

28 Day Clean & Lean *FALL CLEANSE*

The Ultimate Plan to Living Cleaner and Being Leaner

28 Day Health Solutions Co

Angela Pifer, Certified Nutritionist

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**28 DAY FALL CLEANSE PREPARATION
WEEK KICK OFF**

28 DAY FALL CLEANSE PREPARATION WEEK KICK OFF

I am excited to kick-off the 28 Day Fall Cleanse! Of the three main scheduled challenges (ran in January, April and October), this challenge is the most transformational and healing. The program this year is brand new, with fresh-off-the-press meal plans, program layout and program instructions, and new recommended supplement packs.

This program moves beyond a simple eating plan, offering a comprehensive lifestyle program aimed at transforming the way you look at and relate to your body, mind, food, and daily habits.

This program includes:

- 7 Day Preparation Week –Education and Pre-Program Prep for the 28 Day Challenge
- 28 Day Challenge (this is a five week program)
- Step by Step Instructions That will Guide You Along Your Program

- Four Weeks of Meal Plans AND Options to Customize this Plan to Meet Your Needs
- Weekly 3 Day Smoothie Meal Replacement Recipes and Guidelines
- Daily Meditations and Yoga Pose
- Custom Created Supplement Pack Recommendations
- Advanced Detox Protocols That Will Help You Take Your Detox Goals to the Next Level (If Your Goal Is Detoxing)
- 1-3 day Juice Fast (During Third and Fourth Week of Challenge - Optional)

You will receive support every step of the way from your resident guide (me!), licensed health care provider and Clean & Lean Revolution founder, Angela Pifer. By following this plan you can expect to see:

- More Energy
- Clearer Skin
- Weight Loss (If Needed)
- Brighter Eyes
- A Stronger Immune System

YOUR PATH IS YOUR OWN

I designed this program with multiple levels of participation to accommodate the needs of the individual members. You **WILL** experience results by simply following the food plan. **YOUR PATH IS YOUR OWN**. The **SIMPLE** approach is that you figure out to what level you would like to participate at and then work on being consistent at that level. Most members will take this program a second and third time; with the idea of incorporating more of the recommendations each time they participate (this is the 28 Day *CHALLENGE*).

CHOOSE YOUR LEVEL OF PARTICIPATION

If your goal is to eat clean and lean then choose the Baseline Plan.

If your goal is to eat clean and lean and enjoy some detox benefits, then consider Level One. If you would like to detox at a deeper level, consider Level Two or the Advanced Detox Protocol.

Baseline: Simply follow the *28 Day Fall Cleanse Challenge* Eating Plan (meal plans included)

Level One: Follow the Eating Plan with special attention to the detox message and include the daily meditation and yoga recommendations. You may also choose to include one of the Level One supplement packs to further support your efforts.

Level Two: Follow the Eating Plan, detox message, add meditation and yoga and include the recommended supplement detox pack or deluxe detox pack.

Advanced Detox Protocol: Level Two PLUS daily tongue scraping, and 2-3 days a week include an Epsom salt bath and contrast shower. Participate in 3rd and 4th week optional 1-3 day juice fast

Consistent participation, at any level, should be viewed as a success. By simply following the meal plans you will eat clean and lean, you will be focusing on a predominantly plant based whole foods plan and you will see results. Please review the levels of participation and figure out which level best suits your goals with this program. I encourage you to challenge yourself by taking a step out of your comfort zone and working up one level from where you perceive yourself. You may find that you easily adapt and enjoy the new eating plan and that you find yourself ready to take on more steps of the challenge. If you feel ready, please feel free to incorporate more steps as the program progresses.

28 DAY FALL CLEANSE SUPPLEMENT SUPPORT PACKS

Nutritional supplementation plays a supportive role in the 28 Day Fall Cleanse. Whether your goal is to detox or not, you will likely lose weight on this plan. Since toxins are stored in fat cells - any plan that shifts weight should include additional detox pathway support via supplementation. If you are doing this plan to detox, then considering additional supplement support to enhance your results is a great idea!

I have assembled five different supplement packs to meet the individual needs of the members. Please visit the MARKETPLACE to review these packs and pick the one that best suits your goals with this program. (See Page 57 'Detoxing, Going Deeper' for the dosage schedule) **Please note:** I recommend that you start the supplement protocol on Day One of the Preparation Week. If you are going to include these with your program, please order these as soon as possible. If you are late joining us, you may still order these. Simply follow the recommended supplement schedule from the day you start.

STEP-BY-STEP INSTRUCTIONS

Every day you will receive an email walking you through the program. You will find all the daily emails, podcasts, meal plans, snack and meal charts.... etc. listed under their corresponding day, under the Take the Challenge page. Once on the Take the Challenge page, click on the 2013 28 Day Fall Cleanse banner to find this page. This is where you can reread emails, listen to the podcast and you will find program content as the program progresses. This will all be available to you in one convenient place on the website. I recommend that you step through the program with the daily emails and refrain from reading ahead. If you have any questions, please post your question in the FORUM.

Rest assured that you will be walked through this program with step-by-step instructions and options, options, options! This plan is offered with plenty of options to make sure that you can customize this to fit your needs.

The first week of your program is the Preparation Week (this is a five week program: 7 Day Preparation Week and 28 Day Challenge). You will start on the eating plan the day you start the challenge (after the preparation week). This week you will learn everything that you need to know about the program and how to prep your body AND mind to make your program a success!

PREPARATION WEEK TOPIC SCHEDULE

Wednesday: *Preparation Week Kick Off*

Thursday: *What to Eat During the Preparation Week*

Friday: *28 Day Fall Cleanse Eating Plan (including options to customize your plan)*

Saturday: *Creating a Restorative Sleep Routine - DETOXIFICATION – GOING DEEPER*

Sunday: *Ideal Eating Pattern (Setting up the 12 Hour Mini-Fast)*

Monday: *Motivation to Stick with It - How to Successfully Navigate Temptation*

Tuesday: *Shop for the 28 Day Fall Cleanse Challenge Eating Plan - Week One*

Wednesday: 28 Day Challenge Program Kick Off!

YOUR GOALS TODAY

1. Read the Preparation Week Kick Off Email
2. Listen to the Kick Off Podcast
3. Choose your level of participation: Baseline, Level One, Level Two or Advanced Detox Protocol
4. Visit the MARKETPLACE to review and order your preferred supplement pack (optional)

Tomorrow I will discuss what to eat during the preparation week

[CLICK HERE TO VIEW LARGER IMAGE](#)

28 DAY CLEAN & LEAN FALL CLEANSE PROGRAM SCHEDULE

	Wed	Thurs	Fri	Sat	Sun	Mon	Tues
Preparation Week Oct 2nd	Start Prep Week	Preprogram education and step-by-step guidelines on what to expect and how to prep your body AND mind for the challenge ahead. Topics: Sleep, Hydration, Eating Patterns, Improving Excretion Channels (i.e. bowels, urine, pores – sweating), Movement, Mindfulness, How to Make Room for Your Program, Shopping List.					
Daily Meditation, Yoga Pose. Weekly Epsom Salt Bath							
Advanced Detox Protocol: Follow Supplement Schedule. Daily Tongue Scraping & Weekly Epsom Salt Bath							
Week One Oct 9th	Start Challenge, Week One Eating Plan & Supplements		*Two Green Smoothies -Meal Replacements	*Two Green Smoothies -Meal Replacements	*Two Green Smoothies -Meal Replacements		Week One Reflection and Check In
Daily Meditation, Yoga Pose. Weekly Epsom Salt Bath							
Advanced Detox Protocol: Follow Supplement Schedule. Daily Tongue Scraping & Weekly Epsom Salt Bath							
Week Two Oct 16th	Start Week Two Eating Plan		*Two Green Smoothies -Meal Replacements	*Two Green Smoothies -Meal Replacements	*Two Green Smoothies -Meal Replacements		Week Two Reflection and Check In
Daily Meditation, Yoga Pose. Weekly Epsom Salt Bath & Contrast Shower							
Advanced Detox Protocol: Follow Supplement Schedule. Daily Tongue Scraping & Weekly Epsom Salt Bath							
Week Three Oct 23rd	Start Week Three Eating Plan		*Two Green Smoothies -Meal Replacements OR *1-3 Day Juice Fast	*Two Green Smoothies -Meal Replacements OR *1-3 Day Juice Fast	*Two Green Smoothies -Meal Replacements OR *1-3 Day Juice Fast		Week Three Reflection and Check In
Daily Meditation, Yoga Pose. Weekly Epsom Salt Bath							
Advanced Detox Protocol: Follow Supplement Schedule. Daily Tongue Scraping & Weekly Epsom Salt Bath & Contrast Shower							
Week Four Oct 30th	Start Week Four Eating Plan		*Two Green Smoothies -Meal Replacements OR *1-3 Day Juice Fast	*Two Green Smoothies -Meal Replacements OR *1-3 Day Juice Fast	*Two Green Smoothies -Meal Replacements OR *1-3 Day Juice Fast		Program Complete!
Daily Meditation, Yoga Pose and Tongue Scraping. Weekly Epsom Salt Bath							
Advanced Detox Protocol: Follow Supplement Schedule. Daily Tongue Scraping & Weekly Epsom Salt Bath & Contrast Shower							

**Green smoothie meal replacements and 1-3 day juice fast are optional. The plan offers plenty of options to make sure that this plan is customized to your needs! This plan is gluten free and can easily be modified to be dairy free and egg free as well as vegan, vegetarian AND omnivore friendly. YES, this will work for YOU!*

DAY TWO

**WHAT TO EAT DURING THE
PREPARATION WEEK**

WHAT TO EAT DURING THE PREPARATION WEEK

The first step to eating clean and lean is following a health promoting, predominantly plant based eating plan that is virtually void of processed foods, low in non-organic animal foods and sugar, and high in plant foods: vegetables, whole gluten free grains, legumes, lentils, fruits, nuts, and seeds, avocado and healthy oils. Notice that I said ‘predominantly plant based’ – this plan need not be *exclusively* plant based. The key to a healthy clean and lean eating plan is that it is *mostly* plant based. Whether you are vegan, vegetarian, or choose to include dairy, eggs, meat, fish and poultry, each of these paths is healthy as long as it is based off of a variety of colorful nutrient dense plants.

This eating plan will help you shed pounds, inches and enjoy detox benefits along the way. It is ideal to ready your body for this shift prior to starting the challenge. Taking a week or two (or more) to prepare for the challenge will help your body ease into the new eating plan. This gradual approach will allow your body to adapt and lessen the possible side effects of detoxification, such as

headaches or fatigue. This is especially true if you are currently experiencing sugar cravings, mood swings, chemical sensitivities or headaches.

If your goal is weight loss, you will be detoxing (whether detox is your goal, or not). Toxins are stored in your fat cells. Once you start on the eating plan, some toxins that are currently stored in your tissues will get dislodged. It becomes especially important for your liver and colon to be ready to eliminate the newly dislodged toxins from the body as efficiently as possible.

Today I am going to discuss what to eat during the Preparation Week and tomorrow, I will explain the foundation of the 28 Day Fall Cleanse eating plan.

PREPARATION WEEK QUICK TIP GUIDELINES

This is your preparation week, so you don't have an exact menu— simply follow these guidelines to help prep your body for the plan ahead.

QUICK TIPS:

1. Focus on whole foods not packaged foods
2. Increase cooked vegetables and raw fruit
3. Drink room temperature water across the day
4. Transition off caffeine and alcohol
5. Take a conscious breath before you eat

TIP: lean on your local natural foods' store or co-op deli for convenience. Get a few soups (hot from the deli), crackers and hummus, or pair soup and roasted vegetables for lunch and pair their deli quinoa salad with chicken, fish or beans for dinner with roasted or sautéed vegetables.

You can also visit the recipe section on the member site for smoothie and recipe ideas for breakfast. Include fruit and avocado, nuts OR nut butter for a snack.

Now that you have some guidelines in place, I now want to talk about why these steps are important and exactly how you are going to shift your nutrient load up and toxic load down.

PREPARATION WEEK GOALS: ITEMS TO ADD & ITEMS TO REMOVE

To prepare your body for the program ahead your preparation week goals are:

1. **To have a daily bowel movement** (daily moving bowels are a MUST when detoxing – this supports the channels of elimination). If your bowels are not moving daily, and this does not change when drinking 8-10 glasses of water a day and adding in cooked vegetables and fruit, consider including a morning mug of medium hot water with lemon in it (you can also add a small sliver of raw ginger to steep). If this doesn't help, consider taking 300mg of magnesium citrate at night, prior to bed or take a nightly Epsom salt bath (you will absorb the magnesium from the Epsom salt bath through your skin).
2. **Properly hydrate** (helps to excrete toxins – again supporting the channels of elimination)
3. **Shift your nutrient load up and your toxin load down** (do this by including healthy whole foods and excluding processed foods)

THIS WEEK PLEASE ADD THE FOLLOWING:

- **Room Temp Filtered Water:** Drink plenty of the best water available to you. Gradually increase your intake to 8-10 glasses of room temperature water per day.
 - Why room temperature water? This is an Ayurvedic principle – room temp, warm and hot water flow through your system, and supports the detoxification pathways. If you drink cold water or ice water, you will ‘freeze’ your system and slow it down these pathways.
 - Move your main water intake away from your meals. If you overdo with water at your main meals you will dilute your stomach acids and hinder digestion. The goal is to sip water consistently across the day.
 - Focus your water intake between 7AM and 6PM. Taper your water intake after 6PM. It is more important to have time to clear your bladder and sleep soundly through the night, than to overhydrate too close to bed and have sleep interrupted with nighttime urination.

- Include at least four servings of **lightly steamed or sautéed vegetables** each day. One serving is equal to ½ cup cooked.
 - Lightly cooking your vegetables will soften the plant cell wall and allow you more access to nutrients. Please refrain from eating a daily salad. For the purpose of prepping for this program, including a daily stir fry, vegetable roast, sauté and/ or homemade vegetable soup - this will better prepare your body for this plan.
 - If you are already including four servings a day, you can further challenge yourself by trying to include one dark green, yellow, orange, and red vegetable daily.
- Include at least **three servings of fresh fruit** daily. One serving is equal to ½ cup berries or one small apple.
 - If you are already including four servings a day, you can further challenge yourself by removing bananas all together and focusing on different berries.
- **Breathing** Prior to eating, take 1-3 belly breaths

THIS WEEK PLEASE REMOVE THE FOLLOWING:

- **Processed foods:** try to shift off of anything processed and packaged. Remove foods with any one of the following: ‘high fructose corn syrup’, ‘hydrogenated’, or that contains artificial sweeteners such as Acesulfame Potassium, Aspartame Saccharin, Sucralose (Splenda).
- **Alcohol and cigarettes**
- **Sugar** (candy, juice and soda) – fresh fruit is included and recommended!
- **Transition away from caffeine.**
 - It is ideal that you shift off of caffeine prior to starting the 28 day challenge portion of your program. Caffeine is a stimulant. It is a chemical compound that needs to be filtered through the detox pathways of the liver. It also inhibits Phase I detoxification (I’ll get into this topic later in the program), bogging down your detox pathways and hindering the ability of your liver to detox everything else.
 - Caffeine withdrawal is a lively topic during the preparation phase of the program. Quitting caffeine

cold turkey can create unpleasant side effects. You can greatly reduce these side effects by gradually reducing your intake of coffee, soda and black tea. First, assess how many servings you have each day. Replace 25-50% of caffeinated drinks with water or herbal tea the first week and continue to reduce your intake week by week until you are caffeine free at the start of the program. If you must, you can include green tea. Though this does contain a minimal amount of caffeine, its detox benefits far outweigh the negative from the caffeine. The catechins and bioflavonoids in green tea help boost the production of groups of detoxification enzymes capable of converting carcinogens into harmless chemicals in the human body.

DAY THREE
28 DAY FALL CLEANSE – EATING PLAN

28 DAY FALL CLEANSE – EATING PLAN

If you follow the meal plans, you are ‘on plan’ and doing everything that you are about to read about. If you want to learn more about the foundation of the program feel free to read this chapter from start to finish!

OPTIONS, OPTIONS, OPTIONS

You will start on the 28 Day Fall Cleanse eating plan at the start of the challenge portion of the program, October 9th. There are four weeks of meal plans, recipes and accompanying shopping lists that go with your program. If you have a dietary restriction, please see page 47 suitable substitution. If you want to build your own meal plan, you will find the guidelines and tools to do this within this chapter.

THE FOUNDATION

The foundation of the October Fall Cleanse eating plan is predominantly plants: vegetables, whole gluten free grains, legumes, lentils, fruits, nuts, and seeds, avocado and healthy oils. The eating plan also goes a step further by focusing on liver cleansing plant based foods. By focusing on liver supportive foods you will gain exposure to a wider range of essential nutrients that the liver needs to carry on its important detoxification functions.

Within this plan you will find options to meet YOUR needs. Whether vegan, vegetarian or omnivore - yes this plan will work for you! You do not need to eat vegan or vegetarian during this plan (if you don't want to). Organic animal proteins do offer health benefits. Eggs are high in sulfur, which is a supportive nutrient to the detox pathways. Detoxification is protein driven! Protein is both a Phase I and Phase II detoxification pathway cofactor. If you do choose to include animal protein for the length of your program, the goal is that animal proteins make up around 20% of your daily protein needs and plant based proteins make up the

other 80%. This is healthy because your plan is predominantly plant based (it does not need to be exclusively plant based).

The Fall Cleanse is gluten free and virtually dairy free (cheese is included on occasion and can easily be omitted). I choose to promote a gluten free plan for a few reasons. The main reason is that Americans, as a whole, overly focus on wheat, corn and processed soy. My goal is to help you expand your choices to non-gluten containing grains (like quinoa, amaranth, millet, and wild rice) – this will shift inflammation down and nutrients up. These grains are much, much more nutrient dense than their wheat counterparts (so really, it is a win, win situation for you). Second, gluten is inflammatory. The majority of people that remove gluten will experience a quick shift down in water weight.

It is important at this point to highlight the fact that losing weight and keeping it off long term is not a simple matter of calories in and calories out, or doing a cleanse from time to time. By reducing calories you are likely to lose weight. However, if you are not, at the same time, learning how to get restorative sleep, create

sustainable eating habits, incorporate mindful movement and effective exercise, and balance yourself emotionally - this weight loss is almost sure to be short lived. I see it this way – losing weight is a side effect of living healthfully. By incorporating the five key aspects of health (the foundation of the Clean & Lean Revolution) you will finally will be able to sustain your weight loss long term and create a healthier and happier you.

WHAT TO EAT – QUICK TIP CHART

Eat	Don't Eat
<ul style="list-style-type: none"> • fresh or frozen cooked vegetables & lightly steamed leafy greens (spinach, kale, Swiss chard, mustard greens) 	<ul style="list-style-type: none"> • creamed vegetables, canned vegetables
<ul style="list-style-type: none"> • quinoa, brown rice and other non-gluten grains 	<ul style="list-style-type: none"> • wheat, gluten
<ul style="list-style-type: none"> • beans, lentils, non-GMO soy (tempeh, miso, edamame, sprouted tofu) 	<ul style="list-style-type: none"> • GMO soy, soy milk, hydrolyzed soy protein
<ul style="list-style-type: none"> • fresh or frozen fruit, berries 	<ul style="list-style-type: none"> • canned fruits, jam and jellies
<ul style="list-style-type: none"> • green tea, apple cider vinegar, unsweetened almond milk, filtered water 	<ul style="list-style-type: none"> • coffee, soda, alcohol
<ul style="list-style-type: none"> • wild fish, organic chicken & turkey 	<ul style="list-style-type: none"> • beef, pork
<ul style="list-style-type: none"> • coconut oil & extra virgin olive oil, organic ghee (optional) 	<ul style="list-style-type: none"> • corn oil
<ul style="list-style-type: none"> • plant based protein powder 	<ul style="list-style-type: none"> • whey protein
<ul style="list-style-type: none"> • pastured eggs, organic aged cheese (optional) 	<ul style="list-style-type: none"> • dairy, non-pastured eggs
<ul style="list-style-type: none"> • raw nuts and seeds and nut butters 	<ul style="list-style-type: none"> • roasted, salted nuts and seeds and nut butters that contain sugar and hydrogenated fats
<ul style="list-style-type: none"> • stevia, real maple syrup, honey 	<ul style="list-style-type: none"> • processed sugar, artificial sugars

Week One and Week Two: organic chicken, organic turkey, organic dairy, wild caught fish, grains (gluten free preferred), raw nuts and seeds, nut milks, oils, pastured eggs, whole food soy foods (non-GMO and not processed: tempeh, sprouted tofu, miso and edamame), lentils and legumes, fruits & vegetables.

Week Three and Week Four: organic chicken, wild caught fish, grains (gluten free preferred), raw nuts and seeds, nut milks, oils, pastured eggs, whole food soy foods (non-GMO and not processed: tempeh, sprouted tofu, miso and edamame), lentils and legumes, fruits & vegetables.

In the third and fourth week, dairy is removed and the amount of animal protein included will shift down, while plant based protein will shift up.

*organic is preferred. If this is a monetary barrier, do what you can. Purchase some organic, if possible.

Meal Replacements Smoothies: Friday – Sunday of each week, there are recommended meal replacement smoothies: two meal replacement smoothies and one meal. Recipes and guidelines will be presented in the meal plans.

Juice Fast (optional): During the third and fourth week, you will have the option of participating in a 1-3 day juice fast. Recipes and guidelines will be presented in the meal plans.

FEELING OVERWHELMED WITH THE MEAL PLANS? START HERE!

If you feel overwhelmed with the WEEK ONE menu plans and shopping list, that's okay. Let's see if this simplified approach will help:

1. Choose one balanced breakfast to include over the next week. Pick the same snack to have in the AM and pick another same snack to have in the afternoon. Then work on rotating your lunches and dinners.
2. Breakfast: 1/3 cup GF oatmeal with 1T almond butter, dash of cinnamon and cook with water. Add 1/2 cup raspberries and small dollop of coconut yogurt
3. AM snack: 10 almonds + medium Fuji apple
4. Afternoon snack: 10 cashews + pear
5. Lunches and Dinners: rotate soup, crackers and hummus with grain, bean and vegetable dishes from local natural foods store

This simplicity will make it easy to shop for. As you become more comfortable with the program, you may then start to explore more

of the recipes. I recommend that everyone partakes in the Friday – Sunday meal replacement smoothies. You really can't get more basic and convenient than making a smoothie for two of your meals.

You can build your own meal plan by using the **BALANCED SNACK AND BALANCED MEAL APPROACH** guidelines listed below. There are over 400 recipes to choose from on the site, under the **RECIPE** page. The meal plans focus on detox supportive foods. If you are going to create your own menu, be sure to focus your menu on the liver supportive foods listed below:

LIVER SUPPORTIVE FOODS AND THEIR PROPERTIES

Special foods rich in properties that help protect the liver from damage and improve liver function include:

- High sulfur containing foods like garlic, sesame seeds, Brazil nuts, legumes (garbanzo beans), onions, and eggs
- Good sources of water-soluble fibers such as pears, oat bran, apples, and beans
- Cabbage family vegetables especially broccoli, Brussels sprouts, and cabbage
- Artichokes, beets, carrots, dandelion
- Many herbs and spices like turmeric, cinnamon, and licorice.



- The foods that support the liver especially well are starred (*).
- Fruits: apples, apricots, bananas, berries, cherries, dates, cantaloupe, figs*, grapefruit, grapes (organic), raisins (organic), kiwi, lemons, mangos*, peaches*, pears, plums, papaya*, rhubarb, watermelon
- Vegetable Proteins: tofu*, beans*, lentils, kidney beans, soy beans, brown rice*, buckwheat, corn, flax seeds, GF oats, quinoa*, millet*, sesame
- Animal Proteins: chicken, pastured eggs, seafood, fish, turkey (in limited quantities, 2-3x/ week)
- Vegetables (Starchy): artichoke leaves, beans (dried), corn, lentils*, peas*, parsnips, potatoes, pumpkin*, sweet potato*, squash*, yams*
- Vegetables (non-starchy): avocado, beans (green/yellow), beets*, broccoli, Brussels sprouts, cabbage, carrots*, cauliflower*, celery, chives, cucumber, eggplant, garlic*, kale*, kohlrabi, mustard greens*, okra, onion, parsley, artichokes.*

BALANCED SNACKS

To create a balanced snack, pair a carbohydrate (fruits, vegetables or whole grains) with a protein and/ or healthy fat. The goal at snack time is approximately 125 calories. The carbohydrate portions offered below are equal to 60 calories and the protein/ fat portion are equal to 65 calories, for a total of 125 calories. For a well-balanced snack, simply choose one item from each column.

Carbohydrates should never be eaten alone; they digest and absorb too quickly. Protein digest slower than carbohydrates and fats digest the slowest of the three. By pairing a carbohydrate with a protein and/ or fat, you will slow the digestion of the carbohydrate and create a more even energy burn across the day. However, if you wish to focus solely on protein and healthy fats, you may. Simply double the recommended portions in the “Lean Proteins and Healthy fats” column below to hit approximately 125 calories.

[CLICK HERE TO SEE THE SNACK LIST ON ONE PAGE](#)

HEALTHY CARBOHYDRATES (60 calories)	LEAN PROTEINS AND HEALTHY FATS (65 calories)
1 piece organic fruit (1 medium apple is a serving – use this as a visual for other fruit. 2 kiwi and 2/3-1 cup berries is a serving)	1 svg nuts: 9 almonds, 7 cashews, 3 pecans, 2 whole walnuts, 3 macadamia nuts, 18 pistachio nuts
60 calories of rice crackers or other gluten free grain crackers	2 tsp nut butter (almond, walnut or sunflower seed butter)
60 calories of gluten free granola	1.5 T hulled sunflower seeds
1 cup cooked vegetables	2 T hummus (check the label, calories vary – goal is 65 calories)
1 slice rice bread toast or gluten free bread	¼ cup lentils or beans, cooked
1/4 cup cooked brown rice, quinoa, quinoa pasta, polenta, buckwheat or millet	shy ½ cup of lentil or bean soup
¼ cup cooked GF oats	½ cup marinara sauce
½ brown rice wrap or corn tortilla	¼ avocado
1/3 cup cooked sweet potato	¾ T pesto
½ cup marinara sauce	1.5 T tapenade
¾ cup acorn squash, cooked	13 medium olives

1.5 cups summer squash, zucchini or spaghetti squash cooked	2 oz fish, seafood
60 calories gluten free high fiber cereal	1 oz chicken or turkey, white meat
	Shy 1 oz cheese (organic, aged preferred – dairy is optional)
	65 calories yogurt (coconut preferred – this is made from coconuts. Try So Delicious brand. Or almond, Amonde brand. Plain organic cow yogurt will work too)
	1 small egg, hard boiled
	1-3 oz raw organic sprouted tofu (calories vary greatly with packaged tofu – check the label, non-GMO)
	1/3 cup edamame, prepared (non-GMO)

FREE TO ADD: salsa and greens (slightly cooked/ wilted), herbs, sea vegetables (seaweed), squeeze of lemon or lime, apple cider vinegar. You may include lettuce, if used as a lettuce wrap.

STAND ALONE SNACKS (already have combined carbohydrate and protein/ fat)

125 calories of raw trail mix (organic, no peanuts, no chocolate)

125 calorie Larabar or Raw Organic Bar (you may need to eat only a portion of a full bar to hit 125 calories)

125 calories of vegetable and bean or lentil soup OR carrot coconut soup or another soup that combines color with a protein source (bean, lentil, seafood, lean meat or poultry)

EXAMPLE SNACK COMBINATIONS (adjust to the appropriate portions):

GF granola and coconut yogurt
apple and almonds

Rice crackers and tapenade OR cheese OR nut butter OR hummus
OR avocado

Cooked vegetables and pesto

Berries and coconut yogurt

Pear and sunflower seeds

Trail mix OR Larabar

Bean or lentil soup with wilted greens

GF Oats and nut butter

Lettuce wrap with turkey or salmon and vegetables

Lettuce wrap with avocado and vegetables

Quinoa with wilted greens and small poached egg

Edamame and GF miso soup

BALANCED MEAL APPROACH

Balanced Meal Formula: **GRAIN** OR **STARCH*** + **PROTEIN** + **COLOR**
(fruit or non-starch vegetable) with a dash of **HEALTHY FATS**

Starch: banana, potato, sweet potato, corn, squash, bread

*Notice that the formula states a grain **OR** starch. Eating pasta AND bread or oatmeal AND banana or sweet potato AND rice together focuses a meal too heavily on grain and starch foods and less on lean protein, fruits, and vegetables (basically you will overdo with grain AND starch and displace much needed lean proteins and vegetables).

This meal is in balance: **sweet potato** + **raw sprouted tofu crumbled** + **greens** sautéed in **extra virgin coconut oil** + **sunflower seeds**

This meal is not in balance (doubles up on grain AND starch):
brown rice + **sweet potato** with **tofu crumbled** sautéed in **extra virgin coconut oil**

1450 CALORIE MEAL PORTION GUIDE

To create your main meals, choose one item from each column below. This will create a meal that is approximately 425 calories. The portions offered in each column represent the calorie listed at the top of the column (i.e. all the portions listed in the 'Grain or Starch' column are equal to 60 calories, 'Color' 65 calories, 'Lean Protein' 150-175 calorie and 'Healthy Fats' portions are equal to 100 calories). Knowing the calorie load that each portion represents will allow you to easily increase or decrease your portions to reach your desired calorie load.

BALANCED MEAL CHART			
CHOOSE ONE ITEM FROM EACH COLUMN			
Grain or Starch	Color	Lean Protein	Healthy Fats
110 calories Visual Portion: ½ cup = Tennis Ball	65 calories Visual Portion: 1 cup = a baseball	150-175 calories Visual Portion: 3 oz = deck of cards, size of your cell phone, palm of your hand	100 calories
1/2 cup cooked brown rice, quinoa,	½ cup marinara sauce	½ cup lentils or beans, cooked	Nuts: 13 almonds, 10 cashews, 4

quinoa pasta, polenta, buckwheat, millet			pecans, 3 whole walnuts, 4.5 macadamia nuts, 27 pistachio nuts, 18 peanuts
110 calories of gluten free granola	2 cups cooked (non-starch. For corn or squash, see grain/ starch column)	4 1/2 T hummus	100 calories yogurt (coconut preferred – try So Delicious brand. Or almond, Amonde brand)
2 cups summer squash, zucchini or spaghetti squash cooked OR 1 cup acorn squash, cooked	1 piece organic fruit (1 medium apple is a serving – use this as a visual for other fruit. 2 kiwi and 2/3-1 cup berries is a serving)	1 cup of lentil or bean soup	1 T nut butter (peanut, almond, walnut or sunflower seed butter)
2/3 cup cooked sweet potato or corn	1 cup fruit salad	2 small pastured eggs	1/3 avocado
1 brown rice wrap or corn tortilla		150 calories NF organic plain cow	2 T sunflower seeds, hulled

		yogurt (dairy is optional)	
1/4 cup dry GF oats		1.5 cups portabella mushroom, grilled	19 olives
2 slices rice bread toast or gluten free bread		3-9 oz raw organic sprouted tofu (soft or firm, non-GMO) * calories vary widely with packaged tofu, check the label	1 oz of cheese (organic, aged preferred, which adds more flavor) cheddar, gouda, parmesan... etc (optional)
110 calories of rice crackers or other gluten free grain crackers		1/2 cup edamame, prepared (non-GMO)	2 T tapenade
		*1/4 cup nutritional yeast *45 calories per serving and 6 grams of protein	1.25 T pesto
			Shy 1 T extra virgin olive oil

			or extra virgin coconut oil, or ghee
FREE TO ADD: salsa, pica de gallo, relish and wilted greens (arugula, spinach, kale, Swiss chard, mustard greens, mixed greens), herbs (any), spices (any), sea vegetables (seaweed), squeeze of lemon or lime, vinegar, and lettuce (if used as a lettuce wrap)			

[CLICK HERE TO SEE THE BALANCED MEAL CHART ON ONE PAGE](#)

HOW TO FIT ENOUGH VEGETABLES IN

Consider eating fruit at breakfast and at your snacks and eating vegetables at lunch and dinner. This is not a steadfast rule, yet it helps to plan out when you will include vegetables (so you don't skip them or displace them with fruit). Feel free to include vegetables at every meal and snack, but keep fruit to breakfast and snacks only.

HEALTHY FATS

You have likely heard that olive oil is the healthiest of the oils to both cook with and to use in dressings. Olive oil is a healthy oil. A better choice is to cook with ghee (clarified butter) and extra virgin coconut oil. Use unfiltered extra virgin olive oil to drizzle over vegetables and salads. Another option for salad dressings (cold uses only – do not heat these oils): walnut oil, flax seed oil

Extra Virgin/ Virgin Coconut Oil: Coconut oil is 92% saturated fat which makes it really stable under heat and solid at room temperature. If you buy the virgin coconut oil, it will leave a great yet subtle coconut taste and smell to your dishes. You can also bake with coconut oil (you will see this used in the Paleo Muffins).

Its main fatty acid content comes from Lauric acid (47% to be more precise). Lauric acid is a rare fatty acid that is a medium chain fatty-acid, which is one of the easiest fatty acid to digest. It digests further down the digestive track than do other oils and bypasses the main fat transport systems. Even though this is a saturated fat,

it is not animal based – it does not affect cholesterol. Lauric acid also has natural antimicrobial and antifungal properties.

Ghee: this is clarified butter - it is butter but has had the milk proteins, sugars and water removed (boil or simmer butter, skim off the top froth and the remaining solid is ghee). It should have all lactose (milk sugar) and casein (milk protein that most people are allergic too) removed. But, with the nature of processing it may not be 100% (likely 98% or more). Both coconut oil and ghee have a high smoke point. This means that you can cook at a high heat without the concern of the oil/ ghee smoking which creates carcinogens. It is ideal for sautéing, roasting and stir frying. My favorite ghee is by *Pure Indian Foods* “100% Grass Fed” made from cows eating fast growing spring and fall grasses.

Unfiltered Extra Virgin Olive Oil is simply olive oil that has not been filtered. It still has some fruit particles in it that add to the flavor and the health benefits. The oil will appear cloudy. Since it has some fruit particles in it, it will go rancid faster. When you get your olive oil home, transfer it to a wide mouth amber or opaque

jar, seal tightly and store in the refrigerator. At meal time, simply scoop out your desired portion and let it come up to room temperate in a prep bowl (this happens quickly). Olive oil is one of a very few oils that can be consumed in its crude form with no refining and can literally go from the vine to the bottle without just a squeeze, so to speak. Olive oil is actually a juice – so you can have juice on the challenge “olive juice!” If you can’t find unfiltered olive oil, simply get a good extra virgin olive oil and use it cold more than you use it to sauté with.

FOOD PLAN – OPTIONS AND SUBSTITUTIONS

Gluten Free? This plan is gluten free

Dairy Free? Cheese is included in a couple of the recipes as a garnish. You can easily omit this. Add a sprinkle of nutritional yeast to replace the cheese

Egg Free? Use Ener-G egg replacement in the baking recipes. Use ½ cup white beans to replace egg in any meal

Corn Free? The meal plans do not include corn and yet, there may be corn derivatives in some of the ingredients used. Please use caution with the ingredients if you need to adapt this to a corn free plan

Vegetarian? Use ½ cup beans or lentils OR 150 calories of sprouted tofu or tempeh OR 2 small pastured eggs to replace fish or poultry in a recipe

Vegan? Use ½ cup beans or lentils OR 150 calories of sprouted tofu or tempeh to replace fish or poultry in a recipe

Seafood Free? Use ½ cup beans or lentils OR 150 calories of sprouted tofu or tempeh OR the equivalent oz of poultry to replace fish in any recipe.

Don't Like a Particular Vegetable? Simply choose another vegetable (preferable the same color: bell pepper for tomato or beet) and eat in the same quantity

Can't eat a Recommended Nut (like almonds): replace with the same quantity cashews or pecans

Soy Free? Replace tofu with $\frac{1}{2}$ cup beans or lentils and replace wheat free tamari (soy sauce) with coconut aminos

Coconut Free? Replace coconut oil with olive oil

DAY FOUR

CREATING A RESTORATIVE

SLEEP ROUTINE

CREATING A RESTORATIVE SLEEP ROUTINE

High-quality sleep is vital to your health and healing. While the body appears from the outside to be still and inactive, sleep is a time when the body is quite busy. During the night, you restock your supply of hormones, process significant toxins, repair damaged tissue, generate vital white blood cells for immunity, eliminate the effects of stress, and process heavy emotions. Unfortunately our society is experiencing sleep disorders at epidemic levels.

Six million sleep aid prescriptions were filled in 2012. This does not include over the counter sleep aids. It is estimated that one in four Americans takes a nightly sleep aid. **Whenever a new client is struggling with sleep, it is always the first priority to address on their healing journey.** From trouble falling asleep to often-interrupted sleep to actual insomnia, there are, several ways that you can improve your hours slept and sleep quality.

YOUR GOALS:

1. Assess your current sleep patterns
2. Create a new sleep routine
3. Set reminders to follow through with your new routine

Step One: Create Your Sleep Routine Timeline

Fill in the following answers:

Morning Wake Time: _____

Asleep Time: _____ (Morning Wake Time minus 7 hours)

Wind Down Time (No Electronics Window):

_____ (Asleep time minus one-two hours)

Lights Out: _____ (Asleep time minus 30 minutes)

(*see example on the next page)

Example: If you must wake at 6AM to make it to work during the week and your goal is 7 hours of restorative sleep, then here is your new sleep routine timeline:

Wake Time: 6AM

Asleep Time: 11PM (Wake Time 6AM minus 7 hours = 11PM)

Wind Down Time (No Electronics Window): 9-10PM (Asleep Time 11PM minus 1-2 hours = 9-10PM)

Lights Out: 10:30PM (Asleep Time 11PM minus 30 minutes = 10:30PM)

Step Two: Set Your Sleep Routine Timeline Reminders

Set Two Reminders:

1. **Wind Down Time Reminder:** Set a reminder that goes off 30 minutes prior to your wind down time (from the example above: 9PM wind down time minus 30 minutes = 8:30PM). This reminder is meant to ease you into your routine by letting you know that your wind down time and 'no electronics window' is approaching and that you will need to shut off all monitors, tablets, smart phones and television in 30 minutes.

2. **Lights Out Reminder:** Set a second reminder at your lights out time (from the example above, lights out is at 10:30PM) to turn off your lights and go to bed. The goal is that you are asleep at 11PM. It takes the average person 10-20 minutes to fall asleep.

Step Three: Create a Calm Environment

Play soft music in the background (music without words is ideal).

Dim the lights. During this period of time the goal is to simply relax, unwind and be present; you have a few options:

Meditation

Take a warm bath

Read a book

Do some stretching – yoga included

Drink 1 cup of chamomile tea

Breathing Exercises

Waking to Urinate? If you are waking at night to urinate at all (even once), your sleep cycle is being greatly disrupted. Your sleep is not merely interrupted at the moment you get out of bed. It is being disrupted for 30 minutes to an hour leading up to you waking to urinate. I recommend that you focus any caffeinated beverages prior to noon and cease all water intake at least three hours prior to bed. If your goal is to be asleep by 11PM, then stop drinking water at 8PM and refrain from using 8PM as a time to drink a lot of water. It is better to taper your water drinking after dinner. Many of my past patients took water to bed with them and drank right up to bedtime. They felt like they were doing a good thing – keeping their hydration up. This was a false assumption. Simply put, your sleep is more important than your hydration.

DETOXIFICATION – GOING DEEPER

Basically, detoxification means cleaning the blood. Your body's main detoxification powerhouse is the liver. The liver filters everything that the body comes in contact with (eat, drink, breath, absorb through our skin, not to mention the everyday waste that our body creates). The body also eliminates toxins through the kidneys, intestines, lungs, lymph and skin. When this system is compromised, toxins aren't properly filtered and every cell in the body can be adversely affected. The main goal with detoxification is to lower your toxic burden (remove/ reduce your exposure to toxins).

A detox program supports the body's natural cleaning process by:

- Resting the organs through fasting;
- Stimulating the liver to drive toxins from the body;
- Promoting elimination through the intestines, kidneys and skin;
- Improving circulation of the blood; and
- Refueling the body with healthy nutrients.

DO I NEED TO DETOX?

In my experience the average American's eating plan is made up of 25% food and 75% "food" (food products that are not derived from whole foods). This is an interesting number to ponder when you consider that it takes only 25% "food" to trigger inflammation and health problems.

An example: you may feel that you are getting plenty of calories, protein, fat and carbohydrates from a typical packaged, boxed or fast food meal. These sources do not effectively supply the right kinds of nutrients to keep your body healthy. The protein, for instance, does not digest, absorb and convert to essential amino acids efficiently. So, off of a meal that has seemingly adequate protein, your body is left malnourished (over-fed and malnourished). Malnourishment is often overlooked as the reason for health issues because the symptoms and conditions often take a while to manifest. If you are still not convinced that you are carrying a toxic load, answer the following questions by checking the box if the answer is YES.

QUIZ - DO I NEED TO DETOX?

Please answer the following questions by checking the box if the answer is YES.

- Do you experience stress regularly?
- Do you get fewer than seven hours of sleep every night?
- Do you wake most mornings feeling tired
- Do you regularly feel tired, or lack energy?
- Do you eat less than 3 different fruits a day?
- Do you eat a raw vegetable/salad meal every day?
- Do you overeat?
- Do you eat processed “foods,” more than twice a week?
- Do you often find yourself craving for sweet or savory foods?
- Do you exercise, less than thirty minutes every second day?
- Are you overweight?
- Do you suffer from a reoccurring illness?
- Do you suffer from stomach pains, heartburn, indigestion, excess gassiness or a bloated stomach?
- Are you constipated?
- Are you a past cancer patient?
- Do you have high blood pressure or high cholesterol?
- Do you experience cold hands and/or feet regularly?

- Do you have a history of antibiotic use?
- Do you suffer from allergies or sinus infections?
- Do you get sores or ulcers in your mouth or on your lips?
- Do you suffer from headaches?
- Do you notice a lack of concentration, loss of memory or perhaps mental 'fog' (cognitive impairment)?
- Do you suffer from depression, anxiety or nervousness, or mood swings?
- Do you suffer from arthritis, joint pain or stiffness?
- Do you have any kind of skin problems?
- Do you have blurred vision?
- Do you suffer from red or sore eyes?
- Do you have dark circles under your eyes?

WOMEN ONLY

- Do you experience irregular cycles or excessive menstrual flow?
- Do you experience any PMS, eg. depression, crying too easily, or moodiness around your period time?
- Do you experience cramps, pain or bloating?
- Do you experience uncomfortable or distressing menopausal symptoms?

If you answered more than TWO of these questions YES, this indicates a toxic build up. You would benefit greatly from following a detox supportive eating and lifestyle plan.

Who shouldn't detox? *Nursing mothers, children, current cancer patients, and patients with a chronic or degenerative disease that has not had clearance from their doctor to participate. Please consult your health care practitioner if you have questions about whether detoxing is right for you.*

LEVEL TWO AND ADVANCED DETOX SUPPORT PLAN

If you are ready to detox, here is your plan: follow the eating plan, as it is laid out (everyone follows the same meal plans) and participate in the daily meditation and yoga moves.

To take your detox benefits to a deeper level, consider adding one, or more, of the following suggestions to your program.

1. Drink 1-2 cups of one of the following daily Detox Support Beverage
 - a. Ginger, Lemon, Cayenne Tea
 - b. Potassium Broth
 - c. Bone Broth
2. Take an Epsom salt bath at least twice a week
3. Scrape Your Tongue Daily
4. Weeks three and four, add in 1-2 contrast showers per week
5. Add in One of the Level 2 or Advanced Detox Supplement Support Packs. Visit the MARKETPLACE to learn more about the supplement packs.

These recommendations are laid out in the 28 Day Clean & Lean Program Schedule. I have highlighted the Advanced Detox Protocol within the program schedule below (for quick reference).

[CLICK HERE TO VIEW A LARGER IMAGE](#)

28 DAY CLEAN & LEAN FALL CLEANSE PROGRAM SCHEDULE

	Wed	Thurs	Fri	Sat	Sun	Mon	Tues
Preparation Week Oct 2nd	Start Prep Week	Preprogram education and step-by-step guidelines on what to expect and how to prep your body AND mind for the challenge ahead. Topics: Sleep, Hydration, Eating Patterns, Improving Excretion Channels (i.e. bowels, urine, pores – sweating), Movement, Mindfulness, How to Make Room for Your Program, Shopping List.					
Daily Meditation, Yoga Pose. Weekly Epsom Salt Bath							
Advanced Detox Protocol: Follow Supplement Schedule. Daily Tongue Scraping & Weekly Epsom Salt Bath							
Week One Oct 9th	Start Challenge, Week One Eating Plan & Supplements	*Two Green Smoothies –Meal Replacements	*Two Green Smoothies –Meal Replacements	*Two Green Smoothies –Meal Replacements			Week One Reflection and Check In
Daily Meditation, Yoga Pose. Weekly Epsom Salt Bath							
Advanced Detox Protocol: Drink 1-2 cups Detox Support Beverage Daily, Follow Supplement Schedule. Daily Tongue Scraping & Weekly Epsom Salt Bath							
Week Two Oct 16th	Start Week Two Eating Plan	*Two Green Smoothies –Meal Replacements	*Two Green Smoothies –Meal Replacements	*Two Green Smoothies –Meal Replacements			Week Two Reflection and Check In
Daily Meditation, Yoga Pose. Weekly Epsom Salt Bath & Contrast Shower							
Advanced Detox Protocol: Drink 1-2 cups Detox Support Beverage Daily, Follow Supplement Schedule. Daily Tongue Scraping & Weekly Epsom Salt Bath							
Week Three Oct 23rd	Start Week Three Eating Plan	*Two Green Smoothies –Meal Replacements OR *1-3 Day Juice Fast	*Two Green Smoothies –Meal Replacements OR *1-3 Day Juice Fast	*Two Green Smoothies –Meal Replacements OR *1-3 Day Juice Fast			Week Three Reflection and Check In
Daily Meditation, Yoga Pose. Weekly Epsom Salt Bath							
Advanced Detox Protocol: Drink 1-2 cups Detox Support Beverage Daily, Follow Supplement Schedule. Daily Tongue Scraping & Weekly Epsom Salt Bath & Weekly Contrast Shower & Optional Juice Fast							
Week Four Oct 30th	Start Week Four Eating Plan	*Two Green Smoothies –Meal Replacements OR *1-3 Day Juice Fast	*Two Green Smoothies –Meal Replacements OR *1-3 Day Juice Fast	*Two Green Smoothies –Meal Replacements OR *1-3 Day Juice Fast			Program Complete!
Daily Meditation, Yoga Pose and Tongue Scraping. Weekly Epsom Salt Bath							
Advanced Detox Protocol: Drink 1-2 cups Detox Support Beverage Daily, Follow Supplement Schedule. Daily Tongue Scraping & Weekly Epsom Salt Bath & Weekly Contrast Shower & Optional Juice Fast							

**Green smoothie meal replacements and 1-3 day juice fast are optional. The plan offers plenty of options to make sure that this plan is customized to your needs! This plan is gluten free and can easily be modified to be dairy free and egg free as well as vegan, vegetarian AND omnivore friendly. YES, this will work for YOU!*

DETOX SUPPORT BEVERAGES

GINGER, LEMON, CAYENNE TEA

1 Cup Boiling Water

Steep the following for five minutes

1 dime fresh ginger

¼ tsp cayenne

¼ organic lemon, squeezed

I like to place a saucer on top of my mug so it stays hot. The ginger should be aromatic (steep 5-10 minutes)

Drink once a day



POTASSIUM BROTH

Potassium broth is also a vegetable broth made with fresh organic vegetables. You will need a 5 quart stainless steel pot with a snug fitting lid. Fill with 3 quarts of filtered water.

Wash and dice vegetables, do not peel them.

3 potatoes

4 large carrots

5-6 celery stalks

1/2 bunch of greens
(collard/spinach/mustard/kale or
a handful of each.)

1/2 bunch of parsley

1/2 bunch carrot or beet tops

2 beets

1 sweet potato



INSTRUCTIONS

Boil water, place cut vegetables into the pot let boil again then put on simmer for 1-1.5 hours. Until the vegetables have lost all color.

Strain and throw away pulp (vegetables) retain only the liquid.

Drink 1-2 cups daily.

You can change the quantity and types of vegetables in each batch, be creative. Consistently, use dark green leafy vegetables and potatoes to ensure you are getting potassium, otherwise create your own broth and experiment.

BONE BROTH SOUP

Bone broth is prepared in cultures around the world. It is an easily digested medicinal food. The prolonged cooking of the bones in water, with an added acid



(vinegar), draws the minerals out of the bone. This process creates a broth that is rich in nutritional constituents. It promotes strength, tones the blood, is nourishing during illness, supports bone health (we use this recipe at my clinic). This broth is also a wonderful addition to your detox program.

Choosing bones and flavorful ingredients The bones and cartilage of most meats can be used, including poultry, beef, lamb or fish (not pork). Choose bones from organic meats, and natural, grass-fed beef, with the fat and most of the meat trimmed off.

Chicken carcass is a good choice as it has a high concentration of red marrow. Beef and lamb bones give a nicer broth if they have been roasted in the oven first, until browned (400 degrees F or 200 degrees C for 45-90 minutes). If possible, use kitchen scissors to break the bones into smaller pieces, ideally 2-3 inches long, increasing the surface area of bone exposed to the boiling water therefore increasing the quality and nutrient value of the soup. For larger bones, your supermarket butcher will usually cut them for you.

Place the bones in a stockpot and just cover with cold water. Add a "splash", or about 2 tablespoons, of rice, wine, cider, or balsamic vinegar per quart of water or per about 2 pounds of bones. **An acid such as vinegar is necessary in order to extract the minerals and nutrients from the bone into the soup.** Lemon juice may be substituted for the vinegar. Garlic, onions and ginger may be added for increased flavor, as well as coarsely chopped pieces of celery, carrot, parsley and other vegetables.

COOKING AND STORING THE BROTH

Heat the stock very slowly, gradually bringing to a boil, then turn heat down and simmer for at least 6 hours, removing the scum as it arises. 6 - 48 hours is an ideal cooking time for chicken bones and 12 - 72 hours for beef. If the bones are cut into smaller pieces first, this will reduce the necessary cooking time. **You do not want to rapidly boil these.** If more water is needed to keep the bones covered, add only hot water, not cold or lukewarm.

Cooking in a crockpot on low setting is an easy way to cook broth for a prolonged time. Though it is not necessary to remove the surface scum that arises, doing so occasionally during the cooking process will result in a nicer tasting broth.

After simmering the bones for several hours, other vegetables may be added for the last 1-2 hours of cooking. This adds to both the flavor and nutritional value of the broth. When finished cooking, the bones and vegetables can be removed and discarded, and the liquid strained through a colander. For a clear soup, it should be strained a second time through a hair sieve or a colander lined

with cheesecloth. Parboiling and rinsing the bones before cooking and cooking on a low heat can also help produce a clear broth as it greatly reduces the amount of residue in the liquid. For the purpose of this program, you do not need to have a perfectly clear broth. Simply skim the scum that arises, remove the bones and strain the vegetables and remaining bones/ meat pieces.

The broth should be set to cool until the fat hardens on top, then remove the fat and refrigerate the broth. It will keep for about 5 days in the refrigerator, or 10 days if it is boiled again in 5 days, and can be kept for months in the freezer. Before re-heating, always remove and discard any residual fat from the top. Properly prepared broth will cool to a rubbery, jellylike consistency due to the high gelatin content of the collagen. It can be re-heated and used as a simple nutritious drink, or for a more complex soup, add steamed or sautéed vegetables, meat, and/or beans.

DETOX BONE SOUP RECIPE

1-2 pounds of bones (lamb, chicken, or beef), chopped into large pieces
2 tomatoes, peeled, seeded, and halved
2 small potatoes, peeled and quartered
1 onion, peeled and quartered
3 garlic cloves, peeled
2 sticks celery, peeled and cut in half
2 carrots, peeled and cut in half
5 whole sprigs of parsley
1-2 tablespoons balsamic vinegar

INSTRUCTIONS

Preheat oven to 400° F

-Rinse bones and place in a foil-lined tray. Roast bones, uncovered, until brown on all sides, turning every 20 minutes.(Approximately 1-2 hours, depending on amount of bones.)

-Add bones to stockpot with 1 1/2 quarts of cold water, or enough to cover the bones. Slowly bring to a boil, then turn down and simmer gently

-Add peppercorns, garlic, onions, and 2-3 teaspoons vinegar

-Cook half-covered, for 4+ hours. Add more boiling water if necessary when simmering, in order to keep bones covered.

-Skim surface every half hour to remove scum and impurities - **do not stir!**

-Strain, cool broth, and remove any fat that comes to the surface.

-Prepare carrots, celery, parsley, tomatoes, and potatoes Heat broth, add cut up vegetables, and simmer for 1 more hour.

EPSOM SALT BATH

Epsom salt baths have been used as a naturopathic therapy for detox for centuries. Epsom salts are made up of the compound magnesium sulfate, and they got their name because one of the earliest discoveries of magnesium sulfate



took place in Epsom, England. You will find Epsom salt at your local drug store and natural foods store. Magnesium sulfate is easily absorbed through your skin. If you do not want to take a full bath, consider a foot soak.

1. Take a 15-20 minute Epsom salt bath
2. Take an Epsom salt foot bath

*Of these two options, the Epsom salt bath is the most effective at relaxing muscles.

Epsom Salt Bath:

1-2 cups Epsom salts (magnesium sulfate) to a warm bath water

Soak for 15-20 minutes

Optional: all 2 drops lavender essential oil to your bath

Epsom Salt Foot Soak:

½ cup Epsom salt

Soak for 15-20 minutes

Optional: 1 drop lavender essential oil

HOW AND WHY TO USE A TONGUE SCRAPER

Using a tongue scraper is an ancient Ayurvedic technique to support oral hygiene. It is also a great tool to use to support detoxification. While you sleep at night your body is busy clearing out toxins. Some of those toxins are deposited on your tongue as a coating. During your detox, your tongue might develop a thicker



coating or taste strange when you wake up. By gently scraping this coating off first thing in the morning you avoid reabsorbing these toxins and help your breath smell better.

Bad breath is a common detox symptom. Your tongue is one of the escape routes for toxins trying to leave your body. These toxins cause mucous and bacteria to build up at the back, or root, of the tongue and create a white film. This film harbors millions of sulfur-

producing bacteria that cause bad breath. When you start to detox this symptom might get a little worse before it gets better.

HOW TO USE A TONGUE SCRAPER

Traditional tongue scrapers are made from copper, tin, gold, silver or stainless steel. Today you can also find them in plastic, but I recommend a steel or metal version for effectiveness and because you can easily disinfect these.

If you want to try tongue scraping before purchasing one, try using a small metal spoon, hold it by the handle and turn it upside down to scrape with the spoon end.

I don't recommend using a toothbrush to clean your tongue. This practice tends to just stir up the bacteria instead of actually removing them from your mouth. And the moist brush is more likely to hold and harbor the bacteria and must be replaced often. The use of a tongue scraper is much more effective.

INSTRUCTIONS

- Hold the tongue scraper and place the arch (or tip of the spoon) as far back on your as possible.
- Scrape forward several times, rinsing the white film off of the scraper between each scraping. It's important to get the back of the tongue which may create a gag reflex, but this will lessen with practice. Be gentle but firm as you scrape.
- Rinse your mouth with water.
- Clean and dry your scraper with water – you may want to occasionally use toothpaste or baking soda to disinfect.

CONTRAST SHOWER

A contrast shower is the most widely available form of hydrotherapy. Alternating hot and cold showers are an invigorating and extremely beneficial custom to include in your weekly detox routine. Contrast showers improve the circulation, increase cellular oxidation, stimulate the immune system, strengthen the nervous system, and help direct toxins out of the tissues and organs.

A hot shower that lasts less than five minutes has a stimulating effect on the circulatory system. A cold shower that lasts less than one minute will also stimulate blood flow and metabolism, first by constricting and then later dilating blood vessels.

INSTRUCTIONS “Start Hot and End Cold”

1. 1-3 minutes hot water (hot as you can tolerate, do not burn yourself)
2. 30 seconds cold water (as cold as you can tolerate, this will be uncomfortable)

3. Over time, learn to increase the contrast in temperatures for better effects
4. Repeat 3 times
5. End on cold

Ending on cold stimulates the body and has an overall warming effect. Dry off quickly and get into bed under the covers for 30 minutes. You must allow your body to rebalance its temperature, otherwise this will be more of a stress on the system versus and support to the system.

DAY FIVE
IDEAL EATING PATTERN

IDEAL EATING PATTERN

How you eat is as important as *what* you eat. The most common pattern of eating that I see over and over again in my private practice looks like this: little to no breakfast (if breakfast is eaten, it often lacks protein), coffee all morning, late lunch, snack, snack, dinner, snack, snack. This calorie distribution is heavily weighted towards the end of the day. This is a pattern that will set you up for failure and here's why: skipping breakfast is seen as a stress in the body (literally, your cortisol will spike if you do not eat breakfast, and it will also spike if you do not eat breakfast that has protein in it) and, it sets you up to eat MORE across the day. The less you eat in the morning, the more likely you are to overeat in the evening. If you don't get in front of your hunger, you will feel like you are chasing your hunger all day (ever wonder why you are hungry after dinner even though you just ate?). The more you shift your eating into the evening, the more you interfere with restorative sleep patterns. The best pattern of eating is to distribute calories evenly across the day.

Here is an example of a 1400 calorie meal plan with evenly distributed calories:

Breakfast 375 calories

Snack 125 calories

Lunch 375 calories

Snack 125 calories

Dinner 400 calories

HERE ARE THE BASICS – THE THREE PRINCIPLES OF HEALTHY EATING

PRINCIPLE ONE: eat consistently across the day

PRINCIPLE TWO: do not eat carbohydrates (grain, vegetable and fruit) by themselves – pair these with a protein or fat source

PRINCIPLE THREE: move towards whole foods (predominantly plant based)

HOW TO CREATE AN IDEAL EATING PATTERN

- Work on the daily pattern: Breakfast, Snack, Lunch, Snack, Dinner
 - You want $\frac{1}{2}$ your calories to be eaten from breakfast to mid-lunch and the other $\frac{1}{2}$ from mid-lunch to dinner
- Eat a breakfast within an hour of waking
- Set reminders to eat your snacks at 10:30AM, 3:30PM (the main meals are usually easy for people to remember).
- Lunch is your anchor point in the day. Keep lunch anchored at the same time daily (weekday and weekend)
 - If you wake up late: absorb AM snack into breakfast and again - keep lunch anchored at the same time daily
 - Refrain from eating after 7PM – this may not be doable with a varying work schedule. If you arrive home late on a consistent basis consider this pattern:
 - Eat lunch at your anchored time. Include a 3:30PM snack. Include another snack at 5PM and then when you get home have only protein and vegetables and remove the grain (this is a good idea if dinner will be too close to bedtime)

SETTING UP A DAILY MINI FAST

A mini fast is a 12-16 hour mini fast each evening (post dinner to breakfast the next day). Besides giving your body, liver and digestive system a much deserved rest, several studies have shown that mini-fasts have a protective effect on brain cells and can actually improve memory in patients with mild cognitive disorder (MCI) or Alzheimer's disease.

Your goal is to include a mini fast as many evenings as possible. If you finish dinner by 7PM and eat breakfast after 7AM, then this is a 12 hour mini fast.

EATING PATTERN SCHEDULE (EXAMPLE)

Wake at 7AM

Breakfast by 8AM

AM Snack 10:30AM

Lunch 12:30PM (anchor point)

Afternoon Snack 3:30PM

Dinner 6-7PM

Refrain from eating after dinner (12 hour Mini-Fast accomplished!)

DAY SIX
MOTIVATION TO STICK WITH IT

MOTIVATION TO STICK WITH IT

Eating clean and lean is not all about deprivation and starvation - in fact it is quite the opposite. Eating clean and lean involves a total indulgence of your body's needs, looking after yourself, and giving yourself the gift of a better body and a clearer mind. Realize that you have the power to change your life by changing your frame of mind. You have the ability to choose your path, reach your goals, and build an exceptional life. The challenge is in BELIEVING you can do this and finding the means to see this to completion.

If I may recommend the one thing that will greatly improve your success in this program, it is to figure out how to make room in your life for your new healthy habits. Take a look at your current life demands and see if there is anything you can shift or place on hold to make room for your program.

With this in mind, let's prepare your mind for this challenge by aligning your goals with your mindset. You are going to create a list of all of the benefits you will gain from following through with your

program and all of the things you stand to lose if you do not follow through. This list can then be copied and placed strategically around the home, office and even your car! Use this as motivation to navigate temptation and see your program through to the end!

Ask yourself these two questions:

1. If I achieve my health goals, how will this affect me?
2. If I do not achieve my health goals, how will this affect me?

Here is a list of examples to get your started:

If I achieve my health goals, how will this affect me?

I will have more energy to achieve the things I want in life
I will be able to spend more time playing with my kids
I will be able to get up earlier and go running, swimming etc
I will have energy all through the day
I will be able to think clearly
I will have a healthier, more fit body
My skin will clear up
My confidence will be through the roof

If I do not achieve my health goals, how will this affect me?

I will not lose the weight that I want to lose

I will have no/ low energy

My skin will not clear up

I will feel bloated and heavy

I will have no mental clarity

I will still find it difficult to get up in the morning

I will still be too embarrassed to wear x, y, z

You should try to be as detailed as possible and as emotionally charged as possible when you create this list - throw yourself into it and you will be surprised how motivating this exercise can be! If you feel up to it – please post your question and answers on your member page and/ or on your blog (you can post on the blog from your member page – this is different than the forum).

Tomorrow you will shop for the challenge ahead and start the challenge portion of your program! GOOD LUCK!

Angela Pifer, Certified Nutritionist

Creator of the Clean & Lean Revolution

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