



Detox Me Gorgeous - PHASE 2 - Daily Plan

WEEK 3

Well Done! - Phase 2 here we come!!

The main tweaks for this phase are around snacks and exercise.

The Guidelines

1/ Your Morning Smoothie

Instructions for Smoothie:-

- Use 1 scoop of Vegan Protein Powder
- 1 heaped teaspoon of Cleansing Greens (or have separately in water)
- Approximately 1 cup of EITHER filtered water, coconut water, almond or coconut milk
- You can also add a handful of frozen berries Or a kiwi fruit and even some greens (like kale or spinach)

2/ Toxaprevent - is your “super detoxer” of things like heavy metals, chemicals, Histamines and inflammatory substances that often build up in the body. It comes from volcanic rock and is apart 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 - add 1/8 tspn to approximately 1.5 litres of filtered water and drink daily This gives your body important minerals for cellular energy and supports your Thyroid and your metabolism.

4/ General Food Rules for Phase 2 - a couple of changes here!

- **Legumes** - Up to 1 serve per day (refer to food list)
- **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)
- **Fats** - Add Olive, Flax or Avocado oil to salad and veg and try to have at least half an avocado daily. Start adding a sprinkle of nuts and seeds to your salad and veg meals. And, if you're feeling game, you can add a dessert spoon of Coconut Oil (or other MCT oil) to your morning smoothie
- **Snacks** - I want you to try cutting your snacks out altogether, and monitor how you feel. We don't want you to feel starving or "faint"
- **Water** - up to 2 litres per day (with Sea Salt and can add lemon, lime or mint)
- **Caffeine** - Keep avoiding this as much as you can and stick with herbal or small amounts of green tea
- **Alcohol** - again, we're avoiding this as much as possible (have a pure spirit like vodka or scotch with soda if you're having any)
- **Sugar** - limit it as much as possible (this includes honey and other sweeteners)

5/ Exercise

- Continue your PT sessions if you've been doing them
- Bump your walk or your run up to **5-6 times this week** (20-30 minutes is great)