



PHASE 4 PAUSE SNAPSHOT

MAIN FOCUS:

Reflecting and being grateful for both positive and negative changes; optimizing detoxification

FOOD FOCUS:

Returning to a “real life” with your new perfect-for-you diet

PAUSE MOVEMENT:

Returning to rest and gentle movement

PAUSE RITUAL:

Alone time for reflection

PAUSE PHASE RELAXING ELIXIR

- 1/2 cup [coconut milk](#)
- 1/2 teaspoon [turmeric](#)
- 1/2 teaspoon [ginger powder](#)
- Dash to 1/8 teaspoon [black pepper](#)
- 1 dropper full of [valerian tincture](#)

PAUSE PHASE PROTEIN BALL RECIPE

TAHINI SUPERFOOD BALLS (makes 20 balls)

- 3/4 cup [tahini paste](#)
- 3/4 cup [pitted dates](#) (soaked for 30 minutes)
- 1/2 cup [coconut oil](#), melted
- [Pinch sea salt](#)
- 1 tablespoon [dried rose petals](#) from organically grown roses + 2 tablespoons for rolling (optional)
- 2 cups [sunflower seeds](#) (raw, unsoaked)
- 1/2 cup [hemp seeds](#)
- 1/2 cup [goji berries](#) or dried and [unsulphured cranberries](#)
- 2 tablespoons [sesame seeds](#) (for rolling)