



Healthy Balanced Detox Diet



7 Day Step by Step Detoxification Guidelines



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This book is intended to support health and celebrate your journey. It is intended to be part of a complete program of self-guided information on healthy, safe detoxification using nutrition and other common dietary changes.

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Table of Contents

How to Use the Guide	4
Why you Should Detox.....	5
What to Expect	6
Foods to love.....	7
Foods to avoid.....	8
General Guidelines.....	9
Tips for an Effective 7 day detox	11
Daily Detox Routine.....	12
7 Day Detox menu plan	14
Snack and Dessert Ideas	15
Main Daily Checklist	16
Shopping list	19
Additional Information and Resources	23

How to Use This Guide

Congratulations! You have just made the first step in your journey to better health.

This booklet will provide you with a step by step guide to helping your body regain a healthy balance and allow it to heal from the stresses inflicted on it from eating the Standard American Diet (or SAD as well call it!)

Take some time and read through this guide to get a full understanding of the detoxification program you are about to experience.

This guide has been designed to assist and support you as you go through the next 7 days – we want to make this as easy as possible for you!

The 7 day detox menu is full of nourishing whole food meals and snacks. It is designed to make efficient use of your time and ingredients. All of the recipes can be found on the website, or in the 39 Delicious Recipes booklet that you received with your purchase.

The menu that is provided includes a snack and a dessert for each day, however, these are optional. You don't have to eat a snack and a dessert every day, unless you want to or need to. We have included options for clean healthy options for those days when you want a snack, so that you aren't reaching for processed toxin filled treats in a weak moment.

There is an easy to follow Main Daily Checklist to make the menu plan easy to follow. Follow the daily directions to create meals with whole, nutritious, living foods in the easiest, most time efficient way possible. There is also a shopping list that includes a complete inventory of all of the ingredients you will need. You may already have some of these in your kitchen or pantry, so be sure to go through the list and cross off any that you already have.

When possible, purchase the freshest, highest quality and organic foods you can.

Please note that if you decide to replace any meals or snacks in the menu plan with other recipes from our recipe book or website, it will affect the accuracy of the Main Daily Checklist and Shopping List

So that you don't feel alone on your journey to better health, you will receive daily emails of support, along with more information, FAQ's and recipes on our website.

We want you to be successful on your path to health and wellness.

Why You Should Detox

The liver is the body's most important organ, functioning as a living filter to clean the system of toxins, metabolize proteins, control hormonal balance, and produce immune-boosting factors.

One of the liver's most important jobs is to detoxify our bodies. Ordinary digestion of even the best food creates byproducts that the liver must process and help eliminate. Our bodies are exposed to toxins on a daily basis, through pollution, pesticides, automobile exhaust, second-hand smoke, chemical food additives, and indoor pollutants from paints, carpet, and cleaners, (to name a few!) Add to that the substances we consume by choice that make the liver work even harder. These include alcohol, caffeine, sugar, synthetic vitamins and prescription drugs. All of these can lead to many types of health conditions, from fatigue and poor digestion to many forms of cancer, Multiple Sclerosis, and mental health problems. It is no wonder that many of us have livers that are overworked.

Detoxing your body is simple, and something your body can do naturally, provided you give it the proper fuel.



It's amazing how quickly your body will heal when you eat whole, living, natural foods, and drink pure filtered water, while eliminating processed, refined foods and caffeinated drinks. Just taking a break from toxic exposure will give your body a chance to clear out old debris and allow it to revitalize.

Many detoxification programs require you to fast or to only drink juices and smoothies. Contrary to what you may hear, starving yourself is not the way to cleanse your body, and can actually cause your body to store more fat (and fat is where all those nasty toxins are stored)!

You don't have to suffer to cleanse your body. Your body tells you when something is wrong, however, sometimes we don't recognize what the pain actually means. Excess toxins in your body can manifest in joint pain, body fatigue, brain fog, headaches and other ailments. As your body eliminates these toxins, you will feel renewed energy and vitality.

The Guide you have in your hands (or on your computer) uses a gentle, whole foods approach to internal cleansing and nutritional detoxing. While you may experience some discomfort as the toxins are eliminated, the gentle cleanse that you will be doing is the most effective one that your body can keep up with.

What to Expect

Sit back and close your eyes. Imagine your body with no aches and pains, no nagging symptoms and the accompanying worry that something may be wrong. You have an abundance of energy, your skin is clear and bright, your digestion is working smoothly, your joints are free from pain, your mood is steady and your thinking is clear. You are ready to face your life, work and relationships with excitement and renewed vigor.

No, you are not dreaming! It is simply the result of a gentle and safe detoxification diet.

What you can expect:

- **Loads of energy**
- **Feel slimmer and less bloated**
- **Kick those sugar cravings**
- **Learn new healthy and delicious recipes**
- **Sleep better**
- **Daily Emails for support and accountability**
- **Potential weight loss**



After just one week of eating a diet of whole, nutritious and living foods, your body will more than likely feel better than it has in quite a long time, if ever! However, depending on how many toxins you have to release, you may feel a little worse before you feel better. Toxins in your bloodstream could cause some headaches, fatigue, coated tongue, body odor, gas, bloating and many other symptoms.

The goal of the Healthy Balanced Detox Diet is to help you keep these symptoms to a minimum. We think that the best way to manage any of these symptoms is to take it easy on yourself and follow our simple guidelines. Drink plenty of pure water and herbal teas to support your detoxifying organs so they can do the job that nature intended them to do. You will also need to eliminate the toxins as quickly as possible through regular bowel movements, frequent urination, and gentle sweating. By following these simple guidelines, you will be able to reduce your detox symptoms or even eliminate them altogether.

You deserve to feel better and regain your energy and vitality! We want this for you, and will be your personal cheerleader throughout the program.

We want to warn you though. It is likely that after doing this detoxification program, that you will experience a freedom from cravings, allergies and other symptoms of dietary imbalance.

The menu plan is designed to fully satisfy and nourish you. While it includes no bread, no sugar, no cheese and no meat, you will not feel deprived at all!

We think that the best part of the Healthy Balanced Detoxification diet is that you are going to pick up a lot of really good habits! The recipes and self care techniques that you will learn on your 7 day program will make you feel so good, that you will want to keep them in practice long after your detoxification is over, and will have you feeling better and better, year after year.

Foods To Love

If you've heard the word "detox" or "cleanse" and didn't want to drink lemon water all day, then this is the perfect program for you! Forget fasting, juicing and worrying about calories. We'll show you how to get healthy and feel great using plenty of nourishing whole foods. We'll be eliminating those foods that are hard for our bodies to digest and slow us down, and adding in lots of healthy grains, veggies and proteins to help you look and feel your best!

Foods to Love

Fruit - any fruit including fresh, frozen, dried or canned in natural fruit juice. This includes apples, bananas, pears, oranges, grapefruit, satsumas, sultanas, raisins, pineapple, mango, kiwi fruit, strawberries, raspberries, blackcurrants, nectarines, peaches, melons, star fruit etc

Fruit juice— preferably homemade fruit juices or smoothies from fresh fruit. If you have to drink ready-made juices, make sure they are labeled as being 'pure' or 'unsweetened'.

Vegetables— eat any vegetables preferably fresh or frozen. This includes carrots, onions, turnip, squash, sprouts, cabbage, peppers, mushrooms, leeks, zucchini, broccoli, cauliflower, romaine lettuce, tomatoes, cucumber, spring onions, asparagus, sweet potatoes, etc

Beans and lentils— eat any beans, including those that have been dried or canned in water. This includes red kidney, haricot, cannellini, butter, black eye, pinto, red lentils, green lentils and brown lentils, chick pea

Tofu – choose organic where possible

Grains and Sprouted Grains – quinoa, millet, teff, amaranth, tapioca, buckwheat, potato flour, brown rice, rice noodles, rice cakes, Oats (look for gluten free brand as oats can be contaminated by other gluten grains).

Unsalted nuts and seeds— eat any including Brazil, peanuts, almonds, cashew, hazel nuts, macadamia, pecans, pine nuts, pistachio, walnuts, sunflower, pumpkin, flax, chia, etc

Condiments - vinegar; all spices, including salt, pepper, basil, carob, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, tarragon, thyme, and turmeric

Oils: cold-pressed olive, flax, safflower, sesame, almond, sunflower, walnut, canola, and pumpkin coconut oil and balsamic vinegar

Garlic, ginger and fresh herbs, Ground black pepper

Water – at least 2 litres a day. Pure filtered water is preferred.

Herbal or detoxification teas

Foods to Avoid

As mentioned earlier, this program is not meant to be a hardship to you.

This is all about saying yes to healthier foods.

There are certain foods and additives, however, that cause significant toxic load and stress to our bodies, that in turn cause disease.

None of the items listed below are in our menu plans.

Meat and Dairy – animal proteins are acid forming and as such create an acid ash in your body, which has been shown to cause many types of cancer and cardiovascular disease. They also have been shown to be connected to overgrowth of Candida (yeast), allergies, skin conditions, and digestive disorders to name a few.

Refined Sugar and Wheat Products – these are two of the biggest culprits in the Standard American Diet, and the cause of many food sensitivities and allergies. They have been linked to obesity, Type II diabetes, asthma and allergies, ADD/ADHD and some neurological disorders such as Parkinson's and Alzheimers.

It is also strongly suggested that during the 7 day detoxification program, that you cut out all chemical stimulants such as coffee, cigarettes, alcohol, over the counter and recreational drugs.

If you are on prescription medication, do not stop taking your medication and please consult your health care provider before making any adjustments to your dose.

Reading food labels is going to be one of the best things you can do for you and your family. Too many chemicals are hidden under innocent sounding names. If a label has more than 3 or 4 ingredients, or you can't pronounce any of the ingredients, it's best to stay away from that product.

Chocolate, candy, jams, ready made sauces, soda pop and energy drinks, High Fructose Corn Syrup, Artificial Colours and Flavours, MSG, Artificial Sweeteners should all be avoided, and not just while you are on the Healthy Balanced Detoxification Program.

General Guidelines

The best-laid plans of mice and men, often go awry – Robert Burns



We are here to help you succeed in your journey to better health. We want you to feel better and have more vitality and enthusiasm in your life.

That's why we are supplying everything you need for a successful detoxification.

Follow your daily detoxification routine, the menu plan, and the Main Daily Checklist closely for the best results.

Regular bowel movements and frequent urination are key to successful detoxification. Your menu plan includes an abundant supply of raw vegetables, whole grains and/ or beans to provide you with increased fibre to aid with elimination. If you find that you aren't eliminating at least 1 – 2 times a day, you might need some extra help, such as psyllium husk as a colon cleansing aid. Drinking plenty of pure, filtered water, and the herbal detox teas will help to flush out your toxins. Remember to drink your fluids away from meals, as it will dilute the enzymes needed to digest your foods. If you need to have something to drink during meals, just take small sips, not gulps.

Snacks and desserts are included in your menu plan, however, if you feel full after your meals, don't feel as though you have to eat the snacks and desserts in your menu plan. Conversely, we don't want you to starve yourself either. Keep the snacks handy, so that if you have cravings between meals, you won't be reaching for foods outside of the detox plan.

Often times, dehydration is mistaken as hunger. Before reaching for a snack, drink a large glass of water or herbal tea – this may often be enough. If you are still feeling hungry 10 – 15 later, then choose your healthy cleansing snack.

When doing a detoxification program, it is not just about cutting out certain foods. Stress management and self care are also very important. Schedule a massage, go for a walk, join a yoga class, read a good book, meditate, or take a nap to keep toxic stress out of your day.

General Guidelines, cont'd



While your body is releasing its toxins, anything that will help your body push out toxins is recommended. Moderate exercise, such as gentle stretching and walking, to strenuous workouts that will sweat out toxins is beneficial.

Always be sure to consult with your health care provider before starting an exercise program.

Nighttime routines

Your body does the majority of its most important detoxing work during the night when you are asleep, specifically between 10 p.m. and 2 p.m. Help your body do its work to maximum effect, by having a deep sleep with a fairly empty stomach during these hours. Breakfast is called just that, because you are breaking your fast in the morning.

Avoid drinking large amounts of water or tea in the evening, if you are prone to waking up to go to the bathroom. Getting up in the night to urinate is counterproductive to getting the good night's sleep that your body needs to do its detoxification "magic".

Journaling

Success can be achieved with daily journaling. Preparing yourself mentally and physically is very important to the success of this detoxification diet. A few days before you plan to start, take some quiet time, and think about why you are doing this program. In your Food Mood journal, set your intentions for what you wish to achieve and then get ready for a great start! Use your Food and Mood Journal to record your progress, physically, mentally and emotionally. A healthy Body, Mind and Spirit all contribute to a healthier you. Keeping track of your goals, and your progress will keep you motivated and in touch with your body's healing process.

Daily Support

Each day you will receive your daily support emails, starting with Prep Days 1 and 2. These daily emails will provide you not only with support, but with tips and information to keep you motivated and enthusiastic throughout your detoxification program.

Tips for an Effective 7 Day Detox

- Drink Water. Eat Essential Fats. Eat Protein Rich Foods
- Don't rush into detoxing. Start a few days ahead by reducing your caffeine intake to one coffee or tea a day, and stop drinking alcohol and taking over the counter and recreational drugs.
- Increase your consumption of fresh steamed or raw vegetables from five to seven portions a day.
- Keep your evening meal light and early. If you're used to having dessert after dinner, try drinking a cup of herbal tea or having a small portion of one of our detox desserts.
- Treat every meal as a special event. Light candles, set a pretty table. Eat in a stress free manner, and above all – chew your food completely and thoroughly before swallowing.
- If your bowel movements get sluggish, you can accelerate things by drinking half a cup of castor oil or using a mild herbal laxative. Bowel elimination is paramount for correct detoxification.
- The skin gets rid of many toxins so it is important to sweat, either by exercising or taking a sauna. Take alternating hot and cold showers to encourage circulation
- Utilize castor oil packs applied to the abdomen (useful for general detoxification)
- Take epsom salt baths and do dry skin brushing
- Finally, make sure you eat whole organic foods, which have the best chance of having all the nutrients needed for liver and general detoxification.

Supplements

Supplements during a detoxification program help to further protect the liver from toxin-induced free radicals

- Alpha-lipoic acid (ALA) has potent antioxidant activity. Suggested dose of 600 mg daily.
- Vitamin C works as an antioxidant and free radical scavenger and increases glutathione levels. Suggested dose of 500 mg daily or to bowel tolerance. Vitamin C can also help decrease uncomfortable healing responses during the detox diet.
- Selenium is essential for the glutathione peroxidase enzyme activity. Selenium is found in onions, garlic, broccoli and Brazil nuts. Suggested supplemental dose is 100 – 200 mcg daily. (2 Brazil nuts a day meets your daily needs)
- Glutathione, which is naturally synthesized in the liver, is a key element in the metabolism of toxins and the prevention of oxidative cell damage. Glutathione is best obtained by consuming fruit and vegetables.
- Fibre such as found in flaxseed, oat bran, pectin & psyllium promotes elimination.

The Healthy Balanced Detox program helps clear out the toxic wastes that can accumulate over years of eating a diet high in refined and junk foods.

Daily Detoxification Routine

A winning effort begins with preparation ~ Joe Gibbs

Each morning upon waking:

1. Take a moment when first waking up to meditate and plan your day. Let any concerns or frustrations settle and visualize clearly how you would like to see your day. Write down your first thoughts in your Food Mood Journal
2. Use your tongue scraper
3. Drink 12 – 16 oz of pure filtered water, with freshly squeezed lemon juice in it to continue the detoxification your body has been doing over night
4. Do some stretches and/or light exercise.
5. Before taking a hot/cold shower, dry brush your entire body.
6. Make your detox tea to drink throughout the day.

Breakfast:

1. Eat a whole grain or starch breakfast.
2. If you wish to also have fruit for breakfast, be sure to wait 30 – 60 minutes after eating the fruit to eat your grains. (Go to website to learn more about food combining)
3. Since breakfast is the most important meal of the day, it is very important not to skip it!

Snacks and Beverages:

1. Pure filtered water and herbal detox teas are the best between meal “snacks”. Drink lots during the morning. If you find you are still hungry, choose from one of our delicious snack options.
2. Drink 2 – 4 litres of detox tea per day in addition to plenty of water. To calculate the amount of water you need divide your body weight by 2 – this will equal the number of ounces you need to consume each day.
3. Be prepared – pack healthy snacks to take with you when you go out – it’s better to have a healthy choice when hungry, than make a poor choice of an unhealthy alternative.

Lunch:

1. Again – be prepared. Substantial whole foods lunches will keep you satisfied and well nourished.
2. If you're out at lunch, remember to pack a healthy lunch and bring it with you. This could be as simple as packing leftovers, a salad, some fresh fruit along with a healthy cleansing snack.

Daily Detoxification Routine, cont'd

Exercise and other detoxification aids:

1. Make time every day for self care to help you with your detoxification.
2. Be sure to put joyful activities into your day – walking, dancing, yoga, singing, etc.
3. Schedule time for supportive therapies such as massage, Reiki, Infra-Red Saunas, colonics, etc.
4. Daydreaming, meditation, journal writing, talking with a counselor or a good friend also fall into the category of detoxification support. As your body stirs up the old toxins, you may also stir up the emotions associated with them. Give yourself the time to feel these emotions as well as time to deal with them – this will make a big difference in the quality of your detoxification experience.
5. Stress in and of itself, creates toxic reactions in your body. Any stress relieving activity will enhance the success of your detox.
6. The cells in your body crave oxygen – in fact, they need it to grow and heal. Breathe deeply and get outdoors as much as possible.

Dinner:

1. Treat every meal as a special event. Light candles, set a pretty table. Eat in a stress free manner, and above all – chew your food completely and thoroughly before swallowing.
2. Keep your evening meal light and early.
3. Enjoy the healing and nourishing dinners that are in your menu plan. While you may be used to meat based dinners, the meals in your plan should satisfy your hunger AND your taste buds. Enjoy this break from your normal eating habits!

After Dinner:

1. If you're used to having dessert after dinner, try drinking a cup of herbal tea or having a small portion of one of our detox desserts.
2. Try to keep your night time snacking to a minimum. Plan to have your last foods before 8 p.m. - this will allow your body to digest your meal, and allow your body's natural detoxing to begin.
3. Take a few moments before getting into bed to do some light stretching or meditating to allow your mind and body to wind down from the day. Record your day's experiences in your Food/Mood Journal
4. Aim to get a full 7 – 8 hours sleep each night – sleep is healing, and as mentioned before, it's during the hours of 10 p.m. and 2 .m. that your body does its best detoxing.

7 Day Detox Menu Plan

	Breakfast	Lunch	Snack (optional)	Dinner	Snack (optional)
Day 1	Green Smoothie or Steel Cut Oatmeal	Black Bean and Quinoa Salad	Hummus and vegetable slices	Portobello Steaks with Wilted Spinach Salad	Kale chips
Day 2	Green Smoothie or fresh fruit	Salad w/ Avocado dressing	"raw" brownies	Indian dal w/ brown rice	Pomegranate ice
Day 3	Green Smoothie or Spiced Apple , Buckwheat & Oat Porridge	Garden Wraps w/ leftover dal and rice	Fresh fruit and soaked almonds <small>(be sure to eat at least 30 – 60 minutes away from other foods)</small>	Quinoa and Black Bean Burgers w/ salad or steamed veg	"hot chocolate"
Day 4	Green Smoothie or energy bar	Salad with Black bean meatballs	Yummy pesto with sliced vegetables	Butternut Squash Ravioli w/ roasted veg	Trail mix cookies
Day 5	Green Smoothie or Steel Cut Oatmeal	Avocado Salad with Carrot Ginger Dressing	Hummus and flax crackers	Crispy Fried Tofu w/ salad or steamed vegetables	Baked apple
Day 6	Green Smoothie or Spiced Apple , Buckwheat & Oat Porridge	Seaweed Nori Wraps	Fresh fruit and soaked almonds <small>(be sure to eat at least 30 – 60 minutes away from other foods)</small>	Vegetarian Chili Guacamole Salsa w/flax crackers	"chocolate" pudding
Day 7	Green Smoothie or energy bar	Fiesta Salad with Cilantro lime Dressing leftover chili	"raw" brownies	Quinoa Risotto with Salmon and kale	Kale chips

*recipes available on website or download our printable recipe book – '49 Delicious Detox Recipes' This menu plan is designed to be a guide for your detox. It is coordinated with your Main Daily Checklist and Shopping List. You may safely replace any recipe in this plan with any recipe from our website or recipe book. Remember that any replacements will affect the accuracy of the Main Daily Checklist and Shopping List.

Healthy Snack and Dessert Ideas

There are so many options out there that aren't wrapped in cellophane! Below are some ideas to help you make a healthy balanced choice for snacks and desserts.



- Fresh fruit (apples, peaches, pears, plums, pomegranates, berries, mango, melon, bananas, grapefruit, oranges. Look for new fruit ideas at your local farmers market or organic store)
- Applesauce (natural, sugar free)
- Vegetables with Fresh fruit (apples, pears, peaches, plums, bananas, melon, berries, mango, grapefruit, etc.)
- Almond butter goes well with rice cakes, fruit slices like banana, apples, and celery
- Larabars (can be found at health food/natural food stores)
- Home made Energy bars (see recipe book)
- Raw trail mix – combine your favourite raw unsalted nuts with natural dried fruit (i.e. raisins, cranberries) and sunflower or pumpkin seeds
- Flax crackers, organic corn chips or rice cakes with guacamole, hummus or salsa
- Fresh veggies with tahini dressing
- Cucumber slices and or tomato slices with balsamic vinegar or lime juice and sea salt
- Vegan pesto with veggies, rice cakes, flax crackers
- Kale chips
- Hummus, guacamole with sliced carrots and other veggies
- Seaweed wraps
- “raw” brownies (see recipebook)
- “chocolate” pudding (see recipebook)
- Pomegranate Ice (see recipebook)
- Baked apple



Main Daily Checklist

This Checklist is designed to guide you in preparing your food for easy adaptation and completion of the 7 day detox. If you have never eaten or prepared some of the foods listed, these daily guidelines will make your detox as easy as possible. The whole family can enjoy these meals together, so make enough for everyone!

Prep Day 1

- ✓ Clean out your kitchen. Get rid of all processed food and junk food. Make space for your healthy detox food. Organize your space so all your tools and ingredients are easy to access.
- ✓ Go through the **Shopping List** - cross out anything you already have in your kitchen.
- ✓ Shop for your ingredients, supplements and/or detox tools. Look for the highest quality, most

local produce you can access. And remember to buy organic as much as possible.

- ✓ Schedule any special appointments (massage, colonics, gym time, sauna time, etc.)



Prep Day 2

- ✓ Make Black Bean and Quinoa Salad and store for lunches.
- ✓ Make Kale Chips
- ✓ Prepare any fruit and vegetables for morning smoothies and snacks and store in the refrigerator for easy access.
- ✓ Soak Almonds (at least ½ cup) overnight in pure water.

Detox Day 1

- ✓ Morning detox routine, including water with fresh lemon, tongue scraping, detox tea, and a nourishing breakfast.
- ✓ Strain your soaked almonds and store them in the refrigerator to snack on.
- ✓ Enjoy your Black Bean and Quinoa salad and detox snacks. Drink lots of Water and Tea!
- ✓ Make Portabello Steaks and wilted spinach salad.
- ✓ Prepare avocado dressing for tomorrow's salad.
- ✓ Prepare 'raw' brownies to have available as a snack.

Main Daily Checklist, cont'd

Detox Day 2

- ✓ Morning detox routine – water w/ lemon, tongue scraping, detox tea and a nourishing breakfast.
- ✓ Put together Salad with avocado dressing and reheat leftover Curry Veggie Burgers.
- ✓ Make Indian Dal with rice for dinner. (save any leftovers for tomorrow's lunch)
- ✓ Soak Buckwheat groats and steel cut oats overnight (with dash of apple cider vinegar)

Detox Day 3

- ✓ Soak Quinoa for about 8 hours during the day (with a dash of apple cider vinegar).
- ✓ Morning detox routine, including water w/lemon, tongue scraping, detox tea and a nourishing breakfast.
- ✓ Make Spiced Apple , Buckwheat and Oat Porridge if you choose.
- ✓ Make Garden Wraps for lunch and enjoy leftover Dal and rice and detox snacks.
- ✓ Cook your soaked quinoa for tonight's dinner of Quinoa and Black Bean burgers .
- ✓ Make salad or steamed vegetables to accompany your burgers for dinner. Be sure to divide Quinoa and Black bean mixture in half and make meatballs for tomorrow's lunch.
- ✓ Prepare vegan pesto to have available as snack.
- ✓ Roast Butternut Squash to prepare for tomorrow's dinner. Prepare vegetables for roasting tomorrow if you wish to same time.

Detox Day 4

- ✓ Morning detox routine, including water w/lemon, tongue scraping, detox tea and a nourishing breakfast.
- ✓ Enjoy your Quinoa and Black Bean meatballs and Salad and detox snacks.
- ✓ Make Butternut Squash Ravioli w/ roasted vegetables for tonight's dinner (save and freeze any leftovers to enjoy later)
- ✓ Soak more almonds if you need more soaked almonds to snack on.

Detox Day 5

- ✓ Morning detox routine, including water w/lemon, tongue scraping, detox tea and a nourishing breakfast.
- ✓ Strain your soaked almonds and store them in the refrigerator to snack on
- ✓ Put together a Avocado Salad with Carrot-Ginger dressing for lunch.
- ✓ Prepare Guacamole and Salsa for tomorrow's lunch and dinner
- ✓ Make Baked Apple for dessert.
- ✓ Soak Brown Rice overnight (with a dash of apple cider vinegar).

Main Daily Checklist, cont'd

Detox Day 6

- ✓ Morning detox routine, including water w/lemon, tongue scraping, detox tea and a nourishing breakfast.
- ✓ Enjoy your Seaweed Nori Wraps for lunch.
- ✓ Make Vegetarian Chili for dinner. (save any leftovers for tomorrow's lunch)
- ✓ Enjoy 'chocolate' pudding for dessert

Detox Day 7

- ✓ Morning detox routine, including water w/lemon, tongue scraping, detox tea and a nourishing breakfast.
- ✓ Soak Quinoa for about 8 hours during the day (with a dash of apple cider vinegar).
- ✓ Enjoy your Fiesta Salad with Cilantro Lime Dressing for lunch and detox snacks.
- ✓ Celebrate the completion of your detox with Quinoa Risotto with Salmon (or grilled tofu) and Kale

Shopping List

This is a complete shopping list of the ingredients you will need for your detox. You may find that you already have some of these items. So start by going through the list and crossing off anything in your kitchen.

Check your local stores for these items. If you find that some of the items are not available, make best substitute possible.

Choose organic as often as possible. To make your detox experience truly effective you'll want to avoid or strictly limit your exposure to toxic chemicals, including pesticide residues found in food.

Take a look at the Dirty Dozen list to find out which produce items are more crucial to buy organic and which ones present less of an issue.

Optional ingredients are in italics. They are needed only for certain snacks, desserts and as options in recipes. If your budget is tight or you don't think you'll need or want these extras, just omit them.

Produce:

- Stock up on fresh fruits in season for snacks and smoothies
- Bananas (1-2 bunches)
- Frozen Fruit (as needed for smoothies/shakes- cherries are great detoxifiers)
- Pomegranate
- Greens (lots of greens! For smoothies, salads and meals)
 - Kale (1 – 2 bunches)
 - Salad Greens (as much as you can eat)
 - Collard Greens (1 bunch)
 - Spinach (1 bunch - use for smoothies)
 - Chard (1 bunch - use for smoothies)
 - Mustard Greens (1 large bunch)
- Fresh Ginger (1-2 large pieces)
- Avocados (3 - 5 avocados - more if you want to have them for snacks)
- Tomatoes (5-6)
- Lemons (6 - 7)
- Limes (2-3)
- Cilantro (1 bunch)
- Parsley (2-3 bunches)
- Zucchini (4-5 medium)
- Carrots (2 lb)

Shopping List

- Garlic (2 heads)
- Red Onion (3-4 large)
- Yams/Sweet Potatoes (4-5)
- Celery (1 bunch)
- Bell Peppers (2)
- Mushrooms (1 pint)
- Corn - fresh or frozen (1 package or 2 ears)
- Butternut Squash (2 medium)
- Broccoli (1 head)
- Jalapeno Pepper and Serrano Chile
- Beets, parsnips, turnips, potatoes, or rutabagas (your choice to add to Roasted Root Vegetables)
- *Any extra salad vegetables you like*
- *Fresh mint or basil (small bunch)*
- *Cucumbers (for snacking)*

Nuts and seeds:

- Flaxseeds
- Sesame seeds (1 cup)
- Raw Almonds (3-4 cups)
- Raw Sunflower Seeds (2 cups)
- Raw Walnuts (2-3 cups)
- Pumpkin Seeds (1/2 cup)

Beans:

- Kidney Beans (1 can)
- Pinto Beans (1 can)
- Hummus (all natural with no preservatives)
- Black Beans (3 cans)
- Garbanzo Beans (1 can)

Grains:

- Hemp Flour (1 cup)
- Steel Cut Oats (2 cups)
- Buckwheat Groats (Kasha) (2 cups)
- Quinoa (4 cups)
- Short Grain Brown Rice or Brown Basmati Rice (2 cups)

Shopping List

Condiments and extras:

- All natural, vegan salad dressing
- Flax oil
- Extra Virgin Cold-Pressed Olive Oil
- Raw Coconut butter
- Coconut Oil (organic)
- Raw Apple Cider Vinegar
- Spirulina Powder – add to smoothies – good for you and delicious
- Raw *Cacao Powder* or *Carob*

Herbs and Spices:

Look for bulk spices at your local natural foods store or bulk foods store

- Unrefined Sea Salt
- Black Pepper
- Curry Powder
- Cinnamon
- Cinnamon Sticks
- Cumin Powder
- Chili Powder
- Red Chili Flakes
- Garlic Powder
- Ground Coriander
- Cayenne
- Dandelion Root (at least 4 oz)
- Burdock Root (4 oz)
- Licorice Root – crushed or slices (4 oz.)
- Milk Thistle Seeds (4 oz)
- Nettles (8 oz.)
- Nutritional Yeast
- Fresh Sage

Shopping List

Dry goods, baking supplies and other groceries:

- Coconut Oil (1-15 oz jar)
- Almond Butter
- Almond Milk
- Rice Milk
- Vegan Butter (I use Earth Balance)
- Vegan Pamesan Cheese
- Daiya Cheese
- Tamari or organic soya sauce
- Rice Paper Wrappers
- Nori Sheets
- Pure Pumpkin (puree, not pie filling) (1 can)
- Agave Nectar (1-16 oz bottle)
- Baking Soda
- Dates
- Raisins
- Diced Tomatoes (3 can)
- Tinkyada Rice Pasta (1 bag)
- 1 package Corn Tortillas
- Tomato Paste (1 6-oz can)
- 100% natural Apple Juice
- Wild Atlantic or Pacific Salmon (not farmed)
- Extra Firm Tofu
- *Larabars*
- *Flax Crackers*



Additional Information and Resources

Congratulations on embracing and completing your 7 Day Healthy Balanced Detox Diet!

Celebrate your accomplishment with a nourishing epsom salt bath, massage or other special self treatment.

Cleansing your body is a great way to take care of your health and enjoy the new energy, clear thinking and radiant glow that you'll achieve.

The goal of the Healthy Balanced Detox Program is that we are here to help you feel better through clean living and a healthy diet.

It's very important that you come off your detox gently and don't get back into old, health-defying patterns and habits. Reintroduce foods into your diet slowly, one type at a time. You will receive an email giving you tips and information on how best to do this. Choose carefully and decide which are the most toxic foods that you can leave out for good. Take several days to transition your diet into a new balanced way of eating.

Above all, be patient and gentle with yourself and do your best. Don't worry about doing it perfectly – stress and self judgment can be as toxic as the actual foods you may eat!

The way that you ate and took care of yourself during this 7 Day Detox Diet is how we should strive to eat and take care of ourselves **All the Time!**

Depending on your personal health, previous diet, and your lifestyle goals, you may adopt small parts of this program permanently, such as Meatless Monday or Fleshless Friday or perhaps you will strive to live an overall plant based lifestyle.

Continuing to learn and improve with regards to healthier choice requires patience. Remember that your body and our planet depend on your healthy choices.

Use your Food/Mood Journal to review what you've learned and what parts of your detox program you want to incorporate into your everyday practices. Did you discover new foods, new health aids, herbs, supplements, or therapies that you can use on a regular basis to maintain your health?

Continue to try new recipes from our 49 **Delicious Detox Recipes** cookbook and our website.

Visit our website often to continue exploring clean living ideas and tools. You will also receive our monthly e-magazine to keep updated on new information, services and products to support your clean living lifestyle.

You deserve to feel great and live well! Know that by following our detox guidelines you will enhance your life dramatically. So make cleansing a regular part of your seasonal and daily routine. For more support on your path to healthy living, contact us for more information on how we can help.

Cheers to your health!