



## PHASE 3 PLATEAU SNAPSHOT

### MAIN FOCUS:

Continuing to establish new habits and finding a balance of old and new; optimizing detoxification

### FOOD FOCUS:

Reintroduction phase

### PLATEAU MOVEMENT:

Stick with new movement habits and push yourself further

### PLATEAU RITUAL:

Quit, batch, or delegate exercise

### PLATEAU PHASE TURMERIC CLEANSER

- 12-16 oz room-temperature water or coconut water
- 1-inch piece fresh turmeric (or 2 teaspoons [organic dried turmeric](#))
- 1-inch piece of ginger (or 1 tablespoon [organic powdered ginger](#))
- Juice from 1 lemon
- Dash [cayenne pepper](#)

### PLATEAU PHASE PROTEIN BALL RECIPE

#### SUNFLOWER HEALTH PROTEIN BALLS

(makes 10 balls)

- 1 cup [sunflower seeds](#), soaked for 12 hours, then drained and rinsed
- 1 cup [dates](#), soaked for 1 hour, then rinsed
- ¼ cup water
- 2 tablespoons [raw cacao](#)
- Dash of [sea salt](#)