

**Day 1** will have the most variety still available to you. Right away, we are eliminating all meat, caffeine, alcohol, sugar, and processed foods. Know that although you can eat as much of the food as you want, don't expect to lose any weight if you down an entire bag of rice a day and eat half a loaf of gluten free bread :o)

Breakfast:

- Smoothie: ice, banana, 1 scoop of detox powder, frozen organic berries, 1 tsp of agave nectar, and almond or rice milk (depending on what flavor powder you have, a tblsp of almond butter may be delicious in this as well)
- 1/2 Grapefruit w/ stevia sprinkled on top

Lunch:

- 2 slices of gluten free toast with 1/2 avacado, tomato, sprouts, and dijon mustard
- homemade hummus (recipe at bottom of page) w/ carrots and celery

Snack:

- 1/2 cup of greek yogurt with berries and agave nectar on top
- Herbal tea or hot lemon water all day long

Dinner:

- Stir fry: combine any vegetables you have in a saute pan with 1-2 tbsp of safflower oil. Add any dried herbs and garlic you have to flavor. Remember to use sea salt very sparingly through out the week.
- Add stir fry to 1 cup of cooked rice

Dessert:

milk shake": Combine ice, almond/rice milk and frozen berries or chocolate dynamic greens powder if you have it

Hummus Recipe

- 1 can organic chick peas
- 2 cloves of garlic
- 1 tblsp of tahini
- juice from 1/2 lemon
- 1 tsp sea salt
- olive oil to preference for texture

Combine in a food processor and add olive oil until the consistency is smooth but still thick.

## Day 2 Menu

### Breakfast

- Smoothie with ice, almond milk, banana, frozen berries, 1 scoop of powder, & 1 tsp of agave nectar
- Hot tea
- piece of organic fruit

### Lunch

- Hummus, avocado, tomato, and sprout sandwich on 2 pieces of gluten free toast
- organic mixed green salad w/ vegetables of choice and homemade dressing (see recipe below)

### Snack

- handful of raw nuts (not cashews or peanuts)
- piece of fruit
- hot tea and lemon water all day long

### Dinner

- potatoes, squash, green bean "hash" (see recipe below)

### "dessert"

- 1 scoop of powder blended with ice, almond milk & fruit

### Homemade Dressing Recipe

Combine the following ingredients in small bowl or Tupperware and whisk or shake:

- 4 tbsp of olive oil
- 2 tsp apple cider vinegar or balsamic vinegar
- 1/2 tsp water
- 1 tsp Dijon mustard
- Minced garlic, oregano, or other herbs

Use immediately, as dressing will separate quickly

### Potato, Squash, Green bean Hash

- heat 2-3 tbsp safflower (or olive oil) in large saute pan
- add 2-4 (depending on size) diced organic potatoes, 1 cup diced squash, 1/2 cup diced onion, and 2-3 finely chopped garlic cloves
- Add 1 tsp sea salt & 1 tbsp dried rosemary (or thyme,
  - oregano, or basil)

- Let cook for 4-5 minutes
- Add fresh green beans
- Continue to cook another 5-7 min, until potatoes and squash are soft
- Remove from heat and plate
- Finish with a small drizzle of balsamic vinegar and fresh chopped parsley

### **Day 3 Menu**

Continuing strong! Remember that this menu only outlines the main courses, and that through out the day you should be drinking plenty of water, and as much fruit and vegetables as you want if you get hungry

#### Breakfast

- Smoothie w/ 1 scoop of your detox powder
- Piece of fruit

#### Lunch

- Mexican Rice and Beans (recipe below)

#### Snacks

- handful of raw nuts
- hummus and veggies
- fruit

#### Dinner

- Grilled portobello burgers with sweet potato fries (recipe below)

#### Dessert

- Smoothie with ice, almond milk, fruit, and 1 scoop of powder

#### Mexican Rice & Beans

- Use leftover rice from stir fry on day 1 if any, otherwise make white rice
- Drain a can of black beans and combine in a bowl with chopped onion, chopped red pepper, 1 jalapeno chopped (remove seeds if you don't like spicy), 1 tsp chili powder, 1

#### Dinner

- Grilled portobello burgers with sweet potato fries (recipe below)

#### Dessert

- Smoothie with ice, almond milk, fruit, and 1 scoop of powder

### Portabella Burgers

- Heat your grill to "medium heat"
- Peel sweet potato and chop into the shape of fries
- put potatoes in a bowl and coat lightly with safflower oil (olive oil is fine), dried rosemary, and a sprinkle of sea salt
- Also lightly coat your mushrooms in balsamic vinegar then drizzle with safflower or olive oil
- For extra flavor, cut a red bell pepper into large pieces to put on the grill as well
- Put everything on the grill for 10-15min or until fries are crispy on the outside, and soft on the inside
- Serve portobella on 2 slices of toasted gluten free bread with dijon mustard, the red pepper, and lettuce with "fries" on the side!

## Day 4 Menu

Ok, so now is when it starts getting tougher. Today you can eat all the fruits and vegetables your heart desires. Cook them and spice them any way you can to get variety so you don't get frustrated.

### Breakfast

- Smoothie: banana, frozen fruit, water, 2 scoops of powder, 1 tsp agave nectar
- 1/2 grapefruit w/ stevia

### Lunch

- Vegetarian chili (see recipe below)

### Snacks

- as much fruit and vegetables as you want- remember... no dips or sauces today.

### Dinner

- Tropical Salad w/ homemade dressing (see recipe below)
- I'll be having some leftover chili as well... :o)

### Dessert

- Smoothie: banana, frozen fruit, water, 2 scoops of powder

## Vegetarian Chili

- This recipe is very easy if you put it in a crockpot overnight on low. That way it'll be ready for you to pack for lunch in the morning
- Chop 1 onion, 2 carrots, 4 cloves of garlic, 1 bell pepper, 1 jalapeno and add to crock pot (or large soup kettle if making on the stove)
- Add 2 tbsp chili powder, 1 tsp cumin, 1/2 tsp ground
- pepper, 1 tsp sea salt
- Add 1 drained can each of kidney and pinto beans
- Add 1 28 oz can tomatoes, chopped
- Let simmer 20 minutes on stove top, or cook on low overnight in crockpot
- Top chili with fresh parsley when ready to eat

## Tropical Salad

- Chop 1 avocado, 8 pineapple slices, 1 mango, 2 celery stalks, and 1 sweet bell pepper
- Add to organic mixed greens
- Use home made dressing from day 2

## **Days 5-7**

These are by far the most difficult days of the detox. What will get you through this is knowing that after day 7 you get to start eating real food again! The importance behind these particular fruits and vegetables is that they promote phase I of the detox process in our bodies- which is most often where people get "stalled". The other key to getting through these days is STAYING BUSY! Go for a walk, organize your closet, scrub your bathroom... anything will be better than focusing on food.

For the following 3 days, I am going to give a general outline of what you can eat, and give a few suggested recipes to "jazz things up a bit". Know that you can cook these vegetables many other ways, and if you get creative on your own, all the power to you.

The produce available to you on days 5-7 is:

- broccoli
- cauliflower
- kale
- brussel sprouts
- spinach/lettuce
- green or red cabbage
- apples
- pears

Also, at this point you should be drinking 2 scoops of powder 3x a day.

### Smoothie

- combine ice, water, powder, and 1 tsp of agave nectar into a blender
- try adding frozen apples or pears, or pure apple or pear
- juice that has no added sugar to it
- Try adding the leafy part of the kale to the blender. The blender will chop it up so you don't even notice it

### Caramelized Brussel Sprouts

Now if you think you don't like brussel sprouts, try preparing them this way.

Eating these got me through the 3 days last time I did the detox.

When caramelized like this, they have a much heartier flavor.

- Remove all the outer damaged leaves of the sprouts, and cut in half. Cut the larger ones in quarters so all the pieces are about the same size. They'll cook more evenly in the saute pan that way.
- Heat up a large saute pan with 2 tbsp olive oil or safflower oil on medium high heat
- Add the brussel sprouts and cook until they are slightly browned on one side and you can poke a fork through them. Sprinkle with sea salt and enjoy!

### German Cabbage

- Chop up an entire head of red cabbage
- Add to medium heat saute pan with olive oil/safflower oil
- Cook covered on medium until cabbage gets soft (10-15min)
- Add 1 tsp sea salt, 2 tbsp apple cider vinegar, and 1 tsp stevia
- Let simmer on low for another 5-10min

### Kale Chips

- Preheat oven to 350, and line a baking sheet with parchment paper
- Remove leaves of kale from thick stems and chop into bite size pieces
- Wash and dry kale
- Coat kale lightly with olive oil and sea salt
- Bake until edges are brown, but not burnt (about 10-15min)

### Mashed Cauliflower

- Cut cauliflower into small pieces
- Steam until cauliflower is very soft (almost overcooked)
- Put in food processor with sea salt and enough olive oil so when pureed, the texture is similar to mashed potatoes
- Scoop into a bowl, and sprinkle with paprika

### Baked Apple (or pear)

- Preheat oven to 350
- Cut apple or pear in half and remove the core
- place fruit in baking dish, and lightly coat with agave nectar and cinnamon
- Bake for 15 minutes

### Broccoli with Lemon

- Steam broccoli until just barely soft
- Squeeze fresh lemon juice on top, and sprinkle sea salt and lemon zest

Remember that if you fall off the wagon, don't be disappointed in yourself and feel the whole detox has been wasted. Just make the rest of your meals that day according to the plan, and drink lots of water.

I advised a patient who knew she was being taken out for Mother's day brunch on Sunday, to stick with 1 cup of regular, black coffee, lemon water, and fruits and vegetables. Stay vegetarian, avoid condiments, and avoid sauces.

We are officially over the hump and every day gets easier and easier! Remember to really analyze how you feel now that you're adding foods back into your diet. This is likely the cleanest you've ever eaten before, and if concerned about any food allergies, now is the time to analyze your symptoms after re-introducing a food back into your diet. For example- maybe those chronic headaches have gone away since starting the detox. And let's say you get a headache soon after eating gluten..... I think you have your answer

## **Day 8**

We are officially over the hump and every day gets easier and easier! Remember to really analyze how you feel now that you're adding foods back into your diet. This is likely the cleanest you've ever eaten before, and if concerned about any food allergies, now is the time to analyze your symptoms after re-introducing a food back into your diet. For example- maybe those chronic headaches have gone away since starting the detox. And let's say you get a headache soon after eating gluten..... I think you have your answer.

Remember that if you've fallen off the wagon at all on days 5-7, that there is still PLENTY of benefit to be had from completing the detox. Just get back on board for the remaining days.

You are now back to eating all fruits and vegetables and rice.

Breakfast

- Smoothie: banana, frozen fruit, 2 scoops of powder, 1 tsp agave nectar, water, ice
- 2 kiwis

### Lunch

- Mexican rice and beans (see Day 3 for recipe)

### Snacks

- strawberries with stevia sprinkled on top
- tomatoes with fresh basil and balsamic vinegar drizzled on top

### Dinner

- Vegetarian spaghetti with rice noodles (recipe below)

### Dessert

- smoothie with 2 scoops of powder

### Vegetarian Spaghetti

- Chop 1 onion, 3 ribs of celery, 3 carrots, 1 green bell pepper, 3 cloves of garlic and add to medium heat saute pan with olive oil
- cook for 3-4 min and then add 1 tbsp fresh parsley, 1/2 tbsp rosemary, 1 tsp sea salt, 1 tsp pepper, 1/2 tbsp oregano, 1/2 tsp stevia let cook another 3-4 minutes and add 1 16 oz can tomatoes ( or 4 fresh tomatoes chopped) and 1 16oz can tomato sauce Turn heat down to low, and simmer for 45 minutes
- Cook rice spaghetti noodles according to directions on box
- Once sauce has simmered for 45 min, add to top of spaghetti, and sprinkle with more fresh parsley

## **Day 9**

Be prepared to feel like you're spoiling yourself! Today you get back much more into your diet. Feel free to incorporate lentils, beans, and nuts.

### Breakfast

- Smoothie: banana, vanilla almond milk, frozen berries, 2 scoops of powder, water, 1 tsp agave nectar
- gluten free toast with almond butter

### Lunch

- Greek Salad (recipe below)

- any leftover rice you may have in your fridge with a drizzle of olive oil

#### Snacks

- handful of raw almonds
- hummus with carrots and celery

#### Dinner

- Quinoa with roasted vegetables (recipe below)

#### Dessert

- Strawberry "milk shake"- frozen strawberries, 1 tsp agave nectar, almond milk, ice, 1/4 c greek plain yogurt, 1 tbsp almond butter

#### Greek Salad

- Top a bed of lettuce with chopped tomato, red onion, cucumber, olives, and chick peas
- Mix in a small container 4 tbsp olive oil, 1-2 tbsp lemon juice, dash of salt and pepper, and 1/2 tsp of thyme and rosemary- shake vigorously and pour on salad

#### Quinoa & Roasted Vegetables

- Make quinoa according to box instructions (quinoa is a grain and located near rice usually)
- Heat 2-3 tbsp safflower oil in saute pan on medium heat
- Add chopped vegetables- I used halved brussel sprouts, sliced portobellas, and sliced green pepper
- Cook mixed vegetables for about 10 minutes, or until soft
- add on top of quinoa and sprinkle with parsley and chopped tomatoes

### **Day 10- The last day!**

- Today isn't really about following a particular menu plan, but more slowly reintroducing yourself back to real foods. Make yourself one last morning smoothie if you have powder left over. Keep incorporating a lot of fruits and vegetables into your diet at every meal. Start by adding the "naughty good things" back into your diet in small amounts, such as: chicken, whole wheat, dark chocolate, low fat dairy, and red wine. Keep in mind your stomach may revolt if you go hog wild right away. Use your own discretion for how quickly to incorporate food back in.

If you're happy with the weight loss you're seeing, you can continue the diet at a

less severe pace going forward. Keep making smoothies for breakfast, and only incorporate organic, lean chicken, eggs, tuna, and fish back into your diet. Try and keep 2/3 of your meals vegetarian still. Keep soda, alcohol, and gluten out as long as you can.

For those wanting to be done as soon as possible, keep your lunch vegetarian on day 10, and composed mostly of vegetables and simple grains. Be cautious the first time you eat gluten (bread or pasta especially) and eat only a small amount. Large amounts of gluten may make you sick the first time after detoxing. I'd also avoid anything from a box or can still. Your body is so clean right now... don't go and add garbage right away by eating processed food.

For dinner, allow yourself a high quality, low fat protein such as salmon or antibiotic free chicken. Keep heavy sauces at a minimum until you get used to eating "normal" foods again. Go ahead and have a glass of red wine tonight... you've earned it!

## Grocery List

### Produce:

- Bananas (I would stick with 4-5 initially. They spoil very quickly, and you'll likely need to go to the grocery store next weekend to restock your produce)
- berries of choice
- cilantro
- parsley
- garlic (I buy a lot of this because I am not above throwing 5 cloves into a stir fry)
- lemons (I buy a lot of this as well because hot lemon water is what helps me get through most days)
- apples
- grapefruit
- pears
- mango (1)
- limes
- kiwis
- Potatoes
- celery
- carrots
- onion
- bell peppers: red, yellow, and orange will add color and variety to your diet for the week
  
- jalapenos
- green cabbage
- zuchini
- alfalfa or broccoli sprouts
- avacados (2)
- artichoke (1)
- cucumber
- lettuce
- green beans
- squash
- yams
- tomatoes
- The following ingredients won't be used until day 5- so if you know you can do another grocery trip later you can wait to buy: purple cabbage, cauliflower, broccoli, and brussle spouts

### Non-Produce

- Large bag of rice (brown to optimize weight loss, white rice if you're suspecting a food allergy in your diet)
- Gluten free bread- in organic frozen section of Marketplace in Rice Lake

- dried lentils
  - quinoa
  - tahini
  - almond butter (make sure the ingredients only say: almonds and possibly sea salt)
  - agave nectar
  - stevia/truvia
  - herbal tea (non-caffeinated)
  - dried fruit (no sugar, only natural)
  - Plain Greek yogurt
  - frozen berries (for smoothies... get a couple bags)
  - rice milk
  - almond milk (the vanilla flavored is very good)
  - raw nuts (such as almonds or walnuts. Not peanuts or cashews)
  - Chick peas
  - kidney beans
  - black beans
  - pinto beans
  - canned tomatoes
  - safflower oil
  - olive oil
  - apple cider vinegar
  - Dijon mustard
  - Dried spices if you don't already have in your cupboard, such as: rosemary, thyme, cumin, cinnamon, etc.

I know the list may be overwhelming. I buy a lot of produce to give myself variety over the course of the week. If you love apples, and won't mind eating 2-3 apples every day- then you don't need to buy pears, kiwis, berries, etc.

Also remember that looking at the ingredient list will help you determine whether or not you should be buying it. When you look at canned tomatoes, the only ingredient should be tomatoes. If there are ever any words you can't pronounce or sound like a preservative/chemical, you should absolutely not be buying it.

The last thing on the grocery list is of course the detox powder. Through out the week, I also mix a chocolate powder available from the same company called Dynamic Greens (\$40 for a large canister of the powder). If interested, call the office to pick some up.