

Phase 1

Begin reducing, sugars and proteins. Clean proteins only.

Upon Rising

- Replenish yourself through stretch, meditation, essential oils, deep breathing
- Hydrate with lemon and warm purified water
- Drink the lemon and olive oil cocktail or filtered water with lemon
- Dry brush or hot towel scrub
- Exercise in whatever way feels appropriate
- Take a probiotic and Vitamin C (capsule or powder)

Breakfast

- Cup of green tea (limit to two cups per day if caffeinated)
- Smoothie: greens or berry, you can add protein powder (rice or whey) if you like, with 1 tsp. raw organic coconut oil
- Or 2 eggs with veggies (especially greens)
- Or live sprouted granola with coconut or almond milk

Mid-morning

- Hydrate with purified water
- Take a standing forward bend or walk break

Have Either

- Green drink
- Smoothie
- Sprouted raw crackers with nut butter
- Quinoa with diced avocados, green onions, and lemon juice

Lunch Options

- Hydrate with water and lemon
- Large raw salad (have fun & be creative), include clean protein of choice (eggs, fish, chicken, turkey, lentils and/or beans, and seeds and/or nuts)
- Portabella or lettuce wrap sandwich with small amount of roasted chicken or turkey
- Vegan soups – lentil, black bean, asparagus and brown rice, butternut squash
- Optional: detox tea (smooth move, nettle, or dandelion)

Phase 1 Continued...

Afternoon

- Hydrate with purified water
- Snack options
- Celery with raw almond butter or raw almonds
- Veggies and hummus
- Carrots and celery with guacamole
- Green juice or smoothie
- Detox or green tea

Before Dinner

- Replenish yourself
- Green drink (optional), water with lemon

Dinner Options

- Gluten and dairy free Lasagna
- Vegetable curry with quinoa, add small amount of chicken or turkey if desired
- Large raw salad. Add steamed veggies if desired
- Stuffed acorn squash, add a small amount of chicken if desired
- Choose either a good carbohydrate (baked yam, quinoa, brown rice) OR clean protein
- Vegetable broth with beans and vegetables or miso soup (no nightshades or corn)

Before Bed

- Toxin Eliminator Bath
- Take 2 tbsp. ground flax or chia seeds in 6 oz. warm water to help stimulate morning elimination. (Only recommended if you are experiencing constipation)
- Gratitude – for 2 minutes, name all the things you are grateful for
- Journal about your energy level and anything else that comes up for you

Phase 2

No Animal Proteins.

Upon Rising

- Replenish yourself through stretch, meditation, essential oils, deep breathing
- Hydrate with lemon and warm purified water
- Drink the lemon and olive oil cocktail or filtered water with lemon
- Dry brush or hot towel scrub
- Exercise in whatever way feels appropriate
- Take a probiotic and Vitamin C or (capsule or powder)

Breakfast Options

- Green tea (limit two cups per day, if caffeinated)
- Smoothie with non-citrus fruit, plant based protein, and purified water
- Quinoa with berries, almond or coconut milk, and raw nuts/seeds
- Bowl of berries and nuts

Mid-morning

- Hydrate with lemon water
- Take a standing forward bend or walk break
- Have a green drink or a smoothie

Lunch Options

- Chick pea salad with chopped red onion, parsley, lemon juice, cayenne, and olive oil
- Steamed veggies or blended raw or cooked vegetable soup
- Lettuce wrap with hummus, cucumbers, carrots and radishes.
- Soup: Lentil soup, avocado soup, butternut squash soup, vegan black bean soup
- Spring fling quinoa
- Portabella or lettuce wrap sandwich
- Optional: detox tea

Phase 2 Continued...

Afternoon

- Hydrate
- Smoothie with non-citrus fruit and filtered water
- Or hummus with veggies
- Or celery with nut butter
- Detox tea

Before Dinner

- Replenish yourself
- Green drink or smoothie (optional)

Dinner Options

No nightshades or corn

- Gluten and dairy free Lasagna recipe
- Vegan Soup and a salad
- Stuffed acorn squash
- Large raw salad. Add steamed veggies and optional baked yam or brown rice
- Vegetable broth with beans and vegetables, (no nightshades or corn)

Before Bed

- Toxin Eliminator Bath
- Take 2 tbsp. ground flax or chia seeds in 6 oz. warm water to help stimulate morning elimination. (Only recommended if you are experiencing constipation.)
- Gratitude – for 2 minutes, name all the things you are grateful for
- Journal about your energy level and anything else that comes up for you

Phase 3

SLOWLY add back animal proteins.

Upon Rising

- Replenish yourself through stretch, meditation, essential oils, deep breathing
- Hydrate with lemon and warm purified water
- Dry brush or hot towel scrub
- Exercise in whatever way that feels appropriate
- Take probiotic and Vitamin C (capsule or powder)

Breakfast Options

- Green tea (limit two cups per day, if caffeinated)
- Smoothie: greens or berry, with protein powder (rice or whey), 1 tsp. raw organic coconut oil
- Omelet with spinach and onions
- Oatmeal with berries

Mid-morning

- Hydrate
- Take a standing forward bend or walk break
- Have a green drink or smoothie

Lunch Options

- Large raw salad, including clean protein of choice (eggs, fish, chicken, turkey, lentils and/or beans and seeds and/or nuts)
- Lettuce wraps/taco's with black beans, cilantro, carrots, green onions, lime, brown rice
- Organic non cream based soups
- Vegetable curry
- Wild salmon over greens with lemon mustard vinaigrette
- Optional: detox tea

Afternoon

Hydrate

- Smoothie
- Or veggies with hummus or bean dip
- Optional: detox tea

Phase 3 Continued...

Before Dinner

- Replenish yourself
- Green drink or smoothie (optional)

Dinner Options

- Large raw salad. Add steamed veggies if desired.
- Grilled or roasted wild salmon, with side of green beans and mashed cauliflower
- Roasted organic chicken without the skin, and roasted vegetables
- Stuffed roasted acorn squash – add organic sausage
- Soup and salad

Before Bed

- Toxin Eliminator Bath
- Take 2 tbsp. ground flax or chia seeds in 6 oz. warm water to help stimulate morning elimination. (Only recommended if you are experiencing constipation)
- Gratitude – for 2 minutes, name all the things you are grateful for
- Journal about your energy level and anything else that comes up for you

14 Day Detox Calendar (Week 1)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Upon Rising	1 Phase 1 Oxy Powder	2	3	4 Liver Life	5 Phase 2	6	7
Breakfast							
Mid-Morning							
Lunch							
Afternoon							
Before Dinner							
Dinner							
Before Bed							

14 Day Detox Calender (Week 2)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Upon Rising	8	9	10 Vitamin C	11 Phase 3 Probiotics	12	13	14
Break-fast							
Mid-Morning							
Lunch							
Afternoon							
Before Dinner							
Dinner							
Before Bed							