



The Detox- Cleanse Program

A guide to cleansing
and renewing your
mind, body and spirit

by
Dr. Parkes



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Hello,

I am very happy that you have decided to go on this detox-cleanse journey with me over the next 14 days! Detoxification is an age-old practice stretching back thousands of years that is absolutely necessary for good health. I am hoping that you are excited to give your body this much needed reset that forms the foundation for a healthier lifestyle moving forward.

We are constantly exposed to toxins from our environment. There are chemicals in the air, water, food, personal care products, prescription and non-prescription drugs, vaccinations, cleaning products, yeast, viruses, bacteria, parasites and many other things we come into contact with on a regular basis. While it is important to avoid chemicals as much as you can, it is quite impossible to avoid them all. Our bodies have the natural ability to cleanse itself of many of these toxins. However, it is becoming more and more necessary to participate in a specific program to enhance these abilities because of the overwhelming amount of exposure we get on a regular basis. Our bodies simply were not designed to keep up with all the new chemicals that are being released into our environment on a regular basis. Did you know that roughly 2,000 new chemicals are introduced into our environment each year? Because of that, I suggest that most adults do a detox program 2-4 times per year. I would like you to think of this as the ultimate form of self-care where you give your body the support and rest that it needs to take care of you.

Whether you are doing the basic or ultimate version of this program, rest assured that you will get long term benefits that will make your body healthier overall. This program is a nutritional detox which means that what you eat is extremely important over the next two weeks. Nobody is perfect, and I don't expect you to be. However, I am going to ask that you do your best to follow the guidelines as closely as possible and your best, is always enough.

Whether you are doing this solo or at the same time as others, I encourage you to share your journey in our exclusive, private facebook community. That way, I can be a part of your journey and cheer you along. Just use the hashtag #DETOX whenever you make a post related to the detox and I will be able to easily find it.

Again, welcome to your detox!

Best in Health!

Dr Parkes



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FAQ

FREQUENTLY ASKED QUESTIONS

What is the Detox-Cleanse by Dr. Parkes?

The Detox-Cleanse Program was specifically designed to help your entire body rid itself of harmful toxins. I combine cutting edge nutritional supplements with a whole food diet and exercise over a 14 day period to support the body's natural abilities to cleanse itself.

Can anyone do this program?

While doing this program is a great way to improve and maintain a healthy lifestyle, not everyone is able to participate. If you are currently ill with a cold, flu or other acute sickness, it is advised that you wait until you are fully recovered before starting this program. If you are currently pregnant or nursing, you should not do this program. This program may not be suitable for people taking certain drugs. If you take prescription drugs, please submit an updated drug list to membersupport@drparkes.com or fill out the health history paperwork if you are not a patient or current member of our wellness program.

How can I tell if my body needs detoxification?

Some signs that your body may need detoxification are; indigestion, heartburn, gas/bloating, constipation, weight gain, allergies, sleep issues, fatigue, headaches, hormone imbalances, skin rashes, eating processed food, sugar cravings, infections, drinking alcohol, smoking or use of prescription or over the counter drugs.

How does this program work?

The supplements used in the program along with the dietary recommendations are designed to reduce the toxic burden on the body and stimulate the organs in the body that are responsible for removing toxins. The major organs that remove toxins are the liver, kidneys and large intestines. The secondary detox organs, which take over if the burden is too great for the primary detox organs are the skin and the lungs. During the program, some people may in fact experience rashes or breakouts on the skin as well as changes in the smell of their breath because some toxins may leave the body via the secondary pathways. By the end of the program you should feel refreshed and energized.

What is the difference between the two versions of the program?

No two people are alike, so having a flexible program will cater to those with different needs. The Basic program provides everything for a comprehensive whole body detox. The Ultimate program provides additional weight loss benefits, colon cleansing as well as appetite suppression by increasing the meal replacement detox shakes/smoothies to two per day.

Can I do this while I travel?

It would be ideal if you are home in your own environment while doing this program. But, that is not always possible. While I don't suggest doing this while you are on vacation, this program is easy, convenient and totally practical so you can take it on the road if you need to travel for work or personal reasons.

Should I take my medications and other supplements?

If you are currently taking prescription medications please request a medication review. Generally, you should continue all prescription medications during the detox. For non-prescription drugs, discontinue them during the detox if possible. Stop taking all supplements except those that help with stress, blood pressure or mood during the detox. If you are unsure request a supplement review with the member concierge by sending a list to membersupport@drparkes.com.





Before you get started

BEFORE YOU GET STARTED

Quick Start Guide

1. Use the **Meal Plan** to plan out your meals and activity for the next 2 weeks.
2. Get your groceries! If you are traveling, pick restaurants and menu items you will order AHEAD of time.
3. Prepare as much as possible.
 - Precut vegetables
 - Pre-pack portions of fruits and vegetables for smoothies in ziplock bags and freeze them. You can even pre-make smoothies and freeze them!
4. Aim for 30- 60 minutes of activity 5 days per week. If you already have a workout routine that is challenging and works for you, continue with that. Otherwise, you can try the workouts in the Detox Fitness Guide.
5. Complete the pre-detox toxicity questionnaire before you start and the post-detox toxicity questionnaire on day 14 and compare your results. Did your toxicity change?
6. Be sure the join our private Facebook Group if you are not a current member!
<https://www.facebook.com/groups/Drparkesfreelifestylechallenge/>

PRE-DETOX TOXICITY QUESTIONNAIRE

Please give yourself a score for each phrase as it relates to you right now. Then, tally your results out of 20 points.

- 0- This symptom doesn't occur
- 1- This happens from time to time
- 2- This happens most days

Date: _____ Weight: _____ Waist: _____

1. I feel tired- _____
2. I get bloated- _____
3. I pass foul smelling gas- _____
4. I have trouble sleeping- _____
5. I have brain fog- _____
6. I use over the counter drugs for pain/allergies- _____
7. I have constipation/diarrhea- _____
8. I have heartburn- _____
9. I have headaches- _____
10. I have pain- _____

Score- _____ /20



Eat This, Not That



EAT THIS, NOT THAT

EAT THIS



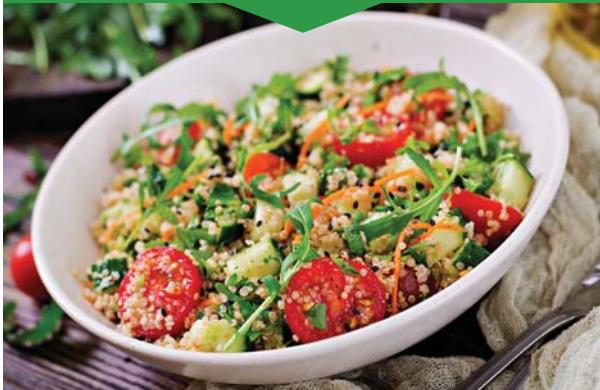
Eat This - For milk replacement, try almond, hemp or coconut milk! These go really well in your detox smoothies.

NOT THAT



Avoid Dairy- Dairy (cow) products are mucus forming. Most people have trouble digesting them and they may contain toxins and hormones that can cause long term health issues. Dairy products include; milk, cheese, yogurt, ice cream, heavy cream, blue cheese dressing and any other item made from cow's milk.

EAT THIS



Eat This - Quinoa, buckwheat, wild rice, millet amaranth and riced cauliflower. You may also try almond and coconut flours.

NOT THAT



Avoid Wheat Flour, Corn, Grains, Nuts and Beans, Soy and Gluten- Wheat and other whole grains are often touted as healthy. It turns out that wheat, soy and corn haven't been healthy for years due to genetic modification and other "improvements" in our bulk farming practices. Grains and beans are also high in carbohydrates which turn into sugar and can derail even your best detox efforts. It is a good idea to minimize and avoid whole grains all together and stick to vegetables while detoxing especially if you are trying to lose weight. Things that are in this group include corn, rice, bread, oats, rye, peanuts, cashews, edamame and grits.

EAT THIS



Eat This - Fresh fruit (You can also use fruit in cooking/baking to sweeten dishes), unsweetened herbal teas (you may lightly sweeten with honey if absolutely necessary). Use small amounts of stevia as a sweetener if needed. You may also enjoy tiny amounts of dark chocolate (70%+ cocoa).

NOT THAT



Avoid Sugar, Juice, Artificial Sweeteners and Simple Carbohydrates - Sugar and simple carbohydrates that quickly turn into sugar have a serious negative effect on the body if eaten too frequently. These things are instrumental in the development and maintenance of diabetes, alzheimer's disease and various types of cancers. Sugar can also feed yeast and bacteria that produce more toxins in the body. Sugar should definitely be avoided during the detox (and any other time). Artificially sweetened foods and artificial sweeteners like Equal and Splenda should ALWAYS be avoided. Included in this sugary group are things like fruit juices, soda, rice, bread, french fries, cookies, cakes, candy, pies, ice cream, any food labeled as "diet" or "zero calories" and desserts.

EAT THIS



Eat this - Vegetables. Make stir fry and other vegetable-only dishes seasoned with herbs and spices so you don't miss the meat. Your detox shakes and your vegetables have adequate amounts of protein so no need to worry about not getting enough protein.

NOT THAT



Avoid Meat, Poultry and Eggs - Breaking down things like beef, pork, chicken and turkey require a lot of digestive energy. During the detox process, it is important that you give your digestive tract a break so your body can focus its energy on getting rid of toxins.

EAT THIS, NOT THAT

EAT THIS

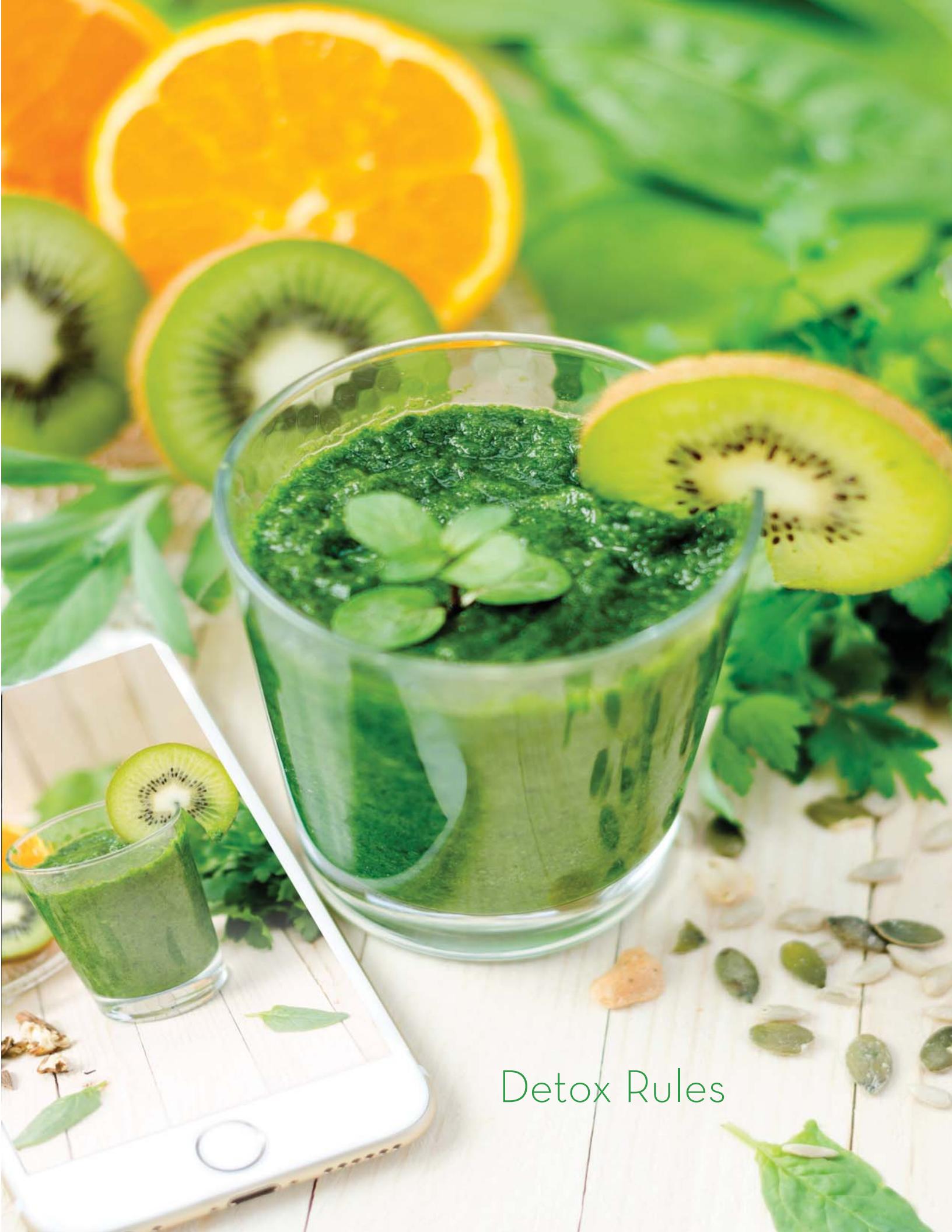


Try This - Green, black, yerba mate, matcha or oolong teas. These still give you a kick but with more overall benefits! Non caffeinated herbal teas like ginger, raspberry, mint or lemon are also a great option. For the coffee-like flavor, try Dandy Blend or Teeccino. For alcohol replacement, try adding fresh fruit to carbonated water.

NOT THAT



Coffee and Alcohol- Coffee is technically a drug and alcohol is literally a poison. These are two things that should be minimized overall but definitely avoided during detox. Alcohol will reduce the liver's ability to clear other toxins from the body. Coffee has a diuretic effect on the kidneys making them work too hard and this is not ideal during detox.



Detox Rules

DETOX RULES

1. Drink a minimum of 70 ounces of water daily. Most toxins are water soluble and must leave your body via urine. If you do not drink enough, these toxins will get re-absorbed into your body. A great detox goal is to push your water intake to the max and shoot for 100+ ounce per day!
2. You must exercise at least 5 days per week. Exercise improves your circulation and the rate of detoxification. As an added bonus, it will support fat loss. If you don't have an established exercise routine, follow the fitness guide included in this manual.
3. Make sure you eat at least two full servings of GREEN vegetables each day.
4. Plan ahead. The only thing that can block your progress is failure to plan ahead. Don't go out hungry. Always carry a snack or smoothie. The Ultra Detox protein powder can be quickly shaken in water or unsweetened almond/coconut milk for a quick on the go snack. Pre-cook/pre-prep as many meals as possible. Season all your food to personal taste with sea salt, pepper, herbs and spices. Preparing food for at least 3 days ahead of time is an absolute lifesaver if you are busy. Unexpected things come up all the time and being prepared is a good lifestyle change to make!
5. You may follow the meals in the prescribed meal plan or create your own from the items on the grocery list. You may also mix and match your favorite meals and snacks from different days to make your own daily combinations. Snacks are any fruit or vegetable on the list.
6. After the 14 day period is over, you should continue to eat the items on the grocery list. Slowly add back other meats and nuts but try to avoid **most grains, dairy, soy, alcohol, coffee, refined sugar and processed foods.**
7. You should not consume **ANY artificial sweeteners, diet beverages, coffee or alcohol** during this period. These items will be perceived as an additional toxic burden to the body and decrease your ability to detox.
8. In general, you should always avoid toxins whenever possible. Try not to use harsh chemicals around your home or eat fast food. You should only use prescription or over the counter drugs if absolutely necessary and for the shortest duration possible.
9. Avoid using microwaves. Radiation in food can cause harmful effects on the body.
10. Sleep is one of the most important ingredients in a healthy detoxification process. Make sure you get as much sleep as possible every night. If your schedule does not allow you to sleep overnight, try to get at least 7 hours uninterrupted during the day.

Supplement Guide

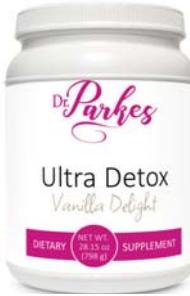




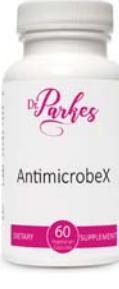
Basic Program + Ultimate Program



SUPPLEMENT GUIDE

Products	Basic Program	Ultimate Program
 <p>Ultra Detox Protein Powder - This is a perfectly balanced blend of rice and pea protein. The powder is infused with traditional herbs and specific vitamins that are used specifically for neutralizing toxins and eliminating them.</p>	<p>1 protein shake per day as a meal replacement</p>	<p>2 protein shakes per day as meal replacements</p>
 <p>Detox-Cleanse - This convenient and comprehensive supplement contains, liver and kidney support herbs as well as chlorella to aid in the safe removal of toxins from the body. It also has additional antioxidant support to help prevent damage to the cells while toxins are being removed.</p>	<p>3 capsules with breakfast and 3 capsules with lunch</p>	<p>3 capsules with breakfast and 3 capsules with lunch</p>

SUPPLEMENT GUIDE

Products	Basic Program	Ultimate Program
 <p>Detox-Flush - This powerful powder contains fiber and herbs to suppress appetite and cleanse the colon.</p>	Not Included	1 scoop in 12+ ounces of water twice per day, in between meals
Optional Enhancements		
 <p>AntimicrobeX - This is a potent blend of herbs and essential oils designed to kill dangerous yeast and bacteria that release chemical toxins in the intestinal tract. This is ideal for anyone struggling with yeast overgrowth or other infections.</p>	3 capsules with breakfast and 3 capsules with lunch	3 capsules with breakfast and 3 capsules with lunch

SUPPLEMENT GUIDE

Products	Basic Program	Ultimate Program
 <p>Ultra Probiotic - This intensive vegetarian probiotic formula provides the intestines with healthy bacteria for improved gut health. Must be used after the AntimicrobeX.</p>	<p>1 capsule daily AFTER detox is complete (This product is started after the detox period is over and can be continued indefinitely)</p>	<p>1 capsule daily AFTER detox is complete (This product is started after the detox period is over and can be continued indefinitely)</p>
 <p>G.I. Clear - A combination of herbs to stimulate healthy bowel movements and relieve constipation.</p>	<p>1-3 capsules daily as needed (This will vary based on the consistency and frequency of bowel movements)</p>	<p>1-3 capsules daily as needed (This will vary based on the consistency and frequency of bowel movements)</p>

A wide-angle photograph of a grocery store's produce section. The foreground is filled with various fruits and vegetables, including red tomatoes, purple cauliflower, green Brussels sprouts, and yellow squash. Price tags are visible on some of the displays. In the background, more produce like citrus fruits and leafy greens are stacked high. The lighting is warm and bright, coming from overhead fixtures. A neon sign is partially visible on the left edge.

Grocery List

GROCERY LIST

Vegetables (Fresh/Frozen)

Artichokes
Arugula
Asparagus
Avocado
Beets
Beet Greens
Bok Choy
Broccoli
Broccolini
Brussel Sprouts
Cabbage
Carrots
Cauliflower
Celery
Cherry Tomatoes
Collard Greens
Cucumbers
Daikon
Eggplant
Fennel
Field Greens
Frozen Peas
Garlic
Green Beans
Green Onion
Hot Peppers (All)
Kale
Leafy Greens (All)
Leek
Lettuce (All Types)
Mushrooms
Okra
Olives (All Types)
Onions
Peas
Peppers
Pumpkin
Radish
Riced Cauliflower
Shallot
Spaghetti Squash
Spinach
Squash- Summer & Winter
Sweet Potato
Swiss Chard
Tomatoes
Tomato Paste
Turnips
Yam
Zucchini

Fruits (Fresh/Frozen)

Apple
Banana
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Figs
Grapefruit
Kiwi
Lemons
Limes
Pear
Peach
Pineapple
Pomegranate
Plum
Prunes
Raisins
Raspberry
Strawberries

Nuts & Seeds

Almonds
Cashews
Pine Nuts
Sunflower Seeds
Walnuts

Fats and Oils

Butter
Coconut Oil
Extra Virgin Olive Oil
Grapeseed Oil
Sesame Oil

Protein - Week 2

Wild caught fish:
Anchovies
Arctic Char
Bass (Striped, Black)
Butterfish
Canned Salmon
Carp
Catfish
Cod (Atlantic)
Crab
Croaker (Atlantic)
Hake
Halibut
Herring (Atlantic)
Mackerel (Atlantic)
Mahi Mahi
Mullet
Perch
Plaice
Pollock (Atlantic, US)
Sablefish
Salmon (WILD!)

Sardine
Shad
Shrimp
Smelt
Sole
Squid
Trout
Tuna (Chunk Light)
Weakfish
Whitefish
Whiting

Sweeteners USE SPARINGLY

Honey
Maple Syrup
Stevia in the Raw
Sugar in the Raw

Liquids

All Herbal Teas
Canned Coconut Milk
Crio Bru
Dandy Blend
Everyday Detox Tea- (Traditional Medicinals)
Green Tea
Oolong Tea
Red Wine Vinegar
Teeccino
Unfiltered Apple Cider Vinegar
Unsweetened Almond Milk
Unsweetened Coconut Milk
Unsweetened Hemp Milk
Vegetable Stock
Water
Yerba Mate

Other

All Spices
Cayenne Pepper
Coconut Flour
Cumin
Dijon Mustard
Fresh Cilantro
Fresh Dill
Fresh & Dried Basil
Fresh & Dried Oregano
Fresh & Dried Parsley
Fresh Garlic
Fresh Ginger
Fresh Mint
Fresh Thyme
Garlic Powder
Marinara Sauce
Mayonnaise
Onion Powder
Paprika
Red Curry Paste
Sea Salt
Turmeric
Unsweetened Cocoa Powder



Meal Plan

MEAL PLAN

Feel free to follow the plan the way it is or mix and match your favorite meals to create your unique plan.

Basic Program - 1 protein shake per day as a meal replacement

Ultimate Program- 2 protein shakes per day as meal replacements

Day 1

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Spinach Salad	Detox Smoothie
Dinner	Roasted Vegetable Medley	Roasted Vegetable Medley

Day 2

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Broccoli Waldorf Salad	Detox Smoothie
Dinner	Tomato Bisque	Tomato Bisque

Day 3

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Roasted Vegetable Medley	Detox Smoothie
Dinner	Zucchini Noodles with Marinara Sauce	Zucchini Noodles with Marinara Sauce

MEAL PLAN

Day 4

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Grilled Vegetable Skewers	Detox Smoothie
Dinner	Creamy Sweet Potato and Carrot Soup	Creamy Sweet Potato and Carrot Soup

Day 5

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Zucchini Veggie Stir Fry	Detox Smoothie
Dinner	Cauliflower Fried Rice	Cauliflower Fried Rice

Day 6

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Eggplant Pizza Bites	Detox Smoothie
Dinner	Hearty Vegetable Soup	Hearty Vegetable Soup

MEAL PLAN

Day 7

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Vegetable Cream Soup	Detox Smoothie
Dinner	Creamy Sweet Potato Noodles	Creamy Sweet Potato Noodles

Day 8

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Slow Cooker Coconut Eggplant Curry	Detox Smoothie
Dinner	Lemon Pepper Salmon with Steamed Broccoli	Lemon Pepper Salmon with Steamed Broccoli

Day 9

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Grilled Vegetable Skewers	Detox Smoothie
Dinner	Shrimp Salad	Shrimp Salad

MEAL PLAN

Day 10

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Vegetable Cream Soup	Detox Smoothie
Dinner	Red Snapper with Mashed Cauliflower	Red Snapper with Mashed Cauliflower

Day 11

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Kale Salad	Detox Smoothie
Dinner	Salmon Cake Salad	Salmon Cake Salad

Day 12

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Tuna Stuffed Bell Peppers	Detox Smoothie
Dinner	Spaghetti Squash with Shrimp Marinara	Spaghetti Squash with Shrimp Marinara

MEAL PLAN

Day 13

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Zucchini Veggie Stir Fry	Detox Smoothie
Dinner	Hearty Vegetable Soup	Hearty Vegetable Soup

Day 14

Meal	Basic Program	Ultimate Program
Breakfast	Detox Lemonade + Detox Smoothie	Detox Lemonade + Detox Smoothie
Lunch	Vegetable Cream Soup	Detox Smoothie
Dinner	Grilled Salmon with Coconut Mashed Sweet Potatoes	Grilled Salmon with Coconut Mashed Sweet Potatoes



Smoothies

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Detox Beverages



Detox Lemonade

2 tbsp unfiltered apple cider vinegar
Juice from 1 lemon
Pinch of cayenne pepper
8-12 oz of water (warm or cold)
Stevia (optional)
Ice (optional)

Instructions

Combine all ingredients in a glass and serve.

Ginger Mint Smoothie

2 scoops Ultra Detox Protein Powder
2 cups water/unsweetened nut or hemp milk
Juice from $\frac{1}{2}$ of a lemon
 $\frac{1}{2}$ cup chopped cucumber
1 inch piece fresh ginger
12 fresh mint leaves

Instructions

Place all ingredients in a blender and blend until smooth.

Tip- Ginger and lemon are great first thing in the morning to soothe the digestive system

Green Indulgence Smoothie

2 scoops Ultra Detox Protein Powder
2 cups water/unsweetened nut or hemp milk
 $\frac{1}{2}$ cup chopped kale leaves
1 handful of spinach leaves
 $\frac{1}{2}$ cup blueberries (fresh or frozen)
 $\frac{1}{4}$ cup chopped fresh parsley

Instructions

Place all ingredients in a blender and blend until smooth.

Tip- Parsley is packed full of minerals and nutrients that supercharge the detox process

Pineapple Express Smoothie

2 scoops Ultra Detox Protein Powder
2 cups water/unsweetened nut or hemp milk
 $\frac{1}{2}$ cup chopped kale leaves
Juice from 1 lemon
 $\frac{1}{2}$ cup chopped cucumber
 $\frac{1}{2}$ cup pineapple (fresh or frozen)

Instructions

Place all ingredients in a blender and blend until smooth.

Tip- Pineapple has an anti-inflammatory effect on the body

Spinach Berry Surprise Smoothie

2 scoops Ultra Detox Protein Powder
2 cups water/unsweetened nut or hemp milk
2 handfuls of spinach leaves
1 cup blackberries (fresh or frozen)

Instructions

Place all ingredients in a blender and blend until smooth.

Tip- Blackberries are loaded with antioxidants which help minimize damage during detox

Beet It! Smoothie

2 scoops Ultra Detox Protein Powder
2 cups water/unsweetened nut or hemp milk
1 cup chopped beets
1 handful of spinach leaves
1 cup chopped carrots
 $\frac{1}{2}$ inch piece fresh ginger
Stevia (optional)

Instructions

Place all ingredients in a blender and blend until smooth.

Chocolate Lovers Smoothie

2 scoops Ultra Detox Protein Powder
2 cups water/unsweetened nut or hemp milk
1 tbsp unsweetened cocoa powder
1 handful of spinach leaves
6 fresh mint leaves
 $\frac{1}{4}$ cup chopped fresh parsley
 $\frac{1}{2}$ cup chopped celery
Stevia (optional)

Instructions

Place all ingredients in a blender and blend until smooth.

Vegetable Only Dishes



Spinach Salad

2 handfuls of spinach leaves
½ chopped shallot
1 cup sliced strawberries
¼ cup sliced onions
¼ cup chopped apples
½ sliced cucumber
½ cup toasted pine nuts
2 tbsp red wine vinegar
2 tbsp extra virgin olive oil

Instructions

In a large bowl, whisk together shallot and vinegar. While whisking, slowly drizzle in olive oil to make vinaigrette. Combine all dry ingredients and toss to combine. Add vinaigrette and enjoy.

Roasted Vegetable Medley

2 tbsp extra virgin olive oil
1 large peeled and cubed sweet potato
1 cup sliced carrots
1 sliced zucchini
1 bunch sliced asparagus
½ cup sliced bell peppers
2 cloves chopped fresh garlic
¼ cup chopped fresh basil
½ tsp salt
½ tsp pepper

Instructions

Preheat oven to 425 degrees, grease a baking sheet with 1 tbsp olive oil. Mix half the remaining olive oil with half of the spices, garlic and basil. Toss the sweet potatoes, and carrots in the olive oil mixture and cook these for 30 minutes. Then do the same with the zucchini, asparagus and bell peppers and add to the pan with the sweet potatoes and carrots to cook for an additional 30 minutes.

Broccoli Waldorf Salad

1 medium head of broccoli, chopped
½ large grated carrot
½ finely chopped apple
¼ cup finely chopped onion
¼ cup chopped walnuts
¼ cup raisins

Dressing

¼ cup mayonnaise
1 tbsp lemon juice
½ clove chopped fresh garlic
½ tsp salt
½ tsp pepper

Instructions

In a bowl, mix all dressing ingredients and season to taste. In a separate bowl, add all other ingredients and top with your desired amount of dressing. Toss until well combined.

Tomato Bisque

3 lbs fresh tomatoes
2 tbsp extra virgin olive oil
1 sliced onion
1 tbsp chopped fresh garlic
32 oz vegetable stock
4 tbsp tomato paste
½ cup canned coconut milk
1 tsp salt
½ tsp pepper
½ tsp garlic powder
⅓ cup chopped fresh basil

Instructions

Add olive oil, sliced onion, and garlic to a pot. Saute on medium high heat for approximately 3- 5 minutes. Slice the top off the tomatoes and add to pot while adding vegetable stock. Cover and cook on medium high heat until tomato skin wrinkles and pulls back from tomato flesh. This typically takes 10- 15 minutes. Pour everything into a large blender along with the tomato paste, coconut milk, salt, pepper, and garlic powder. Blend until smooth. You may need to blend in two batches if your blender is not large enough. Pour back into pot and add chopped fresh basil.

Zucchini Noodles with Marinara Sauce

1 tbsp extra virgin olive oil
2 large zucchini
2 cloves chopped fresh garlic
 $\frac{1}{4}$ tsp salt
Marinara sauce

Instructions

Use a spiralizer to cut the zucchini into noodles. If you don't have a spiralizer, use a knife to cut them vertically into the thinnest slices you are able. Add olive oil to pan with garlic, salt and any other spices you like. Add zucchini noodles and saute for 1-2 minutes. Add your favorite marinara sauce and enjoy.

Grilled Vegetable Skewers

$\frac{1}{3}$ cup extra virgin olive oil
Wooden or bamboo skewers
2 sliced zucchini, one inch slices
2 sliced yellow squash, one inch slices
 $\frac{1}{2}$ lb whole fresh mushrooms
1 red onion, cut into chunks
12 cherry tomatoes
1 fresh pineapple, cut into chunks
1 bell pepper, cut into chunks
 $1 \frac{1}{2}$ tsp dried basil
 $\frac{3}{4}$ tsp dried oregano
 $\frac{1}{2}$ tsp salt
 $\frac{1}{8}$ tsp pepper

Instructions

Soak the skewers in water for 10 minutes to avoid burning. Put your vegetables onto your skewers. Whisk the olive oil together with the spices and brush this mixture over the vegetables. Cook the skewers with the vegetables for 10-15 minutes until vegetables are tender. Flip skewers often to cook both sides and continue to brush the excess spice mixture onto the vegetables.

Creamy Sweet Potato and Carrot Soup

1 tbsp butter
2 cloves chopped fresh garlic
1 chopped onion
 $\frac{1}{2}$ inch piece fresh ginger
1 tbsp red curry paste
2 cups chopped carrots
1 chopped sweet potato
 $1 \frac{1}{2}$ cups vegetable stock
6 oz canned coconut milk
3 tbsp chopped fresh cilantro
2 tbsp chopped fresh basil
1 tbsp fresh lime juice
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp pepper

Instructions

Melt butter in a large pot over medium heat. Add garlic and onion, and cook about 3-4 minutes. Stir in ginger and curry paste for about 1 minute. Stir in carrots, sweet potatoes, vegetable stock and coconut milk and season with salt and pepper. Once it boils, cover and reduce heat and simmer until carrots and sweet potatoes are tender, about 20-25 minutes. Turn off heat and stir in cilantro, basil and lime juice. Put all contents into a blender and blend until desired consistency is reached. You may need to blend in two batches if your blender is not large enough.

Zucchini Veggie Stir Fry

1 tbsp extra virgin olive oil
2 cloves chopped fresh garlic
2 sliced zucchini
2 sliced yellow squash
1 cup sliced carrots
1 sliced onion
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp pepper

Instructions

Heat olive oil in large pan. Add in garlic and onion and cook 3-4 minutes. Add zucchini, squash and carrots to pan and cook until desired softness.

Cauliflower Fried Rice

1 tbsp extra virgin olive oil
2 cloves chopped fresh garlic
 $\frac{1}{2}$ inch piece fresh ginger
16 oz riced cauliflower
1 cup diced carrots
1 cup frozen peas
1 minced green onion

Instructions

Heat olive oil in a pan over medium heat. Add in garlic & ginger and cook 3-4 minutes. Add carrots & peas, cook an additional 5 minutes. Add raw riced cauliflower and continue to cook until cauliflower is slightly softened, about 5-6 minutes then add green onion.

Eggplant Pizza Bites

1 large eggplant
1 tbsp extra virgin olive oil
 $\frac{1}{2}$ -1 cup marinara sauce
2 garlic cloves, minced
 $\frac{1}{2}$ yellow onion, sliced
1 cup fresh baby spinach
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp pepper
 $\frac{1}{4}$ cup chopped fresh oregano
crushed red pepper (optional)

Instructions

Preheat the oven to 400 degrees. Slice the eggplant lengthwise, about 1/4-1/3 inches thick. Rub a little olive oil on each side of the eggplant slices and place on a baking sheet lined with parchment paper. Sprinkle with salt and pepper. Place in oven for 7-10 minutes, or until eggplant is hot and starting to cook down. Meanwhile grab a skillet, add 1/2 tbsp of olive oil and sauté the garlic and onion until soft (about 3-4 minutes). Season with salt and pepper. Add marinara sauce and spinach to the skillet and cook for 1-2 additional minutes until mixture is warm and spinach has wilted. Remove the eggplant slices from the oven, top each with the onion and spinach mixture. Sprinkle with chopped oregano. Place in the oven for approximately 5 minutes. Serve immediately with more fresh oregano and crushed red pepper if desired.

Hearty Vegetable Soup

4 cups of water
2 cups vegetable stock
1 can coconut milk
3 cups chopped carrots
2 chopped sweet potatoes
2 cups diced okra
1 cup chopped celery
1 hot pepper (whole, do not chop)
1 diced onion
3 cloves chopped fresh garlic
2 tbsp chopped fresh thyme
1 tsp salt
1 tsp pepper

Instructions

In a large pan, add all liquids with carrots and sweet potatoes. Boil for 20 minutes, stirring occasionally. Add all remaining ingredients and cook for additional 20-30 minutes or until all vegetables are tender.

Vegetable Cream Soup

4 tbsp butter
2 chopped onions
1 lbs chopped carrots
2 chopped sweet potatoes
1 tbsp red curry paste
8 cups vegetable stock
1 chopped honeycrisp or fuji apple
1 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp pepper

Instructions

Melt the butter in a large pot over medium heat. Add the onions and cook, stirring frequently, until soft and translucent, about 10 minutes. Add the curry paste and cook a minute more. Add the carrots, sweet potatoes, vegetable broth and salt and bring to a boil. Cover and simmer over low heat until vegetables are very tender, about 25 minutes. Stir in the apples. Put all contents into a blender and blend until desired consistency is reached. You may need to blend in two batches if your blender is not large enough.

Creamy Sweet Potato Noodles

1 tbsp extra virgin olive oil
¾ cup water
1 clove chopped fresh garlic
2 spiralized sweet potatoes
1 cup spinach leaves
2 tbsp chopped fresh basil
1 cup cashews
½ tsp salt
½ tsp pepper

Instructions

Soak the cashews in water for 2 hours, then drain and rinse thoroughly. Place cashews in a blender with 3/4 cup water, salt, and garlic. Puree until very smooth. Heat olive oil in a pan over high heat. Add the spiralized sweet potatoes and toss in the pan for 6-7 minutes until they are tender-crisp. Remove from heat and toss in the spinach. Add the cashew sauce mixture to pan, you may need to add additional water if the sauce is too thick. Top with any remaining fresh herbs.

Kale Salad

½ cup extra virgin olive oil
1 tbsp freshly squeezed grapefruit juice
2 tbsp freshly squeezed orange juice
1 clove chopped fresh garlic
3 cups of shredded kale leaves
1 grapefruit, sectioned
1 sliced avocado
2 tbsp sunflower seeds
½ tsp salt
½ tsp pepper

Instructions

Combine grapefruit juice, orange juice, garlic, salt and pepper in a small bowl. Let stand for 10 minutes, then slowly whisk in the olive oil. Place kale in a bowl and drizzle with the vinaigrette you just made. Massage the kale with the vinaigrette until the leaves become softer, usually a few minutes. Top with grapefruit, avocado and sunflower seeds.

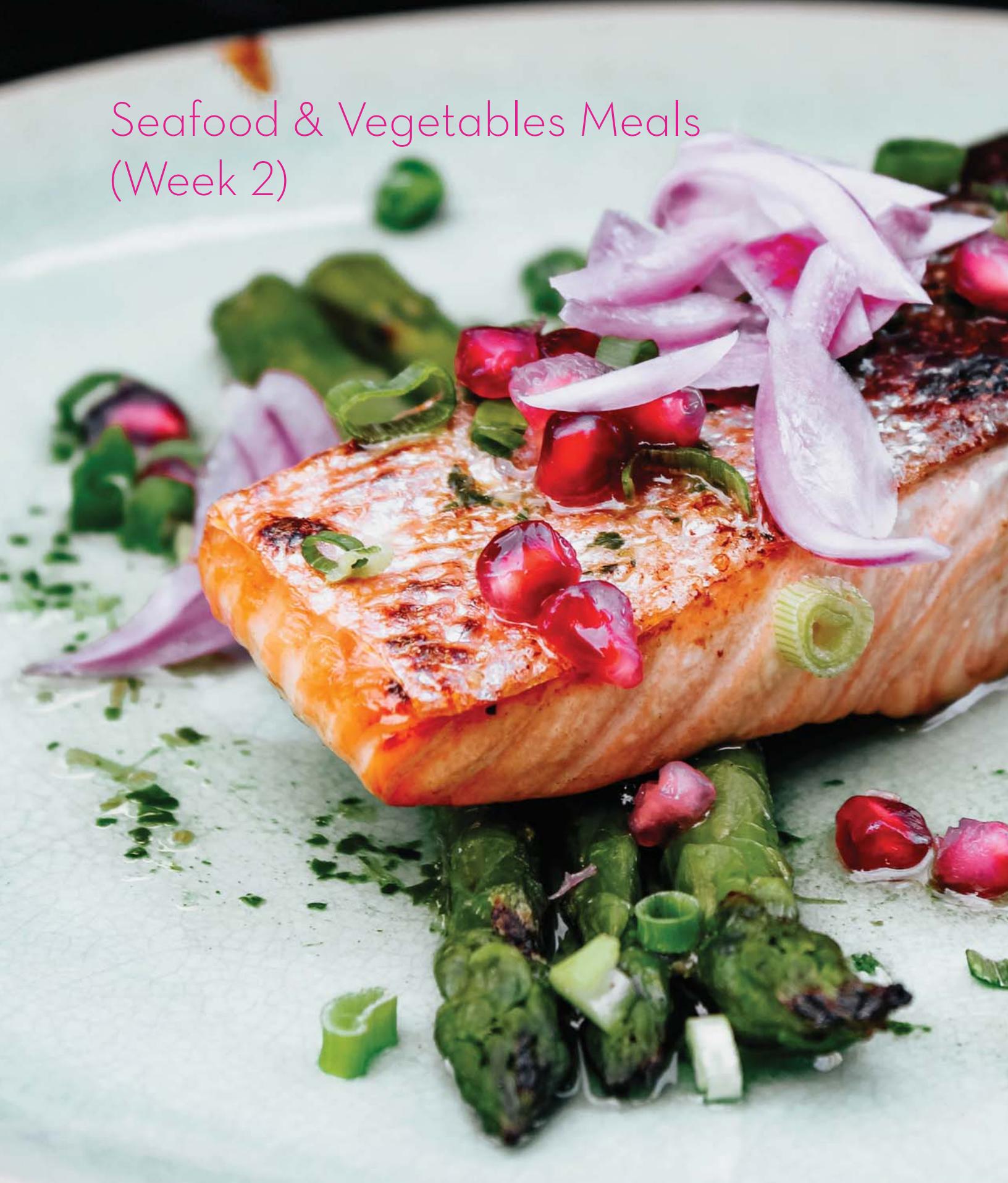
Slow Cooker Coconut Eggplant Curry

4 cups chopped eggplant
4 cups chopped zucchini
1 medium chopped yellow onion
4 cloves minced garlic
2 tbsp turmeric powder
¼ tsp cayenne pepper
2 tsp salt
1 tbsp pepper
6 oz can of tomato paste
15 oz can coconut milk
¼ cup vegetable broth (optional)

Instructions

Add chopped onion, garlic, eggplant, zucchini, spices, tomato paste and coconut milk to your slow cooker. Stir everything together. At this point if the mixture seems too thick you can add in a little vegetable broth. Cook on low for 4-5 hours. Serve warm with cauliflower rice.

Seafood & Vegetables Meals (Week 2)



Lemon Pepper Salmon with Steamed Broccoli

1 salmon filet
2 tbsp extra virgin olive oil
2 tbsp lemon juice
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp pepper

Steamed Broccoli
1 large head of broccoli, separated
 $\frac{1}{2}$ tsp salt

Instructions

Heat skillet on medium heat. Whisk olive oil, lemon juice and spices in a separate bowl. Coat the salmon in olive oil marinade. Place the salmon on the skillet with the skin side facing down to begin. Cover and let cook for 5 minutes until thoroughly cooked. Flip and let cook on the other side briefly until light brown. For broccoli, in a high-sided skillet over medium heat, bring about $\frac{1}{4}$ " deep of water to a boil. Add broccoli and cover with lid. Let steam until tender, about 5 minutes. Remove broccoli from pan with a slotted spoon and top with salt to taste.

Shrimp Salad

1 lb large peeled, deveined shrimp
1 tbsp extra virgin olive oil
 $\frac{1}{4}$ chopped onion
1 stalk chopped celery
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp pepper

Dressing
 $\frac{1}{2}$ cup mayonnaise
Juice from 1 lemon
1 tsp dijon mustard

Instructions

Preheat oven to 400. Toss shrimp with olive oil, salt and pepper and spread onto large baking sheet. Bake until shrimp are opaque, about 5-7 minutes. In another bowl, whisk mayonnaise, lemon juice, dijon mustard, salt and pepper. Add cooked shrimp with onion, and celery and toss. You can eat this by itself or serve with spinach leaves or lettuce.

Red Snapper with Mashed Cauliflower

1 snapper filet
 $\frac{1}{4}$ cup water
 $\frac{1}{4}$ cup tomato sauce
3 tbsp extra virgin olive oil
1 diced tomato
 $\frac{1}{2}$ cup chopped green bell pepper
 $\frac{1}{2}$ chopped onion
1 tsp garlic powder
1 tsp paprika
 $\frac{3}{4}$ tsp dried oregano
1 sprig fresh thyme
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ tsp pepper

Mashed Cauliflower

1 head of cauliflower, separated
3 tbsp butter
 $\frac{1}{2}$ tsp salt

Instructions

In a bowl mix garlic powder, paprika, oregano, basil, salt and pepper. Heat pan on medium heat and add olive oil. Pan fry the snapper until it is lightly browned on each side, then set aside. Saute the tomato, bell pepper, onion and thyme in the same pan for 2-3 minutes. Add the water and tomato sauce to the pan, cover and cook for about 2 minutes. Add the pan fried snapper to the simmering sauce and cook for 5-7 minutes. For mashed cauliflower, in a high-sided skillet over medium heat, bring about $\frac{1}{4}$ " deep of water to a boil. Add cauliflower and cover with lid. Let steam until tender, about 5 minutes. In a saucepan melt butter and set aside. Put steamed cauliflower into blender and add butter slowly until it reaches desired consistency. You may need to add more liquid, if so, you can add unsweetened almond milk or water. Salt the mashed cauliflower to taste.

Salmon Cake Salad

2 cans wild caught salmon
½ cup extra virgin olive oil
1 tbsp coconut flour
1 diced onion
1 diced red bell pepper
2 cloves chopped fresh garlic
2 tbsp mayonnaise
1 tbsp dijon mustard
½ cup chopped fresh parsley
2 tbsp chopped fresh dill
½ tsp salt
½ tsp pepper

Instructions

Preheat oven to 400. Saute the onion, bell pepper, and garlic in olive oil on the stove top for 6-8 minutes. Let vegetables cool and combine with salmon, coconut flour, mayonnaise, mustard and herbs. Once well combined, form into small patties. Place on a greased baking sheet that is lined with parchment paper. Cook for 45 minutes, flipping halfway through. You can finish them on the stove top by lightly frying in olive oil for added crunchiness. Serve with your favorite salad.

Tuna Stuffed Bell Peppers

2 medium bell peppers (orange, yellow or red)
½ cup diced red onion
2 diced button mushrooms
1 5 oz can tuna
½ cup chopped cherry tomatoes
1 tbsp lemon juice
1 tsp extra virgin olive oil
½ tsp dijon mustard
½ tsp dried parsley
½ tsp dried oregano
½ tsp salt
½ tsp pepper
crushed red pepper (optional)

Instructions

Preheat oven to broil. Place whole peppers onto a baking sheet and broil for 4-6 minutes, turning once mid-way through broiling. Watch the peppers carefully so you don't completely char them. Remove from the oven, and place on a plate to cool. Change oven from broil to 350 degrees. While waiting for the peppers to cool, make your tuna filling. Spray a skillet with cooking spray and sauté the onions and mushrooms until soft and fragrant, sprinkle with salt and black pepper. Add cooked onion and mushroom into a medium size bowl. Add tuna, tomatoes, lemon juice, olive oil, mustard, parsley and oregano to the bowl. Break apart tuna with a fork and stir all the ingredients together. Season to taste with crushed red pepper and black pepper. Once the broiled peppers are cool enough to handle, carefully cut the peppers in half, remove seeds and membranes (be careful as it may still be hot inside). Lay the 4 pepper halves on the baking sheet and fill with the tuna mixture. You should have just enough tuna to fill the 4 pepper halves. If you have extra, you can eat it on the side or save it for later. Place peppers in the oven for 10-15 minutes, until warm all the way through. Remove from oven, serve and enjoy.

Spaghetti Squash with Shrimp Marinara

1 lb large peeled, deveined shrimp
Marinara sauce
1 spaghetti squash
½ tsp salt
½ tsp pepper

Instructions

Preheat oven to 350. Cut the spaghetti squash in half. Place on a baking sheet and bake for 30-45 minutes. Allow to cool, then scoop out the seeds. With a fork, scrape the squash creating spaghetti-like strands. Bring a medium pot of water to boil, add shrimp and cook for 3-5 minutes. Heat marinara sauce. Drain the water and combine marinara, shrimp and spaghetti squash together. Season with salt and pepper.

Grilled Salmon with Coconut Mashed Sweet Potatoes

1 salmon fillet
1 tsp extra virgin olive oil
Pinch of garlic powder
Pinch of dried basil
Pinch of salt
Pinch of pepper

Coconut Mashed Sweet Potatoes
4 tsp coconut oil
1 tsp ground nutmeg
½ tsp cayenne pepper
2 sweet potatoes

Instructions

Whisk together olive oil and spices. Coat each side of salmon with spice mixture. Cook salmon on medium heat until it flakes easily with a fork. For coconut mashed sweet potatoes, preheat oven to 350. Prick sweet potatoes with fork and bake 45 minutes or until tender. Remove from oven, slice in half and mash. Soften coconut oil and whisk with nutmeg and cayenne pepper. Drizzle coconut oil mixture over potatoes.



Fitness Guide

FITNESS GUIDE

My absolute favorite exercise for beginners is walking. As long as you are able to walk, it should be the go-to thing for getting into shape because it is easy, safe and effective.

Are you a beginner to exercise? Generally, you should know if you are a beginner or not. This is a very subjective evaluation but you can consider yourself a beginner if any of these apply:

1. You have not done any type of workout or exercise in the last 3 months
2. You have no idea the last time you were inside a gym or any other “exercise” space
3. You haven’t lifted weights in a long time
4. You haven’t run for 3 minutes non-stop
5. You can’t climb a flight of stairs without getting winded
6. You have a recent injury that you have recently recovered from

If you are concerned that you will get injured in any way, please skip the fitness portion of this guide.

Level 1 - Beginner Guide

Beginner Workout Program

What You Need: Supportive shoes

This walking program has been designed to get you up and moving! You can complete this program outdoors, on a treadmill or indoors on a track, in a mall or large area suitable for walking. Always remember to stretch afterwards.

DAY	ACTIVITY
Day 1	Walk 20 minutes at a moderate pace. Treadmill Speed 2.5 - 3
Day 2	Walk 20 minutes at a moderate pace. Treadmill Speed 2.5 - 3
Day 3	Walk 20 minutes at a moderate pace. Treadmill Speed 2.5 - 3
Day 4	REST
Day 5	Walk 30 minutes at a moderate pace. Treadmill Speed 2.5 - 3
Day 6	Walk 30 minutes at a moderate pace. Treadmill Speed 2.5 - 3
Day 7	REST
Day 8	Walk 30 minutes at a moderate pace. Treadmill Speed 3 - 4
Day 9	Walk 30 minutes at a moderate pace. Treadmill Speed 3 - 4
Day 10	Walk 30 minutes at a moderate pace. Treadmill Speed 3 - 4
Day 11	REST
Day 12	Walk 30 minutes at a moderate pace. Treadmill Speed 3 - 4
Day 13	Walk 30 minutes at a moderate pace. Treadmill Speed 3 - 4
Day 14	Walk 30 minutes at a moderate pace. Treadmill Speed 3 - 4

Level 2 - General Workout Guide

General Workout Program

What You Need: Supportive shoes, light to medium dumbbells (women: 5 lbs and 10 lbs, men: 15 lbs and 25 lbs)

If you are not a beginner and you workout fairly regularly, you can keep your current workout plan.

If you are interested in mixing things up a little then you can follow along with the General Workout Guide for the next 14 days.

If you are concerned that you will get injured in any way, please do the beginner program.

Cardio intervals can be done outside or on cardio equipment such as a bike, treadmill or elliptical machine.

Choose the intense version if the moderate workout is not challenging enough. These workouts are designed to be short and intense. Your intensity level is subjective. Everyone is different. You should feel like you are working out at 80- 90 % of your maximum capacity in order to get the best results.

Day	Moderate	Intense
Day 1	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Fast 2 mins Slow Repeat 7 times- Total 21 mins Cool down and stretch	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Sprint 1 mins Slow Repeat 10 times- Total 20 mins Cool down and stretch
Day 2	Full Body Resistance Squat + Overhead Press- 25 reps (medium weight) Walking Lunge + Bicep Curls- 25 reps (medium weight) Sit Ups- 25 reps Push Ups- 25 reps Repeat cycle 4 times Cool down and stretch	Full Body Resistance Squat + Overhead Press- 25 reps (medium weight) Walking Lunge + Bicep Curls- 25 reps (medium weight) Sit Ups- 25 reps Push Ups- 25 reps Repeat cycle 6 times Cool down and stretch

Day	Moderate	Intense
Day 3	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Fast 2 mins Slow Repeat 7 times- Total 21 mins Cool down and stretch	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Sprint 1 mins Slow Repeat 10 times- Total 20 mins Cool down and stretch
Day 4	Rest	Rest
Day 5	Full Body Resistance Squat + Overhead Press- 25 reps (medium weight) Walking Lunge + Bicep Curls- 25 reps (medium weight) Sit Ups- 25 reps Push Ups- 25 reps Repeat cycle 4 times Cool down and stretch	Full Body Resistance Squat + Overhead Press- 25 reps (medium weight) Walking Lunge + Bicep Curls- 25 reps (medium weight) Sit Ups- 25 reps Push Ups- 25 reps Repeat cycle 6 times Cool down and stretch
Day 6	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Fast 2 mins Slow Repeat 7 times- Total 21 mins Cool down and stretch	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Sprint 1 mins Slow Repeat 10 times- Total 20 mins Cool down and stretch
Day 7	Rest	Rest
Day 8	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Fast 2 mins Slow Repeat 7 times- Total 21 mins Cool down and stretch	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Sprint 1 mins Slow Repeat 10 times- Total 20 mins Cool down and stretch

Day	Moderate	Intense
Day 9	Full Body Resistance Squat + Overhead Press- 25 reps (medium weight) Walking Lunge + Bicep Curls- 25 reps (medium weight) Sit Ups- 25 reps Push Ups- 25 reps Repeat cycle 6 times Cool down and stretch	Full Body Resistance Squat + Overhead Press- 25 reps (medium weight) Walking Lunge + Bicep Curls- 25 reps (medium weight) Sit Ups- 25 reps Push Ups- 25 reps Repeat cycle 8 times Cool down and stretch
Day 10	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Fast 2 mins Slow Repeat 7 times- Total 21 mins Cool down and stretch	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Sprint 1 mins Slow Repeat 10 times- Total 20 mins Cool down and stretch
Day 11	Rest	Rest
Day 12	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Fast 2 mins Slow Repeat 7 times- Total 21 mins Cool down and stretch Full Body Resistance	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Sprint 1 mins Slow Repeat 10 times- Total 20 mins Cool down and stretch Full Body Resistance
Day 13	Squat + Overhead Press- 25 reps (medium weight) Walking Lunge + Bicep Curls- 25 reps (medium weight) Sit Ups- 25 reps Push Ups- 25 reps Repeat cycle 6 times Cool down and stretch	Squat + Overhead Press- 25 reps (medium weight) Walking Lunge + Bicep Curls- 25 reps (medium weight) Sit Ups- 25 reps Push Ups- 25 reps Repeat cycle 8 times Cool down and stretch

Day	Moderate	Intense
Day 14	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Fast 2 mins Slow Repeat 7 times- Total 21 mins Cool down and stretch	Cardio Intervals Warm up at moderate pace for 5 mins 1 min Sprint 1 mins Slow Repeat 10 times- Total 20 mins Cool down and stretch



Week of: _____
Weekly Weight: _____

Detox-Cleanse Journal

		Fasting Blood Sugar:		Breakfast		Drink		Snack		Lunch		Drink		Snack		Dinner		Drink		Activity/Exercise:		Notes			
1		7		Fasting Blood Sugar:		Breakfast		Drink		Snack		Lunch		Drink		Snack		Dinner		Drink		Activity/Exercise:		Notes	
2		6		Fasting Blood Sugar:		Breakfast		Drink		Snack		Lunch		Drink		Snack		Dinner		Drink		Activity/Exercise:		Notes	
3		5		Fasting Blood Sugar:		Breakfast		Drink		Snack		Lunch		Drink		Snack		Dinner		Drink		Activity/Exercise:		Notes	
4		7		Fasting Blood Sugar:		Breakfast		Drink		Snack		Lunch		Drink		Snack		Dinner		Drink		Activity/Exercise:		Notes	
5		6		Fasting Blood Sugar:		Breakfast		Drink		Snack		Lunch		Drink		Snack		Dinner		Drink		Activity/Exercise:		Notes	
6		7		Fasting Blood Sugar:		Breakfast		Drink		Snack		Lunch		Drink		Snack		Dinner		Drink		Activity/Exercise:		Notes	
7		7		Fasting Blood Sugar:		Breakfast		Drink		Snack		Lunch		Drink		Snack		Dinner		Drink		Activity/Exercise:		Notes	

Week of: _____
Weekly Weight: _____

Detox-Cleanse Journal

Dr Parkes

8

Fasting Blood Sugar:

Breakfast

Drink

Snack

Lunch

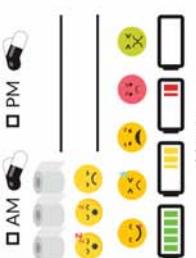
Drink

Snack

Dinner

Drink

Activity/Exercise:



Notes _____

9

Fasting Blood Sugar:

Breakfast

Drink

Snack

Lunch

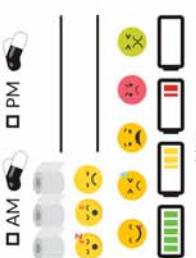
Drink

Snack

Dinner

Drink

Activity/Exercise:



Notes _____

10

Fasting Blood Sugar:

Breakfast

Drink

Snack

Lunch

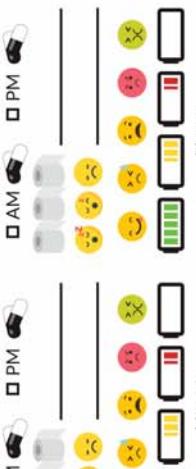
Drink

Snack

Dinner

Drink

Activity/Exercise:



Notes _____

11

Fasting Blood Sugar:

Breakfast

Drink

Snack

Lunch

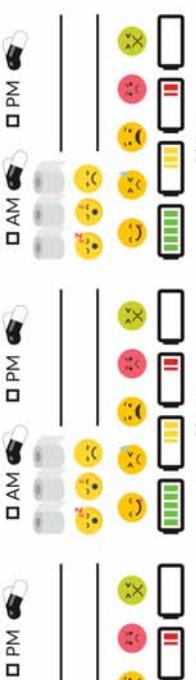
Drink

Snack

Dinner

Drink

Activity/Exercise:



Notes _____

12

Fasting Blood Sugar:

Breakfast

Drink

Snack

Lunch

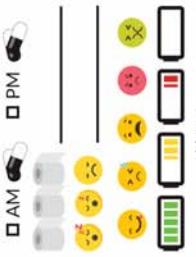
Drink

Snack

Dinner

Drink

Activity/Exercise:



Notes _____

13

Fasting Blood Sugar:

Breakfast

Drink

Snack

Lunch

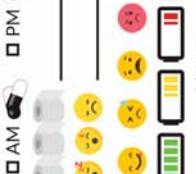
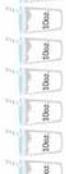
Drink

Snack

Dinner

Drink

Activity/Exercise:



Notes _____

14

Fasting Blood Sugar:

Breakfast

Drink

Snack

Lunch

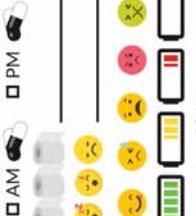
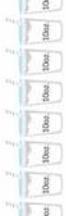
Drink

Snack

Dinner

Drink

Activity/Exercise:



Notes _____



Post Detox

POST-DETOX TOXICITY QUESTIONNAIRE

Please give yourself a score for each phrase as it relates to you right now. Then, tally your results out of 20 points and compare to your pre-detox toxicity questionnaire results to see what has changed.

- 0- This symptom doesn't occur
- 1- This happens from time to time
- 2- This happens most days

Date: _____ Weight: _____ Waist: _____

1. I feel tired- _____
2. I get bloated- _____
3. I pass foul smelling gas- _____
4. I have trouble sleeping- _____
5. I have brain fog- _____
6. I use over the counter drugs for pain/allergies- _____
7. I have constipation/diarrhea- _____
8. I have heartburn- _____
9. I have headaches- _____
10. I have pain- _____

Score- _____/20

POST DETOX STEPS

Whoopie! You did it! You completed the detox. You are a super star!

How was it?

What was your favorite part?

What was your least favorite part?

Did you notice any physical or mental changes?

Did your questionnaire score change?

1. WATER

Try to maintain drinking at least 70 ounces of water each day.



The detox has many great daily habits that you should try to maintain as a part of your regular lifestyle. Here are a few:

2. EXERCISE

I recommend 4-5 days of exercise each week.



3. SLEEP IS KEY

Your body operates best at 7-8 hours of sleep each night (nighttime sleep is always better than daytime sleep). Try to sleep uninterrupted each night.





4. GREEN VEGETABLES

Focus on green vegetables. Make sure you try to have greens daily.

5. PROTEIN SMOOTHIES

Adding a protein smoothie to your daily diet is a great way to incorporate more fruits and vegetables. You can purchase our Easy Meal Protein Powder at drparkes.com for daily use!

6. MINIMIZE THE BAD STUFF

Continue to minimize/avoid caffeine, drugs (prescription and non-prescription) as well as processed foods.



7. AVOID THE JUNK

Keep avoiding dairy, soy, sugar, artificial sweeteners, corn and wheat.

WHAT'S NEXT?

While the detox was AMAZING, it was only 14 days. If you have chronic health concerns, 14 days is definitely not enough time to completely reverse them. Think of the detox as a kickstart to a healthier version of you. This detox should be done 2-3 times each year for optimal health.

If you are a part of our one-on-one wellness programs, talk to me or your coach at your next session so we can come up with a strategy to help you continue to get more of the results you got on this program.

If you are not a part of our Naturopathic Medicine or Targeted Lifestyle Coaching programs you should consider becoming a member of our online wellness clinic so you can get personalized guidance and support on your health journey.



Click Here To Review Our Membership Options- <https://www.drparkes.com/services>

Continue Your Journey!

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LEAVE AN HONEST REVIEW AND GET REWARDED!

There are several ways to leave a review.

1. Video Review- Film a video review (my personal favorite!).
2. Email Review- Email your review to membersupport@drparkes.com.
3. Facebook Review- Post your review on your Facebook page or in our Facebook group and tag Dr. Parkes.

Your review should include answers to the following questions-

- Who you are (name and where you are from)
- Why did you do the detox?
- How did you feel before starting the detox?
- How was your overall experience during the detox?
- What were the results you experienced?
- Who would you recommend this detox to?

Reviews will get you Lifestyle Cash!!!

Video Reviews- \$100 Lifestyle Cash

Email/Facebook Text Reviews- \$50 Lifestyle Cash

***Lifestyle cash can be used in our online supplement store**