Welcome to the NEW & Improved (and EASIER) 4-Day Detox Solution!

First, the TRUTH…

Most detoxes are too dangerous and too long. They require you to never eat or eat very little.

That’s not happening with this one. Instead, we’re going to use proven science to give your body a break, increase your energy, and allow you to digest food much better WITHOUT any “magic pills” or potions.

That means a flatter stomach. When you digest easier, you lose the “pooch”. You lose that “bloated” feeling and much more.

The perfect time to do this is at the start of any health regimen or whenever you find yourself feeling tired, sluggish and unable to focus, as well as any time you are going through a plateau.

Do NOT do this more than once a month.

The next 4 days will be a challenge, but it's worth it to improve your health. A short, 4-day break is enough to “rejuvenate” your liver’s filtration system.

Professor Humphrey Hodgson said it best… “The liver is actually adept at repairing and regenerating itself. If you give it a chance that is”.

What are the benefits of doing a 4-day Detox?...

- Increased energy
- Improved focus
- Fat loss
- Avoiding and breaking plateaus
- Improved digestion
- Feeling “refreshed”

Get started,
Mike Whitfield, Master CTT
Disclaimer

You must get your physician or dietician’s approval before beginning this nutrition and exercise program.

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with any diet program.

This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace a doctor’s advice. Mike Whitfield or anyone associated with Crank Training, LLC advises readers to take full responsibility for their safety and know their limits.

The dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting. You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old.

Please discuss all nutritional and exercise changes with your physician or a registered dietician. If your physician recommends that you don’t use this or any other program, please follow your doctor’s orders.
How It Works

Simply follow this nutrition plan for 4 days. Yep. It’s that simple. This 4-day plan gives your digestion system a break and allows toxins to be released from your body, making digesting food much easier.

Your food will come mostly from liquids, which is easier on your digestive system. And remember, it’s ONLY 4 days. You can do this. Dinner will be solid food ;)

**Now here’s the deal** – on Days 1 and 2, you might experience some headaches and fatigue. That’s OK. That usually gets better on Day 3 and don’t be surprised by Day 3 you’ll experience more energy than before.

*What do I do AFTER the 4-day Detox?*

What do you think you should do? Yep, you guessed it. Go to a sensible diet you can stick to. That’s it (sorry, there is no secret).

**Hint:** The Achievable Body Nutrition Guide ;)

That’s really about it.

Sooo… you ready to get started?

Cool. First, you’ll get a detailed nutrition guide. Then below that, you’ll get a list of foods to avoid during the 3-day Detox as well as foods you can incorporate in case you don’t like the plan in this guide. **Most people are saying following this is easier than the planned meals.** Hey, whatever works for you!

Let’s do this!
4-Day Nutrition Plan Template

Upon Waking

Minimum of 16 ounces of water

Optional:
Juice from ½ to 1 full lemon
A pinch of cayenne pepper

Lemon juice improves digestion and eliminates bacteria all while gently cleaning your system. It also aids the liver in getting rid of toxins. Cayenne pepper stimulates your circulation and aids in digestion.

However, not everyone really “digs” this. If that’s the case for you, then simply drink at least 16 ounces of water (preferably filtered).

Note - this is your great start to consuming the best “detox” liquid on the planet – WATER.

Drink plenty of water throughout the day over the next 4 days. This is simply the best way to get rid of waste in your system. It’s BETTER than over-hyped expensive pills, too. (And hey, water is cheap, too :)

A good rule of thumb is to take your bodyweight in pounds and aim to drink half of that number in ounces during the day.

Example: If a woman weighs 160 pounds, she would aim to drink 80 ounces of water during the day.
Meal 1 OPTIONS

Option 1 - Flat Belly Smoothie

1 cup of fresh fruit of your choice
1 cup coconut milk (unsweetened) OR almond milk
Juice from ½ of a lime
1 tbsp. raw honey or agave syrup (you can even use Stevia if you want and skip the honey or syrup)

Blend and enjoy - This is packed with probiotics, which aids in digestion and improves your immune system.

Option 2 (Simpler Option) – Fruit and Nuts

1 cup of fresh fruit of your choice
½ cup of your favorite nuts (except peanuts) – this can be almonds, pecans, cashews, etc. Just make sure they are unflavored (sorry, no “BBQ almonds”, etc.)

Meal 2 OPTIONS

Option 1 - Antioxidant Smoothie

1-1/2 cups of Almond or ANY non-dairy milk
1/2 cup of strawberries (or any fruit of your choice)
½ tbsp. lemon juice
½ of a small orange (or any fruit of your choice)
½ of a banana
¾ cup of loosely packed spinach (or any RAW green vegetable of your choice)

This is jam-packed full of antioxidants as well as anti-inflammatory nutrients.
Option 2 (simpler option) – Veggies

Choose any raw veggie (or a combination) from this list. Eat until satisfied. Pretty simple, right?

- Broccoli or broccoli florets
- Cauliflower
- Carrots
- Celery
- Bell peppers
- Cucumber
- Tomatoes
- Onion
- Sweet potato
- Zucchini

If you don’t like plain veggies (hey, I’m there with you), you can add 2-3 tbsp of hummus (organic if possible)

Or Option 3 – Fruit

Yep, pretty simple. 1-2 cups of your favorite fresh fruit

Meal 3 – Protein, Veggies, and Fruit

Choose a protein (the size of your fist – roughly 4 ounces) from this list and cook how you like it (except fried of course):

- Chicken breast
- Any fish (salmon, tilapia, etc.)
- Extra lean ground beef
- Turkey
- Pork

ANY green vegetables you like (raw is preferred, but you can lightly boil or steam them). Eat as many green veggies as you like here, too. Green veggies are very low in calories, yet fill you up.

½ cup of rice (optional)
**Green veggies include:**
- Green beans
- Salad (for dressing, use rice vinegar, lemon juice or lightly drizzle with olive oil)
- Kale
- Collards
- Turnips
- Swiss Chard
- Spinach
- Broccoli
- Cabbage

Dessert – 1 cup of your favorite fruit (berries are great here for the antioxidants)

**Repeat this for 4 days**

**If you’d rather go by a “list”, your detox foods “dos and don’ts are below)**
DO EAT/Drink

Whole, leafy vegetables
Rice (preferably steamed)
Beans
Lentils
Green tea
Apple cider vinegar
Wild fish
Stevia
Fruits (not dried and try to limit canned)
Coconut oil
Plant-based protein powder
Healthy nuts like cashews, almonds, etc. (NOT peanuts)
Water (lots of it!)
Coffee <= Yes, but black or with VERY little creamer (max 2 cups per day)

DO NOT EAT/Drink

Dairy
Gluten, wheat
Processed sugar
Soy
Soda (including Diet Soda)
Alcohol
Sweetened drinks
Creamed vegetables
Peanuts

Limit These Foods (as little as possible):
Whey protein
Red meat