



America's #1 Selling
Body Cleanse System

SAMPLE SUGGESTED FOODS AND PORTIONS GUIDE

DAY 1

Breakfast (Shake Directions)

NOTE: It is important to **eat your shake within forty minutes of waking** to kick your metabolism into high gear. Each morning during your 21-Day Full Body Cleanse, begin with a shake for breakfast. To make this as easy as possible, buy a **hand blender** (or Wand Blender) from a store such as Target. It should come with a large plastic cup which you can blend your shakes in. Fill the plastic cup of the blender came with halfway with fruit; **berries** are a good option, as they have less sugar per serving than other fruits and will thus contribute to faster fat loss (a good option if you are sugar sensitive or diabetic).

You can also add a tablespoon of **coconut oil** warmed until it becomes a liquid. This will qualify as a good fat for your first meal of the day and will give you a boost of energy and keep you feeling great all morning long.

Add the suggested amounts of your **PowerCleanse**, **Skinny Fiber**, and **World's Best Protein** powders and water to desired consistency. Blend until smooth. If it is not sweet enough, add **xylitol**, a healthy sugar alternative, which you can purchase at your local health food store.

Lunch 12-1 p.m.

Eat a large salad with a palm-sized amount of fish, turkey, or chicken. Add olive oil or another fat from the approved list. Your salad should consist of a variety of vegetables, a serving of protein, and . avocado or 1 tablespoon of your fat of choice. **If you have bloating add 1 teaspoon of apple cider vinegar** to every meal to aid in digestion.

Snack 3-4 p.m. (or 2-3 hours after lunch)

Have a serving of vegetables. You can buy snack vegetables **ready-made** in the cold counter at Central Market or Whole Foods, veggies like green beans with **olive oil and salt** or cucumber and tomato salad. Or snack on carrots dipped in your choice of **Annie's dressings**.

Dinner 6:30-8 p.m.

Grilled or baked fish is preferred, or you may prepare chicken or turkey. Add a side of broccoli or any veggie listed in the Vegetables for Detox list. **DO NOT eat fruit after 4 p.m.** unless you are going to exercise **intensely** right after.

Note:

*The **success of this program** is in planning your day based on what you will eat and **not letting hunger move you to make poor food choice.** If you eat out, make sure to stick with the approved foods. Most restaurants will have a good selection of items that you can eat and maintain the purification process. **For simplification,** go to a healthy grocery store and buy prepared vegetables or meals from the cold case counter. These should be made fresh daily and will take the thinking factor out.*

DAY 2

Breakfast

NOTE: It is important to eat your shake within forty minutes of waking to kick your metabolism into high gear. Begin the day with your morning shake of berries (optional), water, coconut oil, and the suggested amounts of your PowerCleanse, Skinny Fiber, and World's Best Protein powders.

Lunch 12-1 p.m.

For lunch, buy or prepare lentil soup with half a chicken breast. Central Market and Whole Foods stores are both good places to find lentil soup; they also have cooked, seasoned chicken which is a great option for adding to the soup. Add sea salt to taste.

Snack 3-4 p.m. (or 2-3 hours after lunch)

Have a serving of vegetables. You can buy snack vegetables ready-made in the cold counter at Central Market or Whole Foods, veggies like green beans with olive oil and salt or cucumber and tomato salad. Or snack on carrots dipped in your choice of Annie's dressings.

Dinner 6:30-8 p.m.

Have a meat-type protein at this meal. Fish is preferred, or you may prepare chicken or turkey. Add a side of broccoli or any veggie listed above. Refer to the recipes at the back of the 21-Day Program for a wide selection of meal options.

DAY 3

Breakfast

NOTE: It is important to eat your shake within forty minutes of waking to kick your metabolism into high gear. Begin the day with your morning shake of berries (optional), water, coconut oil, and the suggested

amounts of your PowerCleanse, Skinny Fiber, and World's Best Protein powders.

Lunch 12-1 p.m.

For lunch, buy or prepare lentil soup with half a chicken breast. Central Market and Whole Foods stores are both good places to find lentil soup; they also have cooked, seasoned chicken which is a great option for adding to the soup. Add sea salt to taste.

Snack 3-4 p.m. (or 2-3 hours after lunch)

Have a serving of vegetables. You can buy snack vegetables ready-made in the cold counter at Central Market or Whole Foods, veggies like green beans with olive oil and salt or cucumber and tomato salad. Or snack on carrots dipped in your choice of Annie's dressings.

Dinner 6:30-8 p.m.

Stop by a healthy take-out restaurant to pick up a large salad, or once you are home, prepare a salad with dark green lettuce, ¼ avocado, chicken or salmon, tomato, cucumber, hearts of palm, broccoli, olive oil, and sea salt.

SAMPLE RECIPES

Broiled Salmon with Cucumbers

- 1 cup diced onions
- 1 teaspoon wheat-free tamari sauce
- 1/2 cup cider vinegar
- 2 cucumbers, thinly sliced
- 4 cloves garlic, minced
- 1-1/2 lb salmon fillets
- 2 teaspoon peeled minced ginger-root
- 1 teaspoon olive oil

In a large nonstick frying pan over medium-high heat, combine the onions, vinegar, garlic, ginger, and tamari sauce. Bring to a boil; stir and cook for 3 minutes. Remove from heat. Add the cucumbers. Set aside to cool. Rub the salmon on both sides with the oil. Broil about 6 inches from the heat for 4 to 5 minutes per side, or until cooked through.

Ginger Lemonade

This is a perfect pick-me-up beverage if you feel hungry or tired.

- 2 inches fresh ginger root
- 3 lemons
- stevia to taste
- 2 quarts of water

Wash and peel the ginger root. Grate it finely over a bowl. Squeeze the grated ginger mash with your fingers to extract the juice. Discard the dry mash. Bring water to a boil. Remove from heat and add ginger and juice of 3 lemons. Add stevia and stir well. Drink hot or chill for iced ginger lemonade by adding ice cubes and a fresh slice of lemon.