

YuriElkaim.com

1 DAY DETOX PLAN



Whether you're looking to lose weight, have more energy, or get rid of crippling sugar cravings, I've got you covered.

Even though I normally take my clients through a slightly longer and more supported cleanse, this 1-Day Detox Plan will give you a taste (pun intended) for how delicious cleansing should really be.



Cleansing is not about pills and magic potions but rather purifying your body with real food. That's how you transform your health—quickly and safely.

Here's what a typical “cleansing” day of food could look like. I invite you to give it a shot at least once so you can experience how much better you feel.

UPON WAKING: start your day with lemon water. Squeeze the juice of half a lemon into 500 ml (2 cups) of lukewarm water. The lemon stimulates gall bladder contractions to eject toxic bile, while prompting your digestive system into action. It's how I start each of my days.

MORNING ACTIVITY: Whether you like to exercise in the morning or later in the day, do something to get your body moving for at least 5 minutes in the morning. This could be some gentle yoga, a brisk walk, or even a workout. This movement will help stimulate your lymphatic system to drain away built-up toxins.



BREAKFAST: If you need to have breakfast (not everyone does), then give this antioxidant-loaded homemade cereal a shot. It's my favorite healthy cereal. I think you'll enjoy it too.

BLUEBERRY MORNING



SERVES 1

INGREDIENTS

- ½ cup berries*
- 2 tbsp hemp seeds*
- 2 tbsp chia seeds*
- 1 tbsp ground flax seeds*
- 2 cups almond milk*

INSTRUCTIONS

Combine the first five ingredients in a bowl. Pour almond milk over the top. Let the bowl sit for 2 to 3 minutes before serving to allow the chia seeds to absorb the liquid and expand.



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LUNCH: Whether you're making this first or second meal of the day, having a veggie-based bowl is simple and nourishing. I'll tell you more about the cleansing benefits of kale further down this printable.

CHICK PEA AND KALE BOWL

SERVES 2

INGREDIENTS

½ cup chick peas
4–5 stalks kale, stemmed
2–3 stalks Swiss chard
1 tbsp curry powder
1 tbsp sesame seeds
2 tbsp chopped almonds
1 tbsp olive oil
Juice of ½ lemon
Sea salt
Fresh ground pepper



INSTRUCTIONS

1. If using raw chick peas—in a pot, warm chick peas with a little bit of water, a pinch of sea salt, and the curry powder. Allow the chick peas to absorb the curry powder. In so doing, they should take on a yellow tint. If using canned chick peas, then simply heat them lightly in a pot with a little water.
2. At the same time, steam the kale and Swiss chard so they soften.
3. In a bowl, add chick peas and top with the steamed kale and Swiss chard. Sprinkle with sesame seeds and almonds pieces.
4. Drizzle olive oil and fresh squeezed lemon overtop, and season with fresh ground pepper.



DINNER: Dinner is usually where most people go wrong. After a long day, you're often too tired to think about anything. This healthy and light no-cook pasta will give you just the energy boost you want without spending an hour in the kitchen.

ZUCCHINI PASTA IN MARINARA SAUCE

SERVES 2

INGREDIENTS

- 1 zucchini, skin removed
- 2 cloves garlic, diced
- 1 cup sun dried tomato, soaked
- 3 cups chopped tomatoes
- 1 date, pitted and soaked
- ¼ red onion, diced
- 2 tbsp olive oil
- ½ handful parsley, chopped
- ½ handful basil
- ⅓ cup olives, pitted (optional)
- Pinch of sea salt or kelp/dulse flakes



INSTRUCTIONS

1. Using a vegetable peeler or spiralizer, shave zucchini down to paper-thin noodles.
2. In a food processor, pulse all other ingredients until smooth to create marinara sauce.
3. Place zucchini noodles on a plate, top with marinara sauce, and serve.



EVENING NIGHTCAP: Wind down your day with a nice cup of herbal tea. Peppermint is great for your digestion and chamomile is very calming. Choose whatever you like so long as there's no caffeine or sugar added.





HOW THESE FOODS HELP YOU DETOX



You might be wondering how these foods help to detoxify your body, help you lose weight, give you more energy, and more. First off, when you eat better quality food, you tend to require less of it. Therefore, you eat fewer calories, making weight loss easier. Second, since you're not ingesting artificial ingredients commonly found in processed foods your body is less inflamed and is better able to do its job, which includes detoxifying every cell in your body.

HERE'S HOW 4 FOODS FROM THESE MEALS ABOVE HELP YOUR BODY:

BLUEBERRIES—Blueberries are terrific to eat on a cleanse because they have a very low glycemic index (ie. good for your blood sugar) and are loaded with important antioxidants that assist the liver in detoxification.

HEMP SEEDS—These little protein powerhouses contain all 20 amino acids, including the 9 essential amino acids (EAAs) our bodies cannot produce. Thus, they are great to eat when following a more cleansing diet. They also contain the perfect ratio of omega-6 to omega-3 of 3:1, which reduces inflammation in our body.



KALE—Kale is loaded with antioxidant nutrients, anti-inflammatory nutrients, and anti-cancer nutrients in the form of glucosinolates. Indole-3-carbinol is one example. And the large number of sulfur compounds in kale have been shown to support aspects of Phase II liver detoxification that require the presence of sulfur.

GARLIC—Garlic's sulfur-containing compounds assist in liver detoxification and the allyl sulfides found in garlic may play a key role in its cancer-prevention by activating an important protein called nuclear erythroid factor (Nrf2)—which triggers anti-inflammation and antioxidant activity in our cells.



ARE YOU READY?

I hope this quick 1-Day Detox Plan has given you some inspiration to get started. It doesn't matter when you do it, so long as you *do* it.



Your body is constantly detoxifying dangerous chemicals and toxins out of your body every single day without your awareness. However, illness, weight gain, and lethargy appear when your body is no longer able to do its job properly and is overcome with toxic build-up.

This is why a regular cleanse is really important for great health. And, as you'll experience, it can taste darn good. Bon appétit 😊

Yuri E.

PS. If you're ready to take your health to the next level so you can ward off disease, lose weight more easily, have more energy, and get rid of cravings, then be sure to [join me a FREE workshop I'm holding called "The Cleanse Code"](#).

In it, you'll discover 3 health secrets that will transform your life. I'll also show you the biggest cleansing mistakes you must avoid. After all, most of the detox kits and cleanses on the market are pure nonsense and even outright dangerous in some cases.

[Grab your seat in my next FREE workshop](#) so you don't make these deadly mistakes, all while discovering the secrets to enviable health.

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