

## **Welcome to the Ultimate Body Cleanse**

Hopefully you have already read through The Ultimate Body Cleanse manual and have a stronger understanding of why you're doing the cleanse. So many of the decisions we make regarding our health are inspired for different reasons. It is important to see your "why".

*I encourage you to take a moment and ask yourself this question.*

***What is my highest value? Think specifically in the areas of family, work, financial, spiritual, social, mental and physical.***

**As your coach,** I am very excited to assist you in your journey to a cleaner you. Remember to share your questions with the group as your ideas and questions help everyone. If you have questions that need immediate assistance please text me 847-421-2124. I want to know if you're having trouble sleeping, headaches or not having bowel movements.

### **A few tips**

1. **No fat meals:** It says to steam vegetables however you can saute or roast as well. Using coconut aminos or using vegetables with high moisture such as mushrooms and spinach will help enhance the flavor..
2. **Fruit Tips:** On the days you are allowed fruit please limit it to 1-2 servings and use any kind of berries, apple or pineapple. Serving sizes are as follows: berries ¼ cup, ½ apple, 4-5 cubes of pineapple. These are all great added to a smoothie or to a salad. Avoid eating fruit by itself to help control the insulin spike.
3. **Smoothie ideas:** Using fresh juice for example celery, cucumber and spinach as a base to mix with the protein powder is a great option. Use the shakes throughout the day at times that work best for you. It is not necessary to get both shakes in they are there to support you if you need them

4. **What can I drink as a coffee substitute:** Warm lemon water with a tsp of apple cider vinegar upon waking. Throughout the day herbal unsweetened teas, no caffeine are a great option. Another great option to sip on the passion tea cold unsweetened from starbucks and for hot peach tranquility. You can also take 1 teaspoon of unsweetened cacao powder with a teaspoon of maca powder and whisk in hot water. The maca is a great option if you are used to having caffeine.
5. **Plan a day ahead** and review your meal plan so you know you are prepared. Stay focused on one day at a time. The days move by swiftly and more successfully if you are prepared and have set daily intentions.
6. **Intermittent Fasting:** Put a minimum of 12-15 hours between your last meal at night and your first meal of the day. This includes the shake.

### ***Daily Meal Plan Ideas***

Daily make sure you have fresh vegetables cut up that you enjoy snacking on

#### **Day 1-2**

##### **8am**

**Upon waking:** lemon water with apple cider vinegar. This is for digestion. To replace the habit of coffee you can make the cocoa maca blend or hot tea.

Take supplements with a smoothie mix of 1 scoop of protein powder mixing it with what you choose. Options are to use the juices or water. Day 1 and 2 you can add a ½ cup of fruit to your smoothies. Berries are always the best choice.

##### **10:30**

Omelette with a side salad (see dressings options attached). Tip: take a cut up red onion, place in a jar or a bowl . Cover them with vinegar and let sit overnight to add flavor to your salad

**2pm**

Second protein shake or make a small snack to take with your supplements

**7pm or your desired dinner time**

4-6 oz of fish with sauteed green beans with garlic and shallots. You can use light olive oil spray for days 1-2

**Day 3**

**Upon waking:** lemon water with apple cider vinegar. This is for digestion. To replace the habit of coffee you can make the cocoa maca blend or hot tea.

**8-10 am**

Take supplements with the scoop of protein powder mixing it with what you choose. You can also switch your smoothie and your lunch any day of the week if you prefer.

**10:30**

Salad greens of your choice with cucumbers, red onion, , sauteed green beans and asparagus with dressing of your choice. I like something warm for my meals, it's a personal preference. You can choose to make a salad and have a bowl of sauteed vegetables on the side

**2pm**

Protein powder with juices or just water with your supplements

**7pm or your desired dinner time**

Sauteed Palmini noodles with spinach, mushrooms, asparagus, garlic and onion. The mushrooms will give off a good amount of liquid. You can add coconut aminos to help saute. A tip is to blanch the asparagus. You can also roast the entire garlic clove and use

the paste in our meals. Side salad with arugula and tomatoes. A great dressing is lemon, 2 garlic gloves, 1 bit of dijon mustard, ¼ cup of coconut aminos . Mix together with an emulsion blender



How to prepare and blanch asparagus  
taste.com.au



How To Roast Garlic in the Oven | Kit...  
thekitchn.com

## Day 4

Your just vegetables

**Upon waking:** lemon water with apple cider vinegar. This is for digestion. To replace the habit of coffee you can make the cocoa maca blend or hot tea. After the cleanse you can use unsweetened nut milk with the cacao and maca and add a non dairy creamer. ( my dirty little secret, a few times a week I froth heavy whipping cream and add to the top. 1 tablespoon, sooo yummy. You can find a non dairy option. I dont each dairy except this so i don't fret it)

**8am**

Take supplements with the scoop of protein powder mixing it with what you choose. The base juices and spinach. You can also switch your smoothie and your lunch any day of the week if you prefer.

**10:30**

Sauteed zucchini, mushroom and asparagus over a bed of fresh spinach and arugula with dressing of choice

**2pm**

Protein powder with juices or just water with your supplements

### **6pm or your desired dinner time**

Riced cauliflower sauteed in a pan with garlic and shallots. Once the rice is cooked create a circle in the middle of the pan and coconut aminos. Optional (Then add a tablespoon of curry paste to the coconut aminos ( outside of the cleanse I would use unsweetened coconut milk) Make a mixture with the paste then distribute through the rice. Then add spinach and kale.

You can also add whatever other vegetables you choose. Broccoli and peppers!

## **Day 5**

This is your fasting day . You will be removing all food from your diet and the protein shake 2x a day is optional using water. Your fast is about you and your body. See how you feel on day one to see if you want to extend this portion of the program for however long you are comfortable.

Regardless of how long you fast it is important to break your fast with a light meal following the guidelines of day 6 however you may add a ¼ of an avocado if you feel you need a little more.

However many days you extend the fast on your last day you will enter back into the cleanse on day 6 following all the instructions of the manual.

## **Day 6**

You are at the peak zone of your cleanse and now heading back through a lot of what you already know. Day 6 is a repeat of day 3 of fruits and vegetables

## **Day 7-8**

Slowly start adding back in protein sources such as unsalted nuts, fish, chicken, turkey etc as well as the allowed vegetables from page 25 of your manual and berries as the preferred fruit with a limit of to ¼ cup servings a day.

## **Day 9-10**

Congratulations!

Now, don't reward yourself by running to the cabinet and grabbing a bag of chips or waking up to a cup of coffee with cream and a muffin. Take it slowly. This is an excellent opportunity to introduce one of the inflammatory and allergy high risk categories at a time.

Start by adding one and wait 7 days to see how your body reacts. Choose between gluten and dairy and do not introduce them at the same time .

### **Salad Dressing ideas**

½ cup of olive oil, ½ cup of lime or lemon, 5 garlic cloves, fresh oregano, fresh basil and emulsify with an immersion blender

1/ 2 cup of olive oil, 1/ 2cup of lemon, ½ shallot, 5 garlic cloves, ½ tsp dijon mustard, Thyme emulsify

The idea is to use fresh herbs, garlic, olive oil, salt and pepper. You can make any dish healthy and amazing!

Here are the pictures of some of the items I suggested. They are all available on amazon or most of your grocers. Heinenens carries coconut aminos and jewel usually has the palmini noodles in a can.



Amazon.com : Thai Kit...  
amazon.com



## MEAL IDEAS

Here is a list of great meal ideas. I do not specify as to whether they are breakfast, lunch or dinner. If you do not eat breakfast and you're intermittent fasting then you will eat at different times. These meals are just examples to enhance how you eat during the cleanse and hopefully post cleanse.

### Protein drink as a snack

Add cinnamon to enhance flavor and balance blood sugar with 12 oz of water and ice, blend.

### Smoothie

Absolute greens from Aceva or fresh cucumber, spinach and blueberries, one tsp of cacao powder with one scoop of protein powder, 12-16 oz of water and ice, blend.

### Omelette

Add vegetables of your choice. You can use light oil spray on days 1-2.

### Egg White Omelette

1 whole egg + 1/2 cup liquid egg whites + 1/2 cup mixed chopped onion, tomatoes, spinach (all the veggies you desire!). Cook in 1 tbsp olive oil ( days 1-2 only for oil) Add herbs and spices, such as parsley, dill, cilantro, cayenne pepper or paprika. Serve with 1/2 grapefruit or a serving of berries.

### 1 Hard-Boiled or Poached Egg + Diced Cucumber, Tomato and Parsley Salad + 1/4 Cup Berries

### Steamed Bass With Fennel, Parsley and Capers

You can roast or steam the bass, roast the fennel, parsley and capers altogether.

### Fish + Roasted Vegetables

4-5 oz. of fish per serving & yes salmon is allowed.

### Riced Cauliflower Stir Fry + Sauteed Vegetables

This is a great meal throughout the cleanse . Adding coconut aminos to enhance flavor after days 1-2 is suggested.



### Palmini Noodles + Sauteed Vegetables

You can find palmini noodles in all shapes and sizes at your local grocer or amazon.

### Stuffed Portabella Mushrooms

Take off the stems and finely chop, add garlic, onion powder mix together and stuff the mushrooms. You can bake or use an air fryer.

### Spinach Salad + Garlic + Roasted Vegetables

Roast vegetables of your choice with sliced fresh garlic, Add the hot vegetables to the top of a bowl of fresh spinach. The hot vegetables will warm the spinach! Use coconut aminos or salad dressing of your choice.

### Cucumbers + Hearts of Palm + Hemp Seed Salad (hemp seeds on days 1-2 only)

Chop all ingredients and add dressing of your choice within the guidelines. This is great with apple cider vinegar or just fresh squeezed lemon juice.

### Basil + Tomato + Onion salad

Chop all the ingredients and add fresh vinegar and spices of your choice. Great with vinegar and fresh lime.

### Roasted Green Beans, Garlic and Shallots

Mix all ingredients with onion salt, coconut aminos and bake. Great with fresh rosemary.

### Spaghetti Squash + Mushrooms + Spinach

Cut a spaghetti squash in half lengthwise, scoop out seeds, and place flesh-side down on a pan. Cook in the oven at 400 degrees F for 45 minutes, or until tender. Scrape out the squash with a fork and place in a bowl. In a separate frying pan, sauté mushrooms until tender. ( add coconut aminos or water to steam the mushrooms after days 1-2) Wilt some fresh spinach in a steamer and add to mushrooms for a few minutes. Pour over squash and serve.

**All Greens Salad** ( add fruit is optional all days except 4 and 5) you can add chopped nuts on days 1-2. Be creative and add any kind of vegetable raw or cooked!

**Roasted Garlic** is great to eat with most of your meals through the cleanse, here is a recipe.

<https://www.thekitchn.com/how-to-roast-garlic-in-the-oven-5341>

Roasted lemon is a great flavor enhancer to most meals. Just slice the lemon and roast it under fish or alone to add to roasted vegetables. Great with asparagus

### Pureed Boiled Cauliflower + Fresh Roasted Garlic + Thyme

Cut up a full head of cauliflower, boil it until soft, drain all the water completely, puree with an immersion blender, add roasted garlic and thyme.

You can see there are so many amazing options to choose from. Try and cook enough at dinner to have for lunch also. We do not recommend trying to make new meals every time unless you have the time. The idea is to let your body relax and detox. Adding additional worry just raises your cortisol levels and we want your pathways clear.

Remember as long as you're following the guidelines of each day you can not get this wrong! Can't wait to get started!

Your Ultimate Body Cleanse Coach,

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