

CLEAN<sup>®</sup>

**MANUAL**

**GET DAILY CLEANSE  
TIPS & INSPIRATION  
SENT TO YOUR  
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**TO SIGN UP**

# CLEAN PROGRAM OVERVIEW

## THE CLEAN PROGRAM CONSISTS OF THREE MAIN STEPS

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STEP 1

**PRE-CLEANSE**

3 DAYS

STEP 2

**CLEANSE**

21 DAYS

STEP 3

**REINTRODUCTION**

7 DAYS

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### PRE-CLEANSE

The **Pre-Cleanse** is how you'll ease your body into the full cleanse. Eat three solid meals a day from the Elimination Diet, for three days, **before you start your cleanse.**

### CLEANSE

During the **Cleanse** you'll follow a simple 21-day routine: a shake for breakfast, a solid meal for lunch, a shake for dinner, and your Clean supplements throughout the day.

### REINTRODUCTION

The **Reintroduction process** is the last stage of the Clean Program. The purpose of the process is to identify what foods work for you long-term.

And now a message from Doctor J 

# WELCOME

## A MESSAGE FROM DOCTOR JUNGER



I hope you are as enthusiastic about starting your journey as I am for you. If you are committed to following this program, willing to try new things, and most importantly, willing to let go of old habits, I can promise you that you won't walk away disappointed.

The Clean Program is exactly what I wish I had found when I was finishing my cardiology fellowship in New York City. Back then I was going through my own health crisis and I would often ask myself, "Why is my body failing me?" It took me a few years to finally understand that my symptoms weren't the problem. They were just my wise body's attempt to survive something. What was my body trying to survive? My modern lifestyle.

Like many of us, I had overloaded my system with toxic foods, drinks and thoughts. These toxins were the root cause of my body's inability to maintain balance. The Clean Program started simply from my desire to remove these toxins and feel better.

The basic premise of the Clean Program is that by creating the right conditions, our body will begin to naturally heal itself. How? Through removing the major toxins and adding in nutritionally-beneficial foods and supplements. In addition, my world-class support team will be there to guide you through this journey every step of the way.

To date, thousands of people have successfully completed the Clean Program and used it as a launching pad to living Clean for Life. I hope that after this experience, we can add your name to that list.

Here's to your success,

A handwritten signature in black ink that reads "Junger".

Alejandro Junger M.D.

# SUPPORT

## WE'VE GOT YOUR BACK, EVERY STEP OF THE WAY

**Great support makes a difference.** The Clean Team is here to make sure that every question you have is answered. We're crazy about support and here are the ways we offer it:

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### MY CLEAN PROGRAM COMMUNITY

**A free online community** site where thousands of people on the Cleanse ask questions, share their journey and stay inspired. 35,000+ members strong and growing.

[my.cleanprogram.com](http://my.cleanprogram.com)

### OUR TEAM OF WELLNESS COACHES

**Wellness Coaches are your personal guides** on the Cleanse. They have helped thousands of people successfully complete the program. They're on call Monday to Friday 9am to 7pm Eastern Time. You can book an appointment with a Wellness Coach at

[cleanprogram.com/support](http://cleanprogram.com/support)

### PHONE & EMAIL SUPPORT

**Call us at** (888) 497-8417 Monday to Friday, 9am to 7pm Eastern Time.

**Or email us** anytime at [support@cleanprogram.com](mailto:support@cleanprogram.com)

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Let's get this program started! 

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# ELIMINATION DIET

## FOODS TO INCLUDE AND EXCLUDE DURING YOUR CLEAN PROGRAM

**The Elimination Diet** is the foundation of the entire Clean Program. It's a set dietary list designed to avoid the major foods that cause allergies, sensitivities, and digestive problems.

**During the Pre-Cleanse, Cleanse, and Reintroduction process**, the Elimination Diet will be your home base. It's the place where you'll begin, end, and return to after the program or whenever you need a reset.

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### ON THE PRE-CLEANSE

Eat three solid meals a day, for three days, from the Elimination Diet list.

### ON THE CLEANSE

Prepare your lunch meals and snacks with foods from the Elimination Diet.

### DURING THE REINTRODUCTION PROCESS

Use the Elimination Diet as a base for testing and reintroducing new foods.

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Here are the most common items you'll be excluding on the Elimination Diet: dairy, eggs, tomatoes, bananas, corn, red meat, gluten, soy, sugar, coffee, and alcohol.

Turn the page to see the complete Elimination Diet list 

# ELIMINATION DIET

## INCLUDE

### Fruits & Vegetables

Unsweetened fresh or frozen whole fruits, fresh squeezed fruit juices, sea vegetables (seaweeds), avocados, olives, and raw, steamed, sauteed, juiced, or roasted vegetables

### Dairy Substitutes

Hemp, rice, and nut milks (such as almond, hazelnut, walnut, etc.) and coconut milk, coconut oil/butter

### Non-Gluten Grains & Starch

Brown, red, black and wild rice, millet, amaranth, teff, tapioca, buckwheat, quinoa

### Animal Protein

Fresh or water-packed cold-water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers), wild game (rabbit, pheasant, bison, venison, elk, etc.), lamb, duck, organic chicken and turkey

### Vegetable Protein

Split peas, lentils, legumes, bee pollen, spirulina, and blue-green algae

### Nuts and Seeds

Hemp, sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, walnuts, cashews, macadamia, pistachios, brazil, nut and seed butters such as almond or tahini

### Oils

Cold-pressed olive, flax, safflower, sesame, almond, sunflower, walnut, pumpkin, and coconut

### Drinks

Filtered water, green, white or herbal tea, seltzer or mineral water, yerba mate, coconut water, green juice

### Sweeteners

Stevia, coconut nectar, yacon, whole/fresh fruit, dried fruit (in moderation)

### Condiments

Vinegar, all spices, all herbs, sea salt, black pepper, carob, raw chocolate (dairy and sugar free), stone-ground mustard, miso, coconut liquid aminos, wheat-free tamari and nama shoyu, unsweetened whole fruit jam

## EXCLUDE

Oranges, orange juice, grapefruit, bananas, strawberries, grapes, corn, creamed vegetables, nightshades (tomatoes, peppers, eggplant, potatoes)

Dairy and eggs: including milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers, ghee

White rice, wheat, corn, barley, spelt, kamut, rye, triticale, oats (even gluten free)

Pork (bacon), beef, veal, sausage, cold cuts, canned meats, frankfurters (hot dogs), shellfish, any raw meats and fish

Soybean products (soy sauce, soybean oil in processed foods)

Peanuts and peanut butter

Butter, margarine, shortening, processed oils, canola oil, salad dressings, mayonnaise, spreads

Alcohol, coffee, caffeinated beverages, soda pop, soft drinks, fruit juice (unless fresh pressed)

Refined sugar, white/brown sugars, maple syrup, high fructose corn syrup, evapo-rated cane juice, Splenda®, Equal®, Sweet'N Low®, juice concentrate, agave nectar, brown rice syrup, honey

Regular chocolate (with dairy and sugar), ketchup, relish, chutney, traditional soy sauce, barbecue sauce, teriyaki, breath mints

# PRE-CLEANSE <sup>3 DAYS</sup>

## EAT 3 SOLID MEALS A DAY FROM THE ELIMINATION DIET, FOR 3 DAYS, BEFORE STARTING YOUR CLEANSE

**The Pre-Cleanse** is how you ease your body into the full 21-day Cleanse. The more processed foods, coffee, and alcohol you've consumed in the past years, the more toxins your body has accumulated. Jumping right into the Cleanse without giving yourself a chance to adjust to the Elimination Diet can cause extra stress on the body. Doing the Pre-Cleanse sends a signal to your body that positive shifts are about to take place.

**Getting started on your Pre-Cleanse** is super simple. First, check out the Elimination Diet list and accompanying recipes. Find some recipes you like and plan out your daily meals for the next three days. That's it. Once your 3-Day Pre-Cleanse is complete you can officially begin your 21-day Cleanse.

### **Here is what a few of our customers have said about the Pre-Cleanse:**

"Personally, I am glad I took the little bit of extra time to start with the Pre-Cleanse and think it helped me be successful in completing the program." - Buffy

"I'm really glad I did the Pre-Cleanse... it really got me in the right mindset." - Farshad

"I found doing the Pre-Cleanse really helpful! Got rid of my caffeine addiction and helped me to become more mindful of my eating." - Randi

# THE CLEANSE <sup>21 DAYS</sup>

**YOUR 21-DAY ROUTINE: SHAKE, MEAL, SHAKE + SUPPLEMENTS. POST THIS ON YOUR FRIDGE**

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SHAKE FOR  
**BREAKFAST**  
PLUS SUPPLEMENTS

MEAL FOR  
**LUNCH**  
PLUS SUPPLEMENTS

AND SHAKE FOR  
**DINNER**  
PLUS SUPPLEMENTS

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## BREAKFAST

### NOURISH + MOVE

Blend 1 scoop Nourish + 1 scoop Move in water or unsweetened almond or coconut milk.

Tip: If you need more energy till lunch, add in a healthy serving of avocado or almond butter. For extra flavor add in fresh or frozen organic berries or a dash of stevia.

**SUPPLEMENTS:** Take one of each - Encourage, Clear 1, Clear 2, Balance, Ease, Relief

## LUNCH

### THE ELIMINATION DIET

Prepare a hearty solid meal from the Elimination Diet. This is your main meal. Get the most out of it by including dark greens, healthy fats, and quality protein.

**SUPPLEMENTS:** Take one of each - Clear 2, Balance, Ease, Relief

## DINNER

### NOURISH + MOVE

Blend 1 scoop Nourish + 1 scoop Move in water or unsweetened almond or coconut milk.

Tip: If you must attend a social or business dinner, you can swap your lunch meal with your evening shake. Just be sure to get back on your shake, meal, shake routine the next day.

**SUPPLEMENTS:** Take one of each - Clear 2, Balance, Ease, Relief

# BIG IDEAS

## THREE KEY IDEAS TO KEEP IN MIND DURING YOUR CLEANSE

### BIG IDEA ONE

## MAKE SURE YOU GO, GO!

### Daily bowel movements are key to a successful cleanse

If you don't take out the trash at your house, it will pile up, attract pests, and quickly become a problem. During the Clean Program your body is taking out its "trash" by eliminating toxins through the bowels. Having daily bowel movements will help make sure that toxins aren't reabsorbed into your system.

Sometimes your bowel movements will increase when doing the Cleanse. Other times you may be constipated. If you are constipated here are a few ways to resolve it:

**Stay hydrated:** Drink enough water so you use the bathroom once every hour.

**Eat fiber rich foods:** Include leafy green salad, cherries, figs, prunes, pears, aloe juice, warm lemon water, or green vegetable juices.

**Move it:** Do some movement and exercise. Walking and light yoga work great.

**Use Natural Calm:** This magnesium citrate supplement works wonders for relaxing the nervous system and increasing bowel movements. Purchase it on the Clean Program website or at your local natural food store.

**Contact Us:** Have questions about this Big Idea? Email us at [support@cleanprogram.com](mailto:support@cleanprogram.com) or call us at (888) 497-8417

## BIG IDEA TWO

# THE TWELVE-HOUR WINDOW

### Deep cleansing takes [a night's] time

Imagine your body as a city. Just like a city needs to budget its finances, your body needs to budget its energetic resources. Your daily energy is limited, so your body must constantly prioritize how it gets distributed.

Now here's the thing: digestion is one of the most energy consuming functions of the body (Remember last Thanksgiving's food coma?). So if your body is constantly tied up with digesting food during the Clean Program, it will put deeper cleansing on hold. Our answer to this: the Twelve-Hour Window.

After your evening shake, leave a twelve-hour window before having your morning shake. If you have your evening shake at 7pm, you should have your morning shake at 7am or later.

Why?

The body sends the signal to go into deep detox mode approximately eight hours after your last meal. Then the body needs another four hours to do a deep clean. **Eight hours** (for digestion) + **four hours** (for a deep clean) = the **Twelve-Hour Window**.

If you fill up your belly late at night, and eat early again the next day, your body isn't given the opportunity to clean house. The Twelve-Hour Window is challenging to make happen everyday, but committing to it will help you get the most out of your Clean Program.

Note: It is okay to have water or herbal tea during the Twelve-Hour Window.

## BIG IDEA THREE

# BREAKDOWNS LEAD TO BREAKTHROUGHS

### **Symptoms are your friends**

Most people experience some light symptoms during the Cleanse. These symptoms are letting you know that your body is working hard to get itself back into balance.

Let's try something new. Many times when we feel light headaches or a slightly upset stomach, we reach for something to make it stop. Next time this occurs, try getting to know your symptom by understanding what your body is trying to tell you. Common symptoms like headaches may be telling us that we need more hydration, and we should address the level of stress in our lives. Constipation can be a sign that we are detoxing heavily and need to help our bowels release. Emotional detoxing can bring up unstable feelings that may be a sign that certain areas of our life are calling out for more attention.

Becoming friends with your symptoms, rather than covering them up, is a great way to understand the root cause of why you feel the way you do.

Whatever the symptom, a breakdown can very quickly lead to a breakthrough. All it takes is a little bit of awareness and some personal experimentation. In general, symptoms are not always figured out in a day, and it is often useful to chat with someone. Our team of Wellness Coaches, nurses, and doctors have seen it all, and then some. If you're looking for guidance, give us a call.

# MAKING THE MOST OF YOUR CLEANSE

## TIPS FROM YOUR CLEAN WELLNESS COACHES

### THE 411 ON WEIGHT LOSS

Weight-loss often occurs on the Clean Program, but it isn't the sole focus. How and when weight-loss occurs varies for everyone.

Each person comes into the program with a different level of toxicity, a different genetic history, and different hormonal patterns. For many, the body will not begin to release inflammation and extra weight until it has found balance through the cleansing process.

Let's take a step back and look at the bigger picture of why we might have excess weight to begin with. It's often a result of consuming foods that do not work for the body, resulting in poor digestion, and toxic overload. The Clean Program helps the body re-balance itself and begin to repair the damage done by years of poor habits. When you lose weight without doing this important foundational work, the weight loss typically doesn't last or bring about the increased vitality that in the end, is what we really want.

Even if you haven't seen much weight-loss yet, hang in there. You're doing the foundational work, and that's what matters most. Daily bowel movements, sticking with the Elimination Diet, and avoiding emotional snacking will encourage your body to find that sweet spot, totally unique to you.

One of the best things you can do for weight-loss is hide the scale until the end. Don't stress yourself out by stepping on the scale everyday. Just remember, how you feel is a more accurate measure of success. Instead of numbers on the scale, focus on your energy level, sleep patterns, digestion, elimination, mood, and clarity of thoughts.

## EMOTIONS AND FOOD

Emotions are a big part of the Cleanse. For most people, food is not just about satisfying our physical hunger, but satisfying our emotional needs as well. Have you ever found yourself thinking:

Why do I reach for cookies when I'm tired?

Why do I crave ice cream after a fight with my husband or wife?

Reflecting on these questions and your answers to them, will get you to the heart of the Cleanse - the deeper stuff. The stuff that mindless eating attempts to cover up.

During the Clean Program, people say that at times they feel more emotional than usual. This is because cleansing is not just about the body. When you cleanse, you also release emotional toxins like fear, stress and anxiety. This can be scary as hell, but like any challenge, if we spend some time reflecting on it, we usually surprise ourselves with what we discover.

When you feel a craving or an emotional release happening, give it space and be gentle with yourself. Don't make it about the food. Go deeper. Ask yourself, "what's really going on here?" The answer is closer than you think.

## HUNGER: TRUE & EMOTIONAL

When faced with the sensation of "hunger" during your Clean Program, consider the possibility that it might not be true hunger. In our Western culture, what we call hunger is often the physical manifestation of an emotion that is asking to be "numbed" or comforted. If left alone and quietly observed, emotional hunger becomes an opportunity for immense growth. When that "hunger" sensation arises, mindfully keep your attention on it, and ask yourself:

What am I really feeling?

If it's boredom, restlessness or any another emotion, truly allow yourself to feel it. You don't have to wallow in unhappiness or negativity, but simply recognize what the true feeling is, and put a name to it.

Am I truly hungry or am I feeling anxious / nervous / sad / upset right now?

With a little effort, this exploration can help bring awareness to the difference between true hunger and emotional hunger, and stop the cycle of bad habits that can lead to food cravings, weight gain, and poor health.

Here is a useful way to determine if what you are feeling is true hunger:

## TRUE HUNGER

- Gradually arises
- You're open to different food options
- Doesn't have to be filled immediately
- You stop when you're full
- You feel good when finished

## EMOTIONAL HUNGER

- Arises suddenly
- Crave one particular food only
- Must be eaten right now
- Keep eating even when full
- You feel guilty, shameful, or unsatisfied

### Emotional Hunger Tips

**Hydrate:** Drink water or have a cup of tea instead. Hydrating yourself during your cleanse is important to keep the bowels moving and to help flush out released toxins.

**Switch it up:** Get up and go for a walk, call a friend or write a letter to a loved one, finish a work project, or simply stay with that feeling and let it rise up and then fall away naturally (which it will inevitably do), without having consumed any food. You may even feel the negative sensation change to a very pleasant one. The sense of empowerment that comes from this change can be amazing.

### True Hunger Tips

**Snack mindfully:** Eat in serene and distraction-free environments in a mindful way. Hummus, guacamole with veggies, raw nut butter on some apple slices, a quick soup, or fresh green juice are great options.

**Check in on your daily caloric intake:** While we at Clean are not big fans of calorie counting, noticing how many calories you're eating can be useful. Often, people new to a cleanse program will under-eat, and this can cause cravings, anxiety, and poor sleep. The amount of nutrient-dense food a person needs each day depends on their level of activity, but a good benchmark is eating a minimum of 1200 calories and 50-90 grams of protein each day. To reach this, try adding avocado, fruit, or coconut oil to your daily shakes.

## SNACK MINDFULLY OR NOT AT ALL

Before the Clean Program, you may have started innocently snacking on cookies or chips and then realized twenty minutes later that you ate the whole bag. To make matters worse, you weren't even hungry.

We've all been there, many times in fact. Rather than calling on your own personal guilt monster, give this a thought:

The repeated desire to snack is really a desire to change how we're feeling in the moment. The more we're not conscious of why we're snacking, the more this habit can numb how we really feel. We understand that for some, snacking is helpful in maintaining good energy levels and mood. But before you start grabbing snacks, even if they are Clean, check in with yourself and make sure what you're feeling is true hunger.

Sometimes finding the right amount to eat everyday takes a little personal experimentation. If you find that you are consistently hungry throughout the day, increase the amount of protein and healthy fats in your morning shake and mid-day meal.

**Tip:** In general, you'll cleanse better when you focus on getting more calories from your shakes and meals, rather than relying on snacking.

## EXERCISE GENTLY AND REST MORE

Our basic philosophy is that while light movement is encouraged, we recommend that you take it easy.

The more you exercise, the more you need to recover. When exercise or recovery are occurring, the body moves energy to these areas and away from deeper detoxification.

Light movement during your cleanse can look like 20 minutes of walking, 30 minutes of yoga, or a few sets of body weight exercises like sit-ups and push-ups.

How does light exercise improve the Cleanse?

- It remove toxins by activating the lymphatic system.
- It boosts the effectiveness of all the elimination channels by stimulating bowel movements (colon), encouraging deeper breathing (lungs), and making us sweat (skin).

Here are some exercise principles to follow while on the Cleanse:

- **Half it:** Reduce your exercise by half if you are an athlete or workout intensely.
- **Move 20-minutes a day:** Stretch, dance, walk, anything to move your body.
- **Move more, Eat more:** If you have a day where you are very active, feel free to eat more as long as it's on the Elimination Diet. Remember, the Clean Program is a not a calorie restriction program. We recommend eating a minimum of 1200 calories and 50-90 grams of protein each day.

## MORE ELIMINATION = MORE CLEANSING

As your body shifts into releasing toxins from cells and tissues, your job is to support the channels of elimination so that these waste products can make their way out. Here are some ways you can do just that:

**Skin:** Sweat toxins out through exercise and saunas. Skin brushing is another great way to eliminate toxins from the skin. Since the skin is our largest organ, what it absorbs can affect our health as much as the foods we eat. During your Cleanse, we encourage you to examine your current collection of personal care and beauty products to see which ones contain unhealthy chemicals. Consider purchasing organic alternatives.

**Lungs:** Give your lungs a workout by using them fully and deeply. Visualize how each inhale is supplying you with the number one most essential nutrient you need to live—oxygen—and each exhale is an essential way to release waste material.

**Lymph:** Shake up your lymphatic fluid and boost circulation with movement, massage, rebounding (mini-trampoline), jumping jacks, and deep breathing. Laugh each day; it helps alkalize the body and release stress.

**Kidneys:** Your kidneys are a great channel of elimination. Drink enough water so you use the bathroom once every hour.

## SOCIAL EATING AND YOUR COMFORT ZONE

We get it, it's not always the easiest thing to stay Clean when your boss invites you to a wine-tasting or your grandmother is looking forward to you attending her weekly Sunday brunch. We've been there.

We know it's challenging, but social obligations present a great time to get clear about why you are doing the Cleanse.

This is a chance to develop some personal independence and get outside your comfort zone.

Remember, *you* have chosen to do the Cleanse. Stay true to your goals. This can be a great time to bring awareness to any issues that arise during social, business, or family situations. Are you nervous about telling people what you're doing? Do you feel inhibited when you're not drinking? Use these insights to do some Emotional Cleansing and deepen your understanding of who you are and what you want.

Most of us have spent years repeating patterns and staying within our comfort zone. Clean is an opportunity to mix things up and get clear on what works and what doesn't.

Here are a few things we think will work for you:

**Do some research:** Most restaurants have some Clean options. Instead of trying to figure out what to eat when you arrive, call up the restaurant ahead of time to see how they can cater to the Elimination Diet. A little extra effort goes a long way. Restaurants are generally very accommodating to those who ask.

**Eating-in is the new dining-out:** Invite friends over to make a Clean meal together instead of going out to eat. Get the family, the dog, and your quirky neighbors involved in preparing food.

# REINTRODUCTION 7 DAYS

## REINTRODUCE 3 EXCLUDED FOODS OVER 7 DAYS WHILE STAYING ON THE ELIMINATION DIET

**The Reintroduction process** is the last stage of the Clean Program. The purpose of the process is to identify your Toxic Triggers. Toxic Triggers are those foods that cause inflammation, irritation, and digestive upset. Most likely, you were consuming some Toxic Triggers before starting the Clean Program without realizing it.

One of the key reasons you feel better on the Clean Program is because you've removed the most common Toxic Triggers, and given your digestive and immune systems a reset. Now, the goal is to discover what your specific Toxic Triggers are by following a seven-day testing period. If you simply go back to your normal diet immediately after the Cleanse, without knowing what your Toxic Triggers are, you may feel "off" without knowing why.

Getting started with the Reintroduction process is easy. Now that you've finished your Clean shakes and supplements, continue eating three solid meals a day from the Elimination Diet. Over the next seven days you'll be introducing three excluded foods, one by one, and noticing how they affect you. The Reintroduction process is an opportunity to find out what foods work best for you long-term.

### **STEP 1: Test**

Introduce one food from the Elimination Diet's "exclude" list into your daily meals. Start with the food you miss the most. For instance, if you really miss dairy, have some milk for breakfast or some cheese with your mid-day meal. Avoid mixing two or more excluded foods. For example, a bowl of cereal wouldn't be the best choice because it includes both dairy and wheat. The goal here is to isolate one excluded food at a time to determine if it is one of your Toxic Triggers. If you have cereal in the morning and notice that it doesn't sit well with you, it won't be clear whether it was the dairy or the wheat that was the Toxic Trigger.

Once you've chosen your first excluded food and introduced it into your diet, notice what happens over the next twenty-four hours. Sometimes the effects of an excluded food don't show up right away. This is why it's important to notice how your body responds over a twenty-four hour period.

The following questions will help guide you:

- **Right after:** Does anything happen shortly after eating it, such as a runny nose or mucus in the throat (typical of milk), or fatigue, bloating, or a headache (typical of wheat)?
- **Energy:** How are your energy levels? A bowl of wheat pasta at night, for example, may make you feel very tired immediately after eating it or upon waking the next morning.
- **Bowels:** How are your bowel movements the next day? As frequent and as easy to eliminate as they were during the Cleanse?
- **Sleep:** Did you sleep poorly? Did you have intense dreams or nightmares? Did you wake up in the middle of the night?
- **Emotions:** How do you feel emotionally the next day? Are you angry, moody or irritable?

## STEP 2: Retest

Sometimes the effect of an excluded food on your body is very apparent. Let's say your first excluded food is dairy. You might notice within a few hours of drinking a glass of milk that your nose is a little stuffy, or you might notice no reaction. Whether you have a reaction or not, testing an excluded food once is not enough. To be sure that your results are accurate, it is important to retest.

You can retest an excluded food by simply following the same guidelines as your initial test. Take the same food and have it again the next day without combining it with any other excluded foods. Using dairy as an example, simply have dairy again the following day and notice how you feel for the next twenty-four hours.

## Test & Retest Example Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Test Food 1	Retest	Test Food 2	Retest	Test Food 3	Retest

## SUNDAY

Spend a little time reflecting and journaling on what you learned over the last week.

### Step 3: Identify

The next step in the Reintroduction process is to identify your excluded food reaction. Which one of these statements best describes your reaction?

**No reaction:** I had no reaction at all to the excluded food.

**Example:** I felt fine. I didn't notice any changes in mood. I felt energized and awake. Overall, I felt good.

**Mild reaction:** I had a noticeable reaction to the food.

**Example:** I felt bloated and gassy. I felt tired. I felt dehydrated. I felt itchy. I felt uncomfortable. My sleep was off. I felt foggy.

**Strong reaction:** I had a strong negative reaction to the food.

**Example:** I felt sick. I developed a lot of mucus. I had a strong headache. I became flushed. I became very constipated. I developed a rash. I had trouble sleeping. I felt cold or flu-like symptoms. I developed diarrhea. I became very angry or upset.

### Step 4: Eliminate or Rotate

If you've identified an excluded food as a Toxic Trigger, you now have two options: Eliminate or Rotate.

**Eliminate:** If you had a strong negative reaction to an excluded food, your body is trying to tell you that this food is currently a Toxic Trigger. It is important to remove these foods from your diet completely or minimize them greatly. We know that removing a favorite food from your diet can be challenging, but the long-term benefits outweigh short-term gratification. Many people have completed the Clean Program and dramatically improved their health by simply removing their key Toxic Triggers.

**Rotate:** If your reaction to the foods you test is mild but still noticeable, it may not be necessary to eliminate them forever. However, you will benefit greatly from reducing the of your frequency of exposure to these foods. Rotate your choice of foods in such a way that you don't eat the irritating ones more often than once a week.

Our team of Wellness Coaches are here to help you determine your Toxic Triggers and support you practically and emotionally in the process of removing them. You can book an appointment with a Wellness Coach online to discuss your specific Reintroduction process.

## Final Thoughts

This process of investigating your Toxic Triggers may sound complicated at first. It's not. It just takes a little commitment.

Your opportunity to maintain the benefits you accomplished during the program and avoid returning to old symptoms is unlimited.

There is no need to be a purist for the rest of your life if you enjoy wine, beer, cheesecake, or chocolate. Have them and enjoy them, bringing your awareness fully to the present moment with each bite or sip. There's nothing worse for digestion than guilt. What's most important is that you notice the strong connection between what you eat and how you feel. Take your time to explore this process. Your relationship with food wasn't created overnight, and it won't be reset overnight either.

There are thousands of theories about diet, lifestyle, and stress management. On top of that, it seems everyone has their own opinion on how you should live and what you should eat. But, nothing is more real than your first-hand experience. Completing the Reintroduction process empowers you to listen to your own body and make your own decisions about which foods work best for you.

# FAQs

## YOU'VE GOT QUESTIONS, WE'VE GOT ANSWERS

### CLEAN BASICS

#### **How do I make my shakes taste better?**

One of the easiest ways to improve the taste of your shake is by adding in frozen blueberries and unsweetened almond milk.

Here is one of our favorite Clean shake recipes:

Blend the following:

- 1 Scoop of Nourish
- 1 Scoop of Move
- 8 ounces of almond milk or coconut milk
- handful of fresh or frozen blueberries

Tip: Include avocado or almond butter to add some smoothness, healthy fat, and protein to your shakes.

#### **How much water should I be drinking during my program?**

A good rule of thumb is to drink half your body weight in ounces daily. So, if you weigh 150 lbs, you need to drink at least 75 ounces (just a little over 2 liters, or 9 glasses) of water. Drink even more water if you exercise regularly or are very active.

#### **What happens if I forget to take my supplements with one of the meals?**

No worries. Just continue on your program. There is no need to double up on them the next meal. Instead, we suggest that you add an extra meal to the end of your cleanse for every group of supplements you've missed.

Example: If you forgot to take your supplements twice during the Cleanse, you'd add in two solid Elimination Diet meals on day 22, and take your supplements with those meals.

#### **Can I skip a shake if I'm not hungry?**

We recommend that you have two shakes and your mid-day meal every day, even if you're not hungry. The shakes contain essential vitamins and nutrients that aid the cleansing process. If your appetite is low you can always have a lighter shake that consists of just Nourish and Move with water.

#### **How long are the Clean products good for?**

You can reference the product labels to determine each product's specific expiration date.

### **How often should I cleanse?**

We recommend doing the Clean Program every eight to twelve months. In between your cleanses you can do the following mini-cleanses:

**7-Day Elimination Diet Reset:** Eat only from the Elimination Diet for seven days. It's amazing how just the Elimination Diet will do wonders for your health. Feel free to include a daily Clean shake as well.

**1-Day Break:** Have a Clean shake for breakfast, lunch from the Elimination Diet, and a Clean shake for dinner. This 1-Day Break will give your digestive system a rest and boost your energy.

### **I have a medical condition and want to know if I'm able to do the Clean Program?**

Unfortunately, we cannot answer any questions about specific medical conditions or medications. Our team is happy to answer any basic questions about the Cleanse or ways to maximize its effectiveness, but we can't comment on your specific condition and whether or not the program would be right for you.

We suggest you consult your doctor or find a doctor in your area that is supportive of your overall cleansing and holistic lifestyle goals. We have an on-staff nurse who is available to answer any questions your doctor may have. Please email [support@cleanprogram.com](mailto:support@cleanprogram.com) to request an appointment with our Clean nurse.

Here is our general precautionary statement. Please review this list on who **SHOULD NOT** do the Clean Program:

If you...

- Are pregnant or nursing
- Are under the age of 18
- Have active cancer
- Have liver disease, hepatitis
- Are on medications for bipolar disorder
- Have an allergy to any ingredient listed

If you are taking any kind of prescription drug, do not stop taking it during the program without consulting your doctor. There are certain serious conditions that require consistent blood levels of medications. Any change in diet can cause a change in your blood absorption, and an increase or decrease of the concentration of medicine in your blood as a result. In the case of blood thinners, anti-arrhythmia drugs, anti-epileptic drugs and chemotherapy agents, this can be life threatening. Additionally, all of our products contain appreciable levels of minerals which may be an issue for those with kidney disease, or on drugs such as anti-hypertensives, where elevations in minerals may be an issue.

## **ELIMINATION DIET & FOOD**

### **Why can't I have bananas, eggs, or tomatoes?**

Removing most allergen-causing foods, whether you are known to be allergic to them or not, helps to relieve the burden on the immune and digestive systems.

We've drafted an in-depth explanation of why certain foods and food types have been removed from the program. You can download this explanation here: [cleanprogram.com/files/why-not.pdf](https://cleanprogram.com/files/why-not.pdf)

### **Do I really have to give up coffee? What about decaf?**

Yes, you really do have to give up all coffee, decaf included. Coffee is very acidic and dehydrating, and caffeine severely taxes the detox organs, such as the liver and kidneys. Even though decaf coffee does not have caffeine, it is still acidic and dehydrating, and the caffeine is usually extracted with chemical solvents, making it a poor choice during the Cleanse.

Here's what we suggest you do to let go of coffee during your cleanse:

- Green vegetable juice: To re-mineralize and hydrate your body, consume 8-16 ounces of fresh green vegetable juice daily, made at home or from your local juice bar. Use cucumber, celery, and lots of greens (kale, parsley, romaine, chard). Add a bit of apple or carrot for sweetness, with ginger and lemon. Try this for one week and watch your energy soar. Trust us, this is powerful stuff.
- Raw cacao powder: Add to almond milk with a dash of stevia. This is a delicious and energizing drink. It's loaded with minerals and antioxidants, without the coffee crash.
- Green tea or yerba mate: These are great coffee substitutes - energizing and full of additional health benefits.

### **I'm withdrawing from caffeine and have terrible headaches, help!**

Drink lots of water, get ample rest, and up your intake of magnesium, either in capsule form or take Natural Calm (available from the Clean Program store).

If your caffeine withdrawal symptoms become too strong, put your Cleanse on pause by eating only from the Elimination Diet for one to three days without having the Clean supplements and shakes. As soon as your symptoms are gone, you can jump back into the 21-day Cleanse.

### **I'm craving sugar, help!**

Sugar cravings are usually caused by one or a combination of three factors: detoxing, under-eating and emotional imbalance.

**Detoxing:** It takes about five days for the body to release its dependency on a specific food. Craving processed sugar in the first week of your cleanse is common. Breathe, drink extra water, and eat lots of alkalizing foods such as dark green leafy vegetables. In a few days these cravings will pass.

**Under-eating:** The most common cause of sugar cravings on the Cleanse is under-eating. When you eat enough nutrient-dense foods, cravings disappear. Check in on your daily calories to see if you need to eat more.

**Emotional Imbalance:** How often do you reach for sweets when what you're really needing is love, approval, comfort, or sweetness in some area of your life? We often try to fill that need by eating something sweet.

When our life is full, and our relationships fulfilling, cravings for sweets become less important. When emotional cravings arise, take some deep cleansing breaths, hug someone, call a friend, go for a walk, or put on some great music and dance. Mix it up and watch your cravings disappear - they always do.

## CHALLENGES

### **What happens if I become constipated?**

Many changes occur in the body when doing a cleanse. The amount of fiber and water is increased, new whole foods are introduced, and often there is some stress when beginning a new dietary plan. Due to these factors, there may be an adjustment time when constipation occurs. Since it's important to keep the bowels moving to get the most benefits from your Cleanse, here are some tips you can use at the first signs of sluggish elimination.

1. Re-read page 11: Continue following the suggestions from the Make Sure You Go, Go page in this manual. Keep doing them daily and give it time.
2. Use Natural Calm: Add 2-3 heaping tablespoons in 8 ounces of warm water, in the morning and evening.
3. Get a colonic: Colon hydrotherapy is very useful during your Cleanse, even if you are having regular bowel movements.
4. Disconnect and relax: Stress is a common cause of constipation. Consider shutting off the phone and computer for a while, and relaxing in a warm bath.
5. Get to bed: Often we become constipated because we haven't given our body the rest it needs. Go to bed early or take an afternoon nap.
6. Contact a Wellness Coach: If you haven't had a bowel movement for a day or more, contact us and we'll get you back on track.

### **Why am I suddenly feeling moody and irritable?**

This is very common throughout the Cleanse. During the Clean Program, you're changing habits and adding in new foods. Your body will often need a short period of adjustment where you may feel irritable. Don't worry, it will pass.

Know that you're doing what is best for your body: feeding it nutrient-dense foods and supplements, removing the major allergens, and giving your system a much needed rest. As the body becomes more vibrant during the cleanse and releases waste and toxicity, it also releases old emotions. This is a wonderful opportunity to get clear and truthful about what you are really feeling.

When you feel moody or an emotional release happening, give it space and be gentle with yourself. Don't look to numb the emotions with food. Take some deep breaths and go deeper. Ask yourself, "what's really going on here?" Be gentle with yourself and know that it will pass.

### **I feel achy / have a headache / have intense dreams - is this due to the Cleanse?**

Sometimes when we cleanse, the biological terrain within our body begins to change. This process can release toxins into the blood stream and change the composition of our body. Muscle aches (especially legs and lower back), headaches, and vivid dreams are common symptoms of detoxification. When these symptoms occur, recognize them as part of the process of the Cleanse. Then, follow the tips below:

- Stay very hydrated: Increase your water intake. Drink coconut water - it's a great source of electrolytes and potassium, and useful in reducing muscle aches.
- Take Natural Calm: Magnesium helps relax muscles and the nervous system. It also encourages bowel movements. Mix 1-3 teaspoons of Natural Calm with water. Alternatively, you can take up to 1,200 mg a day of a magnesium citrate supplement.
- Take a hot bat: Relax in a hot bath with bath salts.

### **I'm feeling cold-like symptoms (stuffy nose, headaches, low energy). What should I do?**

Don't worry. What you're feeling is most likely not a cold, but common detox symptoms. These symptoms are letting you know that your body is working hard to get itself back into balance by removing the junk.

Here are some tips to help you through these symptoms:

- Personal TLC (Tender Love and Care): If symptoms become difficult, treat yourself with love and care. Take a warm bath and go to bed early.
- Slow down: If your symptoms are feeling too intense, there is nothing wrong with slowing the Cleanse down. To do this, you can stop one or both of your shakes and supplements for a few days while continuing to eat from the Elimination Diet. When you are feeling better, just start up where you left off. If you would like, you can extend the Cleanse by a few days to make up for any missed time during your 21-day program. Alternatively, to lightly slow-down the Cleanse, simply add in a light meal for dinner from the Elimination Diet.
- Call a Wellness Coach: If you're dealing with a challenging symptom, contact a Wellness Coach for support.
- Journey, not a destination: Clean can often uncover issues that the body has been dealing with for years, but hasn't brought to the surface. Your overall health is a journey and may require more time and attention than the 21-day program. If that is the case, we suggest visiting [functionalmedicine.org](http://functionalmedicine.org) to find a doctor in your area who can help you.

If your cold-like symptoms do not clear up in three days, please stop the Cleanse and contact your family healthcare practitioner.

## **WEIGHT LOSS**

### **What does Clean think is the best way to lose weight?**

Here's a good longer-term strategy for weight loss:

- Cleanse: It goes without saying that reducing toxicity in the body is a good first step to reducing weight. Remember that the body stores toxins (also called POPs, persistent organic pollutants) in fat cells. By reducing toxicity you are also reducing fat.

- **Daily bowel movements:** It is important to have at least one bowel movement a day to make sure you are adequately eliminating toxins. If you are not, drink more water, eat water-rich fruits and veggies, use Natural Calm, and make sure to get 8 hours of sleep each night.
- **Eat enough:** Even though you may think otherwise, if you're trying to lose weight, it is important to eat at least 1,200 calories and 50-90g of protein daily (more if you are male and/or very active). This will keep your metabolism burning effectively and prevent starvation mode from being triggered. In starvation mode your body holds on to excess weight to protect from famine. Eat enough calories and protein to avoid this.
- **Stick with the Elimination Diet:** It's the foundation of the Cleanse and the basis for staying Clean after the program is complete. Stick to whole, unprocessed, and local foods. Over time this helps the body cleanse, nourishes the cells, and allows the body to drop excess weight. There are many ways to make the Elimination Diet work with your specific needs. If you are having challenges making the Elimination Diet work, contact a Wellness Coach.
- **Don't snack:** This will give your body enough time to digest the food you eat. It is better to eat a larger meal and denser shakes than it is to snack in between them. It may help to add coconut oil or avocado to your shakes and more good fats and protein to your solid meals. You know you have eaten the right amount when you can go from shake to meal without snacking. Remember that the process of learning what works for you takes time and practice.

**I lost weight during the first two weeks but now I'm stuck. Am I doing something wrong? Should I change anything?**

Don't worry, weight loss often happens in spurts during the Cleanse. Make sure you have at least one bowel movement a day. You can also promote weight loss by simply walking more and drinking lots of water. Infrared saunas, massages, and restorative yoga are other healthy ways to encourage weight loss during your program.

**I just gained a pound, what gives?**

It's normal for this to happen during the Cleanse. Our bowels may become overloaded in the period before we release a lot of waste. For a day or two, you may actually gain a pound. Most likely though, you have less bloating and fewer inches around your waist. If not, book an appointment with one of our Wellness Coaches.

**I haven't lost very much weight on the Cleanse so far, does that mean it's not working?**

Instead of using weight loss as the main measure of success, ask yourself the following questions. The answers to these questions will be a better indication of how the Cleanse is working.

1. How are you sleeping?
2. How are your bowel movements?
3. Have digestive issues or bloating been reduced?
4. Do you have sustained energy throughout the day?
5. Are you more thoughtful and conscious about your food and lifestyle choices?
6. How's your mental clarity and mood?

Take a moment to answer these questions. If you feel inspired, share your answers on My Clean Program and allow the community to be part of your experience. If you feel you're not getting the most out of the Cleanse, the Wellness Coaches are here to help you shake things up and get results.

**I drop weight easily and am already slightly underweight. I want to continue the program but I don't want to lose any more weight, what should I do?**

The best way to curb weight loss on the program is to double the size of your liquid meals, and make sure your solid meals are big enough. It will also help to make sure you are getting enough protein (50 to 90 grams a day). A good way to do this is to add an additional protein powder to your shakes. You can find quality protein powders at your local health food store, just make sure you avoid whey or soy. Some good options are pea, hemp, and brown rice protein powders. It will also help to include nuts in your snacks and avocado or coconut oil in your shakes. And if you do lose a couple of pounds that you don't want to lose, you can put them back on strategically when you're done with the Cleanse by eating plenty of good fats, clean proteins, and doing weight-bearing exercise. Remember, your body is always trying to find balance. Everyone gains or loses a few pounds here and there, so put away the scale and keep it going.

## LIFESTYLE

**Can I have alcohol on special occasions during the Cleanse?**

To get the most out of the Cleanse, avoid alcohol for the duration of your program. Alcohol wipes out beneficial bacteria, dehydrates, taxes the adrenals, hinders liver detoxification, feeds yeast in the intestines, and contains preservatives that are often sourced from wheat and corn. Knowing all that, we're much more content holding a glass of sparkling water and enjoying good company.

Most importantly, don't stress about it. We often use alcohol to fill an emotional need, or are pressured into drinking by our peers. Think of this break from alcohol as a "Thank You" gift to your liver, and an opportunity to learn more about who you are and what you really want.

**What happens if I need to travel during the Cleanse?**

We recommend doing the Cleanse in between any travel plans, but it can be done while on the go as well. Here are some suggestions:

- **Shaker bottle:** If you don't have access to a blender, bring a glass or plastic jar with a lid, or a shaker bottle. Add your Nourish and Move to water, coconut water, or almond milk (with optional stevia or green powder). Then, shake it up!
- **Research:** Seek out Clean-friendly restaurants, juice bars, farmers' markets, and health food stores. Most grocery stores have organic and gluten-free food sections. Feel free to send us a menu link and we'll help you figure out what you can have at any restaurant.
- **Ask for it:** When ordering at restaurants, don't be afraid to make special requests. A great restaurant won't mind removing the cheese on a salad, serving you olive oil and lemon as a dressing, or giving you an extra side of vegetables.

- Be prepared: Travel with Clean snacks like fresh fruit, veggie slices, nuts/seeds, or a jar of nut butter.
- Switch it up: If you have a business dinner or a social event that's unavoidable, have your solid meal for dinner that day and your two shakes for breakfast and lunch. The next day, return to the usual shake, meal, shake plan.

**I'm looking to stay inspired on the Cleanse. Any movie and book suggestions to keep me motivated?**

Check out these Clean Team favorites:

Movies

- Food Inc.
- Food Matters
- No Impact Man
- The Future of Food
- Hungry for Change

Books

- *Blue Zones* by Dan Buettner
- *The Baby Boomer Diet* by Donna Gates
- *Food Rules: An Eater's Manual* by Michael Pollan
- *Is Your Body Burning Up With Hidden Inflammation?* by Mark Hyman M.D.

# MIX & MATCH

## CLEAN SHAKES MIX & MATCH GUIDE

Shakes are a huge part of the Clean Program. Having a shake a day is also a good practice to maintain after your Cleanse. Use this guide to explore the world of healthy shakes and find out what you enjoy. Feel free to use any combination of the ingredients below. Don't forget to add Nourish and Move.

### Base Ingredients:

- coconut water
- brewed herbal tea or yerba mate
- nut milks (almond, hazelnut, walnut, cashew, brazil, pine nut, chestnut)
- seed milks (pumpkin, hemp, sunflower, sesame)
- teccino
- water

### Sweeteners:

- stevia
- yacon
- coconut nectar
- fruit: fresh or frozen berries (except for strawberries)
- dates (moderate amounts)

### Fats and Protein:

- whole nuts (almond, hazelnut, walnut, pecan, macadamia, cashew, brazil, pine nut, chestnut)
- nut milk
- nut butter
- seeds (hemp, flax, sunflower, sesame, pumpkin)
- seed milk
- seed butter
- rice milk
- coconut milk
- shredded coconut
- coconut oil
- avocado
- flax oil
- hemp or brown rice protein powder (Vega, Living Harvest, Sun Warrior, Life Basics)

### Superfoods:

- green powders (Clean Greens)
- spirulina
- chlorophyll
- camu camu berry
- maca
- acai powder
- mangosteen (berries or powder)
- mesquite
- chlorella tablets
- bee pollen

### Fruits and Vegetables:

- handfuls of greens (kale, spinach, swiss chard, dandelion, nettles, watercress, sprouts, etc.)
- apples
- plums
- mangoes
- papaya
- pineapple
- fresh or frozen berries (except strawberries)

### Extras:

- carob
- cinnamon
- vanilla (powder or extract)
- nutmeg
- ginger (minced root or powder)
- fresh vegetable juice
- mangosteen
- mulberries
- gooseberries

# RECIPES

## SHAKES, SOUPS, DRESSINGS, DIPS, AND MEALS

### SHAKES

#### BECKY'S MORNING SHAKE

Packed with healthy energizing fats and protein to keep you satiated and fueled up all day. You can add more or less water depending on how much you want.

- 8 oz. of water
- 3 - 4 oz. of nut, hemp seed, or rice milk (unsweetened)
- 1/2 of an avocado, pitted
- 2 teaspoons organic almond butter
- a pinch of sea salt
- 1 scoop Nourish (any flavor)
- 1 scoop Move
- sweetener to taste (stevia, coconut nectar)
- 1 tablespoon carob or raw cacao powder (optional)

Directions: blend all ingredients until smooth.

#### FAVORITE GREEN SHAKE

- 3 cups spinach
- 1 cup fresh or frozen fruit (blueberries, raspberries, blackberries, mangoes, papaya, etc.)
- 1 tablespoon flax oil
- 1 tablespoon maca powder (optional)
- 1 tablespoon spirulina powder and/or 1 scoop Clean Greens
- 1 cup almond milk
- 1 scoop Nourish (any flavor)
- 1 scoop Move
- 2 dates or a few drops of stevia to taste

Directions: blend until creamy.

#### MANGO CARDAMOM BLAST

- 2 ripe mangoes, peeled and cut into pieces
- 1 cup coconut water
- 2 tablespoons dried and shredded coconut flakes
- 1 scoop Nourish (any flavor, although vanilla works best in this recipe)
- 1 scoop Move
- zest and juice of 1 lime
- 1/2 teaspoon cardamom powder
- You may want additional water if it's too thick, which you can add as you're blending

Directions:

Blend it up till smooth and creamy.

Garnish with lime zest and freshly ground black pepper.

#### PURPLE HAZE SHAKE

- 1 cup coconut water OR 1 cup almond or coconut milk
- 1 scoop Nourish
- 1 scoop Move
- 6 oz. blueberries (or blackberries) fresh or frozen

Directions: put all ingredients in the blender and mix until smooth

### **HOMEMADE ALMOND MILK** (Makes about 3 servings)

- 1/2 cup almonds, skins removed and soaked overnight
- 3 cups water
- 1 tablespoon coconut nectar, or a few drops of stevia to taste (optional)
- pinch of salt
- 1 teaspoon coconut oil (optional)

Directions: Place the nuts, water, sweetener, salt, and oil in a blender and blend until smooth. Most people find they like it thick but if you'd prefer a thinner milk, strain the liquid through cheesecloth or a fine mesh strainer, then store in glass jars in the fridge for up to a week.

## **SOUPS**

### **SPRING PEA SOUP**

- 10 oz. fresh or frozen raw peas
- 1 medium avocado, halved and pitted, flesh scooped out
- 1 cup filtered water
- 1 cup almond milk (unsweetened)
- 2 tablespoons lime juice
- pinch of sea salt
- 1/2 teaspoon chili powder (optional)

Directions: In a blender or food processor, puree all ingredients until smooth. To serve, drizzle with olive oil and freshly ground black pepper.

### **COOL AS A CUCUMBER SOUP WITH DILL**

- 3 cucumbers, peeled and seeds removed
- Juice of one lemon
- 1/2 cup raw cashews or macadamia nuts
- 4 cups fresh water
- 1/4 cup fresh dill (or 1/8 cup dried dill)
- 1 teaspoon sea salt
- 2 tablespoons olive oil

Directions: Mix all ingredients, except the dill, together in a blender or food processor for 3 minutes or until smooth. Add dill and pulse or blend for a few extra seconds. Serve chilled with fresh dill garnishes and freshly ground black pepper. Note: Use sun-dried sea Celtic salt or pink Himalayan salt if possible.

### **CREAMY LEEK AND CARROT SOUP** (Serves 2-3)

- 1 leek
- 2 tablespoons coconut oil
- 4 cups of chopped carrots
- 1 cup of cauliflower, cut into florets
- 1-1/2 quarts chicken or vegetable stock
- fresh thyme

Directions: Melt the coconut oil in a large soup pot over medium-high heat. Slice the leek into rounds, and add it to the pot. Stir and cook for 3-4 minutes or until lightly browned. Stir in the chopped carrots and cook, stirring, for another 3-4 minutes. Pour in the stock to cover the veggies. Cover and gently simmer for 15 minutes. Let the contents cool a bit and then pour into a blender or food processor. Puree with the additional tablespoon of coconut oil until smooth and creamy. Pour back into pot and gently reheat, so you can serve it warm. (Or in summer months, you can skip this step and put it in the fridge to cool instead)

### **SPINACH AND DULSE SOUP**

Dulse is a super nutritious and tasty sea vegetable; look for it in the ethnic foods aisle of your supermarket or in a health food store.

- 1 zucchini, cut in half-inch cubes
- 1 stalk celery
- 1 scallion
- 1 tablespoon extra virgin olive oil
- 1/4 cup dulse flakes
- 1/4 avocado
- 2 cups spinach leaves, washed
- 4 cups pure water

Directions: Blend together in a high-speed blender for 3 minutes or until smooth. Season with sea salt to taste. Serve with garnish of dulse and a drizzle of olive oil.

## **DRESSINGS & DIPS**

### **HOMEMADE GUACAMOLE**

Just chop everything up and mash together in a bowl. Then throw a couple of sprigs of cilantro on top for presentation. Yum.

- 2 avocados
- 1/2 of a red onion, peeled and finely diced
- 1 clove garlic, peeled and minced
- grated lemon/lime peel
- fresh cilantro (optional)
- sea salt

Directions: Mash all ingredients together in a bowl to desired consistency. Store covered in plastic wrap with

the avocado pit in the dish to keep from browning as much as possible. If it does brown, simply stir it up, it's perfectly fine to use.

### **PESTO**

- 2 cups fresh basil
- 1 cup cashews
- 1/2 cup sunflower seeds
- 1/2 cup nutritional yeast
- 2 cloves garlic, peeled and chopped
- 2 tablespoons olive oil, to drizzle in slowly as it's processing
- 1 teaspoon sea salt
- 1/2 cup water (to thin. Add slowly only as needed)

Directions: Blend all ingredients in a high speed blender or food processor, adding the olive oil and water just enough to thin to desired consistency. Store in an airtight container in the fridge and keep in mind that it will thicken as it sits.

### **LEMON MISO TAHINI DRESSING (2 servings)**

- 3 tablespoons sesame tahini
- 1 tablespoon lemon juice
- 2 tablespoons miso

Directions: Mix all ingredients either by hand or in a blender. Remember that these measurements are guidelines, so feel free to season to your individual taste.

### **GREEN LENTIL HUMMUS**

- 3 cups vegetable or organic chicken stock/broth
- 1 cup green lentils
- 1 bay leaf
- 3 garlic cloves, chopped
- 1/2 cup tahini
- juice of one lemon
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- sea salt to taste
- vegetable and apple slices for dipping

Directions: In a medium saucepan, combine chicken stock, green lentils, and bay leaf. Bring to a boil and then cover and simmer until lentils are tender, roughly 40 minutes. Then boil uncovered until most of the liquid is gone. Remove the bay leaf and set aside to cool.

When it's cooled off, transfer to food processor and blend with garlic, tahini, and lemon juice until smooth, adding sea salt and other spices (cumin and paprika) to taste. Serve warm or at room temperature with the vegetables, or you can store in the fridge to use as needed throughout the week.

# SALADS

## MANGO AVOCADO SALAD

This refreshing salad has a sweet taste and is a great light lunch option on warm days, especially mixed with some cold leftover chicken pieces for extra protein.

- 2 ripe mangoes, peeled and chopped
- 1 large avocado, peeled, pitted, and chopped
- 1 tablespoon lime juice
- 2 teaspoons olive oil
- 1 tablespoon cilantro leaves
- 1 tablespoon black sesame seeds

Directions: After you have the mangoes and avocados chopped, simply mix all the ingredients together in a bowl and serve.

## ROOT VEGETABLE SALAD (Serves 1 for a hearty meal or 2 for a lighter side dish)

The dressing can be made in advance and kept in the fridge to use in this recipe as well as salads throughout the week.

- 1 red onion
- 1 butternut squash, sliced in half or in sections for easy roasting and peeling after it's cooked
- 1 carrot, cut into pieces
- 1 parsnip cut into pieces
- 1 celery root, peeled and cut into pieces
- 1 large beet, cut into pieces
- enough olive, coconut, or flax oil to coat
- sea salt to taste
- 1/4 cup raw walnuts
- 1 teaspoon apple cider vinegar
- juice of one lemon
- 1 teaspoon mustard powder or organic stoneground mustard (without sugar or additives and preferably made with apple cider vinegar; the brand Eden has one that fits this criteria)
- 1 handful parsley leaves

Directions: Preheat oven to 425 °F. Toss the vegetables with the oil and sea salt. Roast until tender (roughly 45 minutes). Spread walnuts in a skillet and toast until golden, then coarsely chop. Whisk the vinegar, lemon juice, and mustard in a large bowl with extra olive or flax oil and season with sea salt and pepper if you like. Toss with vegetables and walnuts, with any additional seasonings you want. Serve warm.

Note: You will want to eat this dish fairly soon after it's made as it won't stay fresh for more than two days.

# MEALS

## ROASTED PARSNIP FRIES

- 6 medium parsnips, scrubbed, dried and quartered into long wedges (like rough-cut thick french fries)
- 3 - 4 Tablespoons olive oil
- 1 - 2 Tablespoons sea salt
- fresh ground pepper

Directions: Preheat oven to 375 °F. In a baking pan or sheet, toss the wedges with enough olive oil to coat, sea salt, and a dash (or several, depending on your taste preference!) of freshly ground pepper. Roast for 45 minutes until tender and golden brown, and a bit crispy on the edges.

## TURMERIC ROASTED CAULIFLOWER

Turmeric, white peppercorns, and coriander seeds are good for respiratory and circulatory systems, and kumquat warms the chest and eases coughs, so enjoy this delicious and healing meal. If you can't find kumquats, don't worry, it's just as delicious without them!

- 1 teaspoon coriander seeds
- 1/2 teaspoon white peppercorns
- 1/4 cup olive oil
- 1 tablespoon minced garlic
- 2 teaspoons turmeric (ground)
- one head of cauliflower, cored and broken into small florets
- sea salt
- 1 medium shallot, sliced and separated into rings
- 4 kumquats, seeded and chopped
- 1/4 cup chopped cilantro

Directions: Preheat oven to 400 °F. In a small skillet toast coriander seeds and peppercorns over mid to high heat until fragrant, about 30 seconds. Put in a spice grinder when cool and grind to a powder. Put in a small bowl, stir in olive oil, garlic, turmeric. On a large baking sheet, drizzle the cauliflower with olive oil and toss to coat. Season with salt and roast for 25 minutes until tender. Put in a serving bowl, add shallot rings, kumquats, and cilantro and toss well. Serve hot or warm

### **VEGETARIAN NORI ROLLS WITH NUT "RICE"** (Serves 2-4)

- 1 cup soaked sunflower seeds
- 1 cup walnuts, soaked in pure water for 2 hours
- 1/4 red onion
- chopped fresh herbs
- 1 packet of nori wraps
- 1 carrot, cut into very thin strips
- 1 cucumber, peeled, seeded, and cut into thin strips
- 1/2 avocado, cut into strips
- 1/4 red cabbage, finely shredded
- sprouts
- wheat-free tamari
- wasabi
- fresh ginger
- 1 tablespoon apple cider vinegar
- 1 tablespoon water

Directions: To make the "rice," place the sunflower seeds, walnuts, onion, and herbs in a food processor. Process for 2 minutes, or until nut mixture has the consistency of rice. Set aside. Thinly slice the ginger and marinate in vinegar and water. Take a sheet of nori and spread one-fourth of the rice mixture onto it. Lay carrot, cucumber, red cabbage, avocado, and sprouts over it.

Roll the nori up tightly, using a sushi mat if you have one. Cut the roll into about six pieces, using a sharp knife. Repeat for three more nori sheets. Serve wraps on a platter with ginger, wasabi, and wheat-free tamari

### **QUINOA SALAD WITH ROASTED VEGETABLES** (Serves 1-2)

Quinoa is a complete protein and cooks really quickly. This recipe can be made with whatever vegetables are on hand or in season. Have fun experimenting!

- 1 cup quinoa
- 2 cups water
- 2 small zucchinis, chopped
- 1 medium carrot, chopped
- 1 small red onion, chopped
- enough oil to lightly cover vegetable
- sea salt to taste
- 2 small yellow (summer) squash, chopped
- juice of one fresh lemon

Directions: Roast chopped vegetables in the oven at 300°F until tender. Bring the quinoa and water to a boil in a medium pot and then reduce the heat to a simmer and let cook for 10-12 minutes, or until water is absorbed and quinoa is fluffy. Toss everything together in a large serving dish. Serve warm or at room temperature with fresh lemon juice and sea salt to taste.

### **ROASTED DELICATA SQUASH OVER MILLET** (Serves 2)

Squash is a good source of beta carotene, iron, and vitamins A and C. Millet is a nutty, crunchy rice-like protein, and together this makes one of the most delicious and satisfying meals.

- 2 delicata squash, halved and seeds scooped out
- 1 tablespoon extra virgin olive oil
- sea salt and ground pepper
- 3/4 cup millet
- 2 cups water
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 1 tablespoon fresh or dried rosemary, finely chopped
- balsamic vinegar (a few drizzles to finish)

Directions:

- Roast the delicata in the oven at 350 °F or 400 °F until tender when pierced with a fork
- Heat the oil on the bottom of a medium pot and add the garlic and onion, sauteing over medium heat until translucent and lightly browned. Add the rosemary and stir for another 2 minutes, then add the millet and the water and bring the heat to high until it boils.
- Reduce heat to a simmer and cover for about 10-15 minutes.
- Check and turn off heat when millet is light and fluffy (and all water is absorbed). Give it some fluffs with a fork and season with sea salt and black pepper.
- Place the squash halves on plates and add spoonfuls of millet over them.
- Drizzle with a splash of balsamic vinegar.
- Serve warm.

### **CLEAN SALMON SALADE NIÇOISE** (Serves 2)

- 2 cups green beans, chopped into halves or thirds
- 1 salmon fillet, broiled
- 3 tablespoons capers
- 1/4 cup green olives (well rinsed)
- 1 tablespoon dijon mustard (additive and sugar free)
- 1 lemon
- 1 garlic clove, finely chopped
- 2 giant handfuls of mixed organic greens per serving (this recipe makes two servings)
- 3 anchovies per serving (garnished on top)

Directions: Bring a pot of salted water to a boil, add the green beans and cook until bright green and tender - do not overcook. Plunge into a bowl of cold water and drain. Combine green beans in a bowl with capers, chopped garlic, mixed organic greens and pieces of salmon fillet. Lightly toss with the mustard and freshly squeezed lemon juice.

### **SALTY/SPICY/SWEET NOODLES** (Serves 2)

Farmer's market bounty provides an amazing ready-in-five-minutes meal that everyone will love. Feel free to experiment with additions, using olives, capers, pine nuts, different chopped vegetables and herbs, and even fresh or dried mushrooms.

- 2 large summer squash (zucchini or yellow), made into long thin strips with a vegetable peeler (if organic, there's no need to discard the skins and you can use the seeds, going right down as far as you can still get strips from it)
- 2 tablespoons almond butter
- 2 tablespoons raw coconut amino acids (or wheat-free tamari sauce)
- 1 small package of anchovy fillets (packed in olive oil only, make sure there are no additives)
- 1 small handful basil leaves, minced (should roughly equal 1 tablespoon, but you can adjust to taste)
- Secret ingredient that makes it so incredible: 2 teaspoons curry powder
- 1 tablespoon minced rosemary (fresh) or 1 teaspoon dried
- optional: A pinch of sea salt to taste

Directions: Combine all ingredients together in a large bowl and serve immediately, or keep in airtight container in the fridge for several days - the flavors will keep mingling together!

### **GRILLED CHICKEN AND GARLIC MASHED TURNIPS** (Serves 4)

- 3 lbs. of chicken (breasts, legs, or thighs)
- 2 tablespoons chopped fresh basil
- 1/4 cup fresh lemon juice
- 2 tablespoons olive oil
- 3 cups diced turnips
- 2 cloves garlic, minced
- 3 teaspoons olive oil
- sea salt

Directions: Combine chicken, basil, lemon juice, and olive oil in a large bowl and toss together. Refrigerate and let marinate 2 hours (preferred, but you can also just let it sit for ten minutes if you're short on time). Bake the chicken for about 50 to 60 minutes at 425 °F, or until cooked through. Cook turnip cubes and garlic cloves in boiling water for 15 minutes or until soft. Mash turnips as you would potatoes (can also use a food processor). Add olive oil and sea salt to consistency and taste. Serve together.

### **PESTO BAKED SALMON** (Serves 2)

- 2 salmon fillets (wild caught)
- Pesto (recipe below)

Directions: Preheat oven to 400. Place the salmon fillets skin side down on an oversized piece of foil on a baking tray. Spoon 2 tablespoons of pesto over each salmon fillet and pull up the foil on either side, closing to make a "container". Roast in the oven for 15-20 minutes.

### **PESTO**

- 2 cups fresh basil
- 1 cup cashews
- 1/2 cup sunflower seeds
- 1/2 cup nutritional yeast
- 2 cloves garlic, peeled and chopped
- 2 tablespoons olive oil, to drizzle in slowly as it's processing
- 1 teaspoon sea salt
- 1/2 cup water (to thin. Add slowly only as needed)

Directions: Blend all ingredients in a high speed blender or food processor, adding the olive oil and water just enough to thin to desired consistency. Store in an airtight container in the fridge and keep in mind that it will thicken as it sits.

### **SLOW SIMMERED CHICKEN WITH CHARD, MUSHROOMS, AND ONIONS WITH CHERRIES** (Serves 2)

- 1 lb free range, grass fed, boneless chicken breast
- 1 yellow onion, peeled and sliced into 1 inch slivers
- 6 medium white mushrooms (or any kind you want: wild, shiitake, crimini)
- 1 bunch swiss chard, chopped into small pieces

Directions:

Steam the chard until tender and remove from heat, setting aside - save the water at the bottom of the steaming pot. Slice the chicken breast into small pieces, roughly 2 inches, saving any juices in the package. Place (along with any juices) into a large cast iron pan and begin to cook over medium heat. Add the onion slivers and mushroom pieces along with 1/4 cup of the water the chard was steamed over (it will be infused with minerals, vitamins and flavor from the chard!) Cook over medium heat, stirring occasionally until everything is cooked, but retains the juiciness, about 20-30 minutes. Serve warm over plated swiss chard and garnish with sliced and pitted cherries (a small handful for each plate)

## **MILLET RISOTTO WITH ARTICHOKE HEARTS** (Makes 4 servings)

This is, hands down, one of the absolute favourite recipes of everyone on the Clean Team, combining the creamy comfort of risotto with the soft tang of artichoke hearts. Instead of butter and white rice, this is made with omega 3 rich oil and protein packed millet. This recipe is incredibly versatile (a variation is below) and has won over many "traditional" risotto lovers. Time: 30 minutes

- 3 tablespoons coconut oil or olive oil
- 1/2 red onion, finely chopped
- 1 cup coarsely chopped fresh mushrooms (any kind)
- 1 cup millet
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1 1/2 cups artichoke hearts. Make sure they're sugar and additive free
- sea salt and fresh pepper
- 4-6 cups french onion soup or organic vegetable broth

Directions: In a large pot over medium-high heat, heat the oil with the shallots and mushrooms, and cook, stirring frequently until softened (about 5 minutes). Add cup of water, bring the heat to high, and add the millet. Then lower heat to medium and start to add the stock 1/2 cup at a time, stirring after each addition, every few minutes. When the stock has been almost completely absorbed after each addition, keep adding more, so the mixture isn't quite soup but stays very moist.

Keep doing this until millet is tender and has at least doubled in size (about 20 minutes). Add herbs and artichoke hearts at the last few minutes of cooking and taste for texture. Season with salt and pepper and serve warm.

Variation: Millet Risotto with Butternut Squash

Instead of the artichoke hearts, add 1 cup diced butternut squash (that's been cooked in the oil until lightly browned - about 5 minutes - adding the chopped shallots towards the end. Use sage or herb of choice.

## **SPICY TACOS** (Serves 2-4)

Serve with homemade guacamole, the recipe is below.

- 1 acorn squash
- 1 medium rutabaga, diced into 1" pieces
- 1 heaping tablespoon miso
- 2 tablespoons water
- 3 tablespoons olive oil, plus some extra drizzles
- 1 yellow onion, peeled and finely diced
- 12 cloves of garlic, peeled and finely sliced
- 1 heaping tablespoon of fresh minced ginger (peeled)
- 3 tablespoons wheat free tamari sauce
- 1/8 cup water (may not use all of it)
- 1 head of cauliflower, finely diced into very small pieces
- 1 tablespoon fresh ground pepper
- 2 teaspoons paprika
- Vegetarian option: 2 cups finely chopped mushrooms of any kind (portobello, white, crimini, oyster, porcini, mixed wild, etc.)
- Meat option: 2 boneless chicken breasts (cut into 1" pieces as thin as possible)

Directions: Preheat the oven to 450. Slice the acorn squash into 1" rounds/rings, removing the seeds. Layer them in a medium roasting pan with the chopped rutabaga pieces. Whisk the miso and water together into a sauce and pour over the vegetables with a generous drizzle of olive oil, so everything is lightly coated and well mixed. Cover with foil and place in the oven, cooking for 15 minutes. Turn heat down to 400 and remove the foil for the rest of the time it takes for the vegetables to cook and become tender, roughly another 15-20 minutes, depending on your oven temperature and pan size.

To begin the rest of the taco filling, make sure the onion, garlic and ginger are all peeled and sliced into feathery thin (and small) pieces. In a large pan over low heat cook them with the oil, stirring occasionally so they "melt" and become soft rather than browned. This may take 10-20 minutes. Bring the temperature up to medium and add the mushrooms OR the chicken pieces and stir until well mixed.

Add the tamari and then add the cauliflower and stir for several minutes. Add several tablespoons of water, and cover the pan with a lid so everything steams for several minutes. 3-5 should be enough.

Remove the lid and turn heat to high, stirring the mixture until things begin to brown and fall apart (like the texture of pulled pork or traditional taco filling). When everything is well cooked and soft, remove from heat and add the black pepper and paprika, adjusting to taste.

Stack the brown rice tortillas in a dishcloth, wrap them up and warm them in the oven as it's cooling down from roasting the squash. When they're warm, cut them in half and on each of the half moon shapes, add a slice or two of the acorn squash and some rutabaga pieces, topping with the "taco filling" and gently/slowly wrap the soft taco shells up around the mixture and serve warm.

## **HOMEMADE GUACAMOLE**

Just chop everything up and mash together in a bowl. Then throw a couple of sprigs of cilantro on top for presentation. Yum.

- 2 avocados
- half of a red onion, peeled and finely diced
- 1 clove garlic, peeled and minced
- grated lemon/lime peel
- fresh cilantro (optional)
- sea salt

Directions: Mash all ingredients together in a bowl to desired consistency. Store covered in plastic wrap with the avocado pit in the dish to keep from browning as much as possible. If it does brown, simply stir it up, it's perfectly fine to use.

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