



PHASE 2

RISE SNAPSHOT

MAIN FOCUS:

Taking action and making healthy choices; optimizing inflammation

FOOD FOCUS:

7 day elimination diet

RISE MOVEMENT:

High-energy and establishing healthy movement goals

RISE RITUAL:

Bath +/- sexual time

RISE PHASE CRANBERRY ELIXIR

- 2 tablespoons [cranberry juice concentrate](#)
- 12-16 oz room-temperature water
- Juice from 1 lemon
- Dash of [cinnamon](#)
- 1 teaspoon of [raw honey](#), [maple syrup](#), or [stevia](#) to taste (optional)

RISE PHASE PROTEIN BALL RECIPES

GOJI BERRY PROTEIN BALLS (makes 10 balls)

- 1 cup [rolled oats](#)
- $\frac{3}{4}$ cup [sunflower seed butter](#)
- $\frac{1}{4}$ cup ground [flax seed](#)
- 2 tablespoons [dried goji berries](#)
- 3 [pitted dates](#)
- 1 teaspoon [cinnamon](#)