

21 Day

Detox

Challenge

Real Unprocessed Whole Foods

with Janell Yule

and Justin Yule



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In the day-to-day hustle and bustle of life, have we lost touch with how we feed our body? Each and every one of us is managing multiple things at any given time: career, family, personal and home responsibilities, and maybe if there is time taking care of our mind, body, and spirit.

Today's world provides us with many modern day convenience's to allow us to do more, be more, see more, etc. When it comes to food conveniences, are these pre-packaged, so-called "health" promoting "food like" products really moving us toward optimal health and wellbeing? Or are they causing us more pain, suffering, and disease?

I firmly believe that most individuals do not understand or know just how good they would and can feel if they put the time, effort, resources, and focus into what they choose to put into their body in the form of whole unprocessed, real food as they do other areas of their life. Food is the fuel that either promotes health or increases our chance of disease.

"After 20 years of practice, treating thousands of patients with chronic illnesses, I recognized, yet again, that the most powerful tool in my toolkit is food. Not surgery, not medication.

Dr. Mark Hyman

My interest and connection to food started at a very young age. I grew up on a small dairy farm in rural Wisconsin. As a child, my family drank raw milk straight from our bulk tank, and my Grandmother raised chickens, had an extensive garden, and preserved the harvest from her garden for the winter months. We also at times raised most of the meat we ate.

Unfortunately, when I was a child, I was a VERY picky eater and had absolutely NO appreciation for the fact that my family had the privilege of feeding ourselves from our own farm. Even though I didn't appreciate the quality of the food we ate and often times REFUSED to eat most vegetables the importance of good food sunk in and has surfaced in the recent years.

I have grown out of my "picky eater" stage and seek out new foods to try as well as various ways to prepare them. I am a nutrient seeker and understand that seasonal local food is always the best option. I am no longer tempted by the "health" claims of pre-packaged foods and know that Super foods come in the form of ghee or grass-fed butter, bone broth, liver, gelatin, fermented foods, sardines, etc.

I now eat in a way that satisfies and fuels my mind, body, and spirit as well as balancing my hormones, improves my digestion, and gives me energy. Since changing my nutrition most of my main health complaints have fallen by the wayside and I look and feel the best I ever have. My wish for you is that you will experience how whole, real, unprocessed food can enhance your life and you will be free of the processed "food like" substances that are dragging you down.

21-Day Detox/Elimination

Over the course of the next 21 days, you are going to challenge the way you are eating and what you have always considered a “healthy” diet as well as what you have previously been taught about nutrition. Your relationship with food and how your body and metabolism respond to the food you eat will shift. You will have more energy, better mood, improved sleep, less gastrointestinal stress, and lose weight among other benefits. You may notice that symptoms such as bad breath, bloating, gas, constipation, or diarrhea, canker sores, difficulty concentrating, excess weight or difficulty losing weight, fatigue, fluid retention, food cravings, headaches, heartburn, joint pain, muscle aches, puffy eyes & dark circles under the eyes, postnasal drip, sinus congestion, skin rashes, and sleep problems improve or simply disappear.

Changing the foods that you eat may also help to fight more serious conditions such as: arthritis, asthma & allergies, autoimmune diseases, chronic fatigue syndrome, diabetes, high blood pressure, high cholesterol, obesity, acne, eczema, fibromyalgia, food allergies, headaches, heart disease, Crohn’s, irritable bowel syndrome, menopausal symptoms, and menstrual problems. Food is medicine and medicine is food!

***The food you eat either makes you more healthy or less healthy.
Those are your options.***

–It Starts with Food

Why Detox? Toxicity & Inflammation

Decreasing toxicity and inflammation is the key to effective, long-term weight loss. The goal of this program is not weight loss; it is improved health and identifying the underlying cause of why you may be overweight, carrying excess weight, or presenting with symptoms or health conditions listed above. Weight loss is simply a side effect and benefit to reducing toxicity and inflammation in the body. Getting and being healthy is the key to losing weight. By taking away the foods in your diet that are causing toxicity and inflammation it gives your body a chance to reset.

You don’t lose weight and then get healthy, you get healthy and then you lose weight.

Sources of toxicity in your life may be: addictive habits such as coffee, sugar, alcohol, processed food, fast food, junk food, trans fats, and high-fructose corn syrup. Sources of inflammation include but are not limited to: food allergens (gluten, dairy, soy, corn), sugar & flour products, bad fats, and alcohol.

What is Toxicity?

The toxic load on our body comes from our diet, chronic stress, and our environment. A diet high in sugar, trans fat, food additives & preservatives, pesticides, hormones, and antibiotics is very toxic to our bodies and our minds. Mercury, lead, and other heavy metals also contribute to our toxic load. Negative thoughts, behaviors, and beliefs that increase our stress level are toxic to our minds, bodies, and overall health and well being.

Toxins can be both external and internal. External toxins include chemical toxins and heavy metals. Chemical toxins are most commonly found in cleaning products, personal care products, pesticides, herbicides, and food additives. The Standard American Diet (S.A.D.) puts a tremendous burden on our bodies' ability to detoxify naturally. Internal toxins include the waste products of bacteria, yeast, and other microbial organisms. This can interfere with normal metabolism as well as increase inflammation and oxidative stress.

Increased toxic load can affect weight loss attempts by: impairing two key metabolic organs (the liver & thyroid), damaging the mitochondria (the site of energy metabolism), harming brain neurotransmitter and hormone signaling that affects our appetite, and increasing inflammation and oxidative stress. Both inflammation and oxidative stress promote weight gain.

Your liver is your largest internal detoxification organ, and it is responsible for a variety of life sustaining and health promoting functions, including those that make healthy weight loss and weight management possible. Necessary for a number of metabolic processes, the liver supports the digestive system, controls blood sugar and regulates fat storage. The liver stores and mobilizes energy, and produces more proteins than any other organ in the body. It also regulates your blood flow and for women, keeps your menstrual cycles running smoothly. Of all the jobs the liver has, the most important is to separate which nutrients you need to absorb and the dangerous substances that need to be filtered out of your bloodstream.

When the liver is clogged and overtaken with toxins, it can't do a very good job of processing nutrients and fats. The liver produces bile, which is critical in the detoxification of our bodies. Bile lubricates our intestines and works with fiber to prevent constipation. Bile is also where the liver dumps all the drugs, heavy metals, xenoestrogens, excess sex hormones, medications, pesticides, industrial chemicals, and other toxins so they can be eliminated from the body.

When our lifestyle, environment, and diet are highly toxic it becomes too much for the bile in our system. The bile becomes thick, viscous, and can't properly break down fats. This can result in weight gain or difficulty losing weight. Detoxing the liver helps it produce healthier bile. This bile helps your body rid itself of toxins and break down fat more efficiently. It also makes more nutrients available to your body and reduces the toxic load on your digestive and immune systems. Your elimination will improve; you will look better, feel better, and are able to move towards more optimal health.

What is Inflammation?

Being inflamed makes you fat, and being fat makes you inflamed!

Inflammation comes from the sugar we eat, high doses of the wrong kinds of oils and fats in our diet (omega-6&9 vs. omega-3), hidden food allergies, lack of exercise, chronic stress, hidden infections, and our fat cells. This low-grade chronic inflammation that you cannot see or feel leads to every one of the major chronic diseases: heart disease, cancer, diabetes, dementia, and more.

“Unfortunately, chronic inflammation typically will not produce symptoms until actual loss of function occurs somewhere. This is because chronic inflammation is low-grade and systemic, often silently damaging your tissues over an extended period of time. This process can go on for years without you noticing until a disease suddenly sets in.”

Dr. Mercola

Consuming oxidized refined oils can deplete your body's antioxidants and increase inflammation inside the body. Refined seed oils include: canola oil, soybean oil, peanut oil, cottonseed oil, corn oil, sunflower oil, safflower oil, vegetable oil, flaxseed oil, and grape seed oil. These oils are produced in massive quantities and are found in: margarines, salad dressings, mayonnaises, sauces, chips, popcorn, frozen entrees, baked goods, and just about any other processed food. Due to the high-heat process used to extract oils from these seeds the delicate polyunsaturated fats and nutrients they contain are damaged. These oils are usually rancid by the time they hit grocery store selves.

In addition to increasing inflammation, the polyunsaturated omega-6 linoleic acid found in refined seed oils and trans fats increases the permeability of the intestinal tract (leaky gut). *Keep reading for more on leaky gut* ☺ Refined oils will skew your dietary ratio of omega-6 to omega-3 fats in the wrong direction. A high dietary ratio of omega-6 to omega-3 is associated with more inflammation. It is estimated that the SAD (standard American diet) has 15 to 20 times as many omega-6 to omega-3; the ideal ratio should be close to 1:1. This high ratio can contribute to accelerated aging and the development of many chronic diseases: cardiovascular disease, some cancers, arthritis, and other inflammatory and autoimmune conditions. Polyunsaturated fats include both omega-6 and omega-3 fats, which are both essential to your health but have a very high oxidative potential. Too much polyunsaturated fat can be detrimental to your health. To improve your health and reduce inflammation decrease your total polyunsaturated fat intake and improve your omega-6 to omega-3 ratio by avoiding the refined oils listed above.

Food Sensitivities

Part of doing a detox/elimination diet is to identify foods that you are eating that could be the cause of chronic health and weight problems. The idea is to give your body a break from common food allergies/sensitivities and see if you lose weight and your symptoms get better/disappear. The type of food allergy I am referring to has a delayed response, anywhere from a few hours or a few days after ingestion.

Food allergies can play a HUGE part in chronic disease and weight problems but are not recognized by conventional medicine. Food allergies can cause: bloating, food cravings, reflux, trouble sleeping, autoimmune disorders, weight gain, fluid retention, fatigue, brain fog, irritable bowel syndrome, mood problems, headaches, sinus and nasal congestion, joint pains, acne, eczema, and more.

We develop food allergies when the lining of our gut and the balance of normal gut flora get damaged from poor diet, stress, medications, infections, or toxins. This is referred to as leaky gut. Symptoms of leaky gut include: fatigue, food sensitivities, GI problems (bloating, abdominal pain, diarrhea, constipation), autoimmune conditions (read on for more info), joint pain, headaches & migraines, skin problems (hives, eczema, rashes, acne), concentration issues (foggy head), asthma, depression, anxiety, behavioral problems (autism & ADHD), fertility problems, underweight or overweight, adrenal fatigue, liver problems, and nutritional deficiencies. Those with digestive problems such as IBS, SIBO, Crohn's disease, and celiac disease, as well as conditions such as asthma, urticarial, schizophrenia, cancer, lupus, and other autoimmune conditions often suffer from a leaky gut.

“All disease begins in the gut.”

Hippocrates

Partially digested food particles then enter our blood stream through tight junctions in the gut lining that have pulled apart. The body will then attack these foreign molecules creating an immune response/complexes against them. This immune response increases the inflammation in our body. Healing your digestive system and the lining of your gut can reduce the severity and number of food allergies.

The food we eat should promote a healthy psychological response, promote a healthy hormonal response, support a healthy gut, and support immune function and minimize inflammation.

Healthy Psychological Response

Sugar is a drug!!!

Nutrient-poor, high sugar, salty, carbohydrate dense foods are addicting and alter our pleasure, reward, and emotional pathways in the brain. Wheat actually binds to opiate receptors in the brain! Chronic stress and lack of sleep just reinforce and make this worse.

What foods do you “crave” when you are stressed or running on little sleep...foods rich in carbohydrate because they will increase serotonin, our “feel good” hormone. We then over eat these “Frankenfoods” (high sugar, high trans fat, high preservative unnatural processed foods) because we never reach satiation due to their lack of nutrients. Eating delicious food with the nutrition and satiety that nature intended is the solution to this problem.

In his YouTube video [Sugar: The Bitter Truth](#), Dr. Robert Lustig argues that the current obesity epidemic is due to the marked increase in people's consumption of fructose over the last 30 years. He points out that fructose is toxic in large quantities, because it is metabolized in the

liver in the same way as alcohol, which drives fat storage and makes the brain think it is hungry.

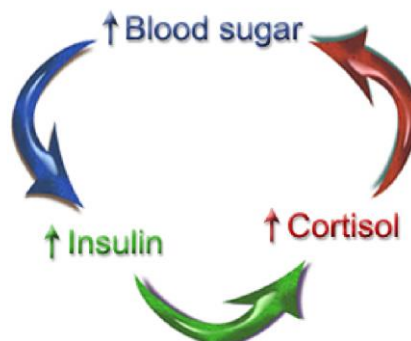
Promote a Healthy Hormonal Response

When you manage blood sugar you decrease the amount of insulin in the blood stream. Even though insulin is always present in the blood stream; the key is not having too much. Each time we eat we are telling our body to burn fat or store fat based on what that meal is made up of (protein, fat, carbohydrates). If insulin levels are high your body will not use fat for a fuel source and has a hard time stabilizing blood sugar.

This short video [Why You Got Fat](#) depicts what goes on in your body when blood sugar is not properly managed and how that affects your health and ability to achieve and maintain a proper weight.

Hormonal imbalance starts when you over consume carbohydrates. Over consumption of carbohydrates also leads to excess glucose and triglycerides in the blood stream promoting leptin resistance in the brain. Leptin is an important hormone that tells your brain you are full. Leptin resistance means that your brain is not hearing the leptin message and thinks you are starving. This promotes overeating and a decrease in your metabolism. Leptin resistance also promotes insulin resistance leading to chronically elevated blood sugar and insulin levels.

You can enter this dangerous dance between blood sugar and insulin by what you eat or through a stressful situation. Stress can be an external stressor such as running late for an important meeting or stress can be internal, an overgrowth of bad bacteria or a gut pathogen. Cortisol is our stress hormone, chronically elevated cortisol levels increase blood sugar because our body is in “fight or flight” mode and thinks we need the energy to run from the stressful situation. This state of elevated blood sugar levels can contribute to insulin resistance and promotes belly fat. Unfortunately, many of us find ourselves in stressful situations where this physiological response happens several times a day.



Support a Healthy Gut

Your gut houses 70-80% of your immune system, is also known as your “second brain”, and is a critical part of the digestive process. **If your gut is not healthy, you are not healthy, PERIOD.**

The gut is connected to many other systems in the body as well as all aspects of health. More of the neurotransmitters serotonin, GABA, and melatonin are found in the gut than in the brain. Imbalances in serotonin are linked with depression and other mood disorders, and an imbalance in GABA has been linked with anxiety because GABA is a major inhibitory neurotransmitter. Altered melatonin will disrupts our circadian rhythms (sleep/wake cycles). Our gut is also home to about 500 species and 3-5 pounds of bacteria, some healthy and some not so healthy. The balance of good and bad bacteria in our gut will affect our metabolism, psychological well being, hormone balance, and immunity. Too many of the wrong bacteria, like parasites and yeasts, or not enough good ones, like Lactobacillus or Bifidobacteria, can damage your health. I mentioned earlier several external factors that can compromise and damage our gut. Visceral fat (the deadly kind that builds up around our organs) is one of the direct effects of increased gut permeability. Much like your hormones your gut health can be restored over time with the proper changes to nutrition, exercise, and lifestyle.

Healing gut health is the single most important thing we can do to improve our health."

Chris Kresser

Support Immune Function and Minimize Inflammation

We have already talked about sources of inflammation and the effects of chronic low-grade inflammation in the body. I wanted to mention one more thing about our immune system. If our immune system is overactive and never gets a break it has a hard time doing it's main job (fighting off acute inflammation). An overactive immune system can be caused by: food sensitivities, gut pathogens, toxins such as mercury and pesticides, stress, mold toxins and allergens just to name a few.

When your immune system is overactive you can't fight off that bug that is going around, heal stubborn tendonitis, or keep your arteries clear of plaque. If you are the person who is chronically sick or when you do get sick it lingers, it's time to take a look at your gut health.

Autoimmune Disorders

Autoimmune diseases affect **24 million people** and include but are not limited to: rheumatoid arthritis, lupus, multiple sclerosis, thyroid disease, inflammatory bowel disease, Crohn's disease, type 1 diabetes, and ulcerative colitis. They are caused by the immune system losing its ability to differentiate between proteins belonging to our own bodies with proteins belonging to a foreign invader (bacteria, viruses, or parasites). Symptoms start to present when damage occurs to cells, tissues and/or organs in the body, this happens because our own immune system is attacking those cells. Each autoimmune disorder is determined by which proteins/cells are being attacked. For example, in Hashimoto's Thyroiditis, the thyroid gland is attacked. The tissues of the joints are attacked in rheumatoid arthritis. Proteins within the layers of the cells that make up your skin are attacked in psoriasis.

Bottom line is that the root cause for all of the diseases listed above are the same.

One can have a genetic predisposition to autoimmunity but 75% of your risk comes from environmental factors that include: diet, lifestyle, infections (prior and ongoing), exposure to toxins, hormones, weight, etc. What we don't have control over is our genetics but we do have control over our diet and lifestyle choices. When you remove the foods that contribute to a leaky gut, gut dysbiosis (an imbalance in the wrong type of bacteria in the gut), hormone imbalance, as well as the foods that increase inflammation and initiate the immune system you create opportunity for your body to begin to heal itself. Addressing lifestyle factors and focusing on eating nutrient dense foods to support optimal gut health and build back up the levels of important nutrients that your body needs to heal and regulate the immune system is key to work towards achieving a state of more optimal health.

“Autoimmune conditions are connected by one central biochemical process: A runaway immune response also known as systemic inflammation that results in your body attacking its own tissues.”

Dr. Mark Hyman

When you have an autoimmune condition your body is fighting something, an infection, a toxin, an allergen, a food or the stress response. The body directs its attack on your joints, your brain, your thyroid, your gut, your skin, or sometimes your whole body. You basically have a confused immune system. Autoimmune disorders are a huge health burden, the eighth leading cause of death among women, and cost \$120 billion per year in health care cost.

Conventional treatments and anti-inflammatory drugs like Advil, steroids, immune suppressants like methotrexate, and the new TNF-alpha blockers like Enbrel or Remicade can just make you feel worse. When used selectively and short term these drugs can offer someone relief. However, the goal should be to identify the root cause of the disease and cool off the inflammation.

You may be experiencing an autoimmune reaction and not even know it!

If you have a severe autoimmune disease such as lupus, multiple sclerosis, or rheumatoid arthritis you know that you have an autoimmune condition. But what if you have symptoms that include but are not limited to: extreme fatigue, muscle & joint pain, muscle weakness, swollen glands, susceptibility to infections, sleep disturbances, unexplained weight changes, resistance to weight loss, yeast infections, digestive problems, anxiety & depression, migraines, recurrent headaches, memory problems, allergies, rashes, low blood sugar, thyroid problems, PMS.

The symptoms above are likely to get the shrug of a shoulder from a doctor as they cannot give you a diagnosis or you treat the symptoms yourself with an over the counter medication. Some individuals even go as far as having the mindset that these symptoms are just a part of getting older or this is how you feel when you are going through life.

The good news is that by eliminating problematic foods and addressing lifestyle factors many if not all symptoms will go away and you can eventually reintroduce nuts, seeds, eggs, nightshades, and alcohol.

Please understand we all have the capability to achieve and maintain a healthy weight and optimal health. If you are experiencing anything less then your body is sending a message to you and you need to start listening to it!

Following an autoimmune diet protocol (Level 3) can cool the inflammatory response from the body, aid in healing the gut, and alleviate symptoms. For anyone with an autoimmune disease, eliminating known inflammatory foods from your diet, resolving dysbiosis, and healing the mucosal lining of the small intestine is the key to optimal health and balanced immunity. This protocol involves removing common offenders such as: sugar, gluten, dairy, soy, grains, legumes, alcohol, and caffeine you will also need to eliminate eggs, nuts & seeds, nightshades (white potatoes, eggplant, peppers, & tomatoes), seed based spices, and stay away from anti-inflammatory drugs.

The Program

How to Decide Your Level

If you have never done a detox or elimination program before it may be wise to stick to Level 1 (unless you have a known autoimmune disorder). If you currently eat grains, dairy, processed foods, or the S.A.D. (Standard American Diet) start with Level 1. If you are concerned about how this program will go for you or have STRONG carbohydrate cravings stick to Level 1.

If you have done a detox or elimination program before and/or want to maximize how you look and feel choose to go to Level 2. If the bulk of your current diet consists of the “foods to eat”, challenge yourself with Level 2.

If you suspect or have an autoimmune condition choose Level 3 and find out for good what may be causing your main health complaints. You may have an autoimmune condition and not even know it! The following are autoimmune in nature: spot baldness, arthritis (all forms), dermatitis (all forms), cancer, type 1 diabetes, eczema, endometriosis, gastritis, lichen planus, lichen sclerosis, localized scleroderma, myositis, chronic fatigue syndrome, narcolepsy, polymyalgia rheumatica, psoriasis, restless leg syndrome, schizophrenia, scleroderma, vasculitis.

If you have completed a detox/elimination protocol before or follow a “real food” diet free of grains, dairy, sugar, processed foods, etc. and have not seen the symptom relief you are looking for or have not achieved a healthy weight you may want to consider Level 3.

I encourage you to NOT “be a hero” though! Just because Level 2 & 3 are more restrictive and you view them as “harder” does not mean that you need to do a higher level. Please do not set yourself up for failure by taking on too much, too soon.

The Difference Between Levels

Level 1: EXCLUDES: Grains, dairy, sugar, soy, corn, alcohol, legumes (including peanuts), and white potatoes. Primarily includes: meats, vegetables, healthy fats, nuts & seeds. Includes all fruits (limited dried fruits), sweet potatoes, and doesn't limit winter squashes or starchy carbohydrates such as butternut squash.

Level 2: EXCLUDES: Grains, dairy, sugar, soy, corn, alcohol, legumes (including peanuts), and white potatoes. Primarily includes: meats, vegetables, healthy fats, nuts & seeds. Only includes green apples or green tipped bananas for fruit. You will limit squashes, beets, pumpkin, and other starchy carbohydrates to 1 cup per day. If you are a bit more advanced, plan to eat your starchy carbohydrate after your workout.

Level 3: EXCLUDES: Grains, dairy, sugar, soy, corn, eggs, nuts & seeds, nightshades (tomatoes, peppers, eggplant), spices derived from seeds & peppers, alcohol, legumes

(including peanuts), and white potatoes. Primarily includes: meats, vegetables, and healthy fats. Includes fruits with the exception of dried fruit and high sugar fruits such as: watermelon, grapes, mango, and pineapple.

For ALL Levels avoid food additives such as carrageenan, MSG, sulfites, or nitrates

You also want to avoid making healthy “treats” with approved ingredients such as pancakes, desserts, muffins, etc. The goal is to get back to eating WHOLE, REAL, UNPROCESSED foods and not making “healthier” versions of “treats.” Once your transition away from this 21-day program you may decide to incorporate those things once in awhile.

If you want to see more weight loss follow the guidelines given in Level 2 for starchy carbohydrates such as sweet potatoes and winter squashes. You may want to limit your starchy carbohydrates to butternut squash, beets, and pumpkins, 1 cup per day ideally after a workout. This is primarily to control blood sugar and insulin. Refer back to the section on Promoting a Healthy Hormone Response for more information.

“The food you eat can either be the safest and most powerful form of medicine or the slowest form of poison.”

Dr. Ann Wigmore

Vegetarians: While this program has an emphasis on local and humanly raised animal protein sources, it can be done even if you are a current vegetarian. However, if you are vegetarian and wanting to do a detox/elimination program in order to improve your health, my question to you is “Is your current way of eating promoting and enhancing your health?” If not, depending on your reason for being a vegetarian you may want to explore eating humanly raised animal protein. Experiment with animal protein for the next 21 days and see if anything changes.

If you want to remain vegetarian, then you will most likely need to find a quality hemp or pea protein powder to ensure you are receiving adequate protein. Some animal products you may consider eating are eggs and fish, if that is the case, rely on those daily. If dairy is a viable source of protein, pastured, organic, fermented sources like yogurt or kefir could be included. The key is pastured, organic, NOT processed Greek yogurt or other conventional products. Minimally processed, fermented soy products such as tempeh or organic edamame are ok. Various legumes can be rotated in as long as you soak them for 12 to 24 hours and boil them for 15 minutes to minimize the anti-nutrient and inflammatory compounds.

You will need to ensure you are consuming enough fat to keep you satisfied and you may want to add in some more starchy carbohydrate sources such as: sweet potato, butternut squash, and winter squashes.

To increase fat, eat a whole avocado at a meal instead of ½ or add ¼ cup of olive oil to a salad instead of 2 TBSP. You may also want to add more coconut oil to vegetables when you roast them.

Level 1

What to Eat	What NOT to Eat	What to Have Sometimes
<p>Vegetables: 6-8 servings per day (1 serving=1/2 cup cooked or 1 cup raw) Asparagus, broccoli, bok choy, Brussels sprouts, cabbage, cauliflower, bell peppers, carrots, celery, cucumber, tomatoes, kale, spinach, romaine lettuce, zucchini, yams, snap peas, green beans, yellow beans, string beans, eggplant, jicama, pumpkin, water chestnuts, onions, butternut squash, beets, winter squashes, etc.</p> <p>Starchy Vegetable: Sweet potatoes</p> <p>Fruit: 1-3 servings per day Apple, banana, blackberries, blueberries, cantaloupe, clementine, cranberries, grapefruit, grapes, honeydew melon, kiwi, lemon, lime, orange, papaya, peach, pear, pomegranate, plum, raspberries, strawberries, watermelon</p> <p>Fat: Eat at each meal. Olive oil, coconut oil, nuts & seeds, nut butters (not peanut butter), flaxseed, avocado oil, avocados, almonds, macadamia nuts, hazelnuts, olives, ghee, coconut butter/manna, canned coconut milk, coconut (meat or flakes)</p> <p>Quality protein: Eat at each meal. Seafood (including but not limited to: salmon, shrimp, scallops, cod, crab), grass-fed beef, bison, lamb, elk, venison, free-range pastured eggs & chicken, turkey, duck, pheasant, pork, uncured bacon, and bone broth</p> <p>Beverages: Water (consume half your body weight in ounces of PLAIN water/day), herbal teas, green tea, black tea</p> <p>Seasonings: Fresh & dried whole or ground herbs and spices, low-sodium organic chicken, beef, or vegetable broth, black or white pepper, salsa, sea salt</p>	<p>Grains: wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, amaranth, buckwheat, quinoa, and sprouted grains</p> <p>Sugar: maple syrup, honey, agave nectar, Splenda, Equal, Nutrasweet, xylitol, stevia, erythitol, brown rice syrup, evaporated cane juice, etc.</p> <p>Alcohol: Not even for cooking; also eliminate tobacco products.</p> <p>Legumes: beans (black, red, pinto, navy, white, kidney, lima, fava, etc) peas chickpeas, lentils, and peanuts.</p> <p>Soy: soy protein, soy sauce, miso, tofu, tempeh, edamame, and soy lecithin.</p> <p>Dairy: including cow, goat, or sheep's milk products such as cream, cheese, kefir, yogurt, and sour cream.</p> <p>Beverages: No Caffeine including Coffee</p> <p>No White Potatoes</p> <p>No Protein Powders</p>	<p>Kombucha: limit to 8 oz. per day Look for a kombucha with 2 grams of sugar or less per servings. Anything more than that is too much sugar at one time.</p>

Level 2

What to Eat	What NOT to Eat	What to Have Sometimes
<p>Vegetables: 6-8 servings per day (1 serving=1/2 cup cooked or 1 cup raw) Asparagus, broccoli, bok choy, Brussels sprouts, cabbage, cauliflower, bell peppers, carrots, celery, cucumber, tomatoes, kale, spinach, romaine lettuce, zucchini, snap peas, green beans, yellow beans, spaghetti squash, string beans, eggplant, jicama, water chestnuts, onions, daikon radish, etc</p> <p>Fruit: lemon & lime</p> <p>Fat: Eat at each meal. Olive oil, coconut oil, nuts & seeds, nut butters (not peanut butter), flaxseed, avocado oil, avocados, almonds, macadamia nuts, hazelnuts, olives, ghee coconut butter/manna, coconut milk, coconut (meat or flakes)</p> <p>Quality protein: 20-30 grams for females and 40-60 grams for males at each meal. Seafood (including but not limited to: salmon, shrimp, scallops, cod, crab), grass-fed beef, bison, lamb, elk, venison, free-range pastured eggs & chicken, turkey, duck, pheasant, pork, uncured bacon, and bone broth</p> <p>Beverages: Water (consume half your body weight in ounces of PLAIN water/day), herbal teas, green tea</p> <p>Seasonings: Fresh & dried whole or ground herbs and spices, low-sodium organic chicken, beef, or vegetable broth, black or white pepper, salsa, sea salt</p>	<p>Grains: wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, amaranth, buckwheat, quinoa, and sprouted grains</p> <p>Sugar: maple syrup, honey, agave nectar, Splenda, Equal, Nutrasweet, xylitol, stevia, erythitol, brown rice syrup, evaporated cane juice, etc.</p> <p>Alcohol: Not even for cooking, also eliminate tobacco products.</p> <p>Fruit: with the exception of the sometimes fruits Avoid dried fruit.</p> <p>White Potatoes & Sweet Potatoes (Sweet potatoes may be eaten if your are very active and should be consumed post-workout).</p> <p>Legumes: beans (black, red, pinto, navy, white, kidney, lima, fava, etc) peas chickpeas, lentils, and peanuts.</p> <p>Soy: soy protein, soy sauce, miso, tofu, tempeh, edamame, and soy lecithin.</p> <p>Dairy: including cow, goat, or sheep's milk products such as cream, cheese, kefir, yogurt, and sour cream. <i>Avoid protein powders that contain whey.</i></p> <p>Beverages: No Caffeine including Coffee</p> <p>Protein Powders</p>	<p>Vegetables: 1 cup per day of beets, butternut squash, winter squashes, parsnips, plantains, turnips and/or pumpkin <i>Note: this is combined not 1 cup of each</i></p> <p>Fruit: either one green apple or 1 green tipped banana per day</p> <p>Kombucha: limit to 8 oz. per day Look for a kombucha with 2 grams of sugar or less per serving. Anything more than that and it is too much sugar at one time.</p>

Level 3

What to Eat	What NOT to Eat	What to Have Sometimes
<p>Vegetables: 6-8 servings per day (1 serving=1/2 cup cooked or 1 cup raw) Asparagus, broccoli, bok choy, Brussels sprouts, cabbage, cauliflower, carrots, celery, cucumber, kale, spinach, romaine lettuce, zucchini, snap peas, green beans, yellow beans, spaghetti squash, string beans, jicama, water chestnuts, onions, daikon radish</p> <p>Starchy vegetable: Sweet Potatoes</p> <p>Fruit: 1-3 servings per day Apple, banana, blackberries, blueberries, cantaloupe, clementine, grapefruit, honeydew melon, kiwi, lemon, lime, orange, papaya, peach, pear, pomegranate, plum, raspberries, strawberries</p> <p>Fat: Eat at each meal. Olive oil, coconut oil, avocado oil, avocados, olives, ghee, coconut butter/manna, coconut milk, coconut (meat or flakes)</p> <p>Quality protein: 20-30 grams for females and 40-60 grams for males at each meal. Seafood (including but not limited to: salmon, shrimp, scallops, cod, crab, sardines), grass-fed beef, bison, lamb, elk, venison, free-range pasture chicken, turkey, duck, pheasant, pork, uncured bacon, and bone broth</p> <p>Beverages: Water (consume half your body weight in ounces of PLAIN water/day), herbal teas (peppermint, ginger, lemongrass, spearmint, chamomile, rooibos, lavender, cinnamon, milk thistle).</p> <p>Other: low-sodium organic chicken, beef, or vegetable broth, apple cider vinegar, Balsamic vinegar, coconut vinegar, Red Boat fish sauce, coconut aminos, turmeric, ginger, rosemary, basil, cilantro, garlic, oregano, parsley, sage, thyme, tarragon, marjoram, chives, cinnamon, bay leaves, cloves</p>	<p>Grains: wheat, rye, barley, oats, corn, rice, millet, bulgur, sorghum, amaranth, buckwheat, quinoa, and sprouted grains</p> <p>Sugar: maple syrup, honey, agave nectar, Splenda, Equal, Nutrasweet, xylitol, stevia, erythitol, brown rice syrup, evaporated cane juice, etc.</p> <p>Alcohol: Not even for cooking, also eliminate tobacco products.</p> <p>Fruit: avoid dried, dehydrated, and canned fruits as well as high sugar fruit such as: watermelon, mango, pineapple, and grapes.</p> <p>Nightshade Vegetables: white potatoes, all tomatoes, red & green peppers, chili peppers, eggplants, avoid spices such as: paprika, chili powder, curry powder, chili pepper flakes, hot sauces, Tabasco sauce, and salsas.</p> <p>AVOID EGGS. AVOID PROTEIN POWDERS.</p> <p>Legumes: beans (black, red, pinto, navy, white, kidney, lima, fava, etc) peas chickpeas, lentils, and peanuts.</p> <p>Nuts & Seeds: almonds, brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, walnuts, pine nuts, pistachios, pumpkin, and sunflower seeds. Avoid seed based spices: celery, coriander, cumin, dill, fennel mustard, nutmeg, poppy, and sesame.</p> <p>Soy: soy protein, soy sauce, miso, tofu, tempeh, edamame, and soy lecithin.</p> <p>Dairy: including cow, goat, or sheep's milk products such as cream, cheese, kefir, yogurt, and sour cream, butter, and whey.</p> <p>Beverages: No Caffeine including Coffee, green and black tea, anything caffeinated.</p>	<p>Kombucha: limit to 8 oz. per day Look for a kombucha with 2 grams of sugar or less per serving. Anything more than that and it is too much sugar at one time.</p>

Meal Ideas

Breakfast

- Scrambled eggs w/vegetables (ideas include but not limited to: spinach, peppers, onions, broccoli), sauerkraut, and a side of bacon. (Level 1&2 only)
- Hard-boiled eggs w/mashed avocado, a side of fruit (green apple or green tipped banana for Level 2). (Level 1 & 2 only)
- Breakfast scramble with ground meat (beef, turkey, or pork), cubed butternut squash and/or spinach, coconut oil, season to taste with sea salt, oregano, rosemary, etc. (Level 1, 2, or 3)
- Eggs any style with salad greens (olive oil based dressing), and a side of bacon or breakfast sausage. (Level 1 & 2).
- Leftovers for dinner make a wonderful breakfast. One of my favorite meals to eat for breakfast is pot roast, mashed cauliflower, and carrots. I use this recipe for my [Pot Roast](#). (Level 1, 2, & 3)
- Spaghetti Squash Casserole. I like this recipe for [Spaghetti Squash Sausage Bake](#), omit the eggs and some of the spices for Level 3. (Level 1, 2, 3)
- Meatballs w/steamed or roasted vegetables.
- Egg muffins, egg bake, or a frittata with vegetables, these are great to make on the weekend and freeze in individual portions when you are in hurry during the week. (Level 1&2)

Lunch

- Salad greens topped with chicken, shredded carrots, cucumber, etc and topped with an olive oil dressing. You may also want to top with avocado. (Level 1, 2, 3)
-
- Taco salad: romaine lettuce, ground turkey or beef w/spices, salsa, peppers, and avocado. (Level 1 & 2).
- Homemade chicken salad. I like this recipe for [Avocado Cilantro Chicken Salad](#) or [Chicken Avocado Salad](#). (Level 1 & 2). For level 3 omit the nuts from the Avocado Cilantro Chicken Salad. If doing Level 1 or 2 you can make your own homemade mayo and add chicken and whatever else you like (celery, avocado, sliced almonds, etc.).

- Salad greens topped with canned salmon, tuna, or sardines. Add additional vegetables if you desire and top with an olive oil based dressing. (Level 1, 2, 3)
- Leftover lamb, beef, or turkey burger and steamed or roasted vegetables. I enjoy Brussels sprouts, Broccoli, cauliflower, root vegetables, or green beans topped with ghee or coconut oil. (Level 1, 2, 3)
- Vegetable soup made with homemade bone broth, add chicken for protein. (Level 1, 2, 3)
- Chili made with diced tomatoes, peppers, ground beef or turkey. Season to taste and top with avocado. (Level 1,2,3)
- Leftovers from dinner.

Dinner

- Roasted spaghetti squash topped with diced tomatoes or tomato sauce (no added sugar), and ground beef or turkey. You may also want to make meatballs for your protein source. (Level 1, 2, 3)
- Whole chicken in the crock-pot taken off the bone, steamed or roasted vegetable, and roasted butternut squash. (Level 1, 2, 3)
- Baked salmon seasoned with thyme, sea salt, dill, and pepper (omit dill & pepper for Level 3) with roasted asparagus. (Level 1, 2, 3)
- Breakfast for dinner: eggs or an omelet with vegetables or a salad greens on the side, and a side of bacon or homemade breakfast sausage. I like US Wellness Meats [Sugar Free Pork Breakfast Sausage](#). (Level 1 & 2)
- Lamb meatballs w/steamed green beans topped with ghee and sea salt. I use this recipe as a base [Oven Baked Lamb Meatballs](#). For Level 3 omit the cumin and substitute 1 TSPB ground golden flaxseed mixed with 3 TBSP warm water. Let it set for 5 minutes to gel up before mixing it with the meat. (Level 1, 2, 3)
- Turkey or beef burger over salad greens and/or served with steamed or roasted vegetables. Top burger with sliced avocado. (Level 1, 2, 3)
- Any of the delicious recipes included in this manual.

Snacks (if needed)

- Nuts or nut butter on top of a green apple or celery. (Level 1&2)
- PaleoStix or Just Jerky from [Steve's Paleo Goods](#). (Level 1, 2, 3)

- Canned salmon, tuna, or sardines on top of chopped vegetables or a small amount of spinach. Drizzle olive oil or lemon juice on top. (Level 1, 2, 3)
- Hard-boiled eggs topped with mustard (no added sugar). (Level 1 & 2)
- Small version of breakfast, lunch, or dinner.
- Coconut butter or coconut flakes with a side of fruit. If Level 2 green apple or green tipped banana. Level 1 & 3 pick an approved fruit.

Note: If you are eating the right foods for you in the right amount on most days, you will not need a snack. The exception may be workout days. You may find that 4 meals work best on workout days. If you are requiring a snack on most days, check in with your body to determine if you are actually hungry or if you are stressed, bored, lonely, etc. If you are hungry begin to modify your meals to include more protein, fat, or quantity so that you can stay full and satisfied for 4-6 hours.

21-Day Detox Challenge Grocery Shopping List for Level 1

Protein

Seafood

- Wild Salmon
- Shrimp
- Cod
- Scallops
- Crab
- Tuna

Meats

- Grass-fed Beef
- Grass-fed Buffalo
- Grass-fed Lamb
- Elk
- Venison

Poultry

- Free-Range Chicken
- Free-Range Turkey
- Duck
- Pheasant

Other

- Pork
- Uncured Bacon
- Free Range Pastured Eggs

Vegetables

- Acorn Squash
- Anise/Fennel Root
- Arugula
- Asparagus
- Beets
- Bell Peppers
- Bok Choy
- Broccoli/Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Buttercup Squash
- Butternut Squash
- Cabbage

- Carrots
- Cauliflower
- Celery
- Collard
- Cucumber
- Delicata Squash
- Eggplant
- Garlic
- Green Beans
- Greens (beet, mustard, turnip)
- Jicama
- Kale

- Kohlrabi
- Leeks
- Lettuce (bibb, butter, red)
- Mushrooms
- Okra
- Onion/Shallots
- Parsnips
- Pumpkin
- Radish
- Rutabaga
- Rhubarb

- Snow/Sugar Snap Peas
- Spaghetti Squash
- Spinach
- Sprouts
- Summer Squash
- Sweet Potato/Yams
- Swiss Chard
- Tomato
- Turnip
- Watercress
- Zucchini

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cherries
- Grapefruit

- Grapes
- Kiwi
- Lemon
- Lime
- Mango
- Melon
- Nectarines

Fruits

- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Plum
- Pomegranate

- Raspberries
- Strawberries
- Tangerines
- Watermelon

Fats

Cooking Fats

- Animal Fats*
- Clarified Butter*
- Ghee*
- Coconut Oil
- Extra Virgin Olive Oil

*Must be pastured or 100% grass-fed and organic

Eating Fats

- Avocado
- Cashews
- Coconut Butter
- Coconut Flakes
- Coconut Milk (canned)
- Hazelnuts/Filberts
- Macadamia Nuts

Occasional

- Almonds
- Almond Butter
- Brazil Nuts
- Pecans
- Pistachio

Limited

- Flax Seeds
- Pine Nuts
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Sunflower Seed Butter
- Walnuts

21-Day Detox Challenge Grocery Shopping List for Level 2

Protein

Seafood

- Wild Salmon
- Shrimp
- Cod
- Scallops
- Crab
- Tuna

Meats

- Grass-fed Beef
- Grass-fed Buffalo
- Grass-fed Lamb
- Elk
- Venison

Poultry

- Free-Range Chicken
- Turkey
- Duck
- Pheasant

Other

- Pork
- Uncured Bacon
- Free Range Pastured Eggs

Vegetables

- Acorn Squash (limit)
- Anise/Fennel Root
- Arugula
- Asparagus
- Beets
- Bell Peppers
- Bok Choy
- Broccoli/Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Buttercup Squash (limit)
- Butternut Squash (limit)

- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard
- Cucumber
- Delicata Squash (limit)
- Eggplant
- Garlic
- Green Beans
- Greens (beet, mustard, turnip)
- Jicama

- Kale
- Kohlrabi
- Leeks
- Lettuce (bibb, butter, red)
- Mushrooms
- Okra
- Onion/Shallots
- Parsnips (limit)
- Pumpkin (limit)
- Radish
- Rutabaga
- Rhubarb

- Snow/Sugar Snap Peas
- Spaghetti Squash
- Spinach
- Sprouts
- Summer Squash
- Swiss Chard
- Tomato
- Turnip
- Watercress
- Zucchini

Fruits

- Apples (green)
- Bananas (green-tipped)
- Lemon
- Lime

Fats

Cooking Fats

- Animal Fats*
 - Clarified Butter*
 - Ghee*
 - Coconut Oil
 - Extra Virgin Olive Oil
- *Must be pastured or 100% grass-fed and organic (beef tallow, duck fat).

Eating Fats

- Avocado
- Cashews
- Coconut Butter
- Coconut Flakes
- Coconut Milk (canned)
- Hazelnuts/Filberts
- Macadamia Nuts

Occasional

- Almonds
- Almond Butter
- Brazil Nuts
- Pecans
- Pistachio

Limited

- Flax Seeds
- Pine Nuts
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Sunflower Seed Butter
- Walnuts

21-Day Detox Challenge Grocery Shopping List for Level 3

Protein

Seafood

- Wild Salmon
- Shrimp
- Cod
- Scallops
- Crab
- Tuna

Meats

- Grass-fed Beef
- Grass-fed Buffalo
- Grass-fed Lamb
- Elk
- Venison

Poultry

- Free Range Chicken
- Turkey
- Duck
- Pheasant

Other

- Pork
- Uncured Bacon

Vegetables

- Acorn Squash
- Anise/Fennel Root
- Arugula
- Asparagus
- Beets
- Bok Choy
- Broccoli/Broccolini
- Broccoli Rabe
- Brussels Sprouts
- Butternut Squash
- Cabbage

- Carrots
- Cauliflower
- Celery
- Collard
- Cucumber
- Delicata Squash
- Garlic
- Green Beans
- Greens (beet, mustard, turnip)
- Jicama
- Kale

- Kohlrabi
- Leeks
- Lettuce (bibb, butter, red)
- Mushrooms
- Okra
- Onion/Shallots
- Parsnips
- Pumpkin
- Radish
- Rutabaga
- Rhubarb

- Snow/Sugar Snap Peas
- Spaghetti Squash
- Spinach
- Sprouts
- Summer Squash
- Sweet Potato/Yams
- Swiss Chard
- Turnip
- Watercress
- Zucchini

Fruits

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries

- Cherries
- Grapefruit
- Kiwi
- Lemon
- Lime

- Nectarines
- Oranges
- Papaya
- Peaches
- Pears

- Plum
- Pomegranate
- Raspberries
- Strawberries
- Tangerines

Fats

Cooking Fats

- Animal Fats*
- Clarified Butter*
- Ghee*
- Coconut Oil
- Extra Virgin Olive Oil

Eating Fats

- Avocado
- Coconut Butter
- Coconut Meat/Flakes
- Coconut Milk (canned)

Limited

- Flax Seed

*Must be pastured or 100% grass-fed and organic (beef tallow, duck fat)

When to Eat

Pre-Workout: This is going to vary based on when you workout and what your body can handle. It is ok to workout fasted if your body can handle it. Focus on protein and fat and avoid lots of fruit or carb dense vegetables. A carbohydrate rich meal will increase insulin putting your body in a fat storing mode. Examples of a pre-workout “snack” would be: two hard boiled eggs, some turkey or chicken and a handful of macadamia nuts, or a few strips of homemade beef jerky (can't have added sugar).

I work out at 10:30 AM so my pre-workout meal is breakfast. I aim to have protein, non-starchy vegetables, and a small amount of fat (whatever is in the protein or what I cooked the vegetables with). An example may be, turkey sausage breakfast patty and 1 cup of steamed green beans.

Post-workout: Eat within 30-60 minutes of training. Have a serving of protein with some starchy vegetables. Fruit is not your best option here. Examples of a post-workout meal include: chicken breast, ½ cup non-starchy vegetable, and 1/2 -1 sweet potato, salmon and butternut squash, or egg whites mixed into mashed pumpkin.

You only need a post workout meal if performing high intensity interval training, strength training, or longer duration cardiovascular exercise. If you are walking or doing gentle yoga you don't need to include a post-workout meal.

Note: The amount of carbohydrates to be consumed post workout is going to depend on your fat loss goals. If you are new to exercising and eating healthy and have a lot of body fat to lose just include protein in your post workout meal.

The type of workout I am referring to is a higher intensity workout that includes strength training or cardiovascular endurance. If you are walking or taking a light or restorative yoga class you do not need to worry about pre/post workout nutrition.

Meal Timing: Strive to eat 3 meals a day and avoid snacking if possible. This obviously changes on the days you engage in high-intensity exercise. You might also need to “break the rules” if you work exceptionally long days or have an exceptionally active metabolism. In that case you may end up eating 4 meals per day.

The main objective is to leave 4-5 hours in between meals to allow you digestive system to function properly as well as keep leptin levels normalized. Leaving 12 hours between your last meal one day and your first meal the next day can also give your digestive system a much-needed break. Ideally your last meal of the day would be at least 2 hours prior to bed. Each meal should be designed to hold you over until the next, taking away your desire to snack. As your body starts to use more fat for energy you will experience less between-meal cravings, energy slumps, and brain fog.

In general avoid snacking between meals as this can disrupt the normal functioning of leptin, insulin, and overall you may end up eating more. It will take you some time to gauge how much and what the right types of foods to eat at each meal are. I am still working on it.☺ So,

in the case that you maybe didn't eat enough at one particular meal or not enough fat to keep you satisfied instead of getting cranky, tired, or hungry have a snack that is protein and fat based. Don't just snack on veggies or fruit alone. Examples would include: 2 hard-boiled eggs & veggies, celery & nut butter, or chicken/turkey and vegetables.

How Much to Eat

This is tricky, as it will vary for everyone...

In the information below I will give you guidelines, however, the best thing you can do for long-term success is eat when you are hungry and stop when you are full. Your body is constantly sending/giving you signals most of us are just too busy, stressed, or out of touch to pay attention to them.

Protein: A meal ideally includes 1 palm-sized portion of protein for females and 2 palm sized portions for males. If you are a female, aim for 20-30 grams of protein at each meal. If you are a male, aim for 40-60 grams. One ounce of meat contains roughly 7 grams of protein, 1 egg is roughly 7 grams. Ladies you need to eat 2-3 eggs at a sitting...not just one! This may vary on days that you are more active though, listen to your body and if you need to eat more or less...DO IT!!! Protein is the foundation to your meals and is what will keep you full/satisfied until your next meal. If you are finding that you are hungry 1-2 hours after eating, chances are you are NOT eating enough.

Vegetables: Fill the rest of your plate or bowl with vegetables. Aim for 2-3 servings of non-starchy vegetables at each meal. One serving = ½ cup cooked, 1 cup raw, or 2 cups of salad greens. For more variety eat 2 different kinds of vegetables at any given meal. An entire plate of steamed kale or greens beans may not be the most appealing. This is where spices, sea salt, and healthy fats such as coconut oil and ghee come in.

If you roast any vegetable in coconut oil and Himalayan sea salt they taste GREAT!!!

If you are overweight or have trouble regulating your blood sugar, minimize the amount of starchy carbohydrates at any given meal. For fat loss, limit starchy carbohydrates (sweet potato, beets, butternut squash, acorn squash, parsnips, or pumpkin) for post-workout.

Healthy Fats: Incorporate one or more fats in each meal. More than likely you will cook with one fat and you may add another for flavor or texture.

Fat portions per person, per meal are as follows:

- 1-2 TBSP of coconut oil or olive oil
- 1-2 TBSP of nut butter, coconut butter, or ghee
- 1-2 open handfuls of coconut flakes
- 1 closed handful of nuts/seeds
- ½-1 avocado
- ¼-1/2 can coconut milk

FAT IS YOUR FRIEND ☺

Fat is not something you need to be afraid of...FAT DOESN'T MAKE YOU FAT! Fat provides us with valuable nutrition and keeps us satisfied until our next meal. The amount of fat that you consume at each meal will depend on your size, activity level, and if you need to lose weight or not.

Eating on the low end of the range is appropriate if you want to decrease body fat and lose weight but skimping on fat will not yield better/more results. Fat loss is not about counting calories or grams of fat, it is about balancing hormones. If you underfeed yourself you can end up hungry all day, your energy will likely be low, and you will be tired and cranky.

Fruit: One to two servings per day. Keep in mind that a whole banana is 2 servings. A small apple or pear, two clementine, or ½-3/4 cup berries is a serving. It is ideal that you are getting a 3:1 ratio of vegetables to fruit each day, not the other way around. Fruit is not a replacement for vegetables at a given meal.

Drinking your fruit in a juice or fruit smoothie...MAYBE NOT THE BEST IDEA.

If breakfast is a big fruit smoothie, you may be setting yourself up for a crash later in the day due to the quick surge in blood sugar. You may experience uneven energy, more food cravings, and/or abnormal levels of hunger throughout the day. Liquid calories are not as satisfying as eating eggs, vegetables, and small piece of fruit or foods that you have to chew and swallow. If you have a fruit smoothie for breakfast and nothing else, you missed out on important nutrients and calories from protein and fat.

Ideally you would spread your fruit servings out during the day to avoid overloading your liver with too much fructose to process all at one time.

CAUTION: If you find yourself eating fruit at the end of each meal as a “sweet treat” to replace dessert, you may want to re-evaluate your habits. This program is just as much about changing/identifying your habits as it is about changing what you are eating. You may need to change what/how much you are eating at each meal or create a new post-meal routine such as making yourself a nice hot steaming cup of tea or get outside for a short walk. Often times just getting out of the kitchen is enough of a signal to ourselves that we are done eating.

Lifestyle Modifications

Exercise: Continue with your current exercise routine and eat to support your activity level. In addition, you may also choose to add in a couple of short 10-minute walks each day or one 30-minute walk per day. Getting outside and connecting with nature and movement can help us reduce stress and improve our well being. This might also be a good time to add in some stretching or yoga into your current routine.

If you are not currently exercising you may consider adding in a 30-minute walk each day, stretching, or yoga.

Journaling: This may help you keep track of your progress and experience during the detox. It will also allow you to connect the dots of how what you eat and when you eat affect your mood, sleep, productivity, and performance during exercise, etc. A meal that includes food that works with your body will leave you energized (no afternoon slump☺), full until your next meal, craving free, mentally sharp, and with an overall sense of well being and enhanced mood. Journaling how you feel 1-2 hours after you eat is just as important as what you are eating.

Journaling can be a powerful technique for identifying what is important to you and finding some inner guidance. More often than not, you are stronger and smarter than you give yourself credit for. Studies have also shown that journaling reduces stress and inflammation and can have a profound impact on health.

Here are some examples of questions to ask yourself while journaling:

- *What can I do today to take care of my body?*
- *What am I willing to let go of today that is no longer serving me?*
- *How do I feel today? Physically, mentally, emotionally*
- *What am I grateful for today?*

Detox Bath: MY FAVORITE☺

Aim to take a detox bath 2-3 times per week. Get the water as hot as you can stand it. Add 2 cups of Epson salt, 1 cup of baking soda, and 10 drops of lavender to the water. Soak for 20 minutes prior to bed.

Benefits of the detox bath include:

- Decreasing cortisol levels which promotes weight loss and lowers inflammation
- Increased detoxification through the effects of the magnesium and sulfur in the Epson salts.
- Enhanced sleep through the effects of the hot bath and magnesium.
- Lowered blood pressure and blood sugar levels.
- Increased sweating and elimination of toxins.

Additional recipe for a detox bath: 1/3 cup Epson salt, 1/2 cup coarse sea salt (Himalayan or Celtic), 2 tsp. ground ginger, and 1 TBSP fresh lemon juice.

Environmental Toxins: Minimizing toxic exposure to chemicals found in personal care and cleaning products can have significant positive impacts on our health. Our largest detoxification organ is our skin. Certain personal care products may be blocking our body's natural ability to detoxify. Decreasing our exposure to toxic chemicals found in personal care and cleaning products also gives our livers a break from having to process and rid the body of these harmful substances.

It may seem like too much right now to completely overhaul your food, personal care products, food storage containers, and your cleaning products. **AND THAT IS OK!** My goal is to simply make you aware that what you put on your body and breathe in is just as

important as what you eat. After you have a handle on cleaning out your pantry, refrigerator, and freezer you can start to transition the personal care and cleaning products you use. This will likely take longer than 21 days unless you just jump right in! It took me most of a year to transition everything in our house. As soon as I ran out of something I simply didn't replace it or replaced it with a much safer/healthier alternative.

If you want a place to start pay special attention to these key products: perfume, deodorant, and toothpaste. Avoiding the cosmetic dirty dozen is also a good starting point. It includes: BHA&BHT, coal tar dyes, DEA, dibutyl phthalate, formaldehyde-releasing preservatives, parabens, parfum (fragrance), PEG compounds, petrolatum, siloxanes, sodium laureth sulfate, triclosan.

Avoid deodorants that contain aluminum. Aluminum is linked to all sorts of diseases the biggest two being Breast Cancer and Alzheimer's disease. You apply deodorant to the underarms, right where some of your lymph nodes are located. Lymph nodes are glands that play a huge roll in your immune system.

According to Julie Gabriel, The Green Beauty Guide, "when aluminum ions are drawn into the cells, water flows in; the cells begin to swell, squeezing the ducts closed so sweat cannot get out." Obviously this is not natural, sweating brings us many benefits such as clearer skin, lowers our body temperature, and fights off illness. All things that benefit our health and increase our detoxification pathways. The Environmental Working Group has named English Leather, Mitchum, Suave, Secret, Gillette, Right Guard, Soft&Dry, & Tussy as the most toxic brands of deodorant.

I have to be honest, when I switched out my Dove deodorant I had the **HARDEST** time finding something that worked!!! Especially in the summer and for my weekly Hot Yoga class☺ I am happy to say I have FINALLY found a deodorant that works for both...Primal Pit Stick by Primal Life Organics. You can purchase it [HERE](#). Trust me on this...I tried EVERY deodorant that Whole Foods and our local co-op carries and nothing worked!

Or you can make your own non-toxic deodorant. Try this [RECIPE](#).

Choose toothpaste that is fluoride and chemical, and triclosan free. The benefits of fluoride do not outweigh the negatives. Anti-fluoride campaigners point to isolated studies and anecdotal evidence indicating that exposure to fluoride may be linked to thyroid problems, bone cancers, and hip fractures. Another chemical to watch out for in toothpaste is triclosan. Triclosan can also be found in deodorant and antibacterial soap. It interferes with muscle function, may alter hormone regulation, and was first registered as a pesticide. I don't know about you but I don't want to be putting a pesticide in my mouth!!!

I recently started using Primal Life Organics Tooth Powder and LOVE IT! You can get more information and order it [HERE](#). Earthpaste is another brand that I have used in the past and like, you can order it from Amazon by clicking [HERE](#). Or if you are ambitious you can make your own toothpaste. [CLICK HERE](#) for a recipe.

Stay away from BPA (bisphenol A); a chemical in canned food liners and plastic food containers. BPA can mimic estrogen and interfere with hormone levels, especially those of developing bodies. If the number on the bottom of your food storage containers is #3 or #7 it likely contains BPA. Even if your food containers are BPA-free never put them in the microwave to re-heat foods in or wash them in the dishwasher. All plastics contain possible harmful chemicals that can leach onto the food that is in them when heated. Dishwashers

use very hot water and just like when heating these containers in the microwave they can release harmful chemicals. It is best to warm these containers by hand in lukewarm water.

Cleaning Products: Choose non-toxic cleaning products. The 8 most toxic chemicals in cleaning products include: phthalates, perchloroethylene or “PERC”, triclosan, quarternary ammonium compounds, or “QUATS”, 2-butoxyethanol, ammonia, chlorine, and sodium hydroxide. For homemade non-toxic cleaning recipes [CLICK HERE](#).

Sleep: Poor sleep adds to stress, interferes with productivity, decreases immune function, decreases production of growth hormone (needed for fat loss), decreases leptin and increases ghrelin (hormones that control our appetite), and increases the risk of diabetes. Sleep contains zero calories but has more of an impact on our metabolism and health than what we put in our mouths. Our bodies are meant to go through natural sleep/wake cycles, going to sleep within a few hours of the sun going down and waking up when the sun rises. During the times of year when there is more daylight we may not need as much sleep as when there are more hours of darkness.

Seven to nine hours of sleep is ideal between the hours of 9 pm and 5 am or 10 pm and 6 am. Two hours of sleep before midnight is worth 4 hours of sleep to your adrenal glands (your adrenals are responsible for outputting cortisol which is your stress hormone). If you have trouble falling asleep, creating a sleep inducing bedtime routine is important. Taking a detox bath or hot shower, dimming the lights, and avoiding the computer and TV for 1-2 hours prior to going to bed may enhance your ability to fall asleep. If you have trouble staying asleep, you may want to evaluate your last meal before bedtime or having a protein/fat based bedtime snack to stabilize blood sugar throughout the night. A drop in blood sugar can cause cortisol to spike waking you up between 2-3 am. Read more about sleep in T.S. Wiley's book “**Lights Out.**”

“A good laugh and a long sleep are the best cures in the doctor's book.”

- Irish proverb

Practice Gratitude: There is intimate relationship between thoughts, moods, brain chemistry, endocrine function, and the other physiological systems in our bodies. What this means is that what you think about has a direct impact on how you feel both physically and emotionally. If you increase the amount of positive thoughts you have each day, you increase your overall sense of well being as well as your physical health.

People who keep gratitude journals on a weekly basis tend to exercise more regularly, have fewer physical symptoms, and feel better about their lives in general. Expressing gratitude verbally each day can result in increased alertness, enthusiasm, determination, attentiveness, energy, and quality of sleep as well as the ability to sleep longer.

Examples of gratitude include but are not limited to: important relationships, the ability to take charge of your health by changing the way you eat, things that happen to you, things you achieve, or things you have done. You can write down 1-5 things each day in a gratitude journal or make a list and keep it in a place you will see it several times a day.

“Gratitude helps people feel more positive emotions, relish positive experiences, have better health, deal with adversity, and build strong relationships.”

-Harvard Medical School

Dining Out & Travel

Tips for Dining Out

1. Avoid going out to eat if possible. You have much more control over the quality of food and how it is prepared when you are home.
2. Ask questions and plan ahead. If you have control over where you are going out to eat, TAKE CONTROL. Don't be afraid to ask if you can go to a particular restaurant that you know you will be able to have good options at. Start by doing some research on the restaurant. Have an idea of what you are going to order before you get there. When you are placing your order be sure to ask questions about how your protein and vegetables are prepared such as the oils used for cooking.
3. Order first! This will keep you from being tempted to waver from your original order. Studies show that the first person to order can and will set the stage for how the rest of the table orders. Set a good example 😊
4. Skip the breadbasket if possible. It is much easier to not consume any bread if you don't have to stare at it the entire time you wait for your meal.
5. Be cautious of marinades, sauces, and breading as they likely contain gluten, sugar, soy or other hidden ingredients.
6. Ask for substitutions. Most meals will come with some kind of starch or grain. Ask to substitute with steamed vegetables or a salad.
7. Bring your own fats or dressings. If I know I am going to have a salad and I'm not at home I carry [Tessemæ's](#) dressing with me. Tessemæ's can be ordered online or found at Whole Foods. You can also make a dressing with olive oil, lemon juice and a bit of salt.
8. Any restaurant you go to can accommodate you asking for a plain serving of protein (chicken, beef, fish, pork; without marinade, sauce, or breading), steamed/cooked vegetables instead of grains & starches, and/or a salad without croutons or dressing. If you don't have dressing with you ask for olive oil and lemons to make your own. Most salad dressing will contain gluten, soybean oil, and/or canola oil.

Tips for Travel

1. If you are driving, prepare a few meals in advance that you don't mind eating cold. Travel with a cooler to store your food and replenish ice as needed. Examples could be canned fish with avocado or chicken with vegetables and a fat such as coconut oil or ghee. Snacks can include: jerky (no added sugar), coconut chips, coconut butter, nuts and fruit depending on your toleration.
2. If you can get accommodations with a small kitchen to prepare some of your own meals that is optimal. If not, foods that can be kept at room temperature include: canned fish, jerky (no added sugar), avocado, nut butter or coconut butter packets. You can also make a quick trip to the grocery store and get rotisserie chicken, salad greens, vegetables, and possibly some fruit to store in the fridge. I like to travel with PaleoStix or Grass-fed jerky from [Steve's Paleo Kits](#).
3. Make sure you eat a nutrient dense meal before heading to the airport or pack snacks such as the foods listed above to hold you over until you reach your destination and can eat a meal.

Getting Started

- 1. Clean out your pantry and fridge:** If the “bad” food is not in your house you won’t be able to eat it.☺ Your family probably doesn’t need to be eating those processed foods you have committed to eliminating for 21 days either, but if that is not realistic then create a place for “YOUR” food. Have a special cabinet where you will be keeping all of your food and arrange your fridge so that any non-compliant foods are not within your sight.
- 2. Plan One week of meals: “If you fail to plan, you plan to fail.”** This is going to take some planning and organization. Figure out which nights you will home to cook dinner and which nights you need a quicker option (a go-to meal or something from the freezer). Then plan what you will make for dinner the nights you are home. Make sure you will have some leftovers for breakfast and lunch. Also make a plan for some breakfast and lunch options that are quick and easy. This will make creating your grocery list very simple.
- 3. Grocery Shop:** Stock your fridge with lean proteins, eggs, and fresh fruits and vegetables. You may need to shop more often to ensure that your meat and produce are fresh. Fill your pantry with cooking staples such as (coconut oil, almond meal, and a variety of spices).
- 4. Establish “Go-To Meals”:** Pick 2-3 meals that can be prepared in about 15 minutes on those nights that you get home late and don’t feel like cooking. Our favorite is breakfast for dinner, eggs, veggies, and bacon or pork sausage topped with avocado. Or I will pick up a rotisserie chicken from Lakewinds and pair with steamed veggies. If you don’t have any veggies prepped frozen is an option. My last tip/suggestion here is to cook several meals on the weekend and then freeze some. The crock-pot is your friend!!! That is how I do a lot of “easy” meals.
- 5. Put together a Game Plan:** What situations will you be faced with over the next 21 days? Traveling? Out to dinner? Family get together? If you have a plan going in you WILL be successful. You may have to be a little bit selfish in some of these situations. This program is absolutely do-able with all of these situations, but it will take some planning. Offer to cook or at least bring one dish that you know you can eat. Choose activities/events that are not centered on food. Meet a friend for tea, take a yoga class, or get outside for a walk.
- 6. Enlist your Support Team:** Who will be your support system throughout this challenge? You always have the FR team and members.☺ Having a solid support team that will not sabotage your efforts is critical. You may choose to not spend as much time with those who you feel do not/will not be supportive of your during this time.
- 7. Establish baselines:** Fill out your symptom spreadsheet to establish a baseline. Complete your weigh-in and before picture at Fitness Revolution. You may choose to take another picture at home as well. Then DO NOT get on the scale until you come to weigh-in again at Fitness Revolution. This is CRITICAL! If you don’t think you are losing weight quickly enough you will be defeated and wonder if all of your efforts are worth

it, THEY ARE! We all know the scale is not the only way to measure progress and success. **BREAK UP WITH YOUR SCALE FOR 21 DAYS!**

What to Expect

Days 1 to 7: How you feel at first will have a lot to do with your current diet and lifestyle. **You will most likely feel worse before you feel better BUT I promise you WILL feel better. Your experience the first 7 days will largely depend on if you feasted before starting this program.** If the night before you pigged out on pizza, beer, and ice cream then it is likely that your experience the first 5-7 days will not be a pleasant one☹️ The most common thing people experience is strong sugar cravings. Taking supplements such as 5 HTP and glutamine can help with this. Your body and brain are desperately trying to adapt to this new way of eating. Common symptoms are headaches, feeling like you have the flu, fatigue, and constipation. Keep pushing the water, it will help! If constipation persists please let me know, as there are protocols to help with this. For most days 2-5 are the hardest. You may want to prep your family, friends and co-workers so that when you need to walk away or suddenly snap at them they understand why. By day 6 or 7 you may feel like you just want to sleep all day. Understand that your body can no longer rely on the cereal, bread, crackers, and processed carbohydrates for energy. It is changing over to burning fat as an energy source and that takes time and is more work than using readily available glucose. Once you get over this hump though you will have more energy than you know what to do with! You will most likely experience a change in your body because you are not bloated from the food you are eating.

Days 8-14: This is when **you start to feel like you have more energy and are sleeping better at night.** Remember a lot of the foods you are no longer eating have been wreaking havoc on your digestive system and it cannot heal overnight. You may still be experiencing GI distress such as: gas, bloating, diarrhea, or constipation. The digestive system can take months to heal but in the process cause some discomfort. You are likely eating more vegetables and fruit than you are used to which in itself can cause digestive issues. Try cooking all of your vegetables vs. eating them raw. Eat small servings of fruit throughout the day versus 1-2 big servings. If eating a lot of nuts for healthy fats that could be contributing to digestive upset. Switch to other fats like avocado, coconut oil, or olive oil.

When you are approaching day 14 you might start to get the feeling you are done with this program. You are having a hard time coming up with new menu ideas, have a social obligation coming up, and can only think about the foods you CAN'T have! This is when you need to breathe☺️ Start to think about and evaluate the potential psychological hold that certain foods may have on you...for example bread. This may be a good time to talk to a good friend or journal about what emotions you experience when you start to "crave" or tell yourself you "deserve" a certain food. Are you eating out of anger, loneliness, anxiousness, or are you simply stressed and looking for comfort?

This is a good opportunity to evaluate how your emotions play into your health and how you eat. Or are you ready to eat the bread to self-sabotage? Are you afraid of what might happen if you successfully finish the program and see the amazing results and health

benefits you deserve? When you read this, it sounds stupid but really think about how many times you have received a compliment or seen your pant size go down only to start going back to your unhealthy habits. We have all done it! Explore what you are afraid of because we ALL deserve to be healthy and happy☺

Days 15-21: More than likely **you have more energy, have more mental focus, are sleeping better, and symptoms that you had when you started have begun to disappear.** By now your taste buds are starting to adapt and you are enjoying the flavors of the foods you are eating. If you have been relying on the same foods over and over again, change it up! Try a new recipe from the manual or peruse the net for a new way to make chicken, beef, and your favorite vegetables. Or challenge yourself to eat a protein source like sardines or lamb that you have never tried paired with a vegetable you thought at one point you despised. It is likely that over the course of the last few weeks your taste buds have changed and you no longer require the part in your mouth from all of the sugar, salt, preservatives, and additives found in processed foods.

Just because it has been 21 days DOES NOT mean you need to re-introduce potentially inflammatory foods or stop the program. You can and should continue to eat this way until the symptoms or goals you set at the beginning of the program have changed or gotten better. If you have been eating an inflammatory diet your entire life or the better part of it, it will take longer than 21 days to see maximum results. Eventually though you will want to transition into a supportive nutrition plan that works for your body, mind, and life.

Isn't 19 or 20 days the same as 21 days? NO!!! It's day 19 and you find yourself out to eat with family or work colleagues, and you think, one glass of wine isn't a big deal. I've made it 19 days, and I feel great and haven't slipped up once. Really there are only 2 days left...

Stay the course and honor the commitment you made to yourself when you made the decision to participate in a 21-day detox/elimination. If you don't follow through on that commitment, what is the message you are sending to yourself? The message is something like this: I can compromise the commitment I made to myself to improve my health and well being and it's ok. ***IT'S NOT OK!***

You deserve more than that! You deserve to feel and be the best version of yourself that you can be!!! A glass of wine, a piece of chocolate, or a cupcake is NOT worth compromising your commitment to better health. It is important that you remember that. Honor and respect your body.

FAQs

What about bacon? I can't find one that doesn't contain sugar on the nutrition label?

You may have always been told that bacon is "bad for you," and if it is from a factory farmed source then it is a less than healthy option. If the bacon is from a pastured, organic source then it can be used as a condiment to add flavor to add an AMAZING flavor to dishes. US Wellness Meats has a Sugar Free Bacon, [CLICK HERE](#) to purchase. If for some reason I can't get the bacon from US Wellness Meats I purchase Beeler's Bacon at our local co-op, it is made from animals that were not given hormones or anti-biotics.

I don't encourage you to use bacon as your main protein source at a meal.

Caution: If you find that you are going through a lot of bacon each week or you are eating it multiple times a week you may want to re-evaluate. You need to determine what A LOT is to you based on your current health and goals.

You don't need to be concerned about the sugar in bacon...likely it won't send you to the store looking for a sugary processed treat! The sugar listed in the ingredients is used in the cure but not left in the end product. It is important that you avoid bacon that contains: preservatives such as BHA, BHT, sodium phosphates, sodium ascorbate, or anything else you can't pronounce!

What do I do if I am experiencing constipation?

The definitions/degrees of constipation can vary, but for general purposes, it means not having a regular bowel movement at least once per day. You may be experiencing constipation because your body has to work harder to digest the food you are eating. Processed foods, grains, dairy, protein powders, etc. are already pre-digested for us to a certain extent. When we start eating more protein, vegetables, and healthy fats our digestive system is more challenged.

Try eating some fermented foods such as carrots or sauerkraut with breakfast. You only want to eat a small amount (1-2 forkfuls). You could also drink 8 ounces of kombucha, which is a fermented tea. Increasing your fat intake with coconut oil or avocado may also help. You can also try increasing the amount of starchy carbohydrates you are eating. For example, on Level 1 or 3 adding in a ½ sweet potato may be helpful. Or on Level 2 eating a bit more butternut squash or other starchy vegetable.

If all else fails you can supplement with magnesium citrate in the evenings. Take two to four 100-150 mg capsules or a liquid magnesium supplement. I take a TBSP of [THIS ONE](#) most evenings. If you experience loose stools reduce your dose or stop completely. Taking a Detox Bath several nights in a row may also help, as you will be absorbing the magnesium from the Epsom salts through your skin.

Taking 1000-2000 mg of buffered ascorbic acid (vitamin C) capsules once or twice a day will help with detoxification, inflammation, and constipation. If you are still experiencing issues please reach out to me as we need to take a deeper look at what may be going on.

What can I eat if I am experiencing an afternoon slump around 2-5pm? All I want is CARBS!

More than likely if you are experiencing an afternoon slump then it has something to do with your nutrition earlier in the day, your sleep, or you have poor adrenal function.

To avoid an afternoon slump, first, ensure that you are eating enough at each meal. Second, evaluate if you are eating enough protein and fat at breakfast. Your first meal of the day really sets the stage for blood sugar regulation, if it contains too many carbohydrates you will have a hard time fighting off cravings later in the day. Many people make the mistake of eating more carbohydrates than their bodies can handle and they experience hypoglycemia (low blood sugar). Please keep in mind the amount of carbohydrates a person can handle is specific to them, their activity levels, and their goals. However, most people find that they feel good eating between 50-100 grams of carbohydrates a day. On some days when activity levels are higher eating between 100-150 grams may be appropriate.

Getting 7-9 hours of quality uninterrupted sleep is important in managing hormones levels that affect our cravings and blood sugar regulation throughout the day. If you are finding that you are waking up between 2-4 am each night then more than likely you are suffering from irregular blood sugar and/or a form of adrenal fatigue. If you would like to test your adrenals or have questions about this please contact me. Putting a good bedtime routine in place and aiming to fall asleep before 10pm is crucial for your health and well being.

Low adrenal function can cause you to want to take a nap every afternoon between 2-5pm. Trust me, this was my life for quite sometime until I tested my adrenals and followed a protocol to heal them. As I stated earlier if you think this may be an issue for you and you would like to learn more or test your adrenal function please let me know.

To fight sugar or carbohydrate cravings in the moment the easiest thing you can do is place 1 gram of glutamine under your tongue. Glutamine is an amino acid that will provide your brain with quick glucose and curb your cravings.

My workouts are suffering...should I eat more carbohydrates?

Maybe, but not necessarily...

Your body will go through some transition at first as it may be used to having sugar available for quick energy. This isn't necessarily a good thing because we know that fat is a more efficient fuel source for our bodies. You will eventually run out of glucose (sugar) but you will never run out of fat. Therefore, you want to be a good fat burner, especially if you have extra body fat to lose. It is normal to feel that for the first week or so that you can't workout with as much intensity as you are used to. In fact, because your body is detoxing this may be a good time to scale back the intensity of your workouts.

It is ideal that you eat a serving of dense carbohydrates in the meal following your workout such as sweet potato, butternut or acorn squash, pumpkin, etc. But for fat loss focus on getting the rest of your carbohydrates during the day from non-starchy vegetables. Most of us are not active enough to require much more than that. When and how many carbohydrates you eat is something you will have to experiment with and change and tweak overtime based on your activity levels and specific goals.

I've Finished! Now What?

1. Fill out the symptom spreadsheet.

2a. Continue the program.

OR

2b. End the Program, Reintroduce foods, and Keep Your Healthy Lifestyle

If you know that you feel better and WILL experience a reaction to gluten, dairy, etc. then it should go without saying...don't reintroduce that food. JUST STAY AWAY FROM IT.☺ That also goes for foods that you can now go without that you know are less healthy for you (conventional dairy products, refined grains, and processed foods).

Reintroduction Process: It is VERY important that you do not go right back to eating the way you were before you started this program. If you do you will most likely feel worse than when you started and/or get VERY sick and erase any progress you made towards a healthier body.

WHY? When you eliminate inflammatory foods that may be causing a reaction in your body the antigens these foreign particles produce dramatically decrease or drop-off. But the antibodies that have been created can take several months to be eliminated by the body. So when you eat bread or drink milk after having eliminating them these antibodies gang up on the foreign particles causing an inflammatory reaction.

Healing a leaky gut can take months if not years...REMEMBER you did not get to the place you are overnight you can't expect to return to optimal health in 21 days. If you are still experiencing symptoms of leaky gut I would advise that you continue to stay away from gluten, grains, dairy, corn, sugar, alcohol, caffeine, and soy. You will want to continue to heal the gut by including bone broth, gelatin, practicing self-care & stress management, and supplementation such as probiotics.

You will reintroduce a different food group every 3 days. It is important to keep a log or journal of any symptoms you experience when reintroducing different foods. You will introduce the food on a particular day first thing in the morning on an empty stomach. Do not eat more than 1 serving of a particular food and wait 3 days before reintroducing another food. If you don't experience a reaction you may want to try eating the food again on the second and third day to see if a reaction appears after multiple servings.

Symptoms can occur anywhere from a few minutes to 72 hours later. They include fatigue, joint pain, acid reflux, brain fog, mood changes, headaches, post-nasal drip, acne digestive upset (bloating, gas, constipation, diarrhea), sleep problems, rashes, joint pains, fluid retention, and more. Another way to track is to monitor your weight, if a food is inflammatory you will be retaining more fluid and that can make the number on the scale go up.

DO NOT IGNORE SYMPTOMS SIMPLY BECAUSE YOU WANT TO EAT A SPECIFIC FOOD AGAIN!

Reintroduction for Level 1 & 2

- 1. Day 1: Dairy (cow, goat, & sheep):** Keep everything else the same but eat 1 serving of dairy first thing in the morning. If possible consume your choice of dairy by itself and eat your regular meal 20-30 minutes later. That way if you have a reaction you will know that it was the dairy and not the combination of the dairy and whatever else you eat. For example eat an ounce of grass-fed organic cheese. Test dairy separately as you may react to milk but not cheese or yogurt. You may also discover that you can handle goat or sheep products but not dairy from cows. If you have a reaction right away then stop eating dairy. You may need to cut it out completely for 3-6 months and then only eat it every 4-5 days. If you do decide that dairy works with your body opt for raw grass-fed dairy products. Remember Organic DOES NOT mean grass-fed. Or you may decide that how you feel after you consume dairy isn't worth it to you and you choose to make it part of your supportive nutrition plan.
- 2. Day 4: Non-gluten-containing grains:** Keep everything else the same but eat a serving of a non-gluten containing grain first thing in the morning. An example may be some cook quinoa sprinkled with cinnamon. As with the dairy, then eat your meal 20-30 minutes later. Track how you feel after consuming a non-gluten containing grain and decide if or how much you want it to be part of your nutrition plan. (If you are still experiencing symptoms of leaky gut or anything else I would encourage you to stay away from grains.) Any grain, gluten containing or not can be an irritant to our system (gut) or hinder our ability to manage blood sugar because there can be some cross-reactivity with gluten. I have found I can manage my blood sugar much better by avoiding ALL grains.
- 3. Day 7: Gluten containing grains:** Keep everything else the same but eat a serving of gluten first thing in the morning. An example may be a slice of Ezekiel bread with ghee or oatmeal. As before, eat the rest of your meal 20-30 minutes later. Evaluate how you feel (gas, bloating, foggy head, drop in energy) as well as how your digestion is for the next 3 days. Decide, how often or if you will incorporate gluten into your nutrition plan. I don't feel as if eating gluten is worth all of the long-term adverse effects on your body and health. However, that is a personal decision you need to make for yourself.
- 4. Day 10: Legumes:** Keep everything else the same but eat one serving of legumes first thing in the morning. Have some peanut butter, lentil soup, or a side of black beans. As with the other reintroductions consume the legume by itself and eat your meal 20-30 minutes later. Evaluate how you feel and look to decide, how often or if you will incorporate legumes into your nutrition plan.

Caffeine & Alcohol: These substances can be used from time to time but be cautious as they are drugs and need to be used moderately and wisely. Most individuals feel better and have more energy once they no longer have coffee daily. Regular use of coffee can increase your cortisol levels and deplete your adrenals over time.

Alcohol may also be enjoyed in moderation, (1-3 drinks per week).

Reintroduction for Level 3

Note: If you have been diagnosed with an autoimmune condition you will want to stay on the Level 3 program for 30-90 days. 21 days is simply not long enough to begin to heal the gut and reduce symptoms.

- 1. Day 1: Eggs:** Eat plain pasture raised soy-free eggs. Either hard-boiled, scrambled, or over-easy. Do not mix anything with your eggs. Eat them first thing in the morning and if you still want to eat a full meal 20-30 minutes later please do so. **Note:** The reason an individual may be sensitive to eggs is not actually the eggs but that the chicken the eggs came from is fed soy. Therefore, the egg contains soy and may be causing the reaction. Opt for pasture-raised eggs free of soy. Evaluate any symptoms that arise and decide if eggs can be part of your supportive nutrition plan.
- 2. Day 4: Nuts & Seeds:** Introduce nuts and seeds at separate times. Some individuals will have trouble with tree nuts (walnut, almond, hazelnut, cashew, pistachio, and Brazil nuts) but can tolerate sunflower seeds. Eat a serving of nuts or seeds right away in the morning and then wait 20-30 minutes before consuming the rest of your meal. Not any reaction or digestive distress. Opt for raw nuts or better yet soaked and dehydrated nuts, by doing this you decrease the amount of phytic acid and anti-nutrients.
- 3. Day 7: Nightshades:** Introduce tomatoes, peppers, eggplant, and white potatoes separately. You may eat some lightly sautéed peppers or sliced or diced tomatoes first. Consume them individually and without other foods first thing in the morning. Then eat a meal 20-30 minutes later. Take note of any symptoms or reactions.
- 4. Day 10: Begin the reintroduction outlined above for Level 1 & 2.**

Caffeine & Alcohol: Continue to avoid these substances on a regular basis. A cup of coffee here and there or a glass of wine on a special occasion may be ok but these two substances are very irritating to the gut. If you are following the Level 3 protocol it is likely that you have less than optimal health and need to avoid caffeine & alcohol.

Resources Used to Compile This Manual

- ***If Starts with Food*** by Dallas & Melissa Hartwig
- ***Digestive Health with REAL Food*** by Aglaee Jacob
- ***The Ultra Simple Diet*** by Dr. Mark Hyman
- ***Ultra Metabolism*** by Dr. Mark Hyman
- ***Cracking the Metabolic Code*** by Dr. Jim LaValle
- ***The 21 Day Sugar Detox*** by Balanced Bites

Symptom Spreadsheet

Rating scale:

0=Never or almost never

1=Occasionally have it, effect is not severe

2=Occasionally have it, effect is severe

3=Frequently have it, effect is not severe

4=Frequently have it, effect is severe

Symptom	Before	After	Difference
Nausea or vomiting			
Diarrhea			
Constipation			
Bloated Feeling			
Belching or passing gas			
Heartburn			
Intestinal/Stomach pain			
Mood Swing			
Anxiety/fear, or nervousness			
Anger, irritability, or aggressiveness			
Depression			
Fatigue or sluggishness			
Apathy or lethargy			
Hyperactivity			
Restlessness			
Watery or itchy eyes			
Swollen, reddened, or sticky eyelids			
Bags or dark circles under eyes			
Blurred vision			
Headaches			
Faintness			
Dizziness			
Insomnia			
Irregular or skipped heartbeat			
Rapid or pounding heartbeat			
Chest pain			
Aches or pain in joints			
Arthritis			
Stiffness or limitation of movement			
Aches or pain in muscles			

Feeling of weakness or tiredness			
Chest congestion			
Asthma or bronchitis			
Shortness of breath			
Difficulty breathing			
Poor memory			
Confusion or poor comprehension			
Poor concentration			
Poor physical coordination			
Difficulty making decisions			
Stuttering or stammering			
Slurred speech			
Learning Disabilities			
Chronic coughing			
Gagging or frequent need to clear throat			
Sore throat, hoarseness, or loss of voice			
Swollen or discolored tongue, gum, or lips			
Canker sores			
Stuffy nose			
Sinus problems			
Hay fever			
Sneezing attacks			
Excessive mucus formation			
Acne			
Hives, rashes, or dry skin			
Hair loss			
Flushing or hot flushes			
Excessive sweating			
Binge eating/drinking			
Craving certain foods			
Excessive weight			
Compulsive eating			
Water Retention			
Excess alcohol intake			
Night Eating			
Frequent illness			

Product Guide

Below, I have listed some of the common products that people have had questions about in the past and where to find them. Some items will not be easily found in a traditional grocery store but rather at a local co-op or online.

GHEE- clarified butter, meaning the casein and whey have been removed. If someone has a dairy sensitivity they most likely are reacting to either the casein or the whey proteins.

Pure Indian Foods 100% Organic Ghee can be found [HERE](#).

Purity Farms Organic Ghee can be found at Whole Foods or your local co-op. Look for it by the oils or in the Asian section versus next to the butter.



You can make your own ghee with grass-fed butter. [CLICK HERE](#) for a recipe.

Coconut Aminos- a gluten-free, soy-free replacement for soy sauce.

Coconut Secret Raw Organic Vegan Coconut Aminos can be found [HERE](#), Whole Foods, or your local co-op.



Coconut Milk- can be a replacement for cow's milk in recipes. You want to purchase canned coconut milk as the coconut milk in cartons contains carrageenan. Carrageenan is a food additive to thicken products especially non-dairy alternative. It can promote leaky gut and disrupt the endocrine system.

I opt for **Natural Value**, as it does not contain guar gum, which for some people can cause digestive distress or upset. You can purchase it [HERE](#).

You can find Native Forest (pictured below) at Whole Foods or your local co-op. It does have a BPA free can, but contains guar gum. I also use Trader's Joes light coconut milk if I don't need something as thick. It only contains coconut milk and water...I can't guarantee that the can is BPA free though☺



Coconut Oil – you want to look for Organic Extra Virgin Coconut Oil. It has a much lighter flavor because it is unrefined and raw. Coconut oil is something you can buy in large quantities to save money, as it stays fresh for up to 6 months.

My favorite brand is **Nutiva Organic Extra Virgin Coconut Oil**. You can order it [HERE](#) at a good price. You will also be able to find it in most grocery stores but buying a smaller quantity is a bit pricier. If our local co-op is having a sale I stock up!!!



Sunflower Seed Butter

As with any nut butter you need look out for added sugar! It is common for evaporated cane juice to be added to nut butters or another form of sugar.

MaraNatha has Sunflower Seed butter with simply roasted sunflower seeds and sea salt. You can find it at Whole Foods or on Amazon [HERE](#).



Dijon Mustard

Condiments are often products that have hidden sugar, additives, or other non-detox friendly ingredients. **Annie's Naturals Organic Dijon Mustard** is a detox-friendly condiment that you can use. It can be found at some traditional grocery stores, Whole Foods, and your local co-op.

Fish Sauce – In Asian style dishes fish sauce can add extra flavor. **Red Boat Fish Sauce** is the brand I have found to like the best. You can find it [HERE](#). In a pinch I have used Thai Kitchen, which I picked up at our local co-op.



Herbal Teas – All teas are NOT created equal. There may be pesticides, artificial flavoring, natural flavors, and GMOs hiding in your favorite tea. You want to watch out for soy lecithin, natural flavors (which can mean a lot of things), and added sweeteners.

The best tea brands are **Numi** and **Traditional Medicinals** as they are free of all the things I listed above and do not contain harmful packaging. They can be found at Whole Foods, your local co-op, or online [HERE](#). I have seen a limited selection of Traditional Medicinals at Target as well.



Glutamine – is an amino acid that can assist in gut repair, reducing sugar cravings, and rebuilding muscle tissue. I take 5 grams daily for gut health and will put a gram under my tongue if I am having a severe sugar craving that I know is physical versus psychological.

Glutamine can be powerful in reducing sugar cravings when put under the tongue in powder form as it goes right to the brain and gives it the boost of energy and glucose that it

needs. You can find it as local co-ops or order it online [HERE](#). Just watch out for any added flavors.

Bacon- if you choose to eat bacon please read the FAQs for what to look for (pastured, no anti-biotics, hormones, etc.). You can order sugar free bacon from **US Wellness Meats** [HERE](#).

Our local co-ops carry **Beeler's Bacon**, which is also a good option.

Breakfast Sausage- If you are going to use already prepared ground breakfast sausage I encourage you to get it from **US Wellness Meats** [HERE](#) or your local co-op. I can get good ground turkey breakfast sausage from our local co-op.

Or you can make your own using ground turkey or pork and seasonings. You want to be cautious of added sugar or gluten if you are buying it at the store.

Parchment Paper – some baking papers are coated with Quilon, which contains heavy metals like chromium that can be toxic when incinerated, **If You Care Parchment Paper** uses Silicone, derived from a natural element. Their product is unbleached and chlorine free as well. Safer for you and the environment. It makes for the easiest cleanup ever!!!

You can find **If you Care products** at Whole Foods, your local co-op, or online [HERE](#).

Salad Dressings – most salad dressing you will find in the grocery store contain soybean and/or canola oil. These oils are likely damaged already and are being damaged even more when they are sitting under grocery store lights.

If you don't want to make your own salad dressing from olive oil and lemon juice or apple cider vinegar then I would recommend **Tessemae's All Natural Dressings**. They are made with olive oil and no added sugar. You can find them at Whole Foods or order online [HERE](#).

I absolutely LOVE all their products!!!