

# 21-Day Clean Eating Detox



eat smart. live confidently.



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# Welcome

The next 21 days could change your life. It will definitely change the way you think about food, how food tastes, your eating habits, and your food cravings. You'll also notice softer, clearer skin, more energy, and increased feelings of well-being. If you're not sure what that means, you'll figure it out soon enough!

The results of your detox can be as large or small as you want. You don't have to comply 100% with the guidelines to see amazing results. You can listen to your body and ease into and out of it, as needed. The choice is yours.

**The fact is you know what your current diet can do, so this is a chance to learn what this new way of eating can do for you, too.**

You'll start by taking out some of the main causes of inflammation in the body (see the long list to follow) and putting back in tons of fruits and veggies and other liver-loving foods that will give your kidneys, liver and digestive system a chance to do some clean up. It's best to limit the work of the body during this time, so providing it with as much healing and anti-inflammatory foods as possible is the goal. These foods will help boost and optimize the body's natural detoxification ability.

Remember, your body is constantly giving you an indicator of how your diet is affecting you. Your energy level, mental focus, hair, nails, skin, elimination, and mood can tell you a lot...if you're paying attention.

Observe these things going forward... don't worry so much about protein needs, carbs, or fats...just let go of any worries that you're not going to get what you need. Prove it by observing how you feel. Use this as your measuring stick to decide how things are working for you.

To get started, let's first determine your Detox Personality.



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# Choose Your Detox Personality

**The Wannabe:** You need a push (or a swift kick) to get yourself started on a healthier eating style. You would like to eat better and you know that you should, you just have a hard time making it happen. You tend to succumb to fad dieting to lose weight and then end up going back to your old ways soon thereafter. You don't really like to cook or try new foods and consider yourself a picky eater.

**If this sounds like you:** Follow the meal plan as close as you can. Eat when you're hungry and don't limit calories. Don't worry about going all-vegetarian or all-raw, as this is going to be tough enough as it is. ☺

**The Moderate:** You like to eat and live healthy and you do...some of the time. You're not quite ready to give up your favorite foods, you like your pizza and other take-out, and you enjoy a cocktail (or two) each week. You feel you know what to do to eat healthy, but consistent execution is a problem. You like to cook but don't always do it; you'll try new foods if given the opportunity, but usually stick to what you know and love.

**If this sounds like you:** Follow the meal plan as directed for the first week. After week one, go all vegetarian every other day. On week three, continue with vegetarian eating every other day, but add in 1-2 all-raw days.

**The Nutritionista:** You are a self-proclaimed nutrition diva. You eat healthy most of the time and rarely steer off the healthy track. You hardly ever eat out and if you do, you still make healthy choices. You love to challenge yourself nutritionally and enjoy cooking and experimenting with the latest "superfoods."

**If this sounds like you:** Follow the meal plan, but go all vegetarian from the start; consume greens drinks alone until lunch each day; after week one, go all raw every other day.



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# THE FOOD: What to Eat?

## Foods to avoid during your detox:

- Red meats and pork; processed meats including deli meats, sausages, bacon
- Dairy products, including milk, butter, cheese, yogurt, ice cream, creamer (and foods made with these items); including non-dairy creamer, margarine or non-butter spreads
- Grains that contain gluten, including: wheat and white flours, rye, bran, bread, croissants, cereals, cakes, biscuits, pies, pastry, quiche, battered or bread crumbed foods, boxed foods or processed grains, etc.
- Chips, crisps, thins, pretzels, and any savory snack from a bag; including salted or seasoned nuts (raw or dry roasted nuts are ok)
- Chocolate, sweets, jam and sugar in any form (includes maple syrup, honey, agave, sugar in the raw, etc.)
- Soy foods or foods made with soy, soybean oil or textured vegetable protein, etc.
- Vegetable oils including corn, soybean, cottonseed, sunflower, canola
- Processed foods, ready-made meals, ready-made sauces and jarred sauces; frozen processed meals
- Alcohol
- Coffee and caffeinated tea (no caffeine)
- Store bought sauces, salad dressing, mayonnaise, ketchup
- Soda, sports drinks and sweetened bottled drinks, including diet versions
- Artificial sweeteners including Splenda, Equal, Sweet N Low, etc. (Stevia is ok)



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## Foods to include in your detox:

*Fruits and vegetables should be organic as much as possible. If you choose to eat animal protein, it should come from a clean source (organic, farm-raised, free of hormones, additives). Fish should be cold water and wild caught.*

- Organic fruit, including: lemon, apple, bananas, pears, oranges, grapefruit, pineapple, mango, kiwi, all berries, nectarines, peaches, melons, golden berries, goji berries, etc. *Can be fresh, frozen or dried*
- Organic vegetables, including: arugula, asparagus, bamboo shoots, bean sprouts, beets, bell peppers (orange, red, yellow, green), broad beans, broccoli, Brussels sprouts, cabbage, cauliflower, celery, chicory, cucumber, corn, eggplant, endive, fennel, green beans, hearts of palm, jicama (raw), Jalapeno peppers, kohlrabi, mushrooms, onions, radishes, snap beans, snow peas, shallots, spaghetti squash, summer squash, tomatoes, etc. *Can be fresh or frozen*
- Sprouts, including alfalfa, brocco, clover, mustard, radish, etc.
- Leafy greens, including: kale, baby spinach, mustard greens, dandelion greens, radicchio, Swiss chard, turnip greens, watercress, beet greens
- Beans and lentils, including: red kidney, black, garbanzo, cannellini, butter, black eye, pinto, red lentils, green lentils and brown lentils, etc. *Can be dried or canned beans that are rinsed well.*
- Gluten free grains, including: brown rice, wild rice, quinoa, millet, amaranth, rice noodles, organic gluten- free oats
- Fresh or water-packed, wild, cold water fish, including: wild salmon, cod, sardines, trout, halibut, and mackerel
- Organic chicken and turkey
- Raw or dry roasted, unsalted nuts, including Brazil, peanuts, almonds, cashew, hazel nuts, macadamia, pecans, pine nuts, pistachio, walnuts, etc.



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## 21 Day Clean Eating Detox

- Raw or dry roasted, unsalted seeds, including: sesame, flax, hemp, chia, sunflower and pumpkin
- Extra virgin olive oil, coconut oil, grapeseed oil
- Organic non-dairy unsweetened milks, including: hemp, rice, almond, hazelnut, walnut, coconut, and nut milks
- Garlic, ginger root
- Dried spices, including: Celtic sea salt, turmeric, black pepper, mustard, miso
- Fresh herbs, including: mint, basil, parsley, cilantro, rosemary, chives, coriander
- Apple cider vinegar
- Liquid aminos and coconut aminos
- Herbal or fruit teas; spa water
- Water – aim for 64 fl oz/day



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# THE SUPPLEMENTS: What to Take?

## Daily supplements that will facilitate your detox:

- Probiotic
- Milk Thistle, Burdock & Dandelion Root (aka, the Liver Blend)
- DHA/EPA (1000 mg/day)
- Digestive Enzymes
- Chlorella tablets
- B Vitamins

## Suggested Brands:

**Probiotics:** Designs For Health: [FloraMyces](#)

<http://catalog.designsforhealth.com/s.nl/c.ACCT14095/n.1/it.A/id.1786/.f?ext=F>

Other Brands: Ultimate Flora Adult formula 15 billion, VSL#3, Floragen3, Dr. Ohira, Culterelle, Align, AdvoCare's Probiotic Restore (8 Billion or more), Garden of Life

**Milk Thistle, Burdock & Dandelion Root:** Solaray Liver Blend SP 13; Whole Foods Colon Liver Cleanse

**DHA/EPA:** Designs for Health: [OmegAvail](#)

<http://catalog.designsforhealth.com/s.nl/c.ACCT14095/n.1/it.A/id.4234/.f?ext=F>

Other Brands: Nordic Naturals; Eskimo; Carlson

**Digestive Enzymes:** Designs for Health: [Plant Enzyme Digestive Formula](#)

<http://catalog.designsforhealth.com/s.nl/c.ACCT14095/n.1/it.A/id.2152/.f?ext=F>

Other Brands: Garden of Life Ultimate Digestive Blend; Udo's Choice

**Organic Chlorella tablets:** Now Foods; Source Naturals (any organic brand will work, just make sure it's broken cell wall)

**B Vitamins:** Designs for Health: [B Supreme](#)

<http://catalog.designsforhealth.com/s.nl/c.ACCT14095/n.1/it.A/id.1559/.f?ext=F>



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## 21 Day Clean Eating Detox

Other Brands: Garden of Life Vitamin Code Raw B Complex, Nature's Way B100 complex

### Other Supplements:

- **Herbal Tea:** Numi, Brassica, Pukka, Traditional Medicinals, Mighty Leaf
- **Greens Powder:** Delicious Reds/Greens; Garden of Life Perfect Food Raw
- **Protein Powder:** Vega One; Sun Warrior; Manitoba Harvest; Now Pea Protein

**Natural Bristle Dry Brush:** Earth Therapeutics Tampico Vegetable Fiber Skin Brush, Hydrea London Dry Skin Body Brush, Yerba Prima Tampico Skin Brush

**Epsom Salts:** You can get at Target, CVS, grocery stores, Walmart.

### Where to Buy:

You can purchase the **OTHER BRANDS** of these supplements from my online Amazon store here: <http://bit.ly/Daniellestore> Click "Detox Essentials" (choose only 1 of each supplement type)

You can purchase **professional grade supplements** from **Designs for Health** online by creating a patient account and referenced my name and phone number when ordering. These supplements are not available to consumers without a referral from a practitioner. When ordering, you must reference my name and phone number in order to make a purchase!

**Designs for Health:** <http://catalog.designsforhealth.com/>

**ID:** Danielle Omar

**Phone:** 703-825-1779

You can also find them at Whole Foods, Mom's Market and other grocery stores!



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# THE GUIDELINES: What to Do?

*To increase circulation and facilitate the release and elimination of stored toxins, please follow these simple instructions.*

- Use the “Meal Plan” and “Recipes” pages to plan your meals each week. **DO NOT SKIP THIS STEP.** Use the sample meal plans for your inspiration.
- Consume a greens drink/smoothie for breakfast each day.
- Stop eating 3 hours before bed. Herbal tea is ok.
- Use your Detox Food Journal log daily to record your progress.
- Upon rising, take your probiotic and sip warm water with lemon; have your greens drink/smoothie 30 minutes later.
- Consume at least 64 fluid oz. of filtered, purified, spring or mineral water/day (try “spa water” infused with rosemary, cucumbers, lemon, and other fresh herbs).
- Sleep at least 8 hours each night.
- Consciously chew your food. This will aid in digestion and help assimilate nutrients.
- Take warm Epsom salt baths (add 2 cups to your bath water) 1-3 times/week.
- Dry brush daily before your shower. Start at your feet, brushing towards your heart in long sweeps. Move up your legs on both sides, then work from the arms toward your chest. On your stomach, direct the brush counterclockwise
- Take a sauna or hot yoga a few times/week



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## 21 Day Clean Eating Detox

- Cold water rinse after your shower (works your goosebump muscles for better skin tone).
- Schedule a massage once/week.



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# Shopping List

The list below contains most of the ingredients found in your Detox recipes handout. Buy organic or local grown produce when possible. **You absolutely DO NOT have to go out and buy everything on this list!** Browse through the recipes and create a meal plan based on what you want to eat during the 21 days. You may have to go to Whole Foods, Healthway, or Mom's Organic Market to find some of these ingredients.

## Chicken, Fish, Beans & Legumes

- Lentils (canned or dry)
- Black Beans (canned or dry)
- White Beans (canned or dry)
- Cannellini Beans (canned or dry)
- Garbanzo Beans (canned or dry)
- Organic Chicken Breast
- Wild Salmon
- Anchovies
- Wild Cod
- Wild Halibut
- Wild Mackerel or Bluefish
- Organic Turkey

## Non-starchy Vegetables (organic or local grown)

- Swiss Chard
- Kale
- Spinach
- Romaine Lettuce
- Bok Choy
- Asparagus
- Celery
- Cucumber
- Arugula
- Dandelion Greens
- Collard Greens
- Beets
- Broccoli/Broccolini
- Garlic
- Tomatoes
- Sun Dried Tomatoes
- Green Bell Peppers
- Red Bell Peppers
- Yellow Bell Peppers
- Orange Bell Peppers
- Fennel
- Onions
- Shallots
- Zucchini
- Jicama
- Carrots
- Fresh Corn
- Endive
- Seaweed/Nori/Arame
- Sugar Snap Peas
- Cauliflower
- Cabbage
- Jalapeño
- Parsnips



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## 21 Day Clean Eating Detox

- Radishes
- Shitake Mushrooms
- Portobello Mushrooms
- Brussels Sprouts
- Fresh lemons/limes

### High Fiber Carbs/Grains

- Quinoa
- Sweet Potatoes
- Soba (Japanese Buckwheat Noodles)
- Wild/Brown Rice
- Amaranth
- Millet

### Fresh & Dried Fruit

- Lemons
- Limes
- Apples
- Kiwis
- Pineapples
- Bananas
- Grapefruit
- Medjool dates
- Mangos
- Blueberries (fresh and frozen)
- Strawberries (fresh and frozen)
- Oranges
- Grapes
- Papaya
- Avocado
- Peaches (fresh and frozen)
- Pomegranate seeds
- Raisins
- Dried Cherries
- Dried Apricots
- Goji Berries

### Fresh Herbs/Spices/Extracts/Seeds/Nuts

- Extract (Hazelnut, Vanilla)
- Nu Naturals Liquid Stevia (regular and vanilla)
- Raw Cacao nibs
- Organic Cocoa powder
- Hemp Seeds
- Flax Seeds
- Chia Seeds
- Sunflower/Pumpkin Seeds
- Coriander
- Fennel Seed
- Fresh Mint
- Fresh Parsley
- Fresh Dill
- Fresh Cilantro
- Fresh Thyme



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## 21 Day Clean Eating Detox

- Fresh Oregano
- Fresh Basil
- Fresh Rosemary
- Cinnamon
- Allspice
- Freeze-Dried Berries
- Raw Almonds or Cashews
- Almond Meal (ground almonds)
- Slivered Almonds
- Macadamia Nuts
- Raw Pine Nuts
- Raw Walnuts
- Raw Pecans
- Extra-Virgin Olive Oil
- Coconut Oil
- Grape Seed Oil
- Celtic/Kosher Sea Salt
- Cumin
- Curry Powder
- Smoked Paprika
- Turmeric
- Garlic Powder
- Bay Leaf
- Red Pepper Flakes
- Nutritional Yeast
- Peanut Butter
- Almond Butter
- Brined Capers
- Cayenne Pepper
- Herbamare
- Organic Unsweetened Almond/Hemp Milk
- Shredded Unsweetened Coconut Flakes
- Organic Chicken & Veggie Broth
- Dijon Mustard
- Canned Mandarin Oranges
- Tahini
- Coconut Water
- Coconut Aminos (soy sauce substitute)

### Miscellaneous & Snack Foods

- Lara Bars (homemade and store bought)
- Unsweetened Applesauce
- Raw Trail Mix
- Hummus and veggies
- Air popped corn
- Home-made veggie "chips"

### Pantry /Fridge Items

- Apple Cider Vinegar
- Balsamic Vinegar
- Unsweetened Coconut Milk



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## Busy Woman's Clean Eating Detox

Eating more Alkaline foods reduces inflammation, boosts immunity, increases energy, and balances digestion. For most people, the ideal diet is 75% alkalizing foods and 25% acidifying foods by volume.



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# My Food Journal: Day# \_\_\_\_

probiotics  Liver cleanse  Digestive Enzymes  Chlorella  DHA  B Complex

For breakfast, I ate:

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For a morning snack, I ate:

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For lunch, I ate:

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For an afternoon snack, I ate:

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For dinner, I ate:

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How did I feel today?

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What strategies worked for me?

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What will I do differently tomorrow?

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## Busy Woman's Clean Eating Detox

Notes:



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