Green Salad with a Strawberry-Parsley Dressing

Ingredients

1 head romaine lettuce, chopped
3 plum tomatoes, chopped
1/4 avocado, chopped
1 cup red grapes, halved
1 medium cucumber, chopped
5 medium mushrooms, sliced
2 to 5 thin slices of red onion (to taste), chopped
2 small carrots, shredded

Dressing

1/2 cup whole strawberries, chopped
1/2 cup parsley, chopped
Add water as needed to reach desired consistency

Directions

To make the dressing, blend the strawberries in your blender for about 30 seconds. Next add the parsley. Add water to make it a thinner consistency.

Calories: 492 | Protein: 19g | Carbohydrates: 96g | Fats: 11g

Mental Detox: Journaling

Are you doing a "Digital Detox"? If you are, you might benefit by doing some journaling. Even if you are not disconnecting yourself from the world for the next few days, journaling can be a fantastic tool to help you clear your head and focus on creating a life you love.

All you need is a notebook, a pen and about 15 to 20 minutes first thing in the morning (or anytime during the day where you won't be interrupted). Simply write at least three pages of stream-of-consciousness. When you get to the third page, stop.

Don't try to write a novel. Just drag the pen across the page as quickly as you can until you fill three pages. Write whatever comes to mind. Just write. It's not for publishing or reading so just grab a pen and go for it!

Journaling helps you focus your attention, work through problems, connect with your true self and explore decisions you're faced with. It clears out the bottleneck of mental clutter and allows for mental clarity throughout the day. Since you've been focusing your personal development reading these past couple days on the topics of gratitude, love and relationships, then write about those topics.

Here are a couple sample writing prompts:

List 10 things you are grateful for in your life. Now list another 10.

Who are the most important people in your life? Write them a letter telling them how much you appreciate them.

What are 10 things you love about yourself?



Day 4 – Summer Detox

Meal 1: Green Smoothie

Ingredients

2 small bananas, peeled
3 oranges, peeled and deseeded
3 5-inch heads of butter lettuce
1 cup blackberries
2 to 4 ounces of water (You can use less water if the oranges are juicy.)

Directions

Add all the ingredients except for the lettuce to your blender and hit the “pulse” button a few times. Next, add the lettuce and blend on high for 30 seconds or until the smoothie is creamy.

Calories: 511 | Protein: 14g | Carbohydrates: 123g | Fats: 3g

Meal 2: Green Smoothie

Ingredients

2 cups green grapes
1/2 small lemon, peeled and deseeded
1/2 small lime, peeled and deseeded
2 medium bananas, peeled
3 cups dandelion greens, chopped
4 to 6 ounces of filtered water

Directions

Add all the ingredients except for the dandelion greens to your blender and hit the “pulse” button a few times. Next, add the dandelion greens and blend on high for 30 seconds or until the smoothie is creamy.

Calories: 511 | Protein: 9g | Carbohydrates: 129g | Fats: 2g

Meal 3: Stuffed Pepper and Tomato Soup

First Course: Stuffed Pepper

Ingredients

1 large orange bell pepper, hollowed out
1 medium zucchini, chopped into small cubes
2 or 3 slices of red onion, diced
1 medium tomato, diced
1/4 cup of fresh cilantro, chopped
1/2 small clove of garlic, minced
1/2 teaspoon of cumin
Juice from 1/2 lime
1/4 avocado, mashed

Directions

In a large bowl, mix all of the ingredients except for the pepper. Next, stuff the pepper, grab a fork and enjoy!

Calories: 198 | Protein: 6g | Carbohydrates: 27g | Fats: 8g

Second Course: Tomato Soup

Ingredients

4 large tomatoes, chopped
2 medium carrots, chopped
2 medium celery stalks, chopped
1/8 to 1/4 cup red onion, sliced
1/2 cup sun-dried tomatoes, soaked in water 10 minutes
1 tablespoon dried basil
1 tablespoon dried oregano
Pinch of salt to taste
Dash of cayenne pepper (optional)

Directions

In your blender, blend all the ingredients except for one tomato. Blend until creamy. Pour the soup into a large bowl and add the remaining tomatoes.

Calories: 295 | Protein: 12g | Carbohydrates: 65g | Fats: 2g

Meal 4: Strawberry Soup with Tomato and Watermelon Salad

First Course: Strawberry Soup

Ingredients

3 cups strawberries, sliced
2 oranges, peeled and deseeded
1 tablespoon fresh lemon juice
2 medium stalks of celery, chopped

Directions

In a high-speed blender or food processor, blend on low until slightly chunky.

Calories: 309 | Protein: 6g | Carbohydrates: 75g | Fats: 2g

Second Course: Tomato and Watermelon Salad

Ingredients

2 cups watermelon, cubed
4 ripe plum tomatoes, chopped
1 medium cucumber, chopped
2 tablespoons balsamic vinegar
1/4 cup slivered fresh basil leaves

Directions

In a large bowl, combined all the ingredients and mix well.

Calories: 221 | Protein: 7g | Carbohydrates: 52g | Fats: 1g

Mental Detox: Spend A Day In Nature + Social Media/Cellphone Fast

Now that you are on day four of your summer detox, make a date with nature and blow off some of your extra energy by going on a hike, out on a boat or even a simple walk in the park. Be mindful of the natural world around you. Observe any animals and birds that are around and take time out to smell the

flowers, feel the breeze and appreciate the intricate detail of trees overhead.

This is also a great day to do a 24-hour (or longer) fast from Facebook, Twitter or any other social networking website. It's a very mild version of the Digital Detox, but it eliminates distraction, excess "chatter" and mental clutter while you go out into nature and reconnect with the "real world".

Instead of connecting to people through your computer and keyboard, you'll only be able to meet with them face to face or on the phone (no texting!). Feel free to invite friends out for a healthy juice or iced tea and chat face to face rather than simply posting on their wall.

While you're at it, try spending some time away from your phone. This little mental detox involves going out and leaving your phone at home. This is a particularly good detox for those of you addicted to your smart phones and texting. You'll be much more present and aware during your day out in nature without the constant distraction of your phone. Take a camera with you instead!

