



elissa goodman
certified integrative nutritionist

WINTER 2021 MENU

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Morning	Morning	Morning	Morning	Morning
Elissa's Detox Tonic	Elissa's Detox Tonic	Elissa's Detox Tonic	Elissa's Detox Tonic	Elissa's Detox Tonic
Mid-Morning	Mid-Morning	Mid-Morning	Mid-Morning	Mid-Morning
Super Seed Bar with Goji Berry	Super Seed Bar with Goji Berry	Super Seed Bar with Goji Berry	Super Seed Bar with Goji Berry	Super Seed Bar with Goji Berry
Noon	Noon	Noon	Noon	Noon
Pesto Sorghum Salad	Veggie Maki Roll Salad	Roasted Vegetable & Quinoa Salad	Wild Rice & Delicata Squash Salad	Herbed Chopped Salad
Mid-Afternoon	Mid-Afternoon	Mid-Afternoon	Mid-Afternoon	Mid-Afternoon
Healing Mineral Broth with Further Food Collagen	Healing Mineral Broth with Further Food Collagen	Healing Mineral Broth with Further Food Collagen	Healing Mineral Broth with Further Food Collagen	Healing Mineral Broth with Further Food Collagen
Late-Afternoon	Late-Afternoon	Late-Afternoon	Late-Afternoon	Late-Afternoon
Pickled Vegetables	Pickled Vegetables	Pickled Vegetables	Pickled Vegetables	Pickled Vegetables
Evening	Evening	Evening	Evening	Evening
Zesty Artichoke Soup	Cauliflower & Celery Root Soup	Supergreen Detox Soup	Kabocha Curry Soup	Yellow Split Pea Soup
Night	Night	Night	Night	Night
Inner Peace Tonic	Harmony Latte	Inner Peace Tonic	Harmony Latte	Inner Peace Tonic