

# 5-DAY CLEAN EATING CLEANSE



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# HOW TO PREPARE FOR THE CLEANSE



## General tips for a successful cleanse:

- **Get creative** - Each section of this guide will have a detailed explanation to get you through each moment of the 5 day clean eating cleanse. You are not required to make every salad, smoothie, or soup. Feel free to make larger portions and eat left overs or freeze for after the cleanse. If there is an ingredient that doesn't sound appealing, swap it out but PLEASE remember to use whole, organic ingredients (avoid foods from the store that come with food labels).
- **Invest in a citrus juicer** - Each morning you will be asked to take a lemon juice shot. As you will learn in the coming pages, lemon is excellent at helping detoxify the body. It will also wake you up in the morning!
- **Make sure you have something to blend** - A traditional blender, bullet blender, immersion blender, or vitamix. You will be blending smoothies, and soups for a good portion of your meals. It will be quite challenging to make these without a blender!
- **Freeze your bananas in advance** - Adding frozen fruit will make your smoothies chilled without the need for ice. Slice your bananas and portion out each banana into separate ziplock bags and place in freezer.
- **Sweat It Out** - Sweating is a great way to rid your body of toxins. If you have access to a sauna or steam room, or hot yoga such as Bikram Yoga, try incorporating one of these into your cleanse this week.
- **Take a Probiotic** - It is important to revitalize your gut flora, especially during the detoxification process. Take a probiotic first thing in the morning on an empty stomach. We recommend Life 9 Probiotic from Young Living.

# HOW TO PREPARE FOR THE CLEANSE



## The week before...

- **Wean off coffee** - Cut your intake in half by drinking half decaf or replacing with black tea. Two days before you start your cleanse, drink 1/4 of your normal daily intake - switch to green or white teas.
- **Replace sugary beverages** - Because you will be removing all sugars (other than natural sugar from fruit, honey, and grade B maple syrup), start consuming less sugar the week before the cleanse. If you still drink soda or juice, replace them with water, sparkling flavored water, or sparing amounts of cold-pressed, fresh squeezed raw juices.
- **Start removing any processed foods (including sugars/sweets)** - This includes anything with a food label! During the cleanse, you will be eating ALL whole foods. Cutting out processed foods "cold turkey" can be hard when you consume them daily, so start the process now.
- **Work on getting more sleep** - During your clean-eating cleanse you may feel tired as your body is adjusting to the changes in your diet and other elimination tools we will discuss later on. It is important to get rest so that your body can focus on removing toxins and repairing from the inside out.
- **Write down your goals for the week** - Everything you do, do with purpose. Write down your goals for the coming week. Do you want to go to sleep at a specific time each night? Do you want to drink more water? (half of your body weight in oz is ideal.) Maybe you plan to work out EVERY DAY during the cleanse or you want to focus on appreciating each and every meal. Whatever it is, write it down where you can see it every morning.
- **Prepare your food for the coming week** - Go grocery shopping a few days before the cleanse begins and cook your soups the day before you start the cleanse.



# FOODS THAT AID IN DETOXIFICATION

## Blueberries:

**Benefits:** Blueberries contain natural aspirin that helps lessen the tissue-damaging effects of chronic inflammation and ease pain. Blueberries also act as antibiotics by blocking bacteria in the urinary tract, thereby helping to prevent infections. They have antiviral properties and are loaded with super-detoxifying phytonutrients called proanthocyanidins.



### Helps...

- ease joint & muscle pain
- lower inflammation
- relieve UTI's
- fight colds
- remedy infections
- boost memory

#### Our favorite ways to incorporate them:

- Add a handful of berries to your morning breakfast on top of oatmeal or next to your eggs.
- Muddle and boil them with water to make a topping/spread for pretty much anything (brown rice/flax pancakes, grilled steak/pork).

How will you incorporate them?

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## Avocados:

**Benefits:** This wonder fruit is packed with antioxidants, lowers cholesterol, and dilates the blood vessels while blocking artery-destroying toxicity. Avocados contain a nutrient called glutathione, which blocks at least 30 different carcinogens while helping the liver detoxify synthetic chemicals. Researchers at the University of Michigan found that elderly people who had high levels of glutathione were healthier and less likely to suffer from arthritis. Consuming avocados is associated with better diet quality and nutrient intake level, lower intake of added sugars, lower body weight, BMI and waist circumferences, higher "good cholesterol" levels, and lower metabolic syndrome risk.



### Helps...

- improve skin tone
- improve weight loss
- lower risk of diabetes
- lower Inflammation

#### Our favorite ways to incorporate them:

- Make your own guacamole. Notice how quickly it turns brown. Why doesn't the kind you buy at the store ever change color? Try it with carrot chips, nut crackers, and top your eggs and salads with it.
- Smash on top of toast, top with red peppers, and add salt + pepper.

How will you incorporate them?

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# FOODS THAT AID IN DETOXIFICATION

## Lemons:

**Benefits:** Lemon cleanses the liver. This wonderful fruit stimulates the release of enzymes and helps convert toxins into a water-soluble form that can be easily excreted from the body. In addition, lemons contain high amounts of vitamin C, a vitamin needed by the body to make glutathione. Drinking lemon water, which is alkaline-forming, first thing in the morning will help to balance out the acidity of foods we've consumed. Lemons also have an incredible effect in detoxifying the liver. Fresh lemon juice contains more than 20 anti-cancer compounds and helps balance the body's pH levels.



### Helps...

- stimulate liver function
- curb appetite
- lower Acidic pH
- promote bowel movements
- fight bacteria
- strengthen blood vessels
- energize your cells

#### Our favorite ways to incorporate them:

- Start your day with lemon water.
- Use instead of vinegar on salads or as the acid in a marinade.
- Squeeze into smoothies.

How will you incorporate them?

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## Pineapple:

**Benefits:** This tropical goodness contains bromelain, a digestive enzyme that helps cleanse your colon and improve digestion. Excessive inflammation, excessive coagulation of the blood, and certain types of tumor growth may all be reduced by bromelain. Two molecules isolated from an extract of crushed pineapple stems have even shown promise in fighting cancer growth.



### Helps...

- joint & muscle pain
- reduce inflammation
- inhibit tumor growth
- lower blood pressure
- prevent constipation
- improve fertility

#### Our favorite ways to incorporate it:

- Sprinkle cinnamon over it for a double detox boost.
- Chop up and mix with almonds and unsweetened coconut flakes for a tropical snack.
- Make pineapple salsa to layer over your fish or put on a salad.

How will you incorporate it?

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# FOODS THAT AID IN DETOXIFICATION

## Artichokes:

**Benefits:** Artichokes help the liver function at its best, which in turn will help your body purge itself of toxins and other things it doesn't need to survive. It ups the liver's production of bile. Bile helps break down foods which helps your body use the nutrients. An increase in bile production is typically a good thing.



### Helps...

- activate the liver
- stimulate digestive system
- prevent brittle bones
- increase brain health
- lower blood pressure and regulate heart rate

#### Our favorite ways to incorporate them:

- Chop artichoke hearts, cucumbers, tomatoes, olives, feta cheese, and cooked quinoa and toss with lemon juice and olive oil.
- Throw them in your omelettes or on a sandwich.

How will you incorporate them?

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## Broccoli:

**Benefits:** Broccoli specifically works with the enzymes in your liver to turn toxins into something your body can eliminate easily. Broccoli contains a very powerful anti-cancer, anti-diabetic, and anti-microbial called sulforaphane which helps prevent these diseases along with osteoporosis and allergies.



### Helps...

- lower heart rate
- reduce allergy reaction and Inflammation
- lower your acidic pH
- prevent cancer growth
- bone health

#### Our favorite ways to incorporate it:

- Steamed and tossed with crushed nuts in gluten-free soy or liquid aminos.
- Steam and puree broccoli with curry or garlic (really any seasoning you'd like) to add to omelettes, rice noodles, pastas, steak topping, etc.

How will you incorporate it?

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# FOODS THAT AID IN DETOXIFICATION

## Kale:

**Benefits:** Kale is now recognized as providing comprehensive support for the body's detoxification system. New research has shown that the ITCs (isothiocyanate) made from kale's glucosinolates can help regulate detox at a genetic level. This vegetable is so good for you that it is often recommended by doctors to patients fighting kidney disease. It's packed with so many antioxidants and has anti-inflammatory properties as well, not to mention it contains a ton of vitamins and minerals as well. Leafy greens are likely the number one food you can eat to regularly help improve your health. They're filled with fiber along with crucial vitamins, minerals, and plant-based phytochemicals that may help protect you from almost every known disease .



### Helps...

- joint & muscle pain
- inflammation
- fight kidney disease
- oxygenate cells = more energy
- prevent bone loss

#### Our favorite ways to incorporate it:

- Kale chips - remove ribs and lightly toss in olive oil and sea salt, bake at 275 for 20 minutes \*(aries with ovens) and keep an eye on them.
- Chop finely and toss with dried cherries, walnuts, apples, apple cider vinegar and extra virgin olive oil, and let sit with dressing in fridge for an hour to allow the vinegar to break down the kale.
- Steam or saute with other veggies.

How will you incorporate it?

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## Onions:

**Benefits:** This kitchen staple is as healthy as it is tasty. It's brimming with sulfur-containing amino acids, which efficiently detox the liver. Raw onions deliver the most health benefits. Even a small amount of "overpeeling" can result in unwanted loss of flavonoids. For example, a red onion can lose about 20% of its quercetin and almost 75% of its anthocyanins if it is "overpeeled". Onions will soak up arsenic, cadmium, lead, mercury and tin in contaminated foods. Onions have been shown to inhibit the activity of macrophages, specialized white blood cells that play a key role in our body's immune defense system, and one of their defense activities involves the triggering of anti-inflammatory responses.



### Helps...

- regulate blood sugar
- prevent cancer
- improve immunity
- reduce inflammation
- heal infections

#### Our favorite ways to incorporate them:

- Onion soup anyone? This is a great opportunity to incorporate garlic, and homemade broths have amazing health benefits, too
- Caramelize onions in large quantities and keep in the refrigerator to add to salads, eggs/omelettes, sandwiches, on top of steak and chicken... really ANY meal.
- Finely chop red onions and mix with chopped cucumbers, toss with lemon juice, olive oil, and dill for a light side salad.
- **Bonus tip:** If you don't like how strong raw onions are, soak in room temperature water for no less than 20 minutes to remove the "bite."

How will you incorporate them?

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# FOODS THAT AID IN DETOXIFICATION

## Cinnamon:

**Benefits:** The oils from cinnamon contain active components called cinnamaldehyde, cinnamyl acetate, and cinnamyl alcohol. Cinnamaldehyde has been well-researched for its effects on blood platelets helping prevent unwanted clumping of blood cells. Cinnamon is an "anti-microbial" food and has been studied for its ability to help stop the growth of bacteria as well as fungi, including the commonly problematic yeast, Candida. Cinnamon's antimicrobial properties are so effective that recent research demonstrates this spice can be used as an alternative to traditional food preservatives. It has one of the highest antioxidant values of all foods and its use in medicine to treat nausea, to menstruation, cramps, low energy, and diabetes.



### Helps...

- control blood sugar
- alleviate yeast infections
- reduce IBS
- remedy cold/flu
- with alertness, memory, & cognitive development

#### Our favorite ways to incorporate it:

- Sprinkle on everything (sweet or savory): Sweet potatoes, oatmeal, in coffee, sauteed root vegetables, or chopped banana with almond butter.

How will you incorporate it?

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## Ginger:

**Benefits:** Along with turmeric, ginger is one of the world's most potent disease-fighting spices. Ginger spikes your metabolism, flushes out waste, helps liver function, and has astringent properties. If you're suffering from a fatty liver caused by too much alcohol or too many toxic foods and drinks, ginger will help eliminate and heal your organ.



### Helps...

- stomach aches
- minimize heavy bleeding
- with joint pain
- alleviate nausea
- increase libido

#### Our favorite ways to incorporate it:

- Shave ginger root into your morning lemon water (hot or cold) with some mint leaves for extra flavor or to heal an upset stomach.
- Add to your favorite stir fry mix for an Asian flare.
- Sprinkle in berry smoothies made with lemon juice.

How will you incorporate it?

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# FOODS THAT AID IN DETOXIFICATION

## Garlic:

**Benefits:** Many detox diets list garlic as a crucial piece of the process. This is because garlic boosts the immune system as well as supporting liver function. You can up your intake of garlic without having to worry that your body will build up a resistance. Sulfur is found in high quantities in garlic, which makes it a good detox food. Sulfur's antibiotic properties heal your body. Garlic is proven to be 100 times more effective than antibiotics and work in a fraction of the time.



### Helps...

- boost immune system
- reduce inflammation
- UTI's
- heal infections
- lower blood pressure
- detoxify heavy metals

#### Our favorite ways to incorporate it:

- Roast cloves in the oven, finely chop, and mix with olive oil to create a garlic spread for sandwiches, or add whole roasted cloves to salads such as the Mediterranean salad listed in the artichoke section.
- Use in both meat and veggie marinades.
- Add to pan when sauteing or stir frying.
- **Bonus tip:** Put a clove on the end of a fork and use it in place of a spatula when sauteing for added flavor.

How will you incorporate it?

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## Turmeric:

**Benefits:** Curcumin is the active ingredient in the spice turmeric, which gives it its yellow color. The rate at which your detox pathways function depends on your genes, age, lifestyle, and supply of nutrients involved in the detox process. Curcumin is used in Ayurvedic Medicine to treat liver and digestive disorders. Turmeric has specifically been studied in relation to the positive effect that it has on the liver. Turmeric protects the body and prevents disease more effectively than drug-based treatments and without the side effects due to its high antioxidant content.



### Helps...

- improve brain function
- lower Inflammation
- lower risk of cancer
- decrease depression
- fight aging

#### Our favorite ways to incorporate it:

- Sprinkle it on everything. Wwe love it over eggs with hot sauce.
- Add to kale, sauteed in coconut oil and sea salt.
- Slice or grate whole root into hot water.

How will you incorporate it?

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# FOODS THAT AID IN DETOXIFICATION

## Basil:

**Benefits:** Basil has anti-bacterial properties, and it's full of antioxidants to protect the liver. The active ingredients are terpenoids. It is also wonderful for digestion and detoxification. It supports the functioning of the kidneys and also acts as a diuretic to help the body expel unwanted toxins. Basil has been known to have anti-ulcer qualities as well as antimicrobial effects that guard against bacteria, yeast, fungi, and mold. Basil seed can also help with constipation. The anticancer properties of basil may be related to its ability to influence viral infections.



### Helps...

- joint & muscle pain
- inflammation
- slow aging
- kidneys flush out waste
- with yeast Infections
- absorb mold and alleviate allergies

#### Our favorite ways to incorporate it:

- Throw in a salad, either a steak salad with spinach and roasted tomatoes or a simple caprese salad.
- Puree with olive oil, unsalted cashews and sea salt for a basil spread and add to eggs, quinoa, rice, or anything for that amazing basil flavor.

How will you incorporate it?

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## Almonds:

**Benefits:** Almonds are the best nut source of Vitamin E. In fact, just one ounce contains 7.3 mg of "alpha-tocopherol" vitamin E, the form of the vitamin the body prefers. They're also high in fiber, calcium, magnesium, and usable protein that helps stabilize blood sugar and remove impurities from the bowels.



### Helps...

- reduce risk of heart attack
- build strong bones
- weight loss
- improve brain function
- lower bad cholesterol

#### Our favorite ways to incorporate them:

- Chop up and put in salads or over oatmeal.
- Get creative with your trail mix. Mix almonds, goji berries or a little of your favorite dried fruit, coconut flakes, and pumpkin seeds to eat as-is or toss in coconut oil with a little sea salt to enjoy by the spoonful.
- Choose almond butter over peanut butter.

How will you incorporate them?

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# RECIPES: SMOOTHIES



## Berry Banana Smoothie:

1 cup mixed frozen berries - 1/2 frozen banana - 8 oz unsweetened almond milk - 2 scoops of Young Living Vanilla Pure Protein Complete or your favorite organic protein powder.

*Optional: 1 oz/half the packet NingXia Red juice*

## Green Goddess Smoothie:

1/2 cup frozen or 1 cup fresh spinach - 1/2 cucumber - 1/2 frozen banana or avocado - fresh squeezed lemon juice from 1 lemon - 8 oz unsweetened almond or coconut milk - 2 scoops of Young Living Vanilla Pure Protein Complete or your favorite organic protein powder.

*Optional: Substitute 1 drop lemon vitality essential oil for lemon juice*

## PB & J Smoothie:

1 cup mixed frozen berries - 1/2 frozen banana - 2 T almond butter - 1/2 T ground cinnamon - 8 oz unsweetened almond milk

*Optional: 1 oz/half the packet NingXia Red juice*



## Mint Chocolate Smoothie:

1 to 2 T cacao powder - handful fresh mint leaves - 1/2 avocado - 1/2 banana - 1 T raw honey or grade B maple syrup - 8 oz unsweetened almond milk - 2 scoops of Young Living Chocolate Pure Protein Complete or your favorite organic protein powder.

*Optional: 1 drop peppermint vitality essential oil*

## Tropic Thunder Smoothie:

1 cup diced pineapple - 1 frozen banana - juice of 1 fresh squeezed orange - 1/4 T pure vanilla extract - 1 T cinnamon - 8 oz coconut water - 2 scoops of Young Living Vanilla Pure Protein Complete or your favorite organic protein powder.

*Optional: Substitute 1 drop lemon vitality essential oil for lemon juice*



# RECIPES: SALADS



## Roasted Squash Salad:

Arugula, field greens, and/or spinach - butternut squash, peeled and cut into 3/4 inch pieces, dressed with olive oil, maple syrup, sea salt & pepper and roasted at 400 degrees for 15-20 minutes - 2-3 T dried cranberries - 1/4 cup walnuts,

**Dressing:** 2 Tbsp olive oil, 1 Tbsp apple cider or red wine vinegar, 1 tsp dijon mustard, sea salt & pepper, whisk separately in mixing bowl

*Optional: Parmesan cheese & 4 oz grilled, roasted, or sauteed chicken*

## Kale & Beet Salad

Finely chopped flat leaf kale - 1 beet: washed, peeled, and grated with cheese grater - crushed pecans - shaved fennel

**Dressing:** Drizzle with 2 Tbsp olive oil, 1 tsp red wine vinegar, juice of 1 lemon, sea salt & pepper

*Optional: Goat cheese & 4 oz grilled, roasted, or sauteed chicken*



## Pineapple Salsa Salad

Chopped romaine lettuce - black beans - black olives - Equal parts diced tomato, onion, green bell pepper, pineapple, & avocado - chopped cilantro

**Dressing:** Olive oil, fresh lime juice, dusting of cumin, sea salt & pepper

*Optional: Raw cheddar cheese & 4 oz shredded chicken*

## Strawberry Walnut Salad

Field greens and/or baby spinach - chopped fresh basil leaves - sliced fresh strawberries - crushed walnuts

**Dressing:** Olive oil, balsamic vinegar, sea salt & pepper

*Optional: Crumbled bleu cheese & 4 oz grilled, roasted, or sauteed chicken*



## Greek Salad

Spinach - diced cucumber, tomato & onion - black or kalamata olives

**Dressing:** Olive oil, Balsamic vinegar, Sea salt & pepper

*Optional: Crumbled feta cheese & 4 oz shredded chicken*



# RECIPES: SOUPS

## Butternut Squash Soup:

### Ingredients

- 2.5 pounds butternut squash
- 1-2 T olive oil
- 2 leeks, chopped
- 2 cloves garlic, peeled and chopped
- 1 T chopped fresh ginger
- 1 T turmeric
- 2 T grass feed butter or coconut oil
- 1 tsp ground coriander
- 2-3 cups vegetable or chicken broth, depending on preferred thickness
- Sea salt and pepper

### Instructions:

1. Rinse squash. Cut in half lengthwise. Scoop out and discard seeds. (Save if you want to roast for a salad topping.) Brush cut surfaces with olive oil. Set squash cut side down in a 10 by 15 inch baking pan.
2. Bake at 375° until squash is soft when pressed, 45 to 60 minutes. Scoop flesh from skin and discard peels.
3. Meanwhile, trim and discard root ends and tough dark green tops from leeks. Cut leeks in half lengthwise and rinse thoroughly under cold running water, flipping layers to release grit. Chop leeks.
4. In a pan over medium-high heat, stir leeks, garlic, and ginger in butter or olive oil until leeks begin to soften, 6 to 7 minutes.
5. Add coriander, squash, and broth.
6. Combine all ingredients in blender or use an immersion blender to purée.
7. Cover and heat soup until steaming. Add salt and pepper to taste.

## Garlic & Onion Soup:

### Ingredients

- 4 cups chicken or beef stock or bone broth
- 2 sweet yellow onions, thinly sliced
- 4-6 cloves garlic, finely chopped
- 2 T olive oil
- Sea salt and pepper to taste

### Instructions:

1. Heat olive oil in large saute pan on medium heat.
2. Saute onions and garlic on low heat until onions appear transparent, add sea salt and pepper.
3. Combine stock or broth in medium pot with cooked onions and garlic.
4. Add additional sea salt and pepper to taste.



# RECIPES: SOUPS

## Tomato Basil Soup:

### Ingredients

- 2 T olive oil
- 1 small yellow onion, chopped
- 5 vine tomatoes, cubed
- 3 cloves garlic, peeled
- 1 cup chicken or vegetable stock
- 1/2 cup finely chopped basil
- Sea salt & pepper to taste

### Instructions:

1. Heat oil in saute pan and add chopped garlic and onion. Cook on low until transparent.
2. Add tomatoes, chicken or vegetable stock, salt & pepper in blender with cooked onions and garlic. Puree until smooth
3. Heat over medium-high heat and let simmer for an hour, stirring occasionally.
4. Add chopped basil.



## Vegetable Chili:

### Ingredients

- 5 vine tomatoes, pulsed in blender
- 1 onion, diced
- 1 green pepper, diced
- 2 garlic cloves, peeled & finely chopped
- 1 cup black beans
- 2 -3 T chili powder (or add to taste)
- 1 tsp cumin (or add to taste)
- Sea salt & pepper (add to taste)
- 1 lb ground beef or ground turkey (optional)

### Instructions:

1. Place all ingredients in slow cooker and cook on low for 10-12 hours. If you are using meat, brown the meat first, and then add in.

### If you do not have access to slow cooker

1. Add pepper, onion, garlic, and seasonings to a saute pan and cook in olive oil until el dente.
2. Chop tomatoes and place in medium pan.
3. Add cooked ingredients and black beans until all ingredients are tender.
4. Continue to season to taste.
5. Garnish with avocado & cilantro.



## Vegetable Lentil:

### Ingredients

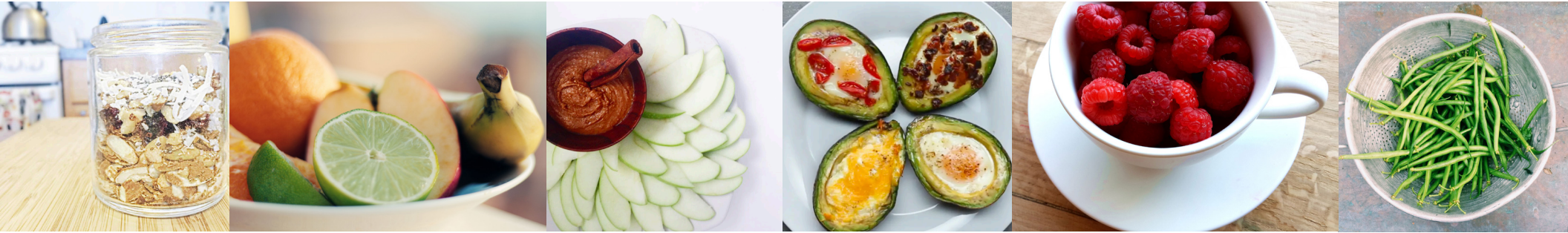
- 4 cups chicken or vegetable broth
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1/2 onion, chopped
- 1 cup finely chopped spinach and/or kale
- 2 T olive oil or butter
- 1 cup mushrooms, chopped
- 1 cup brown lentils
- Sea salt & pepper
- 1-2 cups shredded chicken (optional)

### Instructions:

1. In medium saute pan, cook mushrooms in olive oil or butter until tender.
2. Place mushrooms and stock in blender and mix until smooth.
3. Cook lentils using the instructions on the package.
4. In medium pot, combine broth, carrots, celery, onion, spinach/kale, and cook until tender.
5. Add lentils (and optional cooked, shredded chicken).
6. Salt & pepper to taste.
7. If soup is thicker than you'd prefer - add more broth.



# RECIPES: SNACKS



- Kale chips - Remove ribs and lightly toss in olive oil and sea salt. Bake at 275 for 20 minutes \*varies with ovens. Keep an eye on them!
- Tropical Trail Mix - Chop pineapple and mix with slivered almonds and unsweetened coconut flakes
- 1/4 - 1/2 cup raw or lightly salted nuts & seeds (almond, cashew, pecans, pistachios, pumpkin seeds, sunflower seeds, etc.) Add dried cherries, unsweetened coconut flakes, cacao nibs, cinnamon, and melted coconut oil with a sprinkle of sea salt.
- Avocado with olive oil, lemon juice, cilantro, sea salt, and pepper
- Apple slices or sliced banana with cinnamon almond butter
- Cherry tomato halves tossed with chopped basil, olive oil, balsamic vinegar, sea salt and pepper
- NingXia Red shot with flavored sparkling water (you'll have to save your morning shot for this)
- Veggies: carrots, peppers, cucumber, celery, green beans, or any of the veggies listed in the "Foods That Aid In Detoxification" section.
- Bowl of berries or any of the fruits listed in the "Foods That Aid In Detoxification" section
- Freeze-dried strawberries. You can find these at Trader Joe's and many other health food stores.



# GROCERY SHOPPING LIST: SMOOTHIES



## Fresh Produce:

- 3 Bananas
- 1 Cucumber
- 1 Whole pineapple  
(You will use the other half in a salad!)
- 1 Orange
- 7 Lemons  
(You will use 1 lemon each morning in addition to the 2 smoothies)
- Mint Leaves

## Frozen Produce:

- 16 oz Bag of Frozen Mixed Berries
- 1 Bag Frozen Spinach
- 2 Avocados

## Oils, Butters, Beverages, Etc:

- Almond Butter
- Cacao Powder
- 32 oz Almond Milk
- Coconut Water
- Organic Raw Honey and/or Grade B Maple Syrup
- Pure Vanilla Extract

# GROCERY SHOPPING LIST: SALADS

## Vegetables & Herbs:

- Small Bunch of Arugula
- Field Greens and/or Spinach  
(You can freeze some to use in future smoothies)
- Romaine Lettuce
- Flat Leaf Kale
- Cilantro
- Basil Leaves  
(You will use half now and half in a soup)
- 1 Butternut Squash  
(You will use half now and half in a soup)
- 2 shallots
- 1 onion
- 1 Green Bell Pepper
- Cucumber  
(You will use half now and half in a smoothie)
- Fennel
- Beets

## Fruit:

- 1 Orange
- 1 Lemon
- 1 Lime
- Tomatoes
- Fresh Strawberries
- Pineapple  
(Half for salad - other half for smoothie)
- Black or Kalamata Olives

## Legumes:

- Black Beans

## Spices & Extras:

- Cinnamon
- Cumin
- Sea Salt
- Pepper
- Dijon Mustard
- Grade B Maple Syrup

## Oils & Vinegars:

- Olive Oil
- Apple Cider Vinegar
- Red Wine Vinegar
- Balsamic Vinegar

## Nuts, Seeds, Dried Fruit:

- Dried Cranberries
- Walnuts
- Pecans

## Optional Ingredients:

- 20 oz Chicken
- Parmesan Cheese
- Goat Cheese
- Raw Cheddar Cheese
- Blue Cheese
- Feta Cheese

# GROCERY SHOPPING LIST: SOUPS



## Fruits & Vegetables:

- 2 Bulbs of Garlic
- 10 Vine Tomatoes
- 5 Sweet Yellow Onions
- Basil  
(You can use basil from salad section)
- 1 Green Bell Pepper
- Carrots
- Celery
- Spinach or Kale  
(You can use from salad section)
- Button Mushrooms
- 2 Leeks
- 1 Butternut Squash  
(You will use half now and half in a salad)

## Legumes:

- Black Beans
- Brown Lentils

## Spices:

- Fresh Ginger Root
- Fresh Turmeric Root
- Ground Coriander
- Ground Cumin
- Chili Powder
- Sea Salt
- Pepper

## Oils, butters, & such:

- Olive Oil
- Grass Fed Butter
- Coconut Oil
- 12 Cups Chicken and/or Vegetable Stock or Bone Broth



# GROCERY SHOPPING LIST: SNACKS



## Vegetables:

- 1 Bunch of Kale\*
- Cilantro\*
- Basil\*
- Cherry Tomatoes\*
- Carrots\*, Celery\*, Serving of any other veggie of choice!

## Nuts, Seeds, Dried Fruit:

- Slivered almonds
- Dried Cherries or Cranberries
- Your choice of any or all of the following:
- Almonds
- Cashews
- Pecans
- Walnuts\*
- Pumpkin Seeds

## Beverages:

- 12-16 oz Sparkling Water

## Fruits:

- 1 Serving of Pineapple\*
- 1 Avocado\*
- 1 Lemon
- 1 Apple
- 1 Banana
- 1 serving of fruit of choice, Recommended: mixed berries

## Oils, Butters, etc:

- Coconut oil\*
- Olive oil\*
- Balsamic vinegar\*
- Almond Butter

## Spices & Extras:

- Cinnamon\*
- Salt\*
- Pepper\*
- Cacao Nibs
- Unsweetened Coconut Flakes

\* Can be used from remaining ingredients in smoothie, salad, & soup recipes

# MASTER SHOPPING LIST

## Vegetables:

- 1 bunch of Flat Leaf Kale
- 1 bag / head of Romaine Lettuce
- 1 bag of Spinach
- 1 bag of Field Greens (optional)
- Small bunch of Arugula
- 1 cup Button Mushrooms
- 1 Cucumber
- 1 Green Bell Pepper
- 10 Vine Tomatoes
- 1 container Cherry Tomatoes
- 1 bag of Carrots
- 1 bunch of Celery
- 2 Leeks
- 2 Shallots
- 6 Sweet Yellow Onions
- 1 Red Onion
- 2 bulbs of Garlic
- 1 Butternut Squash
- 1 Fennel bulb
- 1 Beet bulb

## Frozen Produce:

- 16 oz Bag of Frozen Mixed Berries\*
- 1 Bag Frozen Spinach\*

## Legumes:

- 2 cans Black Beans\*
- 16 oz Brown Lentils\*

## Fruits:

- 1 Whole Pineapple (or pre-cut)
- 3 Avocados
- 8 Lemons
- 1 lime
- 1 Apple
- 4 Bananas
- 2 Oranges
- Fresh Strawberries
- 1 can Black or Kalamata Olives

## Herbs & Fresh Spices:

- 1 bunch of Cilantro
- 1 container of Basil Leaves
- 1 Container of Mint Leaves
- Fresh Ginger Root
- Fresh Turmeric Root

## Dried Spices & Extras:

- Cinnamon\*
- Ground Coriander\*
- Ground Cumin\*
- Chili Powder\*
- Sea Salt\*
- Pepper\*
- Cacao Nibs\*
- Pure Vanilla Extract\*

## Vinegars, Oils, Butters, etc:

- Coconut oil\*
- Olive oil\*
- Grass Fed Butter\*
- Almond Butter\*
- Cacao Powder\*
- Balsamic vinegar\*
- Apple Cider Vinegar\*
- Red Wine Vinegar\*
- Dijon Mustard\*

## Nuts, Seeds, Dried Fruit & Sweeteners:

- Slivered almonds\*
- Dried Cherries or Cranberries\*
- Almonds\*
- Cashews\*
- Pecans\*
- Walnuts\*
- Pumpkin Seeds\*
- Unsweetened Coconut Flakes\*
- Organic Raw Honey\*
- Grade B Maple Syrup\*

## Beverages:

- 12-16 oz Sparkling Water
- 32 oz Almond Milk
- 16 oz Coconut Water
- 12 Cups Chicken and/or Vegetable stock or bone broth

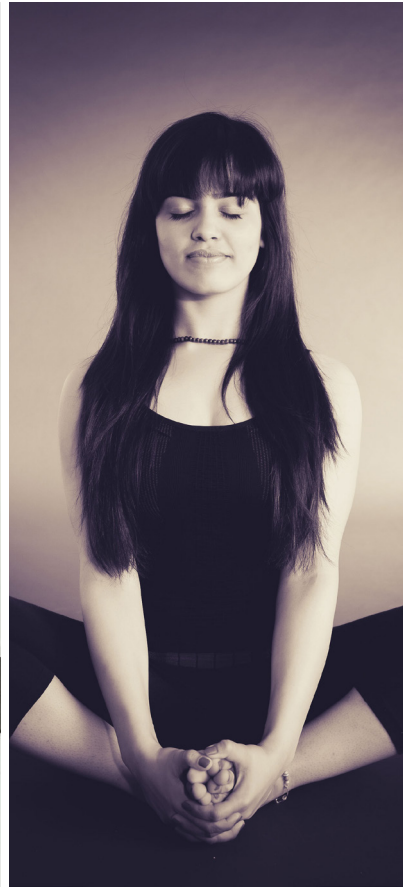
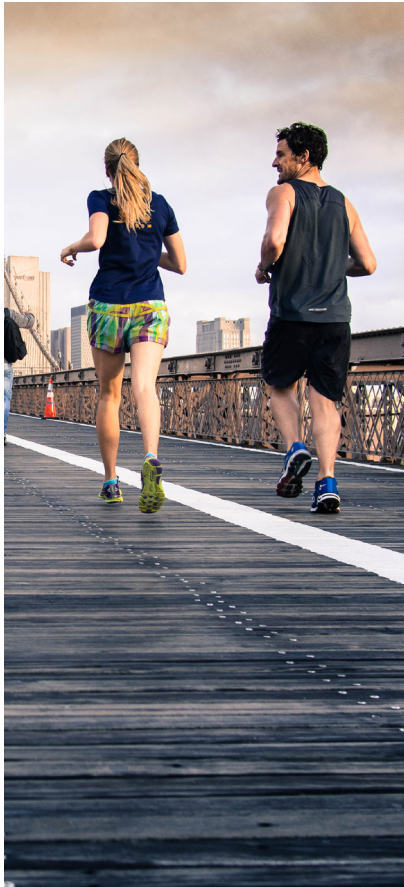
## NOTE:

'Optional' items listed in salad section are not included in this list.

\* Non-perishable/semi-nonperishable items you can use over an extended period of time.

# 5 DAY FITNESS PLAN

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Sprint	Lift Heavy Things	Deep Stretching, Move Slowly, or Rest	HIIT (High Intensity Interval Training)	Cross Training Cardio
20-30 minutes	25-30 minutes	45-60 minutes	25-35 minutes	45-60 minutes





# DAY 1: SPRINT

## Perks of sprinting

When you think "Sprint," think "Heart Health."

The purpose of sprinting is to get your heart rate up quickly and then allow it to recover to your resting heart rate; then repeat. This exercise helps condition your heart to recover more quickly and improves your overall health.

When you hear the word "sprint," it might take you back to high school when you had to run suicides for basketball practice (and that IS a great form of sprints), but there are many ways to get your heart rate up quickly.

### Try one of these for 20-30 minutes:

- Run stairs
- Run up and down your street (suicide style)
- Find a hill in your neighborhood and run up and down as fast as you can
- High intensity boxing
- Jumping rope
- Jumping jacks
- Burpees
- Mountain climbers
- Swim laps



# DAY 2: LIFT HEAVY THINGS



## What does this mean?

We don't necessarily mean flip tires at your closest CrossFit facility. Using your own body weight and gravity to your advantage is perfectly efficient. If you have some dumbbells or a kettle ball at home... even better!

The purpose of this exercise is to push your muscles to their limits (without over-exerting) and get them to the point of fatigue. Focus less on pushing your heart and more on pushing your muscles.

Remember, it is about focusing on muscles and working on technique.

## Here are a few tips for lifting properly:

- Breathe with your movements
- Don't arch your back or strain your neck
- Avoid rocking your body to generate momentum
- Focus on the muscles you are targeting
- Pay attention to your center alignment
- Use your full range of motion (pull or push fully without locking knees or elbows on extension)

## Workout Suggestions:

- Pushups
- Tricep Dips
- Narrow and Wide Legged Squats (with or without weights)
- Elevated Lunges (back leg is resting on something 6-12 in above the floor)
- Walking Lunges (with or without weights)

### Rule of Thumb:

Number Of Sets: At least 2

Number of Repetitions: until you start to shake... and then do 5 more.

# DAY 3: STRETCH, WALK, or REST

## The importance of stretching

### Physically:

- Flexibility
- Posture
- Injury Prevention
- Increases blood supply/nutrient supply to muscles (through blood)
- Reduces Soreness

### Mentally:

- Calming
- Releases Stress & Tension
- Increases energy

## Try These for 45-60 minutes:

- **Yoga** - you can do this at home - just YouTube "Vinyasa Flow Yoga"
- **Foam rolling** - This is an amazing way to "work out" your sore muscles from yesterday's lifting workout.
- **Easy stretching** - Choose your favorite 60-minute show at night and set your phone timer to 5 minutes. Switch positions every time your phone sounds.

## The importance of resting muscles

When you lift weights, you are essentially tearing your muscle fibers so that they can rebuild stronger than before. This is one of the reasons you get sore. Your muscles need time to repair properly. This is why we have a "rest" day (or "take it easy day") right after a lifting day. It will prevent injury and keep you from exhausting your body.





# DAY 4: HIIT (HIGH INTENSITY INTERVAL TRAINING)



## WHAT IS IT?

Intervals are a great way to hit (pun totally intended) a variety of muscles and get a full-body workout in a short amount of time. Let's break this down a little further:

**High Intensity** = Going 100% energy/capacity

**Interval** = Each exercise segment is done for 60-90 seconds with a 90-120 second recovery

A HIIT workout might look something like this:

### Circuit One (legs)

Minute 1 - Squat Jumps

Minute 2 - Step back lunges

Minute 3 - Burpees

Minute 4 - Step ups

Minute 5 - Alternating side lunges

Minute 6 - REST

### Circuit One (Arms)

Minute 7 - Push ups

Minute 8 - Reverse dips

Minute 9 - Bicep curls (with dumbbell or cans of soup)

Minute 10 - Extended arm circles (with dumbbell or cans of soup)

Minute 11 - Forearm plank

Minute 12 - REST

## Repeat!

Alternate between the two circuits with one minute rest between each circuit. Each circuit lasts 5 minutes for a total workout lasting 24 minutes with rests.

# DAY 5: CROSS TRAINING CARDIO



## Why Cross Train?

In actuality, this whole week has been diverse in cross training workouts.

Cross Training simply means doing a training in a variety of sports: cardio, lifting, stretching, interval workouts, so that you may:

- exercise and strengthen your muscles (lifting)
- condition your heart (sprinting)
- expand the use of your lungs (sprinting, HIIT, yoga)
- burn fat and use up stored energy (sprinting, HIIT)
- boost your metabolism (lifting, sprinting, HIIT)

Today we will focus on adding variety to the cardio portion so that you don't fall into the monotony and fatigue of the "hamster wheel," also known as the treadmill. This can also refer to slow and steady long distance running outside.

## Try one of these for 45-60 min:

### Gym or Specialty Classes

- Boxing class
- Swimming / Water Aerobics
- Cycling Class / Ride a Bike Outside
- Dance Class

### At home or free ideas

- Jump Rope - *5-10 minute sessions at a time with 1-2 minute breaks*
- Skip Outside - *you may feel childish but this is an AMAZING cardio exercise*

# WEEK-AT-A-GLANCE

DAY	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	WORKOUT
1	<b>Berry Banana Smoothie</b> 2 MultiGreens 1 Shot of NingXia Red lemon and/or Peppermint water*	<b>Snack of choice</b> from our suggested snacks list 2 Detoxzyme Capsules	<b>Roasted Squash Salad</b> 2 MultiGreens	<b>Snack of choice</b> from our suggested snacks list 2 Detoxzyme Capsules	<b>Onion Garlic Soup</b> 2 MultiGreens 2 Detoxzyme Capsules	<b>Sprint</b>
2	<b>Green Goddess Smoothie</b> 2 MultiGreens 1 Shot of NingXia Red lemon and/or Peppermint water*	<b>Snack of choice</b> from our suggested snacks list 2 Detoxzyme Capsules	<b>Kale &amp; Beet Salad</b> 2 MultiGreens	<b>Snack of choice</b> from our suggested snacks list 2 Detoxzyme Capsules	<b>Butternut Squash Soup</b> 2 MultiGreens 2 Detoxzyme Capsules	<b>Lift Heavy Things</b>
3	<b>PB &amp; J Smoothie</b> 2 MultiGreens 1 Shot of NingXia Red lemon and/or Peppermint water*	<b>Snack of choice</b> from our suggested snacks list 2 Detoxzyme Capsules	<b>Pineapple Salsa Salad</b> 2 MultiGreens	<b>Snack of choice</b> from our suggested snacks list 2 Detoxzyme Capsules	<b>Tomato Basil Soup</b> Detox bath 2 MultiGreens 2 Detoxzyme Capsules	<b>Move Slowly, Play, or Rest</b>
4	<b>Mint Chocolate Smoothie</b> 2 MultiGreens 1 Shot of NingXia Red lemon and/or Peppermint water*	<b>Snack of choice</b> from our suggested snacks list 2 Detoxzyme Capsules	<b>Strawberry Walnut Salad</b> 2 MultiGreens	<b>Snack of choice</b> from our suggested snacks list 2 Detoxzyme Capsules	<b>Vegetable Lentil Soup</b> 2 MultiGreens 2 Detoxzyme Capsules	<b>HIIT</b> (High Intensity Interval Training)
5	<b>Tropic Thunder Smoothie</b> 2 MultiGreens 1 Shot of NingXia Red lemon and/or Peppermint water*	<b>Snack of choice</b> from our suggested snacks list 2 Detoxzyme Capsules	<b>Greek Salad</b> 2 MultiGreens	<b>Snack of choice</b> from our suggested snacks list 2 Detoxzyme Capsules	<b>Vegetable Chili Soup</b> 2 MultiGreens 2 Detoxzyme Capsules	<b>Cross Training Cardio</b>

\* Lemon and/or peppermint water/tea can be enjoyed at anytime of the day, we suggest in the morning, at lunch, or mid-afternoon



# MORNING CHECKLIST

# AFTERNOON CHECKLIST

# EVENING CHECKLIST

- Wake up 30 minutes early
- Make your bed
- Brush your teeth/wash your face
- Drink 16 oz of water
- Take multiGreen Supplements
- Take Lemon Juice Shot
- Take NingXia Red Shot
- Make Infused Lemon/Peppermint Vitality Essential Oils Tea

- Take Detoxzyme Supplements
- Take MultiGreen Supplements
- Take a 5 minute break and stretch, breath, or walk around

Fit your Fitness in!...  
*Find a time to get your workout in. Make it work for your schedule, Remember, 15 minutes is better than zero minutes. Rome wasn't built in a day.*

- Take Detoxzyme Supplements
- Take MultiGreen Supplements
- Take 15-20 minutes of quiet time  
*(Journal, read, stretch, take a bath, etc. NO SCREEN TIME!)*
- Set alarm for 30 minutes earlier than you typically wake up
- Go to bed 30 - 60 minutes earlier than usual

This morning I feel:

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This afternoon I feel:

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This evening I feel:

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- Take MultiGreen Supplements
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*(Journal, read, stretch, take a bath, etc. NO SCREEN TIME!)*
- Detox Soak: Bath or Foot Soak
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This evening I feel:

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# GLOSSARY

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# WHAT'S THE DEAL WITH...

## Ningxia Red?

### Ningxia Red is filled with antioxidants:

- 100 g Whole Fresh NingXia Wolfberries
- 230 g Blueberries
- 140 g Cherries
- 1 cup of Aronia berries (highest antioxidant level of any berry)
- 125 mg Grapefruit Seed Extract
- 4 Pomegranets
- 2 Plums
- Orange, Lemon, Tangerine, Yuzu Essential Oils

### Ningxia Red also contains:

- 19 amino acids
- 5.8 g protein
- 22 trace minerals
- 5 essential fatty acids
- 7 mg of beta carotene (180% of your daily Vit A requirements)
- Vitamins B1, B6, 100% of B2 (riboflavin)
- 300% of your daily Vit C requirements
- 90% vit E
- 10% calcium
- 24% potassium
- 100% iron
- 91% selenium
- 18% zinc



# WHAT'S THE DEAL WITH...

## Lemon & Peppermint Vitality Essential Oils?

*\*We recommend Young Living Vitality essential oils ONLY as they are pure and safe for ingesting.*



### Lemon Vitality Essential Oil

Lemon essential oil is cold pressed from the rind of the fruit which is full of d-limonene great for supporting the digestive system and more.

**Immune system:** Lemon oil has a high vitamin content, which makes it a wonderful aid to support the body's immune system. Lemon oil also supports the circulatory and lymphatic systems.

**Acute Stress:** Lemon oil is calming in nature and therefore helps remove mental fatigue, exhaustion, acute anxiety, and occasional nervous tension. It has the ability to refresh the mind by creating a positive mindset and removing negative emotions.

#### TIP:

Add a drop to honey and mix into warm water in the morning.

#### Safety:

When adding lemon to beverage, drink out of glass or stainless steel, do not drink out of plastic.



### Peppermint Vitality Essential Oil

Peppermint essential oil is steam distilled from the leaves, stems, & flower buds.

**Digestion:** Peppermint oil is very helpful for supporting the digestive system.

**Circulation:** The stimulating effects of peppermint oil have been shown to support the circulatory system. The circulatory system helps to oxygenate the body's organs and increase metabolism, as well as oxygenate the brain.

#### TIP:

Add 1 drop of peppermint vitality to honey and mix into warm water in the morning.

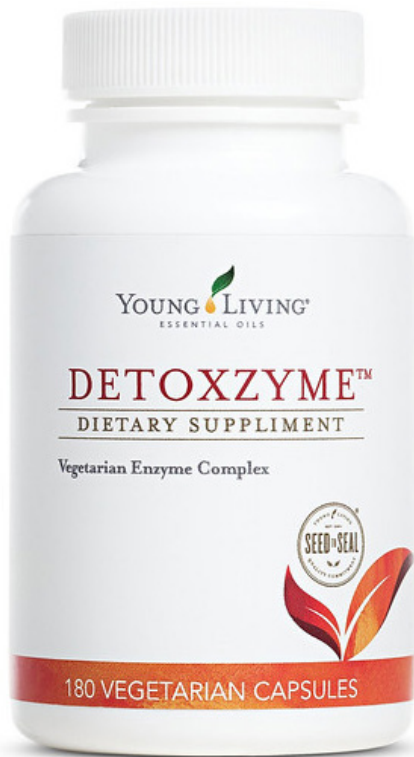


#### Recipe: Lemon peppermint tea.

- 1 tsp raw honey
- 1 drop peppermint vitality
- 1 drop lemon vitality

Mix in 16 ounces of warm water and drink. Wonderful for a morning or mid afternoon drink.

# WHAT'S THE DEAL WITH...



## Detoxzyme?

Detoxzyme® combines a myriad of powerful enzymes that complete digestion, help detoxify, and promote cleansing.\* The ingredients in Detoxzyme also work with the body to support normal function of the digestive system, which is essential for maintaining and building health.\*

### Supplement Facts

Serving Size: 2 capsules  
Servings Per Container: 90

Amount Per Serving	%DV
Proprietary Detoxzyme® Blend: 254 mg	**
Amylase	
Invertase	
Protease	
Glucoamylase	
Bromelain	
Phytase	
Lipase	
Cellulase	
Cumin ( <i>Cuminum cyminum</i> )† seed	
Anise ( <i>Pimpinella anisum</i> )† seed	
Fennel ( <i>Foeniculum vulgare</i> )† seed	
Lactase	
Alpha-galactosidase	

\*\*Daily Value (DV) not established.

### How To Use:

Take 2 capsules three times daily between meals or as needed. This product may be used in conjunction with a cleansing or detoxifying program. For the relief of occasional symptoms such as fullness, pressure, bloating, gas, pain, and/or minor cramping that may occur after eating.

Warning: Do not give this product to children under 12 years of age except under the supervision of a doctor. If symptoms persist, discontinue use of this product and consult your physician.

Keep in a cool dry place. Do not expose to excessive heat or direct sunlight. If pregnant or under a doctor's care, consult your physician.



# WHAT'S THE DEAL WITH...

## MultiGreen Vitamins?

MultiGreen Supplements are made with spirulina, alfalfa sprouts, barley grass, bee pollen, Pacific kelp, and therapeutic-grade essential oils:

- **Spirulina:** is a source of chlorophyll, a magnesium-rich pigment that has been linked to improved energy and metabolism.
- **Barley grass juice concentrate:** is an antioxidant that is rich in minerals.
- **Bee pollen:** is high in protein and low in fat and sodium. It is loaded with vitamins and minerals, including potassium, calcium, magnesium, zinc, manganese, copper, and B vitamins.
- **Eleuthero root:** also known as Siberian Ginseng Root, enhances physical and mental vitality and endurance.
- **Kelp:** contains iodine that helps prevent goiters, thyroid hormonal imbalance, and estrogen imbalance.

### Contains the following essential oils:

- **Melissa** (*Melissa officinalis*) helps with the body's natural response to inflammation and is energizing.
- **Lemon** (*Citrus limon*) supports lymphatic (immune) function.
- **Lemongrass** (*Cymbopogon flexuosus*) supports digestive system.
- **Rosemary CT cineol** (*Rosmarinus officinalis*) supports endocrine system.



# WHAT'S THE DEAL WITH...

## The Detox Soak?

### What is Epsom Salt...

It is not actually salt but a naturally occurring pure mineral compound of magnesium and sulfate that is readily absorbed through the skin.

Epsom salt has beneficial properties that can soothe the body, mind, and soul. It is good for relaxing the nervous system, curing skin problems, soothing back pain and aching limbs, easing muscle strain, healing cuts, treating cold and congestion, and drawing toxins from the body.



### Other optional ingredients:

**Apple cider vinegar:** (1/2-1 cup) soothes skin issues, reduces body odor, offers additional vitamins and minerals.

**Baking Soda:** (1/4 cup) helps detoxify and alkalize your body.

**Your favorite essential oils:** We suggest:

- 6 drops Lavender
- 6 drops Lemon
- 3 drops Rosemary

# WHAT'S THE DEAL WITH...



## Pure Protein?

Pure Protein Complete is a comprehensive protein supplement that combines a proprietary 5-Protein Blend, amino acids, and ancient peat and apple extract to deliver 25 grams of protein per serving in two delicious flavors, Vanilla Spice and Chocolate Deluxe.

Its foundation of cow and goat whey, pea protein, egg white protein, and organic hemp seed protein provide a full range of amino acids including: D-aspartic acid, Threonine, L-serine, Glutamic acid, Glycine, Alanine, Valine, Methionine, Isoleucine, Leucine, Tyrosine, Phenylalanine, Lysine, Histidine, Arginine, Proline, Hydroxyproline, Cystine, Tryptophan, and Cysteine. Along with a proprietary enzyme blend, these amino acids support overall protein utilization in the body.

Ancient peat and apple extract, along with a powerful B-vitamin blend, complete the formula. Together they support ATP production, the energy currency of the body. This innovative formula makes Pure Protein Complete the perfect option for those looking for a high protein supplement that features a full range of amino acids.

## How To Use

- Add 2 scoop(s) of Pure Protein Complete to 8 oz. of cold water.
- May also be mixed with rice, almond, or other milk.
- Shake or stir until smooth. For a smooth shake, use the new YL Shaker Bottle.
- For added flavor, add fruit or essential oils.
- Blend with ice for a nice shake.