



Detox Guide
10 & 28 Day Program

Introduction

Over time, our bodies are prone to toxin buildup, whether it's through exposure to environmental contaminants or lifestyle choices. When toxins reach a critical point in the body, your health can suffer.

Intuitively, maintaining healthy detoxification processes is integral to helping you feel and function your best.*

But what exactly does “detoxing” the body entail?

There is a great deal of confusion about how to safely and effectively clear the body of toxic substances.

For example, many celebrities and “diet gurus” might advocate for trendy cleanse protocols — like water or juice fasting. In reality, these may do more harm than good by causing muscle wasting and general fatigue.

The Detox Program isn't meant to make you feel deprived or tired; it's meant to help you feel more energetic and revitalized!

By following this program, you will support your body's natural metabolic detoxification processes while providing ample fuel for both cleansing and other daily activities, thereby promoting overall well-being.*



DETOX COMPONENTS

Recommended by your healthcare provider, this easy-to-follow program will get you on track to feeling better and more revitalized in just 10 or 28 days.*



Detox

Provides you with all the nutritional support necessary for your success on this program.*

Detox Support Capsules

Provides key nutrients and antioxidants that support detoxification pathways and promote overall well-being.*



Other Products Your Healthcare Provider May Recommend:

Omega Fatty Acids

A line of purity-tested essential fatty acid formulas available in varying concentrations in liquids and softgels to help meet individual preferences and health support needs.*

Fruits & Greens

A premium nutrient-rich dietary supplement that provides powerful antioxidant capacity, satiety, lasting energy, and support for a healthy digestive system.*

Probiotics

A blend of evidence-based probiotic strains that have been shown to promote a healthy gastrointestinal environment and immune function.*

NOTE: If you currently take a daily multivitamin, other supplements, or prescription medication, please speak with your healthcare practitioner before you make any changes

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KEYS TO SUCCESS

Before You Begin the Detox Program

Read the following guidelines as they will ensure you success during your Detox Program:

- Be sure to consult the Eating Guidelines and Recommended Foods List. What you eat and drink is the most important aspect of this program and your success.
- Do not substitute any foods, drinks, or supplements unless recommended by your healthcare practitioner. Be sure to avoid any foods or drinks that you are allergic to or don't tolerate well (e.g. peanut allergy, lactose intolerance, etc).
- If you regularly drink caffeinated beverages (e.g. coffee, energy drinks, etc.) and/or consume simple sugars, we suggest that you gradually reduce your intake of these before you begin the program.
- Do not alter the doses of the recommended supplements. These products provide key ingredients that nutritionally support your body's natural detoxification processes.* If you forget to take a dose of a supplement, that's fine. Simply make up for it later in the day, but do your best to stay on track at all times.
- You should not feel deprived or hungry on the program. We encourage you to eat as much of the approved foods as you want unless otherwise directed by your healthcare practitioner.
- You should be having daily bowel movements on the program. If this is not the case, consult your healthcare practitioner to determine if the addition of a fiber supplement, such as Intestinal Cleanse, would be beneficial.*
- Aim for at least 64 fluid ounces of plain, filtered, or mineral water each day.
- Intense or prolonged exercise should be kept to a minimum during the program as your body needs the calories/nutrients to fuel detoxification processes and rejuvenate. Your healthcare practitioner may recommend a specific low-impact exercise regimen to follow on the program.
- Consume Detox within 30 minutes of mixing for maximal efficacy and benefit.*

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RECOMMENDED FOODS LIST

CARBOHYDRATES

Grains & Starches

Serving Size (after cooking): ½ cup, or as indicated
1 Serving = 80 calories

CORE GRAIN.....10 Day (Days 1, 2, 8, & 9) 28 Day (Omit Days 7-13)

Rice: white

Other Grains.....10 Day (Days 1, 2, & 9) 28 Day (Omit Days 7-16)

Amaranth (¼ cup)
Buckwheat groats
Buckwheat noodles, pure (¾ cup)
Millet (1/3 cup)
Oats: gluten-free whole or steel-cut
Quinoa (1/3 cup)
Rice: basmati, brown (1/3 cup)
Rice: wild
Rice cakes (2)
Rice cereal: unsweetened (½ cup)
Teff (1/3 cup)

NOTE: Look for certified gluten-free oats and organic amaranth. For those on a low-glycemic-load diet, healthcare practitioners may recommend brown/wild rice instead of white rice. Avoid cornmeal flour, cornstarch, as well as processed cereals and gluten-containing products (made from wheat, spelt, kamut, rye, barley).

Legumes/

Plant Proteins.....10 Day (Omit Days 5-8)** 28 Day (Omit Days 7-16)**

Serving Size (after cooking): ½ cup, or as indicated
1 Serving = 100 calories

Beans: black, cannellini, garbanzo, kidney, lima, mung, navy, pinto, etc.

Beans: vegetarian refried

Bean soups (¾ cup)

Lentils: brown, green, yellow

Peas: black-eyed, pigeon peas, split

Hummus (4 Tbsp.)

** Vegetarians may consume on Days 5-8 (for 10 day program) and Days 7-16 (for 28 day program) as a protein source alternative to fish. A recommended serving size for protein substitutions for those on calorie- or carb-conscious plans is 2/3 cup for cooked beans or 6 Tbsp. for hummus at around 150 calories.

NOTE: Organic and reduced sodium varieties preferred. Avoid soybeans, edamame, wasabi, soy protein powders, and other soy-based protein options, such as tempeh, tofu, and texturized vegetable protein.

Dairy Alternatives.....10 Day (Days 1, 2, & 9) 28 Day (Omit Days 7-16)

Serving Size: 1 cup, or as indicated

1 Serving = 25-75 calories

Almond milk

Coconut milk, boxed (¼ cup)

Hazelnut milk

Hemp milk

Rice milk

Yogurt: coconut (½ cup)

NOTE: Organic, plain unsweetened varieties recommended. Also avoid whey products, non-dairy creamers, soy yogurt, and soymilk. Eliminate animal milks, yogurts, and cheeses.

Fruits

Serving Size: as indicated

1 Serving = 60 calories

CORE FRUITS.....10 Day (Days 1-9) 28 Day (Days 1-28)

Apple (1 small), apple juice: unsweetened (½ cup)**

Applesauce (½ cup)

Pear (1 small), pear juice: unsweetened (½ cup)**

**Though this program allows unsweetened apple or pear juice, try to limit to 1/2 cup daily. These juices may not be recommended for all participants, such as those following a low-glycemic-load dietary plan. Consult your healthcare practitioner.

Other Fruits.....10 Day (Omit Days 5-7) 28 Day (Omit Days 7-13)

Apricots (3 small)

Banana (½)

Blackberries (¾ cup)

Blueberries (¾ cup)

Boysenberries (1 cup)

Cantaloupe (1 cup, cubed)

Cranberries (1 cup)

Fresh figs (2 small)

Grapes (17 small)

Honeydew melon (1 slice or 1 cup cubed)

Kiwi (2 small)

Loganberries (¾ cup)

Mango (½ cup)

Nectarine (1 medium)

Papaya (1 cup cubed)

Peach (1 medium)

Persimmon (½)

Pineapple (¾ cup cubed)

RECOMMENDED FOODS LIST

Plums (2 small)
Raspberries (1 cup)
Strawberries (1 ¼ cup whole)
Tangerines (1 large)
Watermelon (1 ¼ cup cubed)

NOTE: Fresh, organic varieties preferred. Avoid oranges, fruit juices, and fruit spreads/preserves with added sugars.

Category 1 (Non-Starchy) Vegetables

Serving Size: ½ cup cooked (all veggies),
2-3 cups raw (leafy greens only),
1 cup raw (all other vegetables)
1 Serving = 25 calories

CORE VEGETABLES.....10 Day (Days 1-9) 28 Day (Days 1-28)

Broccoli
Broccoflower
Brussels sprouts
Cabbage: red, green, bok choy, etc.
Cauliflower
Green onions or scallions
Greens: arugula, collard, dandelion, endive, escarole, kale, spinach, Swiss chard, radicchio, turnip, watercress
Kohlrabi
Leeks
Lettuce: all varieties
Onions
Radishes
Rutabaga
Turnips

Other Vegetables.....10 Day (Omit Days 5-7) 28 Day (Omit Days 7-13)

Artichoke
Asparagus
Bamboo shoots
Beans: green, wax, Italian
Beets, beet greens
Carrots
Celery, celery root
Chayote
Cucumber
Garlic
Eggplant
Gourds: bitter, bottle, bitter melon
Hearts of palm
Jicama

Kelp
Mushrooms
Okra
Peppers: all varieties
Seaweeds
Sprouts: all varieties
Squash: summer, crookneck, delicata, spaghetti, yellow, zucchini
Sugar snap peas, snow peas
Tomatoes
Water chestnuts

NOTE: Organic varieties preferred. Avoid corn and breaded vegetables or vegetables packed in cheese, cream, or butter sauces.

Category 2 Starchy Vegetables...10 Day (Omit Days 5-7) 28 Day (Omit Days 7-13)

Serving Size: ½ cup, or as indicated
1 Serving = 80 calories
Parsnips (¾ cup)
Peas: green (½ cup)
Potatoes: Yukon gold, new, or red (¾ cup or ½ medium)
Squash: acorn (¾ cup cubed)
Squash: butternut (1 cup cubed)
Yam, sweet potato (½ cup or ½ medium)

NOTE: Organic varieties preferred.

PROTEINS (Animal Proteins)

Serving Size: as indicated
1 Serving = 150 calories

FISH/CORE PROTEINS..... 10 Day (Days 1-9) 28 Day (Days 1-28)

Alaskan, wild-caught salmon (3 oz.)
Herring (3 oz.)
Mackerel (2 oz.)
Trout (4 oz.)

Meat/Poultry.....10 Day (Days 1, 2, & 9) 28 Day (Omit Days 7-20)

Serving Size: 3-4 oz., cooked
1 Serving = 150 calories
Chicken, skinless
Cornish hen, skinless
Lamb: leg, chop, lean roast
Turkey, skinless
Wild game: buffalo, elk, venison

RECOMMENDED FOODS LIST

FATS

Oils & Fats

Serving Size: 1 tsp., or as indicated
1 Serving = 45 calories

CORE FATS.....10 Day (Days 1-9) 28 Day (Days 1-28)

Avocado (2 Tbsp.)
Canola oil
Coconut oil
Coconut spread, organic (1 ½ tsp.)
Flaxseed oil
Ghee/clarified butter**
Grapeseed oil
High oleic safflower oil
Olive oil, extra virgin
Sesame oil

Other Fats.....10 Day (Days 1, 2, & 9) 28 Day (Omit Days 7-16)

Coconut milk, canned (3 Tbsp. light; 1 ½ Tbsp. regular)
Olives (8-10 medium)

NOTE: Oils should be minimally refined, cold pressed, and non-GMO. Flaxseed oil should be kept refrigerated. Try to avoid all food products/condiments with processed and hydrogenated oils.

** Dairy-based. Discuss with healthcare practitioner.

Nuts & Seeds.....10 Day (Days 1, 2, & 9) 28 Day (Omit Days 7-19)

Serving Size: as indicated
1 Serving = 45 calories
Almonds (6)
Almond butter (1½ tsp.)
Brazil nuts (2)
Cashews (6)
Cashew butter (1½ tsp.)
Chia seeds (1 Tbsp.)
Coconut: unsweetened, shredded (1½ Tbsp.)
Flaxseed (1 Tbsp. whole; 1½ Tbsp. ground)
Hazelnuts (5)
Hemp seeds (2 tsp.)
Macadamia (3)
Pecans (4 halves)
Pine nuts (1 Tbsp.)
Pistachios (12)
Pumpkin seeds (1 Tbsp.)
Sesame seeds (1 Tbsp.)

Sunflower seeds (1 Tbsp.)
Tahini (½ Tbsp.)
Walnuts (4 halves)

NOTE: Raw, unsalted varieties preferred—and organic if possible. Avoid peanuts and peanut butter.

OTHER

Beverages.....10 Day (Days 1-9) 28 Day (Days 1-28)

Green tea, unsweetened
Non-caffeinated herbal teas: mint, chamomile, hibiscus, etc.
Mineral water, still or carbonated
Rooibos tea, unsweetened
Water (ideally filtered)

NOTE: Avoid sodas, diet sodas, energy/sport drinks, alcoholic beverages, coffee, non-herbal teas, and other caffeinated or decaf beverages.

Condiments,

Herbs & Spices.....10 Day (Days 1-9) 28 Day (Days 1-28)

Fresh or dried herbs: any (e.g., dill, basil, chives, cilantro, mint, oregano, rosemary, sage, thyme, etc.)

Fresh or dried spices: any (e.g., chili powder, cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder, paprika, pepper, turmeric, etc.)

Ginger

Lemon

Lime

Horseradish

Mustard

Salsa, unsweetened**

Tomato sauce, unsweetened**

Vinegars, unsweetened

NOTE: Look for gluten-free, unsweetened varieties — and organic if possible. Avoid extracts (e.g., vanilla), chocolate, ketchup, barbecue sauce, Dijon mustard, relish, prepackaged seasonings with gluten/dairy/sugars/MSG, and mayonnaise or dressings with dairy/gluten/sugars.

** Omit on Days 5-7 (10 day) and Days 7-13 (28 day).

Sweeteners.....10 Day (Days 1, 2, & 9) 28 Day (Omit Days 7-20)

Luo han guo (monk fruit) extract

Stevia

NOTE: For these recommended sweeteners, use only small amounts to help reduce cravings for sweet foods. Try to limit to 1 packet/serving daily. Avoid maple syrup, honey, and foods made with refined sugars, fruit juices, corn syrup, glucose, sucrose, or dextrose.

3 STEP PROGRAM — 10 DAY

The Detox 10-Day Program is split into three distinct phases, each with their own intended purpose. You must follow these phases in order; do not skip ahead on the program or change the diet and supplement regimens unless directed otherwise by your healthcare provider.

Step 1: Days 1-4: Initial Detoxification & Gut Restoration*

Start eliminating any potentially allergenic and low-grade inflammatory foods as summarized in the Eating Guidelines on the following page while you slowly begin using the recommended nutritional supplements.

	Detox	Detox Support	Eating Guidelines
Day 1			Eat only recommended foods (all categories)
Day 2	½ scoop, 2 times	1 capsule, 2 times	Eat only recommended foods (all categories)
Day 3	½ scoop, 2 times	2 capsules, 2 times	Eat only from the following categories: Fish (or Legumes if vegetarian), Fruits, Vegetables, Legumes, Beverages, Spices/Condiments, Oils & Fats.
Day 4	1 scoop, 2 times	2 capsules, 2 times	

Step 2: Days 5-7: Metabolic Clearing & Gut Fortification*

You will now begin eating only specific foods that assist the metabolic clearing process and support gastrointestinal integrity, as well as increasing supplement use as outlined or recommended by your healthcare provider.*

	Detox	Detox Support	Eating Guidelines
Days 5-7	1 scoop, 4 times	2 capsules, 3 times	Eat only from the following categories: Fish (or Legumes if vegetarian), Beverages, Spices/Condiments, Oils & Fats. Eat only Core Fruits & Core Vegetables.

Step 3: Days 8-9: Reintroduction

Begin reintroducing approved foods slowly while reducing supplements as indicated. Listen to your body and keep a record of how you respond to certain foods that you reintroduce during this phase. (This will ultimately clue you in on which foods work best for your body).

	Detox	Detox Support	Eating Guidelines
Day 8	1 scoop, 3 times	2 capsules, 3 times	Add white rice and gradually add back remaining fruits and vegetables. Continue eating from Fish (or Legumes if vegetarian), Beverages, Spices/Condiments, Oils & Fats.
Day 9	1 scoop, 2 times	2 capsules, 2 times	Add remaining Grains/Starches, plus Nuts/Seeds, Legumes, Sweeteners, Dairy Alternatives, Oils & Fats.

Days 10 & Beyond: Maintenance

Day 10: Take 2 Detox Support capsules two times. Congratulations! You've finished the Detox 10-Day Program. Naturally, you might be wondering what to do now to ensure all your hard work keeps paying off. We recommend that you keep reintroducing foods slowly and methodically every 1-2 days and noting how your body reacts each time. The ultimate goal is for you to return to a "baseline" diet that continues to nourish your gut and support daily detoxification processes (as well as avoiding any food allergies or intolerances).*

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EATING GUIDELINES — 10 DAY

The chart below depicts the progression of eliminating and reintroducing certain foods throughout the program. Always refer to the Recommended Foods List to see which foods are approved for each category. For optimal results, follow these guidelines and food selections as closely as possible.

If you have to dine out on occasion, do your best to find options off the menu that are from the Recommended Foods List. Don't be afraid to ask your server if they can prepare foods like vegetables and seafood without oil/butter.

Category	STEP 1		STEP 2	STEP 3	
	Days 1-2	Days 3-4	Days 5-7	Day 8	Day 9
Fruits	✓	✓	Core Fruits Only	✓	✓
Vegetables	✓	✓	Core Vegetables Only	✓	✓
Animal Proteins	✓	Fish Only	Fish Only	Fish Only	✓
Legumes/ Plant-Based Proteins	✓	✓	**	**	✓
Beverages	✓	✓	✓	✓	✓
Spices/ Condiments	✓	✓	✓	✓	✓
Oils & Fats	✓	✓	✓	✓	✓
Grains & Starches	✓			White Rice Only	✓
Dairy Alternatives	✓				✓
Nuts & Seeds	✓				✓
Sweeteners	✓				✓

** Vegetarians may continue to consume legumes as an alternative to fish.

Serving size and approximate calories are provided for those following a low-glycemic eating plan or for those on calorie restrictions. But even for those without calorie or food restrictions, your healthcare practitioner may recommend limited consumption of Fruits to 3-4 servings per day (or less); Grains/Starches, Legumes, and Category 2 Vegetables to 1-2 servings per day; and Nuts/Seeds to 1-2 servings per day due to higher fat and calorie content.

Read labels carefully to avoid dairy, soy, gluten, peanuts, eggs, and sugar/sweeteners—as well as additives like colors. Choose fresh, organic, and minimally processed foods when possible.

DETOX 10-DAY PROGRAM WALKTHROUGH

Day 1: And We're Off!

Follow the Eating Guidelines and select only from the Recommended Foods List.

Day 2: Stay the Course

Today you will follow the same eating rules from yesterday. You'll also start using the recommended Detox product and Detox Support Capsules. Don't be alarmed if you start to feel some discomfort and symptoms, such as lethargy and brain fog. These are normal and a sign that your body is undergoing positive change, particularly if you've been a regular consumer of caffeine and/or simple sugars. Be sure to contact your healthcare provider if you experience any significant side effects.

Day 3: Time to Eliminate

This is arguably the toughest day of the program mentally as you'll be removing many food groups from your diet, including nuts/seeds, meat/poultry, dairy alternatives, grains/starches, and sweeteners. However, you'll be increasing supplement use to accommodate.

Day 4: Be Sure to Hydrate

Today you'll be eating the same foods as Day 3 and increasing the dose of Detox. Be sure to drink ample amounts of fluid today, especially water and herbal tea.

Days 5-7: Halfway Home!

You're halfway home and doing great! Your body is now prepared to begin the metabolic clearing process. Phase 2 of the program tends to be the more physically demanding part since food intake becomes more selective, but it's only three days. Increase supplements as indicated.

Food intake for these three days is simple—only eat foods from the following groups:

- Fish (Legumes are an acceptable substitute for vegetarians)
- Core Fruits
- Core Vegetables
- Core Oils/Fats (including avocado)
- Allowed Spices/Condiments and Beverages

Day 8: Start Reintroduction

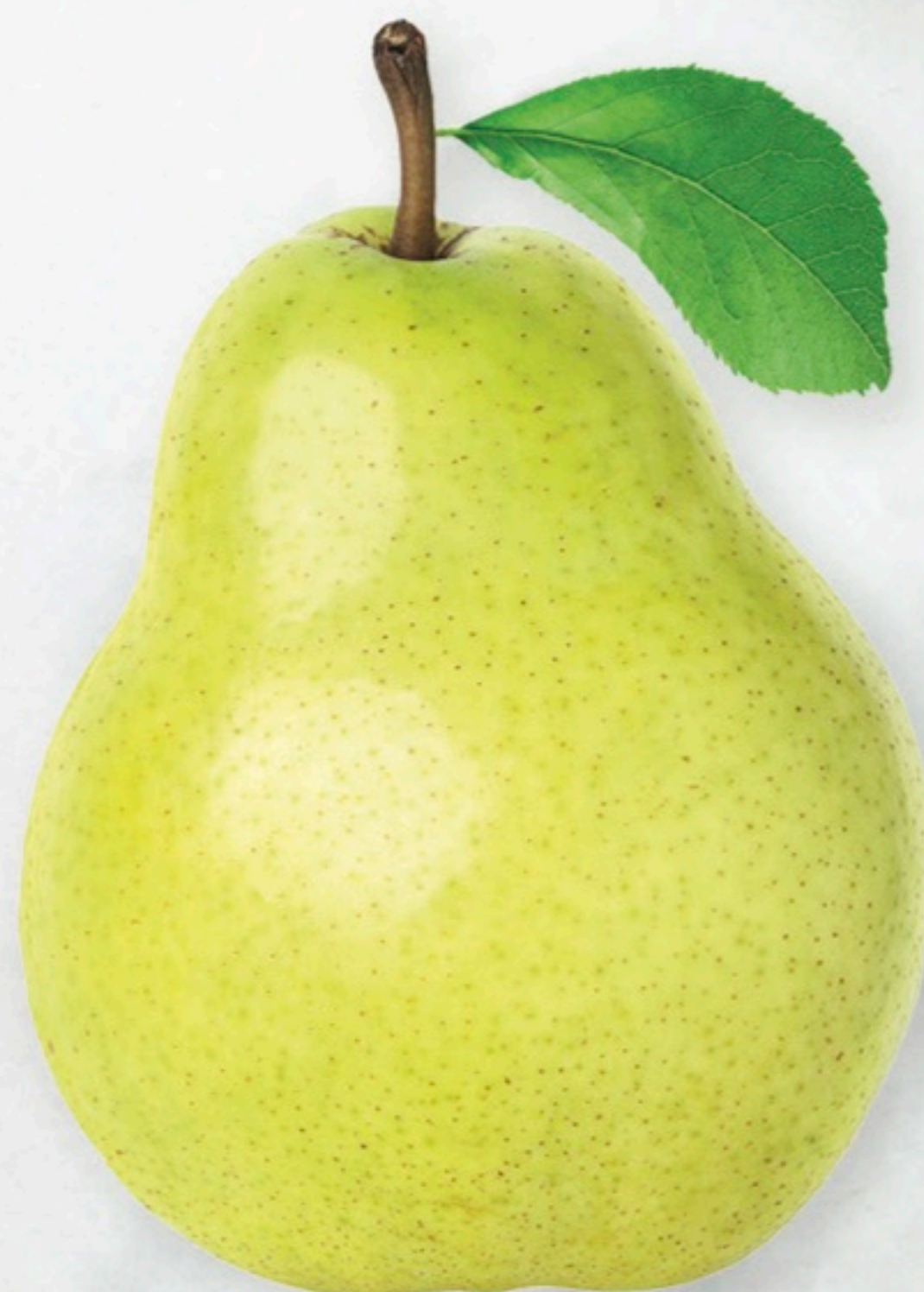
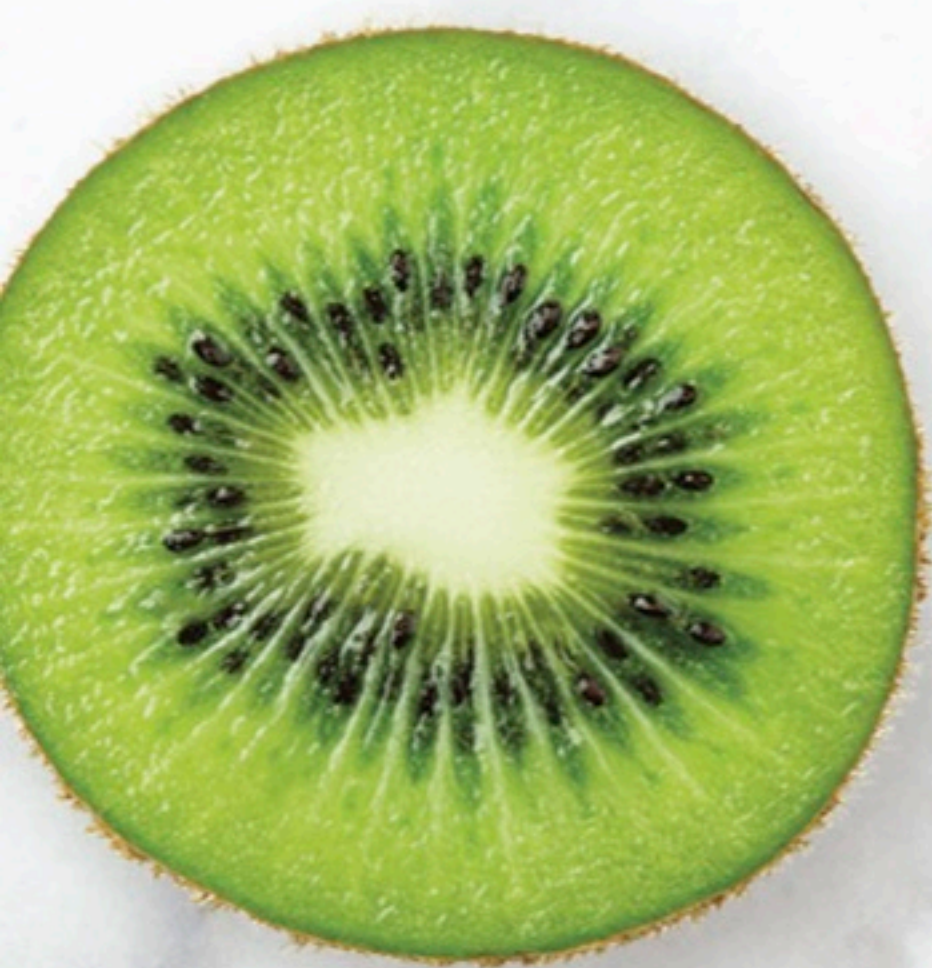
The next few days will begin the reintroduction process. We recommend that you now add other recommended Fruits and Vegetables as well as white rice back into your diet. Go slow and don't overdo it. This reintroduction phase is meant to acclimate your digestive system to certain nutrients. If you eat something and notice that it upsets your stomach, be sure to write it down in your diary. This is useful feedback for you and your healthcare practitioner and may be helpful in detecting any lingering food allergies or intolerances.

Day 9: Home Free!

You may now add back in non-gluten Grains/Starches as well as Dairy Alternatives, Nuts/Seeds, and Approved Sweeteners. If you've been eating Fresh Fish as your main protein source up to this point, feel free to reintroduce Legumes starting today. Keep using supplements as indicated.

Day 10 & Beyond: Maintaining

You did it! Your bottle of Detox Support capsules should be close to empty now. During this maintenance period, you may begin adding back recommended Animal Proteins or any other Recommended Foods. Be sure to only add back 1-2 foods per 24-48 hours and always assess how you feel. Keep in touch with your healthcare practitioner about your results and progress.



3 STEP PROGRAM — 28 DAY

The Detox 28-Day Program is split into three distinct phases, each with their own intended purpose. You must follow these phases in order; do not skip ahead on the program or change the diet and supplement regimens unless directed otherwise by your healthcare provider.

Step 1: Days 1-6: Initial Detoxification & Gut Restoration*

Start eliminating any potentially allergenic and low-grade inflammatory foods as summarized in the Eating Guidelines on the following page while you slowly begin using the recommended nutritional supplements.

	Detox	Detox Support	Eating Guidelines
Day 1	¼ scoop, 2 times	1 capsule, 2 times	Eat only recommended foods (all categories)
Day 2	½ scoop, 2 times	1 capsule, 2 times	Eat only recommended foods (all categories)
Days 3-6	1 scoop, 2 times	2 capsules, 2 times	Eat only recommended foods (all categories)

Step 2: Days 7-13: Metabolic Clearing & Gut Fortification*

You will now begin eating only specific foods that assist the metabolic clearing process and support gastrointestinal integrity, as well as increasing supplement use as outlined or recommended by your healthcare provider.*

	Detox	Detox Support	Eating Guidelines
Days 7-13	1 scoop, 3 times	2 capsules, 3 times	Eat only from the following categories: Fish (or Legumes if vegetarian), Beverages, Spices/Condiments, Oils & Fats. Eat only Core Fruits & Core Vegetables.

Step 3: Days 14-28: Reintroduction

Begin reintroducing approved foods slowly while reducing supplements as indicated. Listen to your body and keep a record of how you respond to certain foods that you reintroduce during this phase. (This will ultimately clue you in on which foods work best for your body).

	Detox	Detox Support	Eating Guidelines
Days 14-16	1 scoop, 3 times	2 capsules, 3 times	Add white rice and reintroduce approved Vegetables and Fruits.
Days 17-19	1 scoop, 3 times	2 capsules, 3 times	Add remaining Grains/Starches, Legumes, and Dairy Alternatives.
Day 20	1 scoop, 2 times	2 capsules, 2 times	Add Nuts/Seeds.
Days 21-28	1 scoop, once daily	1 capsule, 3 times	Add Meat/Poultry and Sweeteners.

Days 29 & Beyond: Maintenance

Congratulations! You've finished the Detox 28-Day Program. Naturally, you might be wondering what to do now to ensure all your hard work keeps paying off. We recommend that you keep reintroducing foods slowly and methodically every 1-2 days and noting how your body reacts each time. The ultimate goal is for you to return to a "baseline" diet that continues to nourish your gut and support daily detoxification processes (as well as avoiding any food allergies or intolerances).

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EATING GUIDELINES — 28 DAY

The chart below depicts the progression of eliminating and reintroducing certain foods throughout the program. Always refer to the Recommended Foods List to see which foods are approved for each category. For optimal results, follow these guidelines and food selections as closely as possible.

If you have to dine out on occasion, do your best to find options off the menu that are from the Recommended Foods List. Don't be afraid to ask your server if they can prepare foods like vegetables and seafood without oil/butter.

	STEP 1	STEP 2	STEP 3			
Category	Days 1-6	Days 7-13	Days 14-16	Days 17-19	Day 20	Days 21-28
Fruits	✓	Core Fruits Only	✓	✓	✓	✓
Vegetables	✓	Core Vegetables Only	✓	✓	✓	✓
Animal Proteins	✓	Fish Only	Fish Only	Fish Only	Fish Only	✓
Legumes/ Plant-Based Proteins	✓	**	**	✓	✓	✓
Beverages	✓	✓	✓	✓	✓	✓
Spices/ Condiments	✓	✓	✓	✓	✓	✓
Oils & Fats	✓	✓	✓	✓	✓	✓
Grains & Starches	✓		White Rice Only	✓	✓	✓
Dairy Alternatives	✓			✓	✓	✓
Nuts & Seeds	✓				✓	✓
Sweeteners	✓					✓

** Vegetarians may continue to consume legumes as an alternative to fish.

Serving size and approximate calories are provided for those following a low-glycemic eating plan or for those on calorie restrictions. But even for those without calorie or food restrictions, your healthcare practitioner may recommend limited consumption of Fruits to 3-4 servings per day (or less); Grains/Starches, Legumes, and Category 2 Vegetables to 1-2 servings per day; and Nuts/Seeds to 1-2 servings per day due to higher fat and calorie content.

Read labels carefully to avoid dairy, soy, gluten, peanuts, eggs, and sugar/sweeteners—as well as additives like colors. Choose fresh, organic, and minimally processed foods when possible.

DETOX 28-DAY PROGRAM WALKTHROUGH

Day 1: Are You Ready? Let's Go!

Follow the Eating Guidelines and select only from the Recommended Foods List.

Day 2: Watch for Symptoms

Don't be alarmed if you start to feel some discomfort and symptoms, such as lethargy and brain fog. These are normal and a sign that your body is undergoing positive change, particularly if you've been a regular consumer of caffeine and/or simple sugars. Make sure to adjust the supplement dose as indicated today.

Days 3-6: Take It One Day at a Time

These are arguably the toughest days of the program mentally, but you'll be increasing supplement use to accommodate.

Days 7-13: It's All Downhill from Here

You're doing great! Your body is now prepared to begin the metabolic clearing process. Phase 2 of the program tends to be the more physically demanding part since food intake becomes more selective. Increase supplements as indicated.

Food intake for these seven days is simple—only eat foods from the following groups:

- Fish (Legumes are an acceptable substitute for vegetarians)
- Core Fruits
- Core Vegetables
- Core Oils/Fats (including avocado)
- Allowed Spices/Condiments and Beverages

Days 14-16: Reintroduction Begins

The next three days will start the reintroduction process. We recommend that you now add other recommended Fruits and Vegetables as well as white rice back into your diet. Go slow and don't overdo it. This portion of the program is meant to acclimate your digestive system to certain nutrients. If you eat something and notice that it upsets your stomach, be sure to write it down in your diary. This is useful feedback for you and your healthcare practitioner, and may be helpful in detecting any lingering food allergies or intolerances.

Days 17-19: Stay the Course

You may now add back in other non-gluten Grains/Starches as well as Dairy Alternatives. If you've been eating fresh Fish as your main protein source up to this point, feel free to reintroduce Legumes starting on Day 17. Keep using supplements as indicated.

Day 20: You're Almost There

Today you'll want to reintroduce Nuts/Seeds, which are great sources of key omega-3 and omega-6 essential fatty acids. Reduce nutritional supplements as indicated.

Days 21-28: The Final Week

During this home stretch you may begin adding back any other recommended Animal Proteins, as well as approved Sweeteners. Reduce nutritional supplements as indicated.

RECIPES

When making these recipes, combine all ingredients and blend in a high-powered blender until smooth, adding more water if necessary. Then add in recommended Detox product and blend again briefly. Increase water if desired.

Berry Banana Detox

1 Scoop Detox Vanilla
4 oz. Unsweetened Dairy Alternative
(almond, coconut, cashew, etc.)
6-8 oz. Cold Water
¼ cup Raspberries (Fresh or Frozen)
¼ cup Strawberries (Fresh or Frozen)
½ Banana
2 Ice Cubes (omit if using frozen berries)
Optional: 1 Scoop Fruits & Greens
Strawberry Kiwi

Vanilla Almond Delight

1 Scoop Detox Vanilla
4 oz. Unsweetened Dairy Alternative
(almond, coconut, cashew, etc.)
6-8 oz. Cold Water
½ Banana
1 Tbsp. Almond Butter
Cinnamon
2 Ice Cubes

Chocolate Greens

1 Scoop Detox Chocolate
4 oz. Unsweetened Dairy Alternative
(almond, coconut, cashew, etc.)
6-8 oz. Cold Water
½ cup Spinach
½ Banana
2 Ice Cubes
Optional: 1 Scoop Fruits & Greens
Chocolate or Espresso

Chocolate Milkshake

1 Scoop Detox Chocolate
8 oz. Cold Water
¼ — ½ Avocado
2 Ice Cubes
Optional: 1 Scoop Fruits & Greens
Chocolate or Espresso

Simple Detox

1 Scoop Detox Chocolate
6-8 oz. Cold Water
Cinnamon (optional)
2-3 Ice Cubes
Optional: 1 Scoop Fruits & Greens
Chocolate or Espresso



SHOPPING LIST

Let's go shopping! Be sure to go shopping for everything you need to successfully support your Dynamic Detox Program. Buy organic foods when possible.

Vegetables

(fresh or frozen)

- Sprouts, all varieties
- Artichoke
- Arugula
- Asparagus
- Avocado
- Beets
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Cucumber
- Eggplant
- Endive, escarole
- Green or yellow beans
- Greens (mustard, arugula, beet, turnip, chard)
- Jicama
- Kale
- Kohlrabi
- Lettuce (all kinds)
- Okra
- Olives
- Onions, leeks, garlic, shallots, scallions
- Peppers
- Potatoes
- Radishes
- Rutabaga
- Seaweeds
- Spinach
- Summer squash
- Sweet potatoes/yams
- Tomatoes (canned & fresh)
- Turnips, parsnips
- Water chestnuts
- Winter squash (acorn, etc.)
- Zucchini

Fish

(wild, not farm-raised)

- Alaskan salmon
- Herring
- Mackerel
- Trout

Meat/Poultry

- Chicken, skinless
- Cornish hen, skinless
- Lamb, leg, chop, lean roast
- Turkey, skinless
- Wild game: buffalo, elk, venison

Fruits

(fresh or frozen)

- Apple
- Applesauce (unsweetened)
- Apricot
- Banana
- Berries (all types)
- Figs
- Grapes
- Kiwi
- Lemons/limes
- Mango
- Melon (all types)
- Nectarine
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Prunes, raisins

Rice/Grains

- Amaranth
- Buckwheat
- Gluten-free oats
- Millet
- Quinoa & quinoa flakes
- Rice, rice bread (unsweetened), rice cereal, rice cakes, rice pasta
- Teff

Legumes (vegetable protein)

- Beans (white, black, kidney, great northern, navy, mung, pinto, garbanzo)
- Hummus
- Lentils
- Peas (green, snow, black eyed, pigeon & split)

Nuts/Seeds

- Almonds & almond butter
- Cashews & cashew butter
- Coconut
- Flaxseeds
- Hazelnuts
- Pecans
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Tahini
- Walnuts

Spices/Condiments

- All herbs & spices
- Mustard
- Oil (extra virgin olive, safflower, flaxseed, coconut, canola)
- Vinegar (apple cider, rice, red wine, balsamic)

Sweeteners

- Lou han guo (monk fruit)
- Stevia

Beverages/Dairy Alternatives

- Almond milk
- Coconut milk
- Hemp milk
- Herbal tea, decaffeinated
- Juices from allowable fruits without added sugar
- Rice milk
- Water (filtered, distilled, mineral)

