

Dr. Ritamarie's

GUT

REVITALIZING

EASY

ENERGIZING

NATURAL

CLEANSE



THE G.R.E.E.N. CLEANSE MENU PLANNER

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DrRitamarie@DrRitamarie.com

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About The GREEN Cleanse Program

This material is part of the **GREEN Cleanse Program** which is a step-by-step method for giving your body a refreshing cleanse that will help restore your energy and reduce your toxicity. Program members have access to a complete website of resources, modules, and materials developed to help heal their conditions.

www.GREENCleanseProgram.com

This e-book provides delicious recipes you can use in your preparation, cleansing, and transition phases, so you can enjoy a trim waistline, soaring energy, and a sharp mind. On your own you should be able to accomplish a lot, but the truth is your results can be much better with support.

1. Guided Coaching Through a 7-Day Cleanse

You will have a proven step-by-step, day-by-day plan to follow — and you'll get to customize the cleanse to account for your unique needs by choosing the Light, Standard, or Deep Cleanse option. The habits and education you'll learn during your week of cleansing will be invaluable tools for long-term health.

2. Implementation Tools to Simplify New Habits

With menus to follow, recipes, gut healing protocols, cleansing tips, and de-stress strategies, there's no more guessing about what to eat or what to do.

3. Support and Accountability that Goes Above and Beyond

With loving support and guidance every step of the way, you'll be able to stay on track when temptations threaten to sabotage your success. Even with the best of the best tools and training, it's hard to implement new behaviors and create new habits without support. That's why a strong system of support is built into the *GREEN Cleanse Program* to accelerate your success.

For more details on the benefits of becoming a *GREEN Cleanse Program* member, please visit:

www.GREENCleanseProgram.com

Introduction to the Menu Planner

The GREEN Cleanse Menu Planner is designed to be used in tandem with *The GREEN Cleanse Recipe Collection*. This menu planner is full of fresh-minded resources to help you create nutritionally dense meals that will detoxify your cells, boost your health and energy with the healing power of leafy greens, and optimize your digestion. The more you use these fresh and light raw food menu plans, the more you will feel energized, clear-headed, and move closer and closer to your ideal weight.

This e-book contains a number of introductory materials. These materials are in place to ensure you have many choices about how to use the menu plans. You can follow the *General Menu Plan Guidelines* and *Menu Template* to plan your own cleansing and detoxifying meals or you can use (or draw ideas from) the set of Light, Standard, and Deep Cleansing menu plans which lay out every meal with alternatives. The right path for you is the one that's manageable and returns a successful result.

Start with reading the *General Menu Plan Guidelines* and introductory materials to ensure you understand the goal and approach. Then get started. Keep careful journals and notes on how you feel with different foods.

Enjoy the journey!

Oh, and be sure to read the *Digestion Enhancing Eating Strategies* so you get the most out of every bite.



Dr. Ritamarie

General Menu Plan Guidelines

The GREEN Cleanse program is a 7-day cleanse designed to give you the guidance you need to change the way you eat to give your body the benefits of rest from its normal work.

The program offers a recommended (but optional) Pre-Cleanse week menu options to help you transition from your normal routine into a more cleanse-friendly, nutritious diet.

Following the Pre-Cleanse week, you can choose the detoxification intensity that's right for you (helpful guidelines are included in your **GREEN Cleanse Program Guide**). For your 7-day Cleanse Week, you may choose:

- The Light GREEN Cleanse menu plans
- The Standard GREEN Cleanse menu plans
- The Deep GREEN Cleanse menu plans
- or any combination

Each Cleanse week comes with guidelines that allow you to pick your own detox-friendly recipes and daily menu plans that suggest recipes for you.

After your seven days of cleansing a bonus Post-Cleanse week is available for you. The goal is to help transition you from the cleanse week and to help you build on the successes you'll gain from your cleanse.

Choosing Recipe Options:

In your menu plans, you may notice more than one recipe item listed for certain meals. **The items listed are suggestions only.** You may need to adjust your recipe selection according to your own preferences, experience with cleansing, available produce, and sensitivities. Chances are good that after a few days you will be ready to experiment on your own using these menus as a reference only.

Choose as many of the recipe options as required to keep yourself feeling full all day long. You can also swap lunch and dinner and rearrange food items between the meals.

You may have your own favorite recipes (assuming they use detox-friendly ingredients), you may choose to repeat recipes more than once, or you may have particular fruits or greens that you especially like or dislike. Please don't feel restricted by these plans.

Feel free to print them, substitute your favorite recipes from ***the GREEN Cleanse Recipe Collection***, or add new ones. You may find that after a day or two, you need more or less than what's listed on the plan. Adjust accordingly.

If you prefer a less rigid menu structure, use the "Pick Your Own Recipe" menu guidelines. On the other hand you may like the idea of having it all planned out for you. It may be easier to shop and implement the program if you don't have to make so many decisions.

However you use them, the menu plans are included as a tool for your success.

Start Your Day with Energy:

As an option to start your day, consume one of the *Energy Drinks* within an hour of getting up. After that, you can exercise, travel to work, get the kids off to school, or whatever else is on the agenda, and get back to eating breakfast when you're ready. These beverages are very light, so they don't really count as one of your three meals.

Fill Up at Each Meal, but Don't Over Eat:

Eat as much as you need to feel full at each meal, and be sure to **include raw food and green food in every meal**. Eat an abundance of green food, preferably 1 - 2 pounds or more each day. This goal is simple to meet if you juice, and it's relatively easy if you include at least a quart of blended greens every day (the menu plans are designed to automatically meet this goal).

"Blended greens" include smoothies, soups, and other recipes that involve putting greens into a blender or food processor like salad dressings, dips, and spreads. Beyond the cleanse, you can even dehydrate your greens into tasty "crackers" and "breads" that curb the carb cravings.

Some of the recipes may seem like a lot of food. Please don't feel obligated to consume more than seems "normal" for you. Trust your appetite and your body's signals. If you feel full, yet some of your smoothie remains, save it for later. If you finish your smoothie and still feel hungry, wait 5 minutes to be sure you are truly hungry, then make yourself another smoothie.

I can't stress enough that this program is not about deprivation. Be sure to consume enough to leave you feeling comfortably well nourished.

Enjoying and Enriching Your Blended Greens:

Greens are your key to success and healing. Be sure to include as much as your taste buds allow. At first, you may prefer the smoothies that are more than half fruit. Experiment and add more and more greens to them each time. Your taste buds will adapt, and even if you don't believe it now, once your body catches on to the benefit, you will get the right signals and begin to **crave** greens!

If you're doing the Light or Standard versions of the cleanse, be sure to include chia seeds, up to 4 tablespoons per day, to fill you longer. On the Deep cleanse, chia seeds are optional and can help you to "keep on going" with drinks alone if you find that your green drinks are not keeping you satiated for very long.

Sweet Versus Savory

I recommend that you include a savory blended green drink/soup at least once a day, assuming your taste buds cooperate. I like to start the day with a fruit and green smoothie. The proportion I usually use in the morning is close to half fruit and half green. I do this to get enough calories to give me good energy in the morning. Later in the day and for the evening meal, I usually favor greens to fruits, and I use spices and herbs to make savory warm green soups.

Some authors publish recipes that include a lot more fruit than I do. Bananas are useful for compensating for the bitterness of the greens, but can be overpowering if used too much in recipes. Besides, then all your smoothies taste a lot alike. Smoothie ingredients and proportions should be dictated by personal preference.

Follow your body. On some days you may prefer sweeter smoothies, and on others more savory ones. It's all good. Have fun with it. You'll find that as you experiment, your preferences will emerge and you'll learn to modify the recipes to your unique desires.

No Fruit Options for Insulin Resistant, Diabetic, and Candida Diets:

For those who have candida issues and/or have tested blood sugars and found that fruit needs to be temporarily omitted, low-glycemic menu plans are available.

On a low-glycemic diet, ideally you should limit yourself to 10% of any meal being comprised of low-glycemic fruit (you'll find a list of low-glycemic fruits in this menu planner). If you have candida issues or blood sugar balance, you should select the "No Fruit" options (please note that lemons and limes are exceptions, and thus they're okay on a "no fruit" diet).

Note: If you have a tendency towards hypoglycemia, or have had elevated glucose readings, add chia seeds or protein powder to your meals to help improve your balance.

Animal Protein Guidelines:

During the pre-cleanse, post-cleanse, and if you're following the Light Cleanse week option, if desired, you can add a small amount of lean animal protein to lunch or dinner (and, if need be at first, both). For this program, think of animal protein as you would a condiment – something to be used lightly. Choose wild game like bison, deep ocean fish, or organic, free-range poultry or beef. If animal products are consumed, it's best if they are organically raised or "free range" without hormones, antibiotics, or pesticides.

Preparing In Advance:

Each night, review recipes for the next 2 - 3 days and determine if anything needs to be purchased or prepared in advance. The menu plans are designed to provide variety in trying new recipes; however, you may find that you have leftovers, in which case it's better to use up what you have rather than opting for new recipes each day.

Recipes*:

All recipes are built around the healing benefit of raw “living” food. You’ll find them in your ***GREEN Cleanse Recipe Collection***. You’ll find additional blended green recipes in the ***GREEN Cleanse Community Recipe Collection***.

Serving and volume sizes are not suggested. One thing you’ll soon learn about making raw food recipes is that the end result of a recipe can be different each time. A “bunch” or “handful” of spinach can differ in size. The taste of fruits and vegetables can differ depending upon what time of year they were harvested, the conditions of the soil they were grown in, how long they were stored before consumption. The amount of water you need to make a blended recipe may vary depending on what type of equipment you have at home and your personal preference for “thick” or “thin” smoothies. When it comes to raw food recipes, the goal is to be open, playful, and experiment until you find what works for you.

The recipes are a good starting point, but you can reduce or increase the amount of raw food ingredients used to suit your personal tastes (for the purpose of cleansing, some limitations apply when it comes to varying the amount of fats and oils). As long as you’re increasing your consumption of raw food (i.e. not substituting a suggested raw food “sandwich” with a bread/meat/cheese sandwich), you will enjoy success.

Foods to Avoid and Foods to Include in Your 7-Day Cleanse Week

It makes sense that if you're looking for a new or different result in your health, you'll need to embrace a new or different way of eating. You will begin to feel better when you temporarily remove foods that may be creating toxicity and inflammation in your body and contributing to unwanted symptoms.

The removal of "Foods to Avoid" can be a gradual process (most recommended) during the preparation week, i.e. one per day or so, or cold turkey. The best result will be gained if you can completely eliminate these foods before starting your 7 days of detoxification. You may notice some withdrawal symptoms* like headaches, cravings, or feelings of low energy. Hang in there. These symptoms generally only last a few days. Include movement in your day to reduce the symptoms, increase your intake of pure water, and make sure you are having 2-3 bowel movements per day. You'll find additional strategies in your ***GREEN Cleanse Program Guide***.

If you follow the 7 days of *GREEN Cleanse* menu plans, you'll be following all the recommended guidelines and eating the right foods to heal your body. However, if you are out and need to deviate, you need to understand what you can and can't eat to give your body the healing benefit of a genuine break.

Avoid all the foods on the "Foods to Avoid" list strictly for 7 days and you'll be amazed at the results.

General Foods to Avoid

Refrain from eating the foods on the avoid list for a **minimum of 7 consecutive days** (if you participate in the pre-cleanse and post-cleanse, then your beneficial break from these foods will be a little longer).

Eliminate These Top 6 Food Allergens and Potential Allergens to Reduce Inflammation and Autoimmune Reactions:

- **Gluten**
- **Dairy**
- **Soy**
- **Corn**
- **Eggs**
- **Peanuts**

Eliminate These Foods that Disrupt Detoxification:

- **Allergy Producing Foods** (any personal known or suspected)
- **Artificial Colorings and Flavorings**
- **Caffeine** – coffee, black tea, soft drinks, etc.
- **Dried Fruits**
- **Processed Meats** – cold cuts, commercially raised animal products, and farmed fish
- **Refined Foods** – white flour, white rice, processed packaged foods, etc. Read the labels and learn to distinguish.
- **Salt**
- **Sweets** – high fructose corn syrup, molasses, artificial sweetener, and all forms of sugar except fresh fruit.
- **Unstable Oils** – hydrogenated, trans fats, and all commercial oils (except olive and/or heated polyunsaturated oils)

Reduce Your Consumption of Foods that Slow Detoxification:

- **Fatty Nuts** – Cashews, macadamia nuts, walnuts, and pecans are acid forming and harder to digest than almonds and seeds, which are alkalizing. Use nuts sparingly in salad dressings during the pre- and post-cleanse phases. If you choose a Light Cleanse, use nuts sparingly; if you choose the Standard or Deep Cleanse, avoid entirely. Instead of nuts, opt for chia seeds.
- **Flesh Food** – Meats are acid forming. Even if animals are organically raised, naturally produced hormones and environmental toxins accumulate in the animal's flesh. Fish pick up the mercury and PCBs in the water in which they are raised.
- **Grains** – Grains are acid forming and they trigger insulin release. If you have become insulin resistant, insulin release may result in storage of fat rather than utilization of the energy provided by the grains. If you choose to eat grains, the best choices are non-gluten grains like quinoa, teff, and wild rice.

General Foods to Include

The recipes in the **Recipes for Cleansing** section, found in the companion *GREEN Cleanse Collection*, are based around the foods on the approved lists.

Foods to Eat Throughout the 7 Day Cleanse

Depending on the level of cleansing you desire, you will need to tweak the foods on your “approved” list. Prior to each of the Light, Standard, and Deep Cleanse menu plans, you’ll find an exact chart listing the specific foods to eat and foods to avoid for your plan.

In general, you should be eating:

- Low starch and green leafy vegetables – raw or cooked, unlimited quantities, preferably blended (“all blended” if you’re following the Deep Cleanse)
- Fresh fruits (choose low-glycemic or avoid fruits if you have blood sugar or candida issues; consume “all blended” if you’re following the Deep Cleanse)
- Frozen fruits (same as above; be sure that there is no sugar/preservatives added)
- Chia seeds, soaked and made into a gel

Foods to Focus on to Enhance Detoxification

Each of the foods in this list has special properties which aid your body in the process of cleansing. Eat them as often as you can to improve your results and restore your body to balance. Most are common, every day foods that are easy to find in supermarkets all over the world.

You will find more details on how these foods improve detoxification in the “Foods That Enhance Detoxification” section of your GREEN Cleanse Program Guide.

- Apples
- Artichokes
- Avocado
- Basil
- Beets
- Bitter Greens
- **Brassicas/Cruciferous**
 - Broccoli
 - Broccoli Seeds
 - Broccoli Sprouts
 - Cabbage
 - Cauliflower
 - Daikon Radish
 - Kale
 - Mustard
 - Red Radish
 - Sprouts
 - Turnip
- Burdock Root
- Caraway
- Cardamom
- Cayenne
- Chlorella
- Cilantro
- Cinnamon
- Dandelion
- Dill
- Echinacea
- Fennel
- Garlic
- Ginger
- Green Juices
- Jerusalem artichoke
- Kelp
- Leafy Greens
- Milk Thistle
- Onion
- Oranges and Tangerines
- Oregano
- Peppermint
- Rosemary
- Sea Vegetables
- Thyme
- Turmeric
- Wheat Grass

Digestion Enhancing Eating Strategies

It's common that before you eat, your attention may be more focused on taste than digestion; however, with a few simple tips and an intention to appreciate your food, you can maximize the absorption of the vitamins and minerals available in your cleanse-friendly meals. The more your body can *easily* digest your food, the more nutrition, detoxification, and healing potential you'll enjoy.

Turn off the TV and news radio.

Put on your favorite soothing music if you'd like to make it a really special experience.

Create a relaxing environment for mealtime.

It's ideal to set your plate on a table in the kitchen or dining room or in a beautiful place outdoors. Since that may not be practical during the work week, do your best to create a relaxing environment, even if you're at your desk. Consider bringing something of beauty into your workspace to enhance your dining experience. I have a shelf on top of my desk hutch that contains trinkets that I find soothing to look at. I have a few hanging trinkets that remind me of my "mini-vacation" place, the beach.

Breathe and appreciate.

Before you dig into the food on your plate, take a long, slow, deep breath and let it out slowly and completely. Look at the food on your plate and really appreciate the magic that lies within. The beautiful array of colors and textures will enter your body and become part of you. Allow the experience in with reverence and awe. Eat slowly, and chew each bite completely, allowing the flavors to burst on your tongue and nourish your taste buds as well as the rest of you.

Stop eating when you feel comfortably full, even if your plate is not empty.

If your plate is empty and you're still hungry, have a second helping of salad or vegetables.

Beginning of the Week Time-Saving Prep Steps

If one of your obstacles is the feeling that you “don’t have time,” here are ideas that will help save you time and make your meal preparations efficient.

- Juice a dozen lemons and/or limes at the beginning of the week. Date the mix, so you’ll know how fresh it is. Many of the *GREEN Cleanse* recipes use lemon or lime, and it can be time consuming to juice them fresh before each meal. If you’re concerned about nutrient loss from squeezing them in advance, you can juice them and store in ice cube trays. You can also use these lemon/lime ice cubes to flavor your drinks. Measure as you fill the trays and it becomes really easy to add specific quantities of lemon juice to a recipe.
- If you have inflammation and like ginger, juice a bunch of ginger at the beginning of the week. If you don’t have a juicer, ginger can be blended and strained to remove the stringy pulp. Ginger is an awesome anti-inflammatory. It can be added to juices, smoothies, water, and chia beverages to enhance the flavor and the therapeutic effect. Store the ginger juice in a jar in your refrigerator or fill ice cube trays to keep it fresh longer.
- Make *Chia Gel* ahead of time. Soak 1 cup chia in 5 cups water. Or use a 32 ounce mason jar and add 3/4 cup chia and fill to the brim. Shake well and place in the refrigerator.
- Cut a variety of vegetables into sticks suitable for dipping. Just about all firm vegetables can be precut and can last 3 or more days in the refrigerator. Avoid pre-cutting cucumber as they can get slimy. Store in Ziplock bags for ready access.
- Stock your refrigerator with lots of fresh produce. Choose things you like.

Taste Balancing Tips

You always have the options of adapting or creating your own recipes based on the guidelines you'll find in this program. To assist you with your creations, follow the taste balancing tips below.

The 5 Primary Tastes:

There are 5 primary tastes that our tongues perceive:

- Sweet
- Salty
- Sour
- Bitter
- Pungent

Although there are thousands of different tastes that we perceive in fresh, whole foods, when we balance the five major ones, the food is so delicious that everyone says, "Wow!"

If a food contains a balance of all 5 tastes, it is pleasing to the tongue. If it does not, the food is generally perceived as "okay", good, or pleasant, but not as *amazing* as when the tastes are balanced. I have been using this strategy in creating and modifying recipes with great success. When you learn to balance the five tastes, you will make delicious food.

A Balance of Tastes and Emotions:

While you are learning to balance the five tastes, you can refer to a list of foods for each of the five taste groups. The chart that follows lists some of the major foods in each category. When we take into consideration the Chinese medicine associations of each flavor with emotions, we realize that balancing the tastes in a food brings us pleasure not only from a pure sensory perspective, but also from an emotional one as well.

When we feed our physical, emotional, and spiritual bodies with comforting food, we achieve balance that transcends the taste buds alone.

Example of Taste Balancing:

The best way to demonstrate how to use the taste balancing principles is to present a real life example. My example is based on an experience I had one afternoon when I decided to make myself a green smoothie.

I had read that mango and kale made a good smoothie, so I put two mangoes and a whole bunch of kale in the blender and turned it on. The thick green concoction wasn't bad, but it tasted to me to be too bitter and too sweet at the same time.

It was definitely palatable, and I could have easily consumed it, but I decided instead to experiment with the 5 tastes. I added half a bag of frozen strawberries to tone down the sweetness of the mangoes. It was better, but not quite there.

I then added the rest of the bag, and a 1/4 cup of fresh squeezed lime juice for a bit of sour. It was starting to taste even better. Now I had sweet from the mangoes and strawberries, bitter from the kale, sour from the lime, and a little bit more sour from the strawberries.

Next, I needed to balance for saltiness. I added two stalks of celery to the blender and tasted again. It was getting there, but needed a bit more salt. I added another stalk of celery, making three stalks in all.

The last taste to balance was pungent, also known as spicy. I sliced a 1 1/2 inch diameter piece of ginger about 1/8 inch thick and added it, along with about 1 teaspoon of dried mint.

It was delicious! I named the final recipe ***Green Mango Delight***.

The Taste Balancing Guide:

I recommend that you experiment in your own kitchen with these principles. Whenever you are trying to perfect a dish, ask yourself the following questions:

1. Is it sweet enough?
2. Is it salty enough?
3. Is it sour enough?
4. Is it bitter enough?
5. Is it spicy (flavorful, pungent) enough?

For each question that evokes a negative response, reflect upon what ingredient can be added that is consistent with the theme of the recipe that can provide the missing flavor. Consult the chart below. With practice, you will be making foods that cause everyone who tries it to exclaim, "Wow"!

Taste Balancing Flavor Chart

Sweet	Salty	Sour	Bitter	Pungent
Fresh, frozen, or dried fruit	Celtic sea salt	Lemon	Green leafy vegetables	Ginger
Red bell pepper	Olives	Lime	Green herbs	Mint
Carrots	Miso	Grapefruit	Cacao	All hot spices: cayenne, etc.
Tomatoes	Sea veggies, especially dulse	Apple cider vinegar		Indian spices: cumin, turmeric, coriander
Stevia, <i>Lakanto</i> , erythritol, zylitol, or honey if your blood sugars tolerate	Celery	Orange		Fresh or dried herbs
Beets	Sauerkraut			Jalapeno peppers
Sweet spices: cinnamon, cardamom				
Coconut water				

Starting Your Day with Hydration and Energy

Water is one of the easiest and most effective cleansing agents. We take it for granted because it's such a natural part of life, but hydration is worth giving your keen attention to if you're here to heal.

Water clears toxins which means if you're releasing weight without drinking enough water, the toxins recycle and get stored back in fat. SO you undermine your efforts when you fail to drink enough. If you're consuming mostly blended greens, your food naturally has a high water content so you may get away with drinking less. Let your body's detox symptoms guide you... if you're getting headaches and withdrawal, increase your hydration.

Here's a guide to help remind you to drink water throughout the day.

- Upon awakening
- 30 minutes after breakfast
- 30 minutes before lunch
- 30 minutes after lunch
- 30 minutes before dinner
- 30 minutes after dinner
- 30 minutes before exercise
- 30 minutes after exercise

Many people find the morning is the best time to start with hydration. If you're used to drinking coffee and starting your day with an energy kick, use the **Energy Drinks** in your **GREEN Cleanse Recipe Collection** for ideas. Adding chia seeds and some essential oils can make a real difference in establishing an effective and cleansing water habit.

Snack Attack Strategy

You're thinking about food. You're imagining something you know you shouldn't eat, but the craving is strong. You don't want to give in to it, but you also remember how important it is to stick to the detox plan!

This is why I created the snack attack strategy that you're about to learn:

Step 1: Tune into the sensation.

Where is it coming from? Does it start in your stomach? Your throat? Your brain? Is it a physical sensation or emotional?

Step 2: Differentiate hunger from thirst.

If you've determined that what you're experiencing is a physical sensation, it's time to differentiate hunger from thirst. The best way to do that is to take one or two 16 ounce glasses of water and drink them. You can add essential oils, flavor extracts or lemon juice to flavor your water. Drink a big glass of water and wait 30 minutes.

Step 3: Satisfy your hunger.

If you're still feeling hungry and the sensation is now stronger, you're really hungry and here are the steps you can take to satisfy your body's need for fuel without stressing your blood sugar handling mechanisms and adding inches to your waistline.

Below is a list of foods you can eat to hold you off until your next meal. They are listed **in order from most to least favorable for the benefit of a cleanse.**

Often the hunger stems from low nutrition, so the top three items on the list are extremely nutrient dense.

Snack Attack Approved Foods, in order of preference:

- A green smoothie or blended green soup
- *Green Water* made by blending green leafy vegetables (small handful) with a quart of water.
- Green juice without any fruit (the allowed exceptions are lemon or lime).
- *Chia Energy Drink* (or adding a small amount of *Chia Gel* to any of the smoothie/soup recipes)
- Water with 1 tablespoon green powder (plain or flavored with any combination of your choice of herbs, spices, flavor extracts, essential oils, and stevia)
- Water with 1 tablespoon green powder and 1 serving protein powder
- Vegetable sticks
- Vegetable sticks with a cleanse-friendly raw food dip (dairy-free, gluten-free, whole food – select recipes from the ***GREEN Cleanse Recipe Collection***)
- An ounce of raw seeds (i.e. pumpkin, sunflower)

How To Personalize Your Program

The key to success is personalizing this cleansing program to **suit your needs**. Some people prefer a rigid menu guideline; others prefer to pick and choose their meals and approach. Your results and your sense of ease with the approach will suggest what the best choice is for you.

If you are very new to cleansing and/or if your body is experiencing a great deal of detoxification and withdrawal symptoms, you may need to lighten and relax your approach.

That's okay!

The goal is not to put your body “through the wringer” and create more stress, but to *optimize **your** healing*. The ideal pace will be different for everyone. If you're a GREEN Cleanse program member and you're looking to maximize your results, you can benefit from Q&A opportunities on scheduled calls for strategies to minimize detoxification and reactions as we go through the program.

Choose the Cleansing option that feels right for you or mix and match to challenge yourself. You can complete this cleanse numerous times and gradually increase and improve your benefits by moving ever closer to the Deep Cleanse outline.

Refer to your ***GREEN Cleanse Program Guide*** for details about how to choose and mix and match the options that are right for you.

“Pick Your Own Recipes” (PYOR) Menu Outlines and Food Prep

If you're the type of person who likes to choose your own recipes, you'll benefit most by using the “PYOR” templates included with the Pre-Cleanse Week, Cleanse Week, and Post-Cleanse Week.

You can plan your schedule completely ahead of time or plan as you go, but you will have more success if you stay planned at least 3 – 4 days ahead to ensure you can shop and have recipes prepared.

Especially during the Pre-Cleanse and Post-Cleanse phases, some of the recipes you might be using involve the use of nuts which may need soaking. Also, if you're ambitious you may want to try growing your own sprouts (optional sprouting guidelines are provided with the Deep GREEN Cleanse menu plans) to make your salads or blended salads even more fresh and nutritious.

Print as many of the templates as you need and write in the recipes you think you'll enjoy. Keep notes about recipe tweaks, ingredient changes, and any effects from consuming the foods. The more you track your approach, the more you can evolve and improve your detox experience the next time you choose to cleanse.

Pre-Cleanse (PYOR): Day 1

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And/or (Choose as many as desired or use leftovers from previous meals): Breakfast Entrée (Regular or Low-Glycemic)
Lunch/ Dinner	Choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup and/or Sandwich Lunch/Dinner Entrée Other foods as usual
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dips, Paté, Spreads
Detox Goal	Reduce Caffeine: If you drink coffee or soft drinks, cut down by 25% and replace with green tea, hot or iced.

Pre-Cleanse (PYOR): Day 2

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And/or (Choose as many as desired or use leftovers from previous meals): Breakfast Entrée (Regular or Low-Glycemic)
Lunch/ Dinner	Choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup and/or Sandwich Lunch/Dinner Entrée Other foods as usual (except foods with sugar)
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dips, Paté, Spreads
Detox Goal	Eliminate Sugar: Avoid any foods that contain high fructose corn syrup, molasses, artificial sweetener, and all forms of sugar except fruit.

Pre-Cleanse (PYOR): Day 3

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
Lunch/ Dinner	Replace either your lunch or dinner meal with a green smoothie/blended drink Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup and/or Sandwich Lunch/Dinner Entrée
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dips, Paté, Spreads Other foods as usual (except foods with grains/sugar) – snack size
Detox Goal	Eliminate Bread: Stop eating bread and all processed grains. Reduce Caffeine: Cut back on coffee and soft drinks to 50% of customary intake.

Pre-Cleanse (PYOR): Day 4

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
Lunch/ Dinner	Replace either your lunch or dinner meal with a green smoothie/blended drink Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup and/or Sandwich Lunch/Dinner Entrée
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dips, Paté, Spreads Other foods from the “General Foods to Include” list
Detox Goal	Eliminate Dairy Products: You may substitute with Nut and Seed Milks during the pre- and post-cleanse phases if you desire alternatives.

Pre-Cleanse (PYOR): Day 5

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
Lunch/ Dinner	Replace either your lunch or dinner meal with a green smoothie/blended drink Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup and/or Sandwich Other foods from the “General Foods to Include” list
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables <i>Spinach Dip, Guacamole, or Salsa</i> (begin to reduce nut intake)
Detox Goal	Reduce Caffeine: Cut back on coffee and soft drinks to 75% of customary intake.

Pre-Cleanse (PYOR): Day 6

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
Lunch/ Dinner	Replace either your lunch or dinner meal with a green smoothie/blended drink Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup and/or Sandwich Other foods from the “General Foods to Include” list (begin to reduce nut intake)
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Spinach Dip, Guacamole, or Salsa (begin to reduce nut intake)
Detox Goal	Light Cleanse: Reduce all flesh foods. Standard Cleanse: Eliminate all flesh foods. Deep Cleanse: Eliminate all flesh foods.

Pre-Cleanse (PYOR): Day 7

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
Lunch/ Dinner	Replace either your lunch or dinner meal with a green smoothie/blended drink Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup Other foods from the “General Foods to Include” list (begin to reduce nut intake)
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dressings with No Fat for dips
Detox Goal	Eliminate Caffeine: Stop consumption of all coffee and soft drinks.

Pre-Cleanse Menu Plan: Day 1

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Buoyant Brassicas Juice Cherry Kale Kicker (Fruit) Coco Blue Green Smoothie (Low-Glycemic) Savory Smoothie (No Fruit) And/or (Choose as many as desired or use leftovers from previous meals): Apple Ginger Breakfast Medley (Regular or Low-Glycemic)
Lunch	Choose as many as desired (or use leftovers from previous meals): Kale Salad with Lime Sesame Marinade Other foods as usual
Dinner	Choose as many as desired (or use leftovers from previous meals): Creamy Jicama Chowder Spring Rolls Other foods as usual
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Broccoli Hummus
Detox Goal	Reduce Caffeine: If you drink coffee or soft drinks, cut down by 25% and replace with green tea, hot or iced.

Pre-Cleanse Menu Plan: Day 2

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Turbo-Charged Red Engine Juice Apple Cinnamon Green (Fruit) Parsley Delight (Low-Glycemic) Green Ginger Lemonade (No Fruit) And/or (Choose as many as desired or use leftovers from previous meals): Berries and Cream (Regular) or Blueberries and Cream (Low-Glycemic)
Lunch	Choose as many as desired (or use leftovers from previous meals): Green Slaw with Thai Dressing Other foods as usual (except foods with sugar)
Dinner	Choose as many as desired (or use leftovers from previous meals): Creamy Southwest Cauliflower Soup Tacos Other foods as usual (except foods with sugar)
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Creamy Nut Cheese
Detox Goal	Eliminate Sugar: Avoid any foods that contain high fructose corn syrup, molasses, artificial sweetener, and all forms of sugar except fruit.

Pre-Cleanse Menu Plan: Day 3

Breakfast	Within an hour of getting up: Chia Energy Drink: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Minty Coleslaw Detox Juice Juicy Ginger Green Cooler (Fruit) Tangy Blueberry Mint Green Smoothie (Low-Glycemic) A Parsley De-Parcher (No Fruit)
Lunch	Choose as many smoothies as desired (or use leftovers from previous meals): Lemony Mint Energy Drink Version 1 (Fruit) Lemony Mint Energy Drink Version 1 (Low-Glycemic) Basic Blended Salad (No Fruit) Add if desired BIG Salad with Ranch Avocado Dressing
Dinner	Note: Lunch and Dinner are interchangeable. Choose as many as desired (or use leftovers from previous meals): Rawvioli with Marinara Sauce Or Kitchen Sink Super Salad with Creamy Garlic Salad Dressing
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Creamy Nut Cheese Other foods as usual (except foods with grains/sugar) – snack size
Detox Goal	Eliminate Bread: Stop eating bread and all processed grains. Reduce Caffeine: Cut back on coffee and soft drinks to 50% of customary intake.

Pre-Cleanse Menu Plan: Day 4

Breakfast	Within an hour of getting up: Chia Energy Drink: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Cool as a Cucumber Juice Ritamarie's Tropical Temptation (Fruit) Sesame Chai Green Smoothie (Low-Glycemic) Spicy Tomato Green Energy Sipper (No Fruit)
Lunch	Choose as many smoothies as desired (or use leftovers from previous meals): Honey Dew Green (Fruit) Happy Hormones Blueberry Pomegranate Green Smoothie (Low-Glycemic) Ritamarie's Soup in a Glass (No Fruit) Add if desired BIG Salad with Green Goddess Dressing
Dinner	Note: Lunch and Dinner are interchangeable. Choose as many as desired (and/or include leftovers from previous meals): Cauliflower Nori Rolls And/or Horse Radish Coleslaw
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Spinach Dip Other foods from the "General Foods to Include" list
Detox Goal	Eliminate Dairy Products: You may substitute with Nut and Seed Milks during the pre- and post-cleanse phases if you desire alternatives.

Pre-Cleanse Menu Plan: Day 5

Breakfast	Within an hour of getting up: Green Chia Drink: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Hot Mama Liver Cleanser Juice Strawberry Green Smoothie (Fruit) Vanilla Blueberry Green Smoothie (Low-Glycemic) Spicy Soother (No Fruit)
Lunch	Choose as many smoothies as desired (or use leftovers from previous meals): Cherry Spinach Smoothie (Fruit) Spinach Arugula Smoothie (Low-Glycemic) Clean Out the Fridge Green Drink (No Fruit) Add if desired BIG Salad with Cucumber Dill Salad Dressing
Dinner	Note: Lunch and Dinner are interchangeable. Choose as many as desired (and/or include leftovers from previous meals): Coconut Curry Soup with Noodles And/or Bas-Avo-Cumber Salad
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Spinach Dip, Guacamole, or Salsa (begin to reduce nut intake) Other foods from the “General Foods to Include” list (limit nuts)
Detox Goal	Reduce Caffeine: Cut back on coffee and soft drinks to 75% of customary intake.

Pre-Cleanse Menu Plan: Day 6

Breakfast	Within an hour of getting up: Green Chia Drink: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Italian Juice Tropical Liver Cleanse (Fruit) Sunny Delight (Low-Glycemic) Simple Sunny Surprise (No Fruit)
Lunch	Choose as many smoothies as desired (or use leftovers from previous meals): Lime Mint Drink (Fruit) Lime Mint Drink (Low-Glycemic) Spicy Kale Drink (No Fruit) Add if desired BIG Salad with Creamy Garlic Salad Dressing
Dinner	Note: Lunch and Dinner are interchangeable. Choose as many as desired (and/or include leftovers from previous meals): Warm and Immune Boosting Vegetable Soup And/or Jerusalem Salad
Snacks	Choose as many smoothies as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Spinach Dip, Guacamole, or Salsa (begin to reduce nut intake) Other foods from the “General Foods to Include” list (limit nuts)
Detox Goal	Light Cleanse: Reduce all flesh foods. Standard Cleanse: Eliminate all flesh foods. Deep Cleanse: Eliminate all flesh foods.

Pre-Cleanse Menu Plan: Day 7

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Zucchini Energizer Juice Grapes and Greens Smoothie (Fruit) Creamy Kale Green Smoothie (Low-Glycemic) Cucumber Brassica Green Drink (No Fruit)
Lunch	Choose as many smoothies as desired (or use leftovers from previous meals): Cherry Pineapple Greens (Fruit) Apple Cinnamon Green Smoothie (Low-Glycemic) Tomato Pepper Green Drink (No Fruit) Add if desired BIG Salad with Avocado Spinach Dressing
Dinner	Note: Lunch and Dinner are interchangeable. Choose as many as desired (and/or include leftovers from previous meals): Orange Arugula Chipotle Bone Boosting Soup And/or Kale Salad with Kick
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Spinach Dip, Guacamole, or Salsa (begin to reduce nut intake) Other foods from the “General Foods to Include” list (limit nuts)
Detox Goal	Eliminate Caffeine: Stop consumption of all coffee and soft drinks.

Cleanse Week Menu Plans:

Light GREEN Cleanse

Foods to Eat and Avoid

Foods Recommended	Foods Not Recommended
• Green Smoothies/Blended Drinks (any recipes) • Green Soups (any recipes) • Fresh Fruit (oranges, bananas, apples, pears, etc. or low-glycemic choices) • Frozen Fruit (use in smoothies – ensure there is no added sugar i.e. berries and cherries) • Fresh Veggies (tomatoes, lettuce, celery, etc.) • Steamed Veggies, Beans, Greens (broccoli, boiled lentils, collard greens) • Green Powders (spirulina, chlorella, blue green algae, sea vegetables) • Green Leaf Stevia (use for sweetening) • Limited: Stir-fried or baked vegetables • Limited: Gluten-free grains such as brown rice, millet, teff, and quinoa • Limited: High fat foods - avocado, nuts, seeds, meat and poultry (naturally raised)	• Allergy Producing Foods (gluten, dairy, soy, corn, eggs, peanuts) • Artificial Colorings and Flavorings • Caffeine (coffee, black tea, soft drinks, etc.) • Dried Fruits and Fruit Powders • Processed Meats (cold cuts, commercially raised animal products, and farmed fish) • All Gluten Grains and Refined Foods • Salt • Sweets (high fructose corn syrup, molasses, artificial sweetener, and all forms of sugar except fresh fruit) • Cooked Foods (S.A.D.) • Unstable Oils (hydrogenated, trans fats, and all commercial oils) • All Types of Nuts/Fats/Oils – use only in small amounts (avocado; nuts; seeds; flax, coconut, olive oils; raw chocolate, etc.) Exception: Avocado or chia seed may be used in special cases of underweight and high energy needs.

Light Cleanse (PYOR): Days 1 - 7

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose recipes each day that will result in eating a variety of greens: Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Optional Additions: Salad and Dressing organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Dinner	Choose recipes each day that will result in eating a variety of greens: Soup and/or Sandwich Optional Additions: organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Dips, Paté, Spreads (be mindful to keep fat/nut intake minimal) Other foods from the “General Foods to Include” list

Light Cleanse Menu Plan: Day 1

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Blood Sugar Balancer Juice Tropical Ginger Vanilla (Fruit) Blueberry Arugula Smoothie (Low-Glycemic) Spicy Green Drink (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch Interchangeable with Dinner	Choose as many smoothies as desired (or use leftovers from previous meals): Cherry Berry Vanilla (Fruit) Blueberry Orange Mint Green Smoothie (Low-Glycemic) Spicy Salad Smoothie (No Fruit) Optional Additions: Colorful Coleslaw with Cilantro Lime Salad Dressing organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Italian Green Soup And/or "Noodles" with Marinara Sauce Optional Additions: organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Dips, Paté, Spreads (be mindful to keep fat/nut intake minimal)

Light Cleanse Menu Plan: Day 2

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Buoyant Brassicas Juice Green Mango Delight (Fruit) Coconut Spinach Arugula Smoothie (Low-Glycemic) Sunny Spice (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Scott's Surprise (Fruit) Hot and Sour Blueberry Green Smoothie (Low-Glycemic) Sweet and Spicy Vegetable Smoothie (No Fruit) Optional Additions: Kale Salad with Fat Free Italian Dressing organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Spicy Kale Soup And/or Spring Rolls Optional Additions: organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Dips, Paté, Spreads (be mindful to keep fat/nut intake minimal)

Light Cleanse Menu Plan: Day 3

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Cool as a Cucumber Juice Grapes and Kale (Fruit) Coconut Spinach Arugula Smoothie (Low-Glycemic) Savory Smoothie (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Cherry Vanilla Smoothie (Fruit) Lemony Mint Energy Drink Version 2 (Low-Glycemic) A Parsley De-Parcher (No Fruit) Optional Additions: BIG Salad with Creamy Garlic Salad Dressing organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Creamy Mexican Soup And/or Tacos with optional cooked black beans Optional Additions: organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Dips, Paté, Spreads (be mindful to keep fat/nut intake minimal)

Light Cleanse Menu Plan: Day 4

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Turbo-Charged Red Engine Juice Kale Tang (Fruit) Coconut Spinach Arugula Smoothie (Low-Glycemic) Green Ginger Lemonade (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Cherry Peach Green Smoothie (Fruit) Sour and Wild Green Smoothie (Low-Glycemic) Spicy Tomato Green Energy Sipper (No Fruit) Optional Additions: BIG Salad with Detox Friendly “On the Fly” Salad and Meal Toppings (your choice) organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Very Very Dark Green Soup And/or Basic and Balanced Raw Food Sandwich (jicama) Optional Additions: organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Dips, Paté, Spreads (be mindful to keep fat/nut intake minimal)

Light Cleanse Menu Plan: Day 5

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Minty Coleslaw Detox Juice Green Grapefruit Smoothie (Fruit) Coco Blue Green Smoothie (Low-Glycemic) Basic Blended Salad (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Ginger Lime Delight (Fruit) Lemony Mint Energy Drink Version 3 (Low-Glycemic) Simple Sunny Surprise (No Fruit) Optional Additions: Sprout Salad with "Honey" Mustard Dressing organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Creamy Curried Broccoli Soup And/or Creamy Cabbage Rolls Optional Additions: organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Dips, Paté, Spreads (be mindful to keep fat/nut intake minimal)

Light Cleanse Menu Plan: Day 6

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Zucchini Energizer Juice Pineapple Banana Green Smoothie (Fruit) Spicy Mint Blueberry Spinach Smoothie (Low-Glycemic) Ritamarie's Soup in a Glass (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Pineapple Kale Cauli-Cooler (Fruit) Parsley Delight (Low-Glycemic) Spicy Soother (No Fruit) Optional Additions: Sprout Salad with Sweet Onion Mustard Dressing organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Maureen's Asian Delight Soup And/or Spring Rolls Optional Additions: organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Dips, Paté, Spreads (be mindful to keep fat/nut intake minimal)

Light Cleanse Menu Plan: Day 7

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Hot Mama Liver Cleanse Juice Spicy Mango Smoothie (Fruit) Apple Cinnamon Green Smoothie (Low-Glycemic) Spicy Kale Drink (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose as many as desired (or use leftovers from previous meals): Tropical Green Smoothie (Fruit) Tangy Blueberry Mint Green Smoothie (Low-Glycemic) Clean Out the Fridge Green Drink (No Fruit) Optional Additions: Kale Salad with Tomato Basil Dressing organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Southwest Vegetable Soup And/or Basic and Balanced Raw Food Sandwich (red pepper boat) Optional Additions: organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (your choice) Fresh Fruit and/or Vegetables Dips, Paté, Spreads (be mindful to keep fat/nut intake minimal)

Cleanse Week Menu Plans: Standard GREEN Cleanse

Foods to Eat and Avoid

Foods Recommended	Foods Not Recommended
• Green Smoothies/Blended Drinks (recipes from Cleanse Week – omit optional nuts, avocado, and fats) • Green Soups (recipes from Cleanse Week – omit optional nuts, avocado, and fats) • Fresh Fruit (oranges, bananas, apples, pears, etc. or low-glycemic choices) • Frozen Fruit (use in smoothies – ensure there is no added sugar i.e. berries and cherries) • Fresh Veggies (tomatoes, lettuce, celery, etc.) • Green Powders (spirulina, chlorella, blue green algae, sea vegetables) • Green Leaf Stevia (use for sweetening)	• Allergy Producing Foods (gluten, dairy, soy, corn, eggs, peanuts) • Artificial Colorings and Flavorings • Caffeine (coffee, black tea, soft drinks, etc.) • Dried Fruits and Fruit Powders • All Flesh Foods • All Grains and Refined Foods • Salt • Sweets (high fructose corn syrup, molasses, artificial sweetener, and all forms of sugar except fresh fruit) • Cooked Foods • Unstable Oils (hydrogenated, trans fats, and all commercial oils) • All Types of Nuts/Fats/Oils – use only in small amounts (avocado; nuts; seeds; flax, coconut, olive oils; raw chocolate, etc.) Exception: Avocado or chia seed may be used in special cases of underweight and high energy needs.

Standard Cleanse (PYOR): Days 1 - 7

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose recipes each day that will result in eating a variety of greens: Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Optional Additions: Salad (low/no fat) and Dressing (low/no fat) steamed greens/vegetables
Dinner	Choose recipes each day that will result in eating a variety of greens: Soup (low/no fat) Optional Additions: steamed greens/vegetables (if needed – blended food preferred) *There is no limit to the amount of blended greens/soup you can consume. Make enough dinner (one or two different recipes) to avoid being hungry.
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Fruit and/or Vegetables Spinach Dip or Tomatilla/Tomato Salsa (be mindful to keep fat intake minimal) Other foods from the “General Foods to Include” list

Standard Cleanse Menu Plan: Day 1

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Blood Sugar Balancer Juice Tropical Ginger Vanilla (Fruit) Blueberry Arugula Smoothie (Low-Glycemic) Spicy Green Drink (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch Interchangeable with Dinner	Choose as many smoothies as desired (or use leftovers from previous meals): Cherry Berry Vanilla (Fruit) Blueberry Orange Mint Green Smoothie (Low-Glycemic) Spicy Salad Smoothie (No Fruit) Optional Additions: Colorful Coleslaw with Cilantro Lime Salad Dressing steamed greens/vegetables
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Italian Green Soup Optional Additions: steamed greens/vegetables (if needed – blended food preferred)
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Fruit and/or Vegetables Spinach Dip or Tomatilla/Tomato Salsa (be mindful to keep fat intake minimal)

Standard Cleanse Menu Plan: Day 2

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Buoyant Brassicas Juice Green Mango Delight (Fruit) Coconut Spinach Arugula Smoothie (Low-Glycemic) Sunny Spice (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Scott's Surprise (Fruit) Hot and Sour Blueberry Green Smoothie (Low-Glycemic) Sweet and Spicy Vegetable Smoothie (No Fruit) Optional Additions: Kale Salad with Fat Free Italian Dressing steamed greens/vegetables (if needed – blended food preferred)
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Spicy Kale Soup Optional Additions: steamed greens/vegetables (if needed – blended food preferred)
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Fruit and/or Vegetables Spinach Dip or Tomatilla/Tomato Salsa (be mindful to keep fat intake minimal)

Standard Cleanse Menu Plan: Day 3

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Cool as a Cucumber Juice Grapes and Kale (Fruit) Coconut Spinach Arugula Smoothie (Low-Glycemic) Savory Smoothie (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Cherry Vanilla Smoothie (Fruit) Lemony Mint Energy Drink Version 2 (Low-Glycemic) A Parsley De-Parcher (No Fruit) Optional Additions: BIG Salad with Garlic Dill Salad Dressing steamed greens/vegetables (if needed – blended food preferred)
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Creamy Mexican Soup Optional Additions: steamed greens/vegetables (if needed – blended food preferred)
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Fruit and/or Vegetables Spinach Dip or Tomatilla/Tomato Salsa (be mindful to keep fat intake minimal)

Standard Cleanse Menu Plan: Day 4

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Turbo-Charged Red Engine Juice Kale Tang (Fruit) Coconut Spinach Arugula Smoothie (Low-Glycemic) Green Ginger Lemonade (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Cherry Peach Green Smoothie (Fruit) Sour and Wild Green Smoothie (Low-Glycemic) Spicy Tomato Green Energy Sipper (No Fruit) Optional Additions: BIG Salad with Detox Friendly “On the Fly” Salad and Meal Toppings (your choice) steamed greens/vegetables (if needed – blended food preferred)
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Very Very Dark Green Soup Optional Additions: steamed greens/vegetables (if needed – blended food preferred)
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Fruit and/or Vegetables Spinach Dip or Tomatilla/Tomato Salsa (be mindful to keep fat intake minimal)

Standard Cleanse Menu Plan: Day 5

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Minty Coleslaw Detox Juice Green Grapefruit Smoothie (Fruit) Coco Blue Green Smoothie (Low-Glycemic) Basic Blended Salad (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Ginger Lime Delight (Fruit) Lemony Mint Energy Drink Version 3 (Low-Glycemic) Simple Sunny Surprise (No Fruit) Optional Additions: Sprout Salad with "Honey" Mustard Dressing steamed greens/vegetables (if needed – blended food preferred)
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Creamy Curried Broccoli Soup Optional Additions: steamed greens/vegetables (if needed – blended food preferred)
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Fruit and/or Vegetables Spinach Dip or Tomatilla/ Tomato Salsa (be mindful to keep fat intake minimal)

Standard Cleanse Menu Plan: Day 6

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Zucchini Energizer Juice Pineapple Banana Green Smoothie (Fruit) Spicy Mint Blueberry Spinach Smoothie (Low-Glycemic) Ritamarie's Soup in a Glass (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Pineapply Kale Cauli-Cooler (Fruit) Parsley Delight (Low-Glycemic) Spicy Soother (No Fruit) Optional Additions: Sprout Salad with Sweet Onion Mustard Dressing steamed greens/vegetables (if needed – blended food preferred)
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Maureen's Asian Delight Soup Optional Additions: steamed greens/vegetables (if needed – blended food preferred)
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Fruit and/or Vegetables Spinach Dip or Tomatilla/Tomato Salsa (be mindful to keep fat intake minimal)

Standard Cleanse Menu Plan: Day 7

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Hot Mama Liver Cleanse Juice Spicy Mango Smoothie (Fruit) Apple Cinnamon Green Smoothie (Low-Glycemic) Spicy Kale Drink (No Fruit)
	Replace either your lunch or dinner meal with a green smoothie/blended drink
Lunch <i>Interchangeable with Dinner</i>	Choose as many as desired (or use leftovers from previous meals): Tropical Green Smoothie (Fruit) Tangy Blueberry Mint Green Smoothie (Low-Glycemic) Clean Out the Fridge Green Drink (No Fruit) Optional Additions: Kale Salad with Tomato Basil Dressing steamed greens/vegetables (if needed – blended food preferred)
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Southwest Vegetable Soup Optional Additions: steamed greens/vegetables (if needed – blended food preferred)
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Fruit and/or Vegetables Spinach Dip or Tomatilla/Tomato Salsa (be mindful to keep fat intake minimal)

Cleanse Week Menu Plans: Deep GREEN Cleanse

Foods to Eat and Avoid

Foods Recommended	Foods Not Recommended
• Green Smoothies/Blended Drinks (recipes from Cleanse Week – omit optional nuts, avocado, and fats) • Green Soups (recipes from Cleanse Week – omit optional nuts, avocado, and fats) • Fresh Fruit (oranges, bananas, apples, pears, etc. or low-glycemic choices) • Frozen Fruit (use in smoothies – ensure there is no added sugar i.e. berries and cherries) • Fresh Veggies (tomatoes, lettuce, celery, etc.) • Green Powders (spirulina, chlorella, blue green algae, sea vegetables) • Wheat Grass Juice (optional) • Fresh Sprouts/Microgreens (optional) • Green Leaf Stevia (use for sweetening)	• Allergy Producing Foods (gluten, dairy, soy, corn, eggs, peanuts) • Artificial Colorings and Flavorings • Caffeine (coffee, black tea, soft drinks, etc.) • Dried Fruits and Fruit Powders • All Flesh Foods • All Grains and Refined Foods • Salt • Sweets (high fructose corn syrup, molasses, artificial sweetener, and all forms of sugar except fresh fruit) • Cooked Foods • Unstable Oils (hydrogenated, trans fats, and all commercial oils) • All Types of Nuts/Fats/Oils – use only in small amounts (avocado; nuts; seeds; flax, coconut, olive oils; raw chocolate, etc.) Exception: Avocado or chia seed may be used in special cases of underweight and high energy needs.

Deep Cleanse (PYOR): Days 1 - 7

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
	Replace both lunch and dinner with green smoothies, blended drinks and/or soups
Lunch <i>Interchangeable with Dinner</i>	Choose recipes each day that will result in eating a variety of greens: Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) *There is no limit to the amount of blended greens/soup you can consume. Make enough dinner (one or two different recipes) to avoid being hungry.
Dinner	Choose recipes each day that will result in eating a variety of greens: Soup (no fat) *There is no limit to the amount of blended greens/soup you can consume. Make enough dinner (one or two different recipes) to avoid being hungry.
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any no fat - your choice) Fresh Green Juice

Deep Cleanse Menu Plan: Day 1

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Blood Sugar Balancer Juice Tropical Ginger Vanilla (Fruit) Blueberry Arugula Smoothie (Low-Glycemic) Spicy Green Drink (No Fruit)
	Replace both lunch and dinner with green smoothies, blended drinks and/or soups
Lunch Interchangeable with Dinner	Choose as many smoothies as desired (or use leftovers from previous meals): Cherry Berry Vanilla (Fruit) Blueberry Orange Mint Green Smoothie (Low-Glycemic) Spicy Salad Smoothie (No Fruit) *There is no limit to the amount of blended greens/soup you can consume. Make enough lunch (one or two different recipes) to avoid being hungry.
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Italian Green Soup *There is no limit to the amount of blended greens/soup you can consume. Make enough dinner (one or two different recipes) to avoid being hungry.
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Green Juice Wheat Grass Juice (optional)

Deep Cleanse Menu Plan: Day 2

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Buoyant Brassicas Juice Green Mango Delight (Fruit) Coconut Spinach Arugula Smoothie (Low-Glycemic) Sunny Spice (No Fruit)
	Replace both lunch and dinner with green smoothies, blended drinks and/or soups
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Scott's Surprise (Fruit) Hot and Sour Blueberry Green Smoothie (Low-Glycemic) Sweet and Spicy Vegetable Smoothie (No Fruit) *There is no limit to the amount of blended greens/soup you can consume. Make enough lunch (one or two different recipes) to avoid being hungry.
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Spicy Kale Soup *There is no limit to the amount of blended greens/soup you can consume. Make enough dinner (one or two different recipes) to avoid being hungry.
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Green Juice Wheat Grass Juice (optional)

Deep Cleanse Menu Plan: Day 3

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Cool as a Cucumber Juice Grapes and Kale (Fruit) Coconut Spinach Arugula Smoothie (Low-Glycemic) Savory Smoothie (No Fruit)
	Replace both lunch and dinner with green smoothies, blended drinks and/or soups
Lunch Interchangeable with Dinner	Choose as many smoothies as desired (or use leftovers from previous meals): Cherry Vanilla Smoothie (Fruit) Lemony Mint Energy Drink Version 2 (Low-Glycemic) A Parsley De-Parcher (No Fruit) *There is no limit to the amount of blended greens/soup you can consume. Make enough lunch (one or two different recipes) to avoid being hungry.
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Creamy Mexican Soup *There is no limit to the amount of blended greens/soup you can consume. Make enough dinner (one or two different recipes) to avoid being hungry.
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Green Juice Wheat Grass Juice (optional)

Deep Cleanse Menu Plan: Day 4

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Turbo-Charged Red Engine Juice Kale Tang (Fruit) Coconut Spinach Arugula Smoothie (Low-Glycemic) Green Ginger Lemonade (No Fruit)
	Replace both lunch and dinner with green smoothies, blended drinks and/or soups
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Cherry Peach Green Smoothie (Fruit) Sour and Wild Green Smoothie (Low-Glycemic) Spicy Tomato Green Energy Sipper (No Fruit) *There is no limit to the amount of blended greens/soup you can consume. Make enough lunch (one or two different recipes) to avoid being hungry.
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Very Very Dark Green Soup *There is no limit to the amount of blended greens/soup you can consume. Make enough dinner (one or two different recipes) to avoid being hungry.
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Green Juice Wheat Grass Juice (optional)

Deep Cleanse Menu Plan: Day 5

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Minty Coleslaw Detox Juice Green Grapefruit Smoothie (Fruit) Coco Blue Green Smoothie (Low-Glycemic) Basic Blended Salad (No Fruit)
	Replace both lunch and dinner with green smoothies, blended drinks and/or soups
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Ginger Lime Delight (Fruit) Lemony Mint Energy Drink Version 3 (Low-Glycemic) Simple Sunny Surprise (No Fruit) *There is no limit to the amount of blended greens/soup you can consume. Make enough lunch (one or two different recipes) to avoid being hungry.
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Creamy Curried Broccoli Soup *There is no limit to the amount of blended greens/soup you can consume. Make enough dinner (one or two different recipes) to avoid being hungry.
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Green Juice Wheat Grass Juice (optional)

Deep Cleanse Menu Plan: Day 6

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Zucchini Energizer Juice Pineapple Banana Green Smoothie (Fruit) Spicy Mint Blueberry Spinach Smoothie (Low-Glycemic) Ritamarie's Soup in a Glass (No Fruit)
	Replace both lunch and dinner with green smoothies, blended drinks and/or soups
Lunch <i>Interchangeable with Dinner</i>	Choose as many smoothies as desired (or use leftovers from previous meals): Pineapple Kale Cauli-Cooler (Fruit) Parsley Delight (Low-Glycemic) Spicy Soother (No Fruit) *There is no limit to the amount of blended greens/soup you can consume. Make enough lunch (one or two different recipes) to avoid being hungry.
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Maureen's Asian Delight Soup *There is no limit to the amount of blended greens/soup you can consume. Make enough dinner (one or two different recipes) to avoid being hungry.
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Green Juice Wheat Grass Juice (optional)

Deep Cleanse Menu Plan: Day 7

Breakfast	Within an hour of getting up: Gut Rejuvenator A.M. Starter: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Hot Mama Liver Cleanse Juice Spicy Mango Smoothie (Fruit) Apple Cinnamon Green Smoothie (Low-Glycemic) Spicy Kale Drink (No Fruit)
	Replace both lunch and dinner with green smoothies, blended drinks and/or soups
Lunch <i>Interchangeable with Dinner</i>	Choose as many as desired (or use leftovers from previous meals): Tropical Green Smoothie (Fruit) Tangy Blueberry Mint Green Smoothie (Low-Glycemic) Clean Out the Fridge Green Drink (No Fruit) *There is no limit to the amount of blended greens/soup you can consume. Make enough lunch (one or two different recipes) to avoid being hungry.
Dinner	Choose as many as desired (and/or include leftovers from previous meals): Southwest Vegetable Soup *There is no limit to the amount of blended greens/soup you can consume. Make enough dinner (one or two different recipes) to avoid being hungry.
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie, Blended Drinks, Soups (any low/no fat - your choice) Fresh Green Juice Wheat Grass Juice (optional)

Deep Cleanse Sprouting & Wheatgrass Guide

8 Tips to Growing Healthy, Long-Lasting Sprouts

1. **Seeds:** Choose organic seeds. Store dormant seeds in clear glass jars (frozen, refrigerated, or at room temperature). Soaking seeds ends their dormancy stage and begins a new life. It turns a dormant seed into a nutritional powerhouse.
2. **Water:** Use chlorine-free pure water. Rule of thumb for figuring out your water to seed ratio: 3 - 4 times water to seeds. Given proper moisture, the seeds will germinate.
3. **Rinsing:** Rinse well by swirling the jar. The key here is to keep sprouting seeds moist. Rinse 2 - 3 times daily depending on how warm it is in your area.
4. **Drain:** It is essential to drain seeds thoroughly after rinsing. Sitting in a puddle is the most common cause of “crop failure”.
5. **Air Circulation:** Be sure the spouts don’t completely cover the opening of the mesh so they can “breathe” while growing; otherwise, they may suffocate. Also don’t put them in a closed cabinet.
6. **Hull:** Place sprouts in bowl with water, remove hulls then “green” your leafy sprouts by placing in indirect sunlight in a windowsill.
7. **Cleanliness:** Your sprouting meshes, jars, etc., should be sterile. Wash in between uses with lemon juice, vinegar, or non-chlorine bleach.
8. **Storage:** Properly stored, fresh sprouts will keep for up to 6 weeks in your refrigerator. Never refrigerate wet sprouts.

The Extras that Make a Difference:

- Talk to your sprouts, sing to them, or play classical music and be sure to give them lots of LOVE!
- Remind yourself often: “Eat More Sprouts! Grow More Often!”
- Be sure to use the hulling process on store bought sprouts to increase their vitality and extend their shelf life.

Sprouting Chart

Seed, Nut or Grain	Dry Amount	Soaking Time	Sprouting Time	Sprouted Yield
Alfalfa Seeds <i>(requires soil or sprouting pad)</i>	1/4 Cup	5 Hours	4-5 Days - on the last day place in direct sunlight to allow the sprouts to "green."	5 Cups
Almonds	1 Cup	8-10 Hours	Do not sprout, only soak	2 Cups
Barley	1 Cup	6 Hours	12-24 Hours	2 Cups
Lentils	1/2 Cup	8 Hours or Overnight	2-3 Days	3 Cups
Garbanzo Beans	1 Cup	12 Hours or Overnight	1-2 Days	3 Cups
Mung Beans	1/2 Cup	8 Hours or Overnight	3 Days	3 Cups
Pumpkin Seeds	1 Cup	6 Hours	1 Day	2 Cups
Quinoa	1 Cup	3 Hours	1-2 Days	3 Cups
Sesame Seeds (Hulled Only)	1 Cup	4 Hours	1 Day	1 Cup
Spelt	1 Cup	6 Hours	1-2 Days	3 Cups
Sunflower Seeds	1 Cup	6 Hours	1 Day	2 Cups
Wheat Berries, <i>Hard or Soft</i>	1 Cup	8 Hours or Overnight	2 Days	3 Cups

These are only a few of the more common products to sprout. Be adventurous and sprout something different too. That's part of the beauty of eating living foods - there's life in it all, you just have to find the ones that suit you best.

How to Grow Green Leafy Living Sprouts

Ingredients:

- 2 tablespoons alfalfa seeds
- 2 tablespoons clover seeds
- 2 tablespoons fenugreek seeds
- 2 tablespoons radish seeds
- (or a mixture)

Directions:

1. Soak the seeds overnight (6 - 8 hours) in a quart size glass jar, using a mesh cover and a rubber band. After the initial 6 hours, drain, and rinse well.
2. Sprout for 5 - 6 days, rinsing and draining twice a day. In hotter climates rinse and drain 3 - 4 times per day.
3. Two days prior to harvesting, place the sprouts in a large bowl of water to loosen the empty hulls. Drain off the hulls and water placing the hulled sprouts back in the jar and reattach the screen.
4. Green the sprouts by placing them near a window so they receive indirect sunlight.
5. Continue to rinse and drain the sprouts twice a day. Be sure to leave inverted so they drain well.
6. To harvest: When the sprouts are dry, store them in a glass jar in the refrigerator, rinsing and draining them every couple of days as needed to extend their life.
7. To extend shelf life and to green store-bought sprouts, do step 3 - 6.

Benefits of Wheatgrass Juice

*Excerpts from **The Wheatgrass Book** by Ann Wigmore*

You can use wheatgrass juice to:

- increase red blood-cell count and lower blood pressure.
- powerfully detoxify, and to protect your liver and blood. It cleanses the blood, organs, and gastrointestinal tract of debris. Wheatgrass juice also neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride.
- stimulate metabolism and the body's enzyme systems by enriching the blood.
- reduce blood pressure by dilating the blood pathways throughout the body.
- stimulate the thyroid gland.
- restore alkalinity to the blood. The juice's abundance of alkaline minerals helps reduce over-acidity in the blood.
- relieve many internal pains. Wheatgrass juice has been used successfully to treat peptic ulcers, ulcerative colitis, constipation, diarrhea, and other complaints of the gastrointestinal tract.
- to powerfully fight tumors without the usual toxicity of drugs that also inhibit cell-destroying agents.
- absorb many beneficial enzymes.
- reverse damage from inside the lower bowel when used as a rectal implant. An implant is a small amount of juice held in the lower bowel for about 20 minutes. In the case of illness, wheatgrass implants stimulate a rapid cleansing of the lower bowel and draw out accumulations of debris.
- help eliminate itching almost immediately when applied externally to the skin.
- soothe sunburned skin and act as a disinfectant. Rubbed into the scalp before a shampoo, it will help mend damaged hair and alleviate itchy, scaly, scalp conditions.
- soothe and heal cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores, open ulcers, tumors, and so on. Use as a poultice and replace every two to four hours.

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- help as a sleep aide. Place a tray of living wheatgrass near the head of your bed. It will enhance the oxygen in the air and generate healthful, negative ions to help you sleep more soundly.
- sweeten your breath and firm up and tighten your gums. Just gargle with the juice.
- offer the benefits of a liquid oxygen transfusion since the juice contains liquid oxygen. Oxygen is vital to many body processes: it stimulates digestion (the oxidation of food), promotes clearer thinking (the brain utilizes 25% of the body's oxygen supply), and protects the blood against anaerobic bacteria. Cancer cells cannot exist in the presence of oxygen.
- turn gray hair to its natural color again and greatly increase energy levels when consumed daily.
- lessens the effects of radiation. One enzyme found in wheatgrass, SOD, lessens the effects of radiation and acts as an anti-inflammatory compound that may prevent cellular damage following heart attacks or exposure to irritants.
- restores fertility and promotes youthfulness.
- double your red blood cell count just by soaking in it. Renowned nutritionist Dr. Bernard Jensen in his book, ***Health Magic Through Chlorophyll from Living Plant Life***, mentions several cases where he was able to double the red blood cell count in a matter of days merely by having patients soak in a chlorophyll-water bath.

Hot to Grow Wheatgrass

Ingredients:

- 1 1/4 cups hard red winter wheat berries

Directions:

1. Soak the winter wheat berries overnight 8 - 12 hours. After the initial soak, rinse and drain well.
2. Sprout the wheat berries for 1 - 2 days, rinsing and draining two or three times per day (rinse more frequently in warmer climates). The tails on the sprouts should be about 1/4 inch long when they are ready for planting.
3. Spread approximately 5 cups of potting soil evenly in an 11 by 17 inch tray. Distribute the sprouted wheat evenly over the soil, half an inch from the edges. Water the trays generously with 2 to 3 cups of water.
4. Place another tray on top, and put the planted wheat berries aside for 2 - 3 days. When the grass has pushed up the covering tray, remove it.
5. Place the grass in indirect sunlight and water it twice daily.
6. Begin harvesting your grass after 6 - 8 days when the grass has grown to about 6 inches and the blades begin to split at the bottom.

Personal Note: You can also purchase wheatgrass flats from your local health food store or contact a local juicing company to find out who they buy their grass from.

Post-Cleanse (PYOR): Day 1

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
Lunch/ Dinner	Replace either your lunch or dinner meal with a green smoothie/blended drink Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup Other foods from the “General Foods to Include” list
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dressings with No Fat for dips
Building on Success	Staying off caffeine: Now that you’ve begun to boost your energy naturally through the cleansing effects of a break and nutritious food, you can continue to increase your energy with tips and tricks you’ll find in my free e-book, “Jumpstart Your Energy” available here: http://www.JumpstartYourEnergy.com

Post-Cleanse (PYOR): Day 2

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
Lunch/ Dinner	Replace either your lunch or dinner meal with a green smoothie/blended drink Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup and/or Sandwich Other foods from the “General Foods to Include” list
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables <i>Spinach Dip, Guacamole, or Salsa</i>
Building on Success	Consider a gluten-free diet: It's not just people with Celiac disease who are benefiting from gluten-free diets. If you want to learn why going off gluten for good might be the best decision you've ever made for yourself, access a free kit of information and recipes here: http://www.GlutenFreeVibrantHealth.com

Post-Cleanse (PYOR): Day 3

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
Lunch/ Dinner	Replace either your lunch or dinner meal with a green smoothie/blended drink Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup and/or Sandwich Other foods from the “General Foods to Include” list
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables <i>Spinach Dip, Guacamole, or Salsa</i>
Building on Success	Use food to fight pain and inflammation: As you can see from a cleanse, foods like leafy greens are powerful healers. Once you know which foods heal and which foods hurt, you can begin to free your body from the aches, pains, and inflammation that keep you from being your best. Click below to access free recipes and an anti-inflammatory food chart: http://www.EatYourWayOutOfPain.com

Post-Cleanse (PYOR): Day 4

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
Lunch/ Dinner	Replace either your lunch or dinner meal with a green smoothie/blended drink Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup and/or Sandwich Lunch/Dinner Entrée
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dips, Paté, Spreads Other foods from the “General Foods to Include” list
Building on Success	Get a grip on comfort food cravings: One of the biggest obstacles most people face when trying to maintain better lifestyle choices is the feeling of “giving up” or losing their favorite foods. All you need are the right tools and recipes to teach you how you can make comfort foods that nourish you rather than deplete you and keep you stuck in a vicious cycle of cravings, unwanted weight gain, and ill health. Access a free e-course and recipes: http://www.DriedAndGoneToHeaven.com

Post-Cleanse (PYOR): Day 5

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit)
Lunch/ Dinner	Replace either your lunch or dinner meal with a green smoothie/blended drink Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup and/or Sandwich Lunch/Dinner Entrée
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dips, Paté, Spreads Other foods as desired
Building on Success	Say bye-bye to belly fat, brain fog, and burn out: Our modern world is full of convenience and easy eating; however, much of the food being eaten these days is contributing to weight gain, lack of mental focus, and chronic fatigue. What most people don't know is that at the root of all those issues is a common imbalance. Discover how to rid yourself of this imbalance in a free video series called "Bye-Bye Belly Fat, Brain Fog, and Burn Out!" below: http://www.ByeByeB4.com

Post-Cleanse (PYOR): Day 6

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And/or (Choose as many as desired or use leftovers from previous meals): Breakfast Entrée (Regular or Low-Glycemic)
Lunch/ Dinner	Choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup and/or Sandwich Lunch/Dinner Entrée Other foods as desired
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dips, Paté, Spreads
Building on Success	Stay up to date on Dr. Ritamarie's latest research and programs (interviews): Each week, Dr. Ritamarie hosts a free radio program that you can catch for advice on natural health topics and vibrant living ideas. All the radio programs are recorded, and you can download the Mp3 recordings to save and listen to any time. Click here to listen in: http://www.DrRitamarieRadio.com

Post-Cleanse (PYOR): Day 7

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: Fresh Green Juice and/or Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And/or (Choose as many as desired or use leftovers from previous meals): Breakfast Entrée (Regular or Low-Glycemic)
Lunch/ Dinner	Choose as many as desired (or use leftovers from previous meals): Salad and Dressing Soup and/or Sandwich Lunch/Dinner Entrée Other foods as desired
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dips, Paté, Spreads
Building on Success	Stay up to date on Dr. Ritamarie's latest research and programs (blog): The Fresh n' Fun Living blog contains free advice and articles on natural health topics and gluten-free, raw food recipe ideas. You'll find an archive of past articles and research: http://www.FreshAndFunBlog.com

Post-Cleanse Menu Plan: Day 1

Breakfast	Within an hour of getting up: Chia Energy Drink: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Italian Juice Lemony Mint Energy Drink Version 2 (Fruit) Vanilla Blueberry Green Smoothie (Low-Glycemic) Sunny Spice (No Fruit)
Lunch/ Dinner	Choose as many smoothies as desired (or use leftovers from previous meals): Pineapple Cherry Blueberry Green Smoothie (Fruit) Lime Mint Drink (Low-Glycemic) Cucumber Brassica Green Drink (No Fruit) And choose as many as desired (or use leftovers from previous meals): Kale Salad with Kick Thai Coconut Curry Soup Other foods from the “General Foods to Include” list
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Spinach Dip, Guacamole, or Salsa
Building on Success	Staying off caffeine: Now that you’ve begun to boost your energy naturally through the cleansing effects of a break and nutritious food, you can continue to increase your energy with tips and tricks you’ll find in my free e-book, “Jumpstart Your Energy” available here: http://www.JumpstartYourEnergy.com

Post-Cleanse Menu Plan: Day 2

Breakfast	Within an hour of getting up: Chia Energy Drink: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Blood Sugar Balancer Juice Cherry Kale Kicker (Fruit) Sesame Chai Green Smoothie (Low-Glycemic) Spicy Green Drink (No Fruit)
Lunch/ Dinner	Choose as many smoothies as desired (or use leftovers from previous meals): Lime Mint Drink (Fruit) Creamy Kale Green Smoothie (Low-Glycemic) Tomato Pepper Green Drink (No Fruit) And choose as many as desired (or use leftovers from previous meals): Arugula Slaw Orange Arugula Chipotle Bone Boosting Soup and/or Spring Rolls Other foods from the “General Foods to Include” list
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Spinach Dip, Guacamole, or Salsa
Building on Success	Consider a gluten-free diet: It's not just people with Celiac disease who are benefiting from gluten-free diets. If you want to learn why going off gluten for good might be the best decision you've ever made for yourself, access a free kit of information and recipes here: http://www.GlutenFreeVibrantHealth.com

Post-Cleanse Menu Plan: Day 3

Breakfast	Within an hour of getting up: Chia Energy Drink: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Hot Mama Liver Cleanser Juice Cherry Spinach Smoothie (Fruit) Coconut Spinach Arugula Smoothie (Low-Glycemic) Sweet and Spicy Vegetable Smoothie (No Fruit)
Lunch/ Dinner	Choose as many smoothies as desired (or use leftovers from previous meals): Tropical Liver Cleanse (Fruit) Sunny Delight (Low-Glycemic) Spicy Kale Drink (No Fruit) And choose as many as desired (or use leftovers from previous meals): Cauliflower Radish Salad Creamy Vegetable Soup and/or Creamy Cabbage Rolls Other foods from the “General Foods to Include” list
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Spinach Dip, Guacamole, or Salsa
Building on Success	Use food to fight pain and inflammation: As you can see from a cleanse, foods like leafy greens are powerful healers. Once you know which foods heal and which foods hurt, you can begin to free your body from the aches, pains, and inflammation that keep you from being your best. Click below to access free recipes and an anti-inflammatory food chart: http://www.EatYourWayOutOfPain.com

Post-Cleanse Menu Plan: Day 4

Breakfast	Within an hour of getting up: Chia Energy Drink: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Minty Coleslaw Detox Juice Ritamarie's Tropical Temptation (Fruit) Blueberry Orange Mint Green Smoothie (Low-Glycemic) Spicy Salad Smoothie (No Fruit)
Lunch/ Dinner	Choose as many smoothies as desired (or use leftovers from previous meals): Scott's Surprise (Fruit) Lemony Mint Energy Drink Version 1 (Low-Glycemic) A Parsley De-Parcher (No Fruit) And choose as many as desired (or use leftovers from previous meals): BIG Salad and Ranch Avocado Dressing Green Gazpacho and/or Basic and Balanced Raw Food Sandwich (tomato)
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dips, Paté, Spreads (your choice) Other foods from the "General Foods to Include" list
Building on Success	Get a grip on comfort food cravings: One of the biggest obstacles most people face when trying to maintain better lifestyle choices is the feeling of "giving up" or losing their favorite foods. All you need are the right tools and recipes to teach you how you can make comfort foods that nourish you rather than deplete you and keep you stuck in a vicious cycle of cravings, unwanted weight gain, and ill health. Access a free e-course and recipes: http://www.DriedAndGoneToHeaven.com

Post-Cleanse Menu Plan: Day 5

Breakfast	Within an hour of getting up: Chia Energy Drink: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Buoyant Brassicas Juice Pineapple Cherry Vanilla Smoothie (Fruit) Happy Hormones Blueberry Pomegranate Green Smoothie (Low-Glycemic) Basic Blended Salad (No Fruit)
Lunch/ Dinner	Choose as many smoothies as desired (or use leftovers from previous meals): Grapes and Greens Smoothie (Fruit) Strengthen My Bones Green Smoothie (Low-Glycemic) Savory Smoothie (No Fruit) And choose as many as desired (or use leftovers from previous meals): Colorful Coleslaw and Cucumber Dill Salad Dressing Warm and Tangy Soup and/or Cauliflower Nori Rolls "Noodles" with Nutrition-Packing Pesto Sauce
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dips, Paté, Spreads (your choice) Other foods as desired
Building on Success	Say bye-bye to belly fat, brain fog, and burn out: Our modern world is full of convenience and easy eating; however, much of the food being eaten these days is contributing to weight gain, lack of mental focus, and chronic fatigue. What most people don't know is that at the root of all those issues is a common imbalance. Discover how to rid yourself of this imbalance in a free video series called "Bye-Bye Belly Fat, Brain Fog, and Burn Out!" below: http://www.ByeByeB4.com

Post-Cleanse Menu Plan: Day 6

Breakfast	Within an hour of getting up: Chia Energy Drink: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Cool as a Cucumber Juice Cherry Pineapple Greens (Fruit) Spicy Mint Blueberry Spinach Smoothie (Low-Glycemic) Ritamarie's Soup in a Glass (No Fruit) And/or (Choose as many as desired or use leftovers from previous meals): Quick and Easy Chia Breakfast Pudding (Regular or Low-Glycemic)
Lunch/ Dinner	Choose as many as desired (or use leftovers from previous meals): Horse Radish Coleslaw Ginger Coconut Curry Soup and/or Basic and Balanced Raw Food Sandwich Tacos Other foods as desired
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dips, Paté, Spreads (your choice)
Building on Success	Stay up to date on Dr. Ritamarie's latest research and programs (interviews): Each week, Dr. Ritamarie hosts a free radio program that you can catch for advice on natural health topics and vibrant living ideas. All the radio programs are recorded, and you can download the Mp3 recordings to save and listen to any time. Click here to listen in: http://www.DrRitamarieRadio.com

Post-Cleanse Menu Plan: Day 7

Breakfast	Within an hour of getting up: Chia Energy Drink: Drink 8 - 32 ounces. Followed by fresh juice and/or smoothie(s): Turbo-Charged Red Engine Juice Lemony Mint Energy Drink Version 3 (Fruit) Spinach Arugula Smoothie (Low-Glycemic) Green Ginger Lemonade (No Fruit) And/or (Choose as many as desired or use leftovers from previous meals): Apple Ginger Breakfast Medley (Regular or Low-Glycemic)
Lunch/ Dinner	Choose as many as desired (or use leftovers from previous meals): Kale Salad with Lime Sesame Marinade Cilantro Coconut Lime Green Soup and/or Spring Rolls "Noodles" with Creamy Cilantro Sauce Other foods as desired
Snacks	Choose as many as desired (or use leftovers from previous meals): Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) Fresh Fruit and/or Vegetables Dips, Paté, Spreads (your choice)
Building on Success	Stay up to date on Dr. Ritamarie's latest research and programs (blog): The Fresh n' Fun Living blog contains free advice and articles on natural health topics and gluten-free, raw food recipe ideas. You'll find an archive of past articles and research: http://www.FreshAndFunBlog.com

Maintenance Menu Plan (PYOR)

Breakfast	Within an hour of getting up: Energy Drink: Drink 8 - 32 ounces. Followed by: *Fresh Green Juice and/or *Green Smoothie/Blended Drink (Fruit, Low-Glycemic Fruit, or No Fruit) And/or (Choose as many as desired or use leftovers from previous meals): *Breakfast Entrée (Regular or Low-Glycemic)
Lunch/ Dinner	Choose as many as desired (or use leftovers from previous meals): *Salad and Dressing *Soup and/or Sandwich *Lunch/Dinner Entrée *Desserts & Goodies Optional Additions: Organic meat/fish (3 oz), beans/lentils, brown rice/quinoa, or steamed greens/vegetables Dehydrated crackers, breads, chips as desired (raw food versions) Other foods from the <i>Daily Diet Guidelines</i> "Foods to Eat" list
Snacks	Choose as many as desired (or use leftovers from previous meals): *Chia Beverage *Green Smoothie/Blended Drink (No Fruit) Vegetables with or without *Dips, *Paté, *Spreads Note: For best blood sugar balance and continued weight reduction, snacks are not advised. If you need them, follow the "Snack Attack Strategy" for snacks that keep your insulin levels low. The B4 Be Gone program provides a full recipe collection, more details, and support.
Vibrant Living	Maintain your VITAL Membership and come to all the calls and food preparation classes. You'll have access to an abundance of new recipes and ideas, and you can get your questions answered on calls and in our active community forum. If you have persistent belly fat, low energy, brain fog or blood sugar swings, begin here: http://www.ByeByeB4.com or join the B4 Be Gone Program: http://www.B4BeGone.com

***Note:** You may also select recipes from other Dr. Ritamarie Recipe Collections.

About Dr. Ritamarie Loscalzo



Dr. Ritamarie Loscalzo is a leading authority on Nutrition and Health. She's an author, speaker and health practitioner with over 2 decades of experience with empowering health through education, inspiration, and loving care. She's a doctor of chiropractic with certification in acupuncture, a certified clinical nutritionist, a Diplomat of the American Clinical Board of Nutrition, and a medical herbalist.

Dr. Ritamarie's passion for creating delicious foods that support optimum health led her to develop recipes that not only taste great, they energize and heal as well. She's been teaching the power of raw and living foods for over 2 decades and she lives the vibrant life that eating this was creates.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change your diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate you to achieve your health goals.

As the mom of 2 energetic boys, raised on whole plant based foods, she has developed routines and recipes that kids of all ages love.

Dr. Ritamarie resides in Austin, Texas with her husband and sons. She can be reached at www.DrRitamarie.com.

For a free packet of recipes and information on creating optimum health through good nutrition, visit www.JumpstartYourEnergy.com.