



Detox

with a Holistic Nutritionist

Support and strengthen your bodies ability to detox

Intermediate Detox

Goal!

- Improve digestive health
 - Rebalance gut flora
- Reduce digestive organ stress
- Improve immune function
 - Improve overall health
- Support the bodies ability to heal and detoxify

Detox Instructions:

- For 14 days focus on foods on the enjoy list & remove those on the avoid list from the picture.
- Drink 90% water/daily, drink to thirst (approx. 2L/day give or take depending on environment, weather, health & activity level, there is no perfect calculation). (permitted alternative beverages are herbal teas that are caffeine free & carbonated water)
- Daily fast/Intermittent fast: Stop eating 10-12 hours before you plan on having breakfast the next day.

Recommended Supplements:

Quality multi vitamin/mineral (prenatal or women's vitamin if you have a menstrual cycle or on any form of birth control) & probiotic. If you are having difficulties having a bowel movement, please contact Dana for additional recommendations.

Important!

Possible Side Effects: Some people may experience side effects, more so if they have practiced poor lifestyle habits for a long period of time. Most side effects will clear up near the end or shortly after the cleanse, these side effects are a result of the body detoxifying and withdrawal symptoms. Common side effects are mild headaches, nausea, diarrhea, and frequent urination, skin problems, feeling tired & emotional. Side effects should not prevent you from going about your daily routine. If side effects become intolerable or a concern, please contact Dana to discuss the issues. Some individuals may experience a healing crisis where they experience symptoms of acute health imbalances, if this occurs please contact Dana.

Contact Dana via

Facebook in a private message.

Email fromtherootsholistic@gmail.com

Phone: 705-586-1210 (home office 10am -7pm)

Beneficial Additions to your Cleanse:

The following will help improve your cleanse and make it more enjoyable although not mandatory for the effectiveness of your cleanse.

- Massage Therapy: Massage is a wonderful way to help the muscles release stress (toxic for the body) & help lymphatic drainage.
- Saunas: Are a great way for the body to expel toxins through the pores, infra-red saunas are much more effective and well tolerated by sensitive individuals.
- Exercise: Also, beneficial during a cleanse. It helps blood circulation which benefits lymphatic drainage and toxin elimination. Sweating during this process is also very beneficial. Just remember to take it easy if you feel lightheaded or tired. Try and exercise out in the fresh air when possible.
- Dry Skin Brushing: Dry Skin Brushing is another wonderful way of eliminating toxins that have built up in the skin.
- Bathing with Epsom salts: This is another great way to help the body eliminate some of those toxins that will be coming out of your pores, not to mention relaxing and something everyone with a bathtub can do.

Things to avoid while on a cleanse

The following things are recommendations, try and follow them as much as you can without limiting your daily activity.

- If you are a smoker try cutting back or quitting prior to the cleanse
- Avoid second & third hand smoke
- Avoid using toxic products such as cleaning products.
- Be cautious with personal care products most of them contain toxic ingredients visit the ewg.org skin deep to analyze your products.
- Stress
- Overexertion
- Major social events that will more than likely be serving foods you cannot consume
- Being around unsupportive friends & family members
- Swimming in pools or soaking in hot tubs that contain chlorine or bromine
- Drinking unfiltered tap water and bottled water
- Avoid places that use pesticides/herbicides/fungicides

Foods to Enjoy!

Remember to drink plenty of water, adding lemon to your water will help digestion.

Apple Cider Vinegar	Lentils
Artichokes	Lime
Asparagus	Miso
Avocado	Nuts (almonds, hazelnuts, macadamia, pecans, cashews)
Beans (most)	Oils (almond, coconut, avocado, flax, macadamia, olive, pumpkin, sesame, sunflower)
Broccoli	Okra
Brussels sprout	Olives (no distilled vinegar)
Buckwheat	Onions
Cabbage	Peas
Carrots	Pineapple
Cashews	Plant based milks, unsweetened (almond, coconut, organic soy,)
Cauliflower	Pseudo cereals (Amaranth, Breadnut, Buckwheat, Chia, Cockscomb, Pitseed, Goosefoot, Qañiwa, Quinoa, Millet, Wattleseed/acacia seed)
Celery	Radish
Cereal grains (oats, rice,)	Rutabaga
Chickpeas	Sauerkraut (raw)
Chlorella	Sea Salt
Cilantro	Seaweed
Cinnamon	Seeds (flax, hemp, chia, pine, sesame, pumpkin, sunflower)
Coconut	Snow pea pods
Cucumber	Soy, Organic
Edible Flowers	Sprouts
Endive	Squash (all varieties)
Garlic	Stevia (leaf)
Grain based flours, things made from (choose quality & limit to 4 servings/week)	Sweet Potato
Hemp Protein	Tofu
Herbs & spices (most)	Turnip
Kim Chi	Walnuts
Leafy greens (all varieties)	Zucchini
Leeks	
Lemon	

Foods to Avoid!

Alcoholic Beverages	Honey
All Animal Products (Beef, Lamb, Poultry, Fish, Dairy*, Eggs*)	Horseradish
All cereal grains**	Maple Syrup
Artificial Sweeteners	Mushrooms
Caffeine*	Nightshade Family (Tomato, Potato, Bell Pepper, Eggplant)
Cacao	Peanuts
Carob Powder	Pistachios
Cocoa	Processed Foods*
Corn and corn by-products*	Sugar
Vegetable oils**	White rice
Energy Drinks/Sport Drinks	Yeast (including nutritional yeast)
Fruit (fresh, canned, dried, juice) **	

* Refer to full list

** See Foods to Enjoy for exceptions to the rule

Caffeine List

- 1/3/7-trimethylxanthine
- black Tea
- black tea extract
- cacao
- coffea sp.
- camellia
- Camellia sinesis
- cassina
- chocolate
- cocoa nibs
- cocoa
- cocoa nibs
- coffee Beans
- coffee extract
- cola nitida
- cola Seeds
- dark chocolate
- energy Drinks
- fermented tea*
- green coffee extract
- green Tea
- green tea extract
- guarana
- guayusa
- Ilex guayusa
- Ilex paraguariensis
- Ilex vomitoria.
- kola nut
- kombucha*
- natural cola flavour
- oolong tea
- paullinia cupana
- soda/pop
- Thea sinesis
- Theobroma cacao
- white tea
- yaupon
- yaupon holly
- Yerba mate, mate

Important note:

- Caffeine is a central nervous system stimulant.
- Aggravates anxiety disorders
- Psychoactive substance & addictive
- Interferes with mineral absorption such as iron, calcium & magnesium.
- Puts the body into fight or flight and causes the release of adrenaline and cortisol
- Blocks adenosine which is required to signal sleep

** Look for caffeine free options*

Corn List

Acetic acid	Crystalline fructose	Hydrolyzed vegetable protein	Potassium fumarate
Alcohol	Cyclodextrin	Hydroxypropyl methylcellulose	Potassium gluconate
Alpha tocopherol	DATUM (a dough conditioner)	Hydroxypropyl methylcellulose pthalate (HPMCP)	Powdered sugar
Artificial flavorings	Decyl glucoside	Inositol	Pregelatinized starch
Artificial sweeteners	Decyl polyglucose	Invert syrup or sugar	Propionic acid
Ascorbates	Dextrin	Iodized salt	Saccharin
Ascorbic acid	Dextrose (also found in IV solutions)	Lactate	Salt (iodized salt)
Aspartame (Artificial sweetener)	Dextrose anything (such as monohydrate or anhydrous)	Lauryl glucoside	Semolina (unless from wheat)
Astaxanthin	d-Gluconic acid	Lecithin	Simethicone
Baking powder	Distilled white vinegar	Linoleic acid	Sodium
Blended sugar (sugaridextrose)	Drying agent	Lysine	carboxymethylcellulose
Calcium citrate	Erythorbic acid	Magnesium citrate	Sodium citrate
Calcium fumarate	Erythritol	Magnesium fumarate	Sodium erythorbate
Calcium gluconate	Ethanol	Magnesium stearate	Sodium fumarate
Calcium lactate	Ethocel 20	Maize	Sodium lactate
Calcium magnesium acetate (CMA)	Ethyl acetate	Malic acid	Sodium starch glycolate
Calcium stearate	Ethyl alcohol	Malonic acid	Sodium stearoyl fumarate
Calcium stearoyl lactylate	Ethyl lactate	Malt syrup from corn	Sorbate
Caramel and caramel color	Ethyl maltol	Malt, malt extract	Sorbic acid
Carbonmethylcellulose sodium	Ethylcellulose	Maltitol	Sorbitol
Cellulose microcrystalline	Ethylene	Maltodextrin	Splenda (Artificial sweetener)
Cellulose, methyl	Fibersol-2	Maltol	Starch (any kind that's not specified)
Cellulose, powdered	Food starch	Maltose	Stearic acid
Cetearyl glucoside	Fumaric acid	Mannitol	Stearoyls
Choline chloride	Germ/germ meal	Methyl gluceth	Sucralose (Artificial sweetener)
Citrus cloud emulsion (CCS)	Gluconate	Methyl glucose	Sucrose
Coco glycerides (cocoglycerides)	Gluconic acid	Methyl glucoside	Threonine
Confectioners sugar	Glucono delta-lactone	Methylcellulose	Tocopherol (vitamin E)
Corn alcohol, corn gluten	Gluconolactone	Microcrystalline cellulose	Treacle (aka golden syrup)
Corn extract	Glucosamine	Modified cellulose gum	Triethyl citrate
Corn flour	Glutamate	Modified corn starch	Unmodified starch
Corn oil, corn oil margarine	Gluten	Modified food starch	Vanilla, natural flavoring
Corn starch	Gluten feed/meal	Mono- and di- glycerides	Vanilla, pure or extract
Corn sweetener, corn sugar	Glycerides	Monosodium glutamate	Vanillin
Corn syrup, corn syrup solids	Glycerol	MSG	Vinegar, distilled white
Corn, popcorn, cornmeal	Golden syrup	Olestra/Olean	Vinyl acetate
Cornstarch, cornflour	Grits	Polenta	Xanthan gum
Crosscarmellose sodium	High fructose corn syrup	Polydextrose	Xylitol
Crystalline dextrose	Hominy	Polylactic acid (PLA)	Zea mays
	Hydrolyzed corn	Polyvinyl acetate	Zein
	Hydrolyzed corn protein	Potassium citrate	

Corn is sometimes contained in or derived from:

Barley malt* (generally OK, but can be contaminated)	Glucose*	Polysorbates* (e.g. Polysorbate 80)	Sugar* (not identified as cane or beet)
Bleached flour*	Glucose syrup* (also found in IV solutions)	Propylene glycol	Vegetable anything that's not specific*
Brown sugar* (generally OK if no caramel color)	Glycerin*	Propylene glycol monostearate*	Vitamin C* and Vitamin E*
Citric acid*	Lactic acid*	Sorbitan* (anything)	Vitamins*
Flavorings*	Molasses* (corn syrup may be present; know your product)	Sorghum* (not all is bad; the syrup and/or grain CAN be mixed with corn)	Yeast*
Fructose*	Natural flavorings*		
Fruit juice concentrate*			

Important note:

- Corn is a common GMO crop
- Increases mucus in the body as well as inflammation.

Dairy List

- 1% milk
- 2% milk
- Acid whey
- Acidophilus milk
- Ammonium caseinate
- Anhydrous milk fat
- Artificial butter
- Artificial butter flavour
- Butter
- Butter extract
- butter fat
- Butter flavoured oil
- Butter solids
- Buttermilk
- Buttermilk blend
- Buttermilk solids
- Calcium caseinate
- Casein
- Casein hydrolysate
- Caseinates
- Cheese
- Cheese flavour
- Cheese food
- Condensed milk
- Cottage cheese
- Cream
- Cream cheese
- Cultured milk
- Curds
- Cured whey
- Custard
- Dairy butter
- Dairy product solids
- Delactosed whey
- Demineralized whey
- Dried milk
- Dry milk solids (DMS)
- Evaporated milk
- Fat-free milk
- Fully cream milk powder
- Galactose
- Ghee
- Goat's milk
- Half & half
- Hydrolysates
- Hydrolyzed casein
- Hydrolyzed whey
- Ice cream
- Ice milk
- Imitation cheese
- Imitation sour cream
- Iron caseinate
- Lactaid® milk
- Lactalbumin
- Lactalbumin phosphate
- Lactate solids
- Lactic yeast
- Lactitol monohydrate
- Lactoglobulin, lactose
- Lactose-free milk
- Lactulose
- Low-fat milk
- Magnesium caseinate
- Malted milk
- Margarine
- Milk
- Milk derivative
- Milk fat
- Milk powder
- Milk protein
- Milk protein hydrolysate
- Milk solid pastes
- Milk solids
- Natural butter
- Natural butter flavour
- Nisin preparation
- Non-fat dry milk
- Non-fat milk
- Non-fat milk solids
- Nougat
- Pasteurized milk
- Potassium caseinate
- Powdered milk
- Powdered whey
- protein hydrolysate
- Pudding
- Quark
- Recaldent
- Reduced mineral whey
- Rennet
- Rennet casein
- Sheep's milk
- Simplese (fat replacer)
- Skim milk
- Skim milk powder
- Sodium caseinate
- Some sherbets
- Sour cream
- Sour cream solids
- Sour milk
- Sour milk solids
- Sweet cream buttermilk powder
- Sweet dairy whey
- Sweetened condensed milk
- Sweetened condensed skim milk
- Vegetarian cheeses with casein
- Whey
- Whey hydrolysate
- Whey powder
- Whey protein
- Whey protein concentrate
- Whey protein hydrolysate
- Whey solids
- Whipped butter
- Whipped cream
- Whole milk Yogurt (regular or frozen)
- Yogurt powder
- Zinc caseinate

Important note:

- Dairy, is a common food allergy & food sensitivity, is one of the top 3 cerebral allergies it is also a progressive allergy. Dairy also aggravates other allergies whether the individual is sensitive/allergic to Dairy or not.
- Dairy contains casomorphins and may cause/contribute/aggravate mental health disorders and autism spectrum disorders.
- Dairy causes/contributes/aggravates hormone imbalances. Organic & raw milk is still an issue regarding hormone exposure. It takes a lot of hormones such as estrogen to help a calf develop into a large cow with large bones.
- Dairy causes/contributes/aggravates inflammation in the body
- Dairy causes/contributes/aggravates digestive inflammation and disorders. It's consumption causes intestinal bleeding, in those who are allergic or sensitive it may cause anemia from blood loss.
- Casein (not from human milk) has been shown to increase risk for cancer especially prostate & breast cancer, heart disease, autoimmune diseases and has been shown to turn on the genetic markers for diabetes including type I.
- Casein causes acidity levels to rise in the body as well as increase mucus formation.
- Calcium in dairy is not as bioavailable do to the amino acid structure & protein calcium balance issues.
- 70% of the world population stops producing the enzyme lactase (needed to metabolize lactose) between the ages of 2-3 years of age. Breastmilk is the only milk that naturally contains lactase.

Egg List

- albumin
- apovitellin
- cholesterol free egg substitute
- dried egg
- dried egg solids
- egg
- egg wash
- egg white
- egg yolk
- eggnog
- fat substitutes
- globulin
- livetin
- lysozyme
- mayonnaise
- meringue
- meringue powder
- ovalbumin
- ovoglobulin
- ovomucin
- ovomucoid
- ovotransferrin
- ovovitelia
- ovovitellin
- powdered eggs
- silici albuminate
- simplesse
- trailblazer
- vitellin
- whole egg

Important note:

- Eggs are one of the top food allergies and sensitivities and is also one of the top 3 cerebral allergies.
- Individuals may have an immune response to either the egg white or egg yolk or both.
- Eggs are also a common additive in foods.

The Sugar List

(includes sugar substitutes with health risks or possible health risks)

Acesulfame-k	Dark corn syrup	HFCS (High-Fructose Corn Syrup)	Molasses (any)	Sorbitol syrup
Agave nectar	Dark molasses	Syrup)	Molasses sugar	Sorghum molasses
Agave syrup	Date sap	HFCS 42	Monosaccharide	Sorghum syrup
Alcohol	Date sugar	HFCS 55	Morena	Stevia (in any powdered form)
All natural evaporated cane juice	Decorating sugar	HFCS 90	Muscovado	Sucanat
Amasake	Dehydrated cane juice	High dextrose glucose syrup	Muscovado sugar	Sucralose
Amber liquid sugar	Demerara light sugar	High fructose maize syrup	Mycose	Sucre de canne naturel
Anhydrous dextrose	Demerara sugar	High maltose corn syrup	Mylose	Sucrose
Apple butter	Demerara sugar	Honey	Natural Flavours	Sucrosweet
Apple fructose	Dextran	HSH	Natural maple flavoring	Sugar
Apple sugar	Dextrin	Hydrogenated starch	Natural sweetener	Sugar (granulated)
Apple syrup	Dextrose	Hydrogenated starch hydrosylate	Neotame	Sugar based ferments (Kombucha, Kimchi)
Arenga sugar	D-fructofuranose	Hydrolyzed corn starch	Nigerotriose	Sugar beet crystals
Aspartame	D-fructose	Icing sugar	Nipa sap	Sugar beet molasses
Azucar morena	D-glucose	Inulin	Nipa syrup	Sugar beet syrup
Bakers special sugar	Diastatic malt	Invert cane sugar	Olestra	Sugar cane juice
Bar sugar	Diatase	Invert sugar	Oligosaccharide	Sugar cane natural
Barbados Sugar	Disaccharide	Invert syrup	Organic Agave	Sugar glass
Barley malt	Dixie crystals	Invert sugar	Organic agave syrup	Sugar hat
Barley malt syrup	D-mannose	Inverted sugar	Organic apple syrup	Sugar pine
Beer	Dried corn syrup	Inverted sugar syrup	Organic brown rice syrup	Sulfured molasses
Beet molasses	Dried evaporated organic cane juice	Isoglucose	Organic cane juice crystals	Superfine sugar
Beet sugar	D-xylose	Isomalt	Organic coconut crystals	Sweet sorghum syrup
Beet syrup	ECJ	Isomaltotriose	Organic coconut nectar	Sweetened condensed milk
Berry Sugar	Erythritol	Jaggery	Organic coconut palm sugar	Syrup
Blackstrap molasses	Ethyl maltol	Jaggery powder	Organic granulated coconut sugar	Table sugar
Blonde coconut sugar	Evaporated cane juice	Karo	Organic palm sugar	Taffy
Brown rice malt	Evaporated corn sweetener	Karo corn syrup	Organic raw sugar	Tagatose
Brown rice syrup	Evaporated organic cane juice	Lactitol	Organic rice syrup	Tapioca syrup
Brown sugar	First molasses	Lactose	Organic sucanat	Toddy
BRS	Florida Crystals	Lesys	Organic sugar	Treacle
Burnt sugar	Fondant sugar	Levulose	Organic sugar	Trehalose
Buttered syrup	Free Flowing	Light brown sugar	Orgeat syrup	Tremalose
Candi sugar	Free flowing brown sugar	Light molasses	Palm sap	Trimoline
Candi syrup	Free-flowing brown sugars	Liquid dextrose	Palm sugar	Triose
Candy floss	Fructamyl	Liquid fructose	Palm syrup	Trisaccharides
Candy syrup	Fructosan	Liquid fructose syrup	Pancake syrup	Turbinado sugar
Cane crystals	Fructose	Liquid maltodextrin	Panela	Unrefined sugar
Cane juice	Fructose crystals	Liquid sucrose	Panocha	Unsulphured molasses
Cane juice crystals	Fructose sweetener	Liquid sugar	Pearl sugar	Wheat flours (whole grain, enriched...)
Cane juice powder	Fruit fructose	Maize sugar	Piloncilo	Wheat syrup
Cane sugar	Fruit juice	Maize syrup	Potato maltodextrine	White crystal sugar
Caramel	Fruit juice concentrate	Maldex	Potato syrup	White grape juice concentrate
Caramelized sugar	Fruit juice nectar	Maldexel	Powdered sugar	White refined sugar
Carob syrup	Fruit powder	Malitsorb	Promitor	White sugar
Caster sugar	Fruit sugar	Malt	Pure cane syrup	Wine
Castor sugar	Fruit syrup	Malt syrup	Pure fructose crystals	Wine coolers
Cellobiose	Galactose	Malted barley	Pure sugar spun	Wood sugar
Coarse sugar	Glucodry	Malted barley syrup	Raffinose	Xylitol
Coco sap sugar	Glucomalt	Malted corn and barley syrup	Raisin syrup	Xylose
Coco sugar	Glucoplus	Malted corn syrup	Rapadura	Yacon syrup
Coconut crystals	Glucose	Maltisweet	Raw agave syrup	Yellow sugar
Coconut nectar	Glucose solids	Maltitol	Raw sugar	
Coconut palm sugar	Glucose syrup	Maltitol syrup	Refiner's syrup	
Coconut sap sugar	Glucose-fructose syrup	Maltodextrin	Rice bran syrup	
Coconut sugar	Glucosweet	Maltol	Rice malt	
Coconut syrup	Glucose fructose	Maltose	Rice malt syrup	
Confectioner's sugar	Golden molasses	Maltotetraitol	Rice maltodextrine	
Corn steep liquor	Golden sugar	Maltotriitol	Rice syrup	
Corn sugar	Golden syrup	Maltotriose	Rice syrup solids	
Corn sweetener	Golden yellow sugar	Maltotriulose	Rock sugar	
Corn syrup	Gomme syrup	Mannitol	Saccharin	
Corn syrup powder	Granulated coconut nectar	Mannose	Saccharose	
Corn syrup solids	Granulated coconut sugar	Maple butter (not syrup)	Sanding sugar	
Cornsweet 90 @	Granulated fructose	Maple sugar (not syrup)	Second molasses	
Crystal dextrose	Granulated sugar	Maple syrup	Shakar	
Crystal sugar	Granulated sugar cane juice	Meritab 700	Simple syrup	
Crystalline fructose	Granulized cane sugar	Meritose	Sirodex	
Crystallized organic cane juice	Grape sugar	Milk sugar	Soft sugar	
D-arabino-hexulose	Gur	Misri	Soluble corn fiber	
Dark brown sugar	Hard liquor	Mizuame	Sorbitol	

Wheat List

all purpose flour	• cracker meal	• triticale	• whole wheat
atta flour	• durum flour	• triticale flour	• whole wheat bread
bread — any type	• einkorn	• triticum	• whole wheat flour
made with white	• einkorn flour,	• triticum flour	• matzo — matzo meal
flour,	• emmer flour	• unbleached flour	(also spelled as
wheat flour; bread	• enriched flour	• vital gluten	• matzoh, matzah, or
crumbs	• farina flour	• vital wheat gluten	matza)
emmer - also known	• fu	• wheat	• noodles, pasta (most)
as farro	• graham flour	• wheat berries	• phosphate flour
kamut® — khorasan	• ground flour	• wheat bran	• plain flour
wheat	• high gluten flour	• wheat germ oil	• seitan
bread flour	• high protein flour	• wheat germ,	• self-rising flour,
bromated flour,	• instant pastry flour	• wheat gluten	• Semolina
bulgur	• kamut flour	• wheat protein isolate	• semolina flour,
cake flour	• maida flour	• wheat sprouts	• soft wheat flour,
cereal extract	• malt, malt extract	• wheat starch,	• spelt
club flour,	• stone flour	• wheatgrass	
common flour	• tabbouleh (some)	• white flour	
couscous			

Wheat is sometimes contained in or derived from:

- Artificial flavoring, natural flavoring
- Food starch, gelatinized starch, modified starch, modified food starch, vegetable
- Hydrolyzed vegetable protein (HVP)
- Monosodium glutamate, MSG
- Soy sauce, shoyu, tamari, teriyaki sauce
- Textured vegetable protein
- Caramel color
- Dextrin
- Starch
- Glucose syrup
- Maltodextrin
- Surimi
- Vegetable gum

Important note:

- Wheat is one of the top food allergy and sensitivity. It is also one of the top 3 cerebral allergies
- For most individual's organic heirloom sources of wheat often do not cause a reaction.
- Wheat in any form is an acidic grain and should be avoided or limited in individuals with inflammation
- Wheat flour even whole wheat flour acts like sugar in the body.
- An individual may experience an immune reaction to wheat and not other gluten grains
 - Gluten is a common food sensitivity and a food constituent that needs to be avoided by those with Ceiliac
 - Gluten contains Gliadorphin/Gluteomorphin and may cause/contribute/aggravate mental health disorders and autism spectrum disorders.

Detox Meal Plan

1500 calories (add in more servings or detox friendly foods to increase calories if needed)

Day 1:	Meal 1:	Green Smoothie
	Meal 2:	Spinach & Chickpea Curry (make 3 for left overs on day 2 &3)
	Meal 3:	Asparagus & quinoa (2 cup of steamed or oven roasted asparagus & 2cups cooked quinoa season to preference & tasted)
	Meal 4:	Almonds 1oz.
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night
Day 2:	Meal 1:	Healing Cleanse Smoothie
	Meal 2:	Spinach & Chickpea Curry
	Meal 3:	Cauliflower, Broccoli & wild rice (1 cup of cauliflower, 1cup of broccoli oven roasted or steamed & 2 cups of wild rice seasoned to preference & taste)
	Meal 4:	Almonds 2 oz.
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night
Day 3:	Meal 1:	Green Smoothie
	Meal 2:	Spinach & Chickpea Curry
	Meal 3:	2 Stuffed Baked Sweet Potato with Avocado Cilantro Sauce
	Meal 4:	Almonds 1oz.
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night
Day 4:	Meal 1:	Healing Cleanse Smoothie
	Meal 2:	Fresh avocado and Cucumber Soup (can be gently warmed or consumed at room temp, make 3 servings for left overs on Day 5 &6)
	Meal 3:	Asparagus & quinoa (2 cup of steamed or oven roasted asparagus & 2cups cooked quinoa season to preference & tasted)
	Meal 4:	Almonds 1oz.
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night
Day 5:	Meal 1:	Green Smoothie
	Meal 2:	Fresh avocado and Cucumber Soup (can be gently warmed or consumed at room temp)
	Meal 3:	Cauliflower, Broccoli & wild rice (1 cup of cauliflower, 1cup of broccoli oven roasted or steamed & 2 cups of wild rice seasoned to preference & taste)
	Meal 4:	Almonds 2 oz.
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night
Day 6:	Meal 1:	Healing Cleanse Smoothie
	Meal 2:	Fresh avocado and Cucumber Soup (can be gently warmed or consumed at room temp)
	Meal 3:	2 Stuffed Baked Sweet Potato with Avocado Cilantro Sauce
	Meal 4:	Almonds 1oz.
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night
Day 7:	Meal 1:	Green Smoothie
	Meal 2:	Chickpea Salad
	Meal 3:	½ Quick and Easy Guacamole & 1 serving of Mary's crackers
	Meal 4:	Almonds 1oz.
	N.B:	Drink 90% water. Aim for a 10-12 hour fast at night

[See recipe book for recipes.](#)