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THE BRIDGE
A CUSTOM DETOX
& BREATHWORK PORTAL

VIRECHANA PURGE + FASTING
SEPT 22 - OCTOBER 6

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Designed by Emily Shaw

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MEAL OPTIONS + SOME RECIPES

Keep you meals:

1. **On schedule as much as possible. eating at the same time every day.**
2. **Smaller portion size.**
3. **Eat the same meals on-repeat as much as you can.**

BREAKFAST

1. Cacao Chia Almond Milk Pudding - batch make and chill
2. Quinoa (or Oats) bowl with stewed apples (OR PEARS)
3. Quinoa (or Oats) bowl with w/ avocado, sautéed greens, tamari, nori sprinkles, egg, optional
4. Protein Shake

LUNCH - START WITH ACV SHOT - END WITH WALK

1. Kitchidi with Greens & Grated Ginger, coconut yogurt
2. Big Salad - steamed kale, cucumber, sprouts, grapefruit or apple, smoked almonds, sauerkraut, light vinaigrette
3. Black Beans with Quinoa, Arugula & Sauerkraut
4. Blue Balance Bowl

DINNER - START WITH ACV SHOT - END WITH WALK

1. “ **Vegan Bone Broth**” with Buckwheat Dosa
2. Mung Bean Soup with Greens
3. Tofu, Mushrooms, Arugula + Sweet Potato
4. Kelp Noodles with Beetballs Sauce
5. Steamed Veg + Tahini Sauce Bowl

MUNG BEAN SOUP



INGREDIENTS

1 cup split mung beans (or whole mung beans, soaked overnight)
5 cups water (or more for thinner soup)
1 tbsp ghee or coconut oil
1 tsp cumin seeds
1 tsp grated fresh ginger
½ tsp turmeric powder
½ tsp coriander powder, or seeds
Pinch of hing (asafoetida, **optional** but great for digestion)
1 tsp salt (or to taste)
2 cups chopped greens (Optional, OK without, or add any combination of courgette, spinach, kale, or swiss chard)
Juice of ½ lemon
Fresh cilantro, for garnish
Coconut Yogurt for garnish (optional)

METHOD

1. Rinse mung beans well. If using whole mung beans, soak 6–8 hours or overnight.
2. In a pot, add mung beans + water. Bring to boil, then reduce to simmer.
3. Cook until mung beans are very soft (20–25 min for split, 40–50 min for whole).
4. In a small pan, heat ghee or coconut oil. Add cumin seeds, let them pop. Stir in ginger, turmeric, coriander, and hing. Cook 30 seconds until fragrant.
5. Add this spice mix to the mung beans. Stir well, add salt. Simmer 5–10 minutes more.
6. Use a hand immersion blender to either partly or completely blend the soup—depending if you want a thicker soup.
7. Add chopped greens in the last 5 minutes of cooking so they stay vibrant (optional)
8. Finish with lemon juice and fresh cilantro and coconut yogurt - if desired.

Freezes well.

BUCKWHEAT WRAP (DOSA)



INGREDIENTS

- 1 cup buckwheat flour
- 1 tsp fenugreek powder (optional)
- 1 TSP of salt
- 1 cup water - or enough to make a pourable batter, like a crepe batter

METHOD

1. In a bowl, whisk the buckwheat flour and fenugreek powder and salt with just enough water to make a smooth, pourable batter. Do this by adding a little water at a time. Keep adding more and more water until you have a thin batter that looks like crepe batter.
2. Let it sit for a few hours, adding more water before making the wraps if needed.
3. Heat a non-stick pan or cast iron lightly greased with ghee or coconut oil.
4. Pour in a ladle of batter and spread thinly, like a crepe. I like to use the back of a silicone soup spoon, making very gentle circular motion from the centre outward, lightly spreading the batter even thinner.
5. Cook 3-4 minutes on one side, then flip and cook 1-2 minutes on the other.
6. Cover with a tea towel like tortillas, best served warm as a wrap or with soup or Kitchidi.

TAHINI SAUCE



INGREDIENTS

- ½ cup tahini - white is best
- ¼ cup warm water, add more to thin
- 2 tbsp fresh lemon juice
- ½t tbsp maple syrup or honey (optional)
- 1 small garlic clove, finely grated
- ½ tsp salt
- Pinch ground cumin or smoked paprika (optional)

DIRECTIONS

1. In a small bowl, whisk together tahini and lemon juice — it will seize up at first.
2. Slowly whisk in warm water until creamy and pourable.
3. Stir in finely grated garlic, salt, and optional cumin/paprika and maple syrup
4. Adjust thickness with more water if needed.

SUPPLEMENTS

SEPTEMBER 19 - 27 | PRE PURGE PREPARATIONS

There are some overlaps and some high dosages which could be all be lowered for the duration of the cleanse.

KEEP DURING DETOX

Magnesium Replenish
Vitamin D3 + K2
Vitamin C Burst
Essential Omegas
Quercetin + Nettles

RETURN TO PRESCRIBED DOSAGES AFTER THE CLEANSE

Intestinal Formula #2 | dosage 50 per day.
NEEDS TO BE AWAY FROM FOOD- NUTRIENT ABSORPTION

Suggestion: put 50 caps (daily amount) in a little bowl and make sure you finish them each day, – make sure to drink with a glass of water, sipping as necessary.

TIME		SUPPLEMENT	QAUNTITY
7:00 am	ON WAKING EMPTY STOMACH	Intestinal Formula #2 WATER	X 10
	WAIT 15-20 MINUTES	Warm water w/ Living Silica	
9:00 am	WITH BREAKFAST	Vitamin C Burst	x 1
		D3 Maximus	x 1
11:00 AM- 12:00 PM	MID MORNING - AWAY FROM FOOD	Intestinal Formula #2 WATER	X 12
1:00 pm	WITH LUNCH	Quercetin Plus Nettles	x 1
4:00-5:00 PM	MID AFTERNOON - AWAY FROM FOOD	Intestinal Formula #2 WATER	x 16
7:00 pm	WITH DINNER	Essential Omegas	x 1
9:30 pm	BEFORE BED - 30 MINUTES BEFORE SLEEPING	Magnesium Replenish	X 1
10:00 pm	BEFORE BED	Intestinal Formula #2 WATER	X 12

SUPPLEMENT PLACEMENT

	ROTATE 1	ROTATE 2	ROTATE 3	ROTATE 4	ROTATE 5
UPON WAKING	10 X Intestinal Formula #2 WATER	10 X Intestinal Formula #2 WATER	10 X Intestinal Formula #2 WATER	10 X Intestinal Formula #2 WATER	10 X Intestinal Formula #2 WATER
15 -20 MINUTES LATER	Warm water w/ Living Silica MAKE 1 LT CCF- F FOR THE DAY	Warm water w/ Living Silica MAKE 1 LT CCF- F FOR THE DAY	Warm water w/ Living Silica MAKE 1 LT CCF- F FOR THE DAY	Warm water w/ Living Silica MAKE 1 LT CCF- F FOR THE DAY	Warm water w/ Living Silica MAKE 1 LT CCF- F FOR THE DAY
BREAKFAST 9:00	Cacao Chia Almond Milk Pudding	Quinoa bowl with stewed apples or pears- MCT oil drizzle	Savory Quinoa or Oats bowl OPTIONS: avocado, sautéed greens, tamari, nori sprinkles, egg	Protein Shake	Quinoa bowl with stewed apples or pears- MCT oil drizzle
TAKE W/ BREAKFAST	Vitamin C Burst X1 D3 Maximum X1	Vitamin C Burst X1 D3 Maximum X1	Vitamin C Burst X1 D3 Maximum X1	Vitamin C Burst X1 D3 Maximum X1	Vitamin C Burst X1 D3 Maximum X1
MID MORNING 11:00 -12:00	12 X Intestinal Formula #2 WITH WATER	12 X Intestinal Formula #2 WITH WATER	12 X Intestinal Formula #2 WITH WATER	12 X Intestinal Formula #2 WITH WATER	12 X Intestinal Formula #2 WITH WATER
LUNCH 1:00 PM	ACY SHOT TO START Kitchidi with Greens with Grated Ginger, Coconut Yogurt (optional) FINISH WITH DANDELION TEA WALK AFTER	ACY SHOT TO START Big Salad - steamed kale, cucumber, sprouts, grapefruit or apple, smoked almonds, sauerkraut, light vinaigrette FINISH WITH DANDELION TEA WALK AFTER	ACY SHOT TO START Black Beans with Quinoa, Arugula & Sauerkraut FINISH WITH DANDELION TEA WALK AFTER	ACY SHOT TO START Blue Balance Bowl FINISH WITH DANDELION TEA WALK AFTER	ACY SHOT TO START Kitchidi with Greens with Grated Ginger, Coconut Yogurt (optional) FINISH WITH DANDELION TEA WALK AFTER
TAKE W/ LUNCH	Quercetin Plus Nettles	Quercetin Plus Nettles	Quercetin Plus Nettles	Quercetin Plus Nettles	Quercetin Plus Nettles
MID -AFTERNOON 4:00-5:00 PM	16 X Intestinal Formula #2 WATER	16 X Intestinal Formula #2 WATER	16 X Intestinal Formula #2 WATER	16 X Intestinal Formula #2 WATER	16 X Intestinal Formula #2 WATER
DINNER 7:00 PM	ACY SHOT TO START Kitchidi with Greens & Grated Ginger, coconut yogurt (REPEAT LUNCH) FINISH WITH DANDELION TEA WALK AFTER	ACY SHOT TO START Tofu, Mushrooms, Arugula + Sweet Potato FINISH WITH DANDELION TEA WALK AFTER	ACY SHOT TO START Mung Bean Soup with Greens FINISH WITH DANDELION TEA WALK AFTER	ACY SHOT TO START Vegan Bone Broth* with Buckwheat Dosagan Bone Broth* with Buckwheat Dosa FINISH WITH DANDELION TEA WALK AFTER	ACY SHOT TO START Kitchidi with Greens with Grated Ginger, Coconut Yogurt (optional) FINISH WITH DANDELION TEA WALK AFTER
TAKE W/ DINNER	Essential Omegas Magnesium Replenish	Essential Omegas Magnesium Replenish	Essential Omegas Magnesium Replenish	Essential Omegas Magnesium Replenish	Essential Omegas Magnesium Replenish
30 MINUTES BEFORE SLEEPING	12 X Intestinal Formula #2 WATER	12 X Intestinal Formula #2 WATER	12 X Intestinal Formula #2 WATER	12 X Intestinal Formula #2 WATER	12 X Intestinal Formula #2 WATER
AT BEDTIME - EMPTY STOMACH					

PROTOCOL | FRANCISCA RAMIREZ

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SEPT 22 - 29

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SEPT 29 - OCT 6

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