



Daily Protocol

Phase 1 Daily Protocol

Start reducing, sugars and proteins. All protein should be clean proteins only.

Upon Rising

- Stretch, sigh, deep breathing, *Replenish* yourself
- Hydrate with lemon and purified water
- Drink the lemon and olive oil cocktail or filtered water with lemon
- Dry brush or hot towel scrub
- Exercise in whatever way feels appropriate
- Take a probiotic and Vitamin C or Ester C

Breakfast

- Cup of green tea (limit to two cups per day, if caffeinated)
- Breakfast option of your choice

Mid-morning

- Hydrate
- Take a standing forward bend or walk break
- Smoothie or snack of your choice

Lunch

- Hydrate with water with lemon
- Optional: detox tea (smooth move, nettle, or dandelion)
- Lunch option of your choice

Afternoon

- Hydrate
- Snack option of your choice:
- Detox tea or green tea

Before Dinner

- *Replenish* yourself
- Green drink (optional), water with lemon

Dinner

- Dinner option of your choice

Before Bed

- Toxin Eliminator Bath

- Take 2 tbsp. ground flax or chia seeds in 6 oz. water to help stimulate morning elimination. (Only recommended if you are experiencing constipation.)
- Gratitude – for 2 minutes, name all the things you are grateful for
- Journal about your energy level/notes

■ ■ ■ Phase 2 Daily Protocol

No animal protein

Upon Rising

- Stretch, sigh, deep breathing, *Replenish* yourself
- Lemon and olive oil cocktail or filtered water with lemon
- Dry brush or hot towel scrub
- Exercise in whatever way that feels appropriate
- Take a probiotic and Vitamin C or Ester C

Breakfast

- Green tea (limit two cups per day, if caffeinated)
- Breakfast option of your choice

Mid-morning

- Hydrate with lemon water
- Take a standing forward bend break if at work
- Smoothie or snack of your choice

Lunch

- Lunch option of your choice
- Optional: detox tea

Afternoon

- Hydrate
- Smoothie or snack of your choice
- Detox tea

Before Dinner

- *Replenish* yourself
- Green drink or smoothie (optional)

Dinner (remember no nightshades or corn)

- Dinner option of your choice

Before Bed

- Toxin Eliminator Bath

- Take 2 tbsp. ground flax or chia seeds in 6 oz. water to help stimulate morning elimination. (Only recommended if you are experiencing constipation.)
- Gratitude – for 2 minutes, name all the things you are grateful for
- Journal about your energy level/notes

■ ■ ■ Phase 3 Daily Protocol

Start adding back animal proteins, dairy and gluten SLOWLY.

Upon Rising

- Stretch, sigh, deep breathing, *Replenish* yourself
- Hydrate with filtered water with lemon
- Dry brush or hot towel scrub
- Exercise in whatever way that feels appropriate
- Take probiotic and Vitamin C or Ester C

Breakfast

- Green tea (limit two cups per day, if caffeinated)
- Breakfast option of your choice

Mid-morning

- Hydrate
- Take a standing forward bend or walk break if at work (or even if not)
- Smoothie or snack of your choice

Lunch

- Lunch option of your choice
- Optional: detox tea

Afternoon

- Hydrate
- Smoothie or snack of your choice
- Optional: detox tea

Before Dinner

- *Replenish* yourself
- Green drink or smoothie (optional)

Dinner

- Dinner option of your choice

Before Bed

- Toxin Eliminator Bath

- Take 2 tbsp. ground flax or chia seeds in 6 oz. water to help stimulate morning elimination. (Only recommended if you are experiencing constipation.)
- Gratitude – for 2 minutes, name all the things you are grateful for.