

7-Day Healthy Cleanse



Feel better in one week.
Guaranteed.[§]

 **Shaklee**[®]



[§] Or your money back.

[†] Preliminary Study Results showed an average weight loss of 6.8 pounds and 1.62 inches, plus increased focus, more energy and improved sleep quality. Based on a 7-day pilot study conducted by three Shaklee Distributors—a medical doctor and two nutritionists—under the supervision of Shaklee Medical Affairs.

^{*} These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



Congratulations!

You've taken another step toward a healthier and happier you. This guide will help you know what to expect from your cleanse and provide tips to ensure your success.



Improves focus
& energy[†]



Enhances mood
& sleep quality[†]



Supports detox
& healthy
digestion[†]



Jump-starts
weight loss &
reduces cravings[†]

GETTING READY: JOIN, PREP, GET EXCITED!

Set a date to begin your cleanse.

For the next 7 days, you will eat unlimited amounts of fresh vegetables and fruits; focus on 2/3 vegetables and 1/3 fruit. Be sure to stock up on veggies and fruit and prep them so you are ready to go. Avoid harder-to-digest foods, including protein, dairy, grains, and others as noted in the chart to the right. A combination of supplements available in convenient daily packets will aid in jump-starting your health journey.

For tips and healthy inspiration, join the “Official Shaklee 7-Day Healthy Cleanse” Facebook Group. New groups start every Monday.

CLEANSE: READY, SET, GRAZE!

The 7-Day Healthy Cleanse contains Morning and Night packets designed to maximize your results.



Optiflora[®] DI probiotic



Alfalfa Complex



Liver DTX[®] Complex



Alfalfa Complex



Liver DTX[®] Complex



Herb-Lax[®]

- Graze on vegetables and fruits all day, ideally eating at least every 2 hours and drinking lots of water. Take AM supplements with food.
- Eat your vegetables raw or steam or sauté them with a little healthy fat like olive or avocado oil to get the most phytonutrients.
- Drink at least 6–10 glasses of water each day.
- Eat a large salad with full-fat dressing or vegetable stir-fry with a starchy vegetable for your evening meal.
- Take your PM packet before bedtime.

FOODS & BEVERAGES TO EMBRACE



VEGETABLES:

Asparagus
Beets
Bell peppers
Bok choy
Broccoli
Carrots
Celery
Collard greens
Cucumber
Eggplant
Green beans
Jicama
Kale
Leeks
Lettuce
Mushrooms
Mustard greens

Radishes
Spinach
Swiss chard
Watercress
Winter squash

Limit the following to no more than 1 serving per day:

Avocado (*limit to 1/2-1 per day*)
Sweet potato (*limit to 1/2 per day*)



FRUITS:

Apples
Apricots
Berries
Cantaloupes
Nectarines
Papayas
Peaches

Tomatoes

Limit higher-sugar fruits like Bananas, Cherries, and Oranges



BEVERAGES:

Noncaffeinated green or herbal teas

Filtered water

Fresh vegetable juices (*although best to eat whole vegetables and fruit*)

Sparkling water

Unsweetened beverage

Zero-calorie beverage



FATS: Healthy fat like extra virgin olive oil or avocado oil = 1 to 2 tablespoons per day for salad dressing or sautéing.



CONDIMENTS: All herbs and spices—fresh and dried.

Veggies can be dipped in mustard or fresh salsa.



SWEETENERS: Stevia

Avoid: Refined sugars; added sugars including agave, honey, and maple syrup; and artificial sweeteners.

FOODS & BEVERAGES TO AVOID



VEGETABLES:

Canned vegetables

FRUITS:

Dried fruits and Coconut

PROTEINS:

Meat, Fish, Tofu, Beans

BEVERAGES:

Alcohol

Energy drinks

Fruit juices

Soda

Dairy and Dairy alternatives
(Almond, Cashew, Coconut,
Pea, and Soy milks, etc.)



FATS:

Avoid all other oils, like coconut oil,
and commercial salad dressings.

OTHER:

Grains

Nuts or Seeds



CLEANSE RECIPE IDEAS

HONEYCRISP APPLE AND KALE SALAD

INGREDIENTS

- ½ tsp. ground cinnamon
- 10 oz. of kale, shredded
- 2 Honeycrisp apples, thinly sliced
- Handful of pomegranate seeds
- Homemade dressing

DRESSING

- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. lemon juice
- 1 shallot, thinly sliced
- 1 Tbsp. fresh thyme leaves
- Pepper to taste
- 1 pinch crushed red pepper flakes

DIRECTIONS

Prep and massage kale to soften the leaves if desired.
Combine ingredients in a large bowl and toss with dressing.

CAULIFLOWER POPCORN

INGREDIENTS

- 1 head of cauliflower
- 1 Tbsp. olive oil
- Dash of pink Himalayan sea salt

DIRECTIONS

Chop cauliflower finely and lay flat on a baking sheet.
Drizzle with olive oil and salt. Roast at 450 degrees for
20–25 minutes until golden brown.

For more recipe, visit
Shaklee.com/HealthyCleanse

POST-CLEANSE: FEEL HEALTHIER, MORE ENERGIZED, MORE FOCUSED!

You've completed your Healthy Cleanse!
What's next?

For ongoing nutrition support, start your day with Life Shake™, a healthy meal replacement, and follow with Vitalizer™, our clinically supported multivitamin strip, to get you ready to take on anything life throws your way.

Continue to eat plenty of fresh vegetables and fruits as you gradually introduce additional healthy foods back into your diet.

Make health and nutrition a priority by keeping up your routine every day and enjoy the benefits of a healthy lifestyle.





**7 DAYS TO A
HEALTHIER,
HAPPIER YOU.**

#ShakleeCleanse

@ShakleeHQ



THE SHAKLEE DIFFERENCE®



Our products are safe, proven, and 100% guaranteed.

At Shaklee, we never sacrifice safety and purity for efficacy. We create safe products that do what we say they will do. Every single time. We ensure the highest quality standards – conducting over 100,000 quality tests per year.

The 7-Day Healthy Cleanse program can be used up to 2 times per year.

CAUTION: This program is not intended for use by children, or pregnant or lactating women. If you are taking medication or have a medical condition, please discuss with your physician prior to use.

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