



## Detox Me Gorgeous - PHASE 1 - Daily Plan

### WEEK 1 and WEEK 2

#### The Guidelines

#### 1/ Your Morning Smoothie

This is where you will have your **Cleansing Green powder** and your **Vegan Protein powder** (preferably combined together in a smoothie). The **Cleansing blend** is designed to give your body the very best Detox nutrients all in one dose of a pleasant tasting green powder. Your **Vegan protein powder** gives you a hit of protein to help maintain blood sugar balance and keeps your metabolism firing for the day, as well as assisting your Liver, Digestion and Bowel to move better and help you gently detox throughout the day. It also has Adrenal support to help you manage Stress and boost your energy.

Your smoothie is best had before or after breakfast time, or as a mid-morning “snack”.

Have it at home in the morning or make it up and take it with you when you leave home.

Instructions for Smoothie:-

- 1 heaped dessert spoon of Vegan Protein Powder
- 1 heaped teaspoon of Cleansing Greens (you can also have this separately in water)
- Approximately 1 cup (or more if you like it less thick) of EITHER filtered water, coconut water, almond or coconut milk
- Add a handful of frozen berries Or a kiwi fruit and even a dash of greens (like kale or spinach)
- Whizz it up and enjoy!

**2/ Toxaprevent** - is your “super detoxer”. It helps to detox things like heavy metals, chemicals, Histamines and inflammatory substances that often build up in the body. It comes from volcanic rock and is a part of the “Zeolite” family. It is very safe. It takes the load OFF your Liver and Digestive system because it binds to “bad stuff” and takes it out of the body very easily. It’s a MUST for a detox plan and will give you much better results.

**Take 1 tab before Breakfast and Dinner**

**3/ Celtic Sea Salt** (you can buy this from any Health Shop) – add 1/8 tspn to approximately 1.5 litres of filtered water and drink daily (you can add less and build up if you don’t like the taste). This gives your body important minerals for cellular energy and supports your Thyroid and your metabolism.

#### 4/ General Food Rules (we go into this in more detail in your Food List)

- **Grains/ Grain alternatives** - In Week 1 and Week 2, you can have one serve per day. Serve size is 1 x piece of Gluten free bread OR a “cupped handful” serve of grains such as rice or other gluten free grains (refer to your food list for other optional grains)
- **Legumes** - Up to 1 serve per day (refer to food list)
- **Fats** - Good fats are great for your metabolism and include things like Avocado, Olive Oil, Coconut Oil, Ghee and Flaxseed oil. Add Olive Oil, Avocado Oil or Flax oil to your salads, cook with Ghee or Coconut oil, and try to include some Avocado each day
- **Fruit** - up to 2 pieces per day (count your smoothie fruit serve as 1)
- **Protein** - aim for 2-3 palm-sized serves per day (plus what’s in your smoothie)
- **Snacks** - Choose from fruit, a handful of nuts or a rice or corn cake with Nut butter
- **Water** - up to 2 litres per day (with Sea Salt and can add lemon, lime or mint)
- **Caffeine** - avoid as much as you can. If you are a big coffee or tea drinker then you may need to cut down over a few days, but try to get to zilch within the first week
- **Alcohol** - again, we’re avoiding this as much as possible. If you are having any, go for a pure spirit (like vodka or scotch) with soda
- **Sugar** - limit it as much as possible (this includes honey and other sweeteners)

#### 5/ Exercise

- Don’t go crazy! If you’re doing a PT session once or twice weekly then this is great. If you’re not, you don’t HAVE to do this. The most important thing is movement, and the easiest way to do this is with a morning or evening walk or jog.
- Start with a morning walk (or jog if you’re game) for 20-30 minutes - 3-4 days per week is great!
- This helps to boost your metabolism and balance your blood sugar so that your body is primed to burn fat and clear toxins !