

DETOX & CLEANSE PROGRAM CHEAT SHEET

WEEK 1

- ☼ Eliminate all added and refined sugars. Reading labels will be very helpful here.
- ☼ Work to eliminate caffeine and coffee. Try decaf coffee, green tea or decaf teas.
- ☼ Eliminate Alcohol.
- ☼ Drink half your body weight in ounces of water a day.
- ☼ Make and drink the cranberry detox drink, if you wish, and/ or drink detox tea.
- ☼ Add in 2 TBS of ground flax seed daily into drinks or food items (salads, cereal, ect.)
- ☼ Magnesium Malate: 2 caps before bed.
- ☼ PaleoFiber: 1 scoop per day with at least 8 ounces of water. You may need to start with 1/8 tsp and build gradually up to 1 scoop as this may increase gas and bloating. If you feel better at a smaller dose, stick with that dose. Take AM or PM. It may be added to smoothies beginning in week 3.

WEEK 2

- ☼ Continue food elimination and supplements from week 1 and to drink daily water allotment.
- ☼ Continue cranberry drink, detox tea, and daily dose of organic ground flax seeds.
- ☼ Eliminate corn, gluten, and dairy.
- ☼ Start castor oil packs daily.
- ☼ Probiomed 50: 1 cap around a meal.

WEEK 3-5

- ☼ Continue dietary transitions, supplements, and start smoothies (see smoothie schedule)
- ☼ Eliminate tomatoes, soy, peanuts, white potatoes, oats, eggs, beef, pork, shellfish, tuna, and hydrogenated oils. **See Foods to Eat and Foods to Avoid List** for a complete list of foods to eat and to foods to eliminate.
- ☼ Continue all food, water, cranberry drink/detox tea, organic flax seeds, castor oil pack, and supplement usage from previous week.

SMOOTHIE SCHEDULE

- ☼ See Detox & Cleanse Powder instructions from Week 3 downloads for more info.
- ☼ Week 3: 1 smoothie a day for days 1 - 4
- ☼ Week 3: 2 smoothies a day for days 5 - 7
- ☼ Week 4: 3 smoothies a day for days 1 - 7
- ☼ Week 5: 2 smoothies a day for days 1 - 4
- ☼ Week 5: 1 smoothie a day for days 5 - 7