

1 Week Detox Cleanse Plan

Key Ideas

1. Start day by cleaning and charging your mind.
 - Set your intention for the day.
 - Use positive affirmations all day long for the things you seek to be, do, and feel.
 - Look for the good all day.
2. Next jumpstart your body with 15-20 minutes of exercise that gets blood pumping and lungs breathing. Do 50 seconds of each of these with 10 second rest in between. Do 3 sets. This is 15 minutes that will work your whole body and get your lymph moving for detoxing.
 - Jumping jacks or High Knees
 - Push Ups
 - Sit-ups
 - Lunges or Squats
 - Air Pull Ups
3. First thing to put in body morning: Juice of 1 lemon plus water.
4. Drink Infused water all day with any or all of these: Lemon, Cucumber, Ginger.
5. Shoot for as close to 100% organic on your produce to eliminate the burden of pesticides in your body.
6. Drink decaf Green and Herbal teas. Best:
 - Roasted Dandelion Tea
 - Ginger & Turmeric Tea
 - Decaf Green Tea
7. Eat at regular intervals. Wait to eat breakfast until you feel hungry. Don't let yourself get too hungry so you will be set up for success for making good choices. Try to eat dinner at least 3 hours before bedtime.
8. Cut out: Sugar, Alcohol, processed foods
9. Eat: 60-70% mostly veg, much of it raw. 30-20% Seeds, nuts, good fats (coconut, flax, avocado) & healthy proteins: beans, tempeh, organic meats, eggs, greek yogurt.
10. Limit:
 - Grains especially wheat
 - Dairy - milk and cheese. (organic Greek yogurt is ok)
 - Meat (choose organic, grass-fed or wild meats/fish)
11. Don't skip Fats. Your body needs these, but choose the healthiest:
 - Coconut oil
 - Olive Oil
 - Flax oil - do not heat. Use in salads, smoothies.

Breakfast - (or organic oatmeal with fruit)

BEST: Mix & Match Smoothie. Choose from Each category 1 or more items

Fruit/ Sweet	Protein/Fats	Greens	Herbs/Flavor
Berries	Nuts/ Nut Butters	Kale	Cilantro
Banana	Nut Milks	Spinach	Parsley
Dates	Coconut Oil/Milk/Cream	Dandelion	Cucumber
Mango	Flax Oil	Lettuces	Ginger
Pineapple	Chia Seeds	Chard	Vanilla Extract
Papaya	Flax Seeds		Cocoa
watermelon	Avocado		
Honey			

Lunch

Really Big Salad (Use very large bowl) It should take a while to eat.

Mix & Match Salad: Choose 1 or more from each category

GREENS (2-3 CUPS)	RAW/CHOPPED VEGGIES (1 CUP)	PROTEIN/FATS (1 CUP)	FRUITS (OPTIONAL)
Kale	Carrots	Beans/Chickpeas	Grapes
Spring Mix	Broccoli/Cauliflower	Seeds	Raisins
Lettuces	Raw plain slaw	Nuts	Craisins
Cilantro	Brussel sprouts	Tempeh	Tomato
Parsley	Radish	Hard Boiled Egg	
	Sprouts	Organic Chicken	
	Beets	Quinoa	
	Cucumber	Oils: Olive, Flax	
	Celery	Avocado	

Dressings: Mix and Match 1 or more from each category

Fats	Flavoring/Herbs	Acid	Fruit/Sweet (optional)
Olive Oil	Garlic	Balsamic vinegar	Orange (fresh squeezed)
Flax Oil	Onion (white or red)	Apple Cider Vinegar	Berries
Avocado	Himalayan or Sea Salt / Pepper	Lemon	Honey
Coconut Oil/Cream	Any spices! Braggs all purpose spices	Lime	Maple Syrup
	Liquid Aminos		
	Chipotle / Hot pepper Sauce		
	Celery		

Dinner

Cooked or raw veg.

Mix & Match: Choose approx 70% Veg, 30% Protein/Fats

Veg (approx 70%) (or pick your fav veg)	Protein	Fats	Flavorings
Salad	Beans	Olive Oil	Himalayan or Sea Salt & Pepper
Brocoli/ Cauliflower	Tempeh	Flax Oil	Any spices! Try Braggs Organic spice mixes
Sweet Potato	Organic Chicken	Coconut Oil	Garlic
Beans	Organic Greek Yogurt	Grass Fed Butter	Liquid Aminos
Peppers	Quinoa	Avocado	Vinegars
Onion	Brown Rice	Organic Greek Yogurt	Hot Sauces
Tomato	Hummus		Fresh Fruit juices
Green Beans			
Kimchi/ Fermented Veg: Sauerkraut			

Snacks: If you're hungry between meals choose 1 small snack.

- Hummus + Seed crackers or Raw Veggies
- Greek Yogurt + berries
- Hard Boiled Egg
- Peanut Butter & Apple slices
- "Caprese Sandwich": Tomato/Balsamic//Basil/thin slice Mozzarella cheese/Olive Oil/Salt (I know its a little cheese)
- Quinoa salad (quinoa/sliced peppers/chick peas/olive & flax oil/celery/salt/pepper)

For great meal ideas (also snacks, drinks, etc for detox) go to this website:

<http://www.loseweightbyeating.com/detox-diet-week-7-day-weight-loss-cleanse/>