

Lifestyle

- **Set an intention for your days after the cleanse.** What new habits would you like to hold onto?
- **Listen** to the Finishing the Cleanse visualization in the morning
- **Listen** to the evening visualization before bed
- **Throughout the day, visualize your changed and changing body, from the inside out, high in vitality and life force energy**

First Bites Of Solid Food:

- **Remember:** Your body hasn't had any solid food in a long time. So chew well and eat slowly. Listen to your body. Your body may only want a bite or two to begin with.
- **Fluids:** Drink a lot of water and keep juicing – keep drinking
- **First Bites:** For your first bite of solid food try to have a few bites of fruit, like papaya, that is high in water content and full of enzymes.

First Bites Suggestions:

- High water fruits: Papaya, blueberry, berries
- Lettuce and leafy greens, cucumbers, celery
- Broth with added vegetables (or blended)
- Fermented veggies like sauerkraut and kimchi

First Bites to Avoid:

- Dense fruits or vegetables like: banana, mango,
- Protein
- Dairy
- Grains/Breads
- Fried and processed foods

Cleanse Checklist

Concluding the Cleanse

Post-Cleanse Day 1 Foods To Enjoy:

- **First Meal:** Consider having veggie broth with added veggies or even leaving in the broth vegetables and blending them all together. This is a great post-cleanse food.
- **Eat Fresh:** Eat lots of salads, whole fruits, raw vegetables, blended soups and smoothies.
- **Later In The Day:** Slowly introduce more dense foods like banana, mango, avocado...

Nadia's Day 1 Food Suggestions: (For later in the day)

- **Sample Snack Suggestion:** Cucumber with a dab of miso paste and sprouts on top. Then have a little sauerkraut on the side.
- **Sample Smoothie:** Blueberry, Papaya, baby spinach, coconut water (a few leaves of basil or mint is really nice too!)
- **Sample Salad:** Cubed mango with mint leaves, crushed black pepper, and sauerkraut all mixed up in a bowl.

Post-Cleanse Day 2 Foods To Enjoy:

- **Remember:** Your body is still "technically" in a cleansing mode. Introduce new foods gently. Listen to your body and do what feels right.
- **Add the Big 3:** Get healthy fats like avocado, add light protein like eggs or fish, and keep eating raw-live foods (lots of veggies). *Note: If you want to add nuts... try activating them first by soaking them in water (with a pinch of salt) overnight before eating them.
- **Get Your Digestion Moving:** Chew well, eat veggies and fiber, massage your abdomen in a clockwise motion. *Note: If additional help is needed to get your digestion going try: Senna tea, Herbal supplements, Enema.

Simple Post-Cleanse Meal Ideas:

- **Salad:** Huge salad with grilled fish, or chicken sprinkled with chia seeds
- **Steamed:** Steamed vegetables with a 2 egg omelet (cook your eggs in grass-fed butter or ghee for yummy taste and health fats).
- **Grilled:** Grilled vegetables with seafood (use grass-fed butter or ghee), and berries for dessert

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- **Snack:** Fresh fruits and chopped veggies for snacks
- **Snack:** Vegetable broth to warm you up

Post-Cleanse Day 3 & Beyond:

- **Protein:** Start to introduce heavier animal proteins like: chicken, beef, or pork.
- **The Big 3:** Keep up with your Omega-3 fats like avocado and chia seeds, protein, and raw-live foods.
- **Get Moving:** Start adding brief high-intensity fitness
- **Visualize:** Visualize your ideal body (especially when exercising)
- **Remember:** It is common to gain back 50 – 80% of weight lost after a cleanse. BUT the changes you have made internally are powerful and will help you achieve a more sustainable weight loss as you move forward.
- **Keep it simple, delicious, and FUN!** Celebrate your success & share a healthy meal with a friend.