

# **FROM SEED TO SPROUT'S** [AWAKENING TO SPRING] CLEANSE PROGRAM

*As we move out of our winter hibernation and begin to embrace Spring,  
it is the perfect time to restore and rejuvenate the body and mind.*

Throughout the day, we are exposed to many different types of toxins including chemicals, heavy metals or parasites with potentially harmful effects. They may come from many sources including: alcohol, caffeine, synthetic ingredients, pesticides or other chemicals used to grow or prepare food, smog or other substances in the air, substances such as artificial sweeteners added to food, sugar, perfumes and water. It is believed that the body holds onto toxins in the digestive, lymph, or gastrointestinal systems as well as in skin and hair. Toxins can cause problems such as fatigue, headaches, nausea, congestion, inflammation, digestive disturbances, allergies and a wide range of chronic diseases.

THERE ARE MANY BENEFITS THAT CAN BE GAINED FROM THE PROCESS OF CLEANSING THE BODY SUCH AS A GREATER SENSE OF WELL-BEING, AN INCREASE IN ENERGY AND VITALITY, MORE RESTFUL SLEEP, INCREASED MENTAL WELL-BEING, ENHANCED IMMUNITY, IMPROVED DIGESTION AND EDUCATION TO SHARE WITH OTHERS.

## **Our “awakening cleanse” runs for 7 days and includes:**

**book of recipes**

**2 group meetings (held on first and last days of cleanse)**

**bag of “detox goodies”**

**raw foods cooking class**

**support/check-in sessions**

**nutrition education**

**option for prepared meals: lunch and dinner (additional fee)**

**option for massages (additional fee)**

**CLEANSE WEEK RUNS SUNDAY APRIL 11 through  
SUNDAY APRIL 18**

From Seed to Sprout  
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Katie Strakosch & Alex Mazzucca

**PACKAGE PRICE \$125**

**Add our prepared food option for \$30 per day**

*“Every second we choose to nourish ourselves in a way that supports or depletes our lives, and to think and speak about other people in a way that is honoring or dishonoring. What choices are you going to make today?” ~ Greg Braden The Divine Matrix*

## **Sample Menu of Specialty Foods**

### **Salads**

*Sesame Kale Delight*

*Raw Slaw*

### **Soups**

*Miso*

*Gazpacho*

*Raw Carrot Ginger*

*Cucumber Dill with Chipotle Chutney*

*Apple Pear Bisque*

*Spinach Lentil*

*Rosemary White Bean*

### **Small Bites**

*Pesto Zucchini Rolls*

*Stuffed Collard Greens*

*Array of Veggie Sushi*

*Stuffed Mushrooms with pesto*

### **Trademark Dishes**

*Asian Soba Noodle Salad with Apples, Carrots, Cabbage & Kale  
tossed in a peanut sauce*

*Raw Pizza with macadamia nut cream & raw marinara*

*Raw Spaghetti topped with sun-dried tomato marinara*

*Spinach Quiche over bed of greens*

### **Snacks**

*Flax Crackers: Mexican Fiesta, Sun dried Tomato & Basil, Cinnamon Raisin*

*Raw Granola: walnuts, apricots, coconut, cinnamon*

*Variety of Hummus and Spreads*

*Veggie Crudite*

### **Desserts**

*Date Almond Balls*

*Chocolate Mousse Pie*

*Chocolate Coconut Brownies*

*Coconut Macaroons*

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