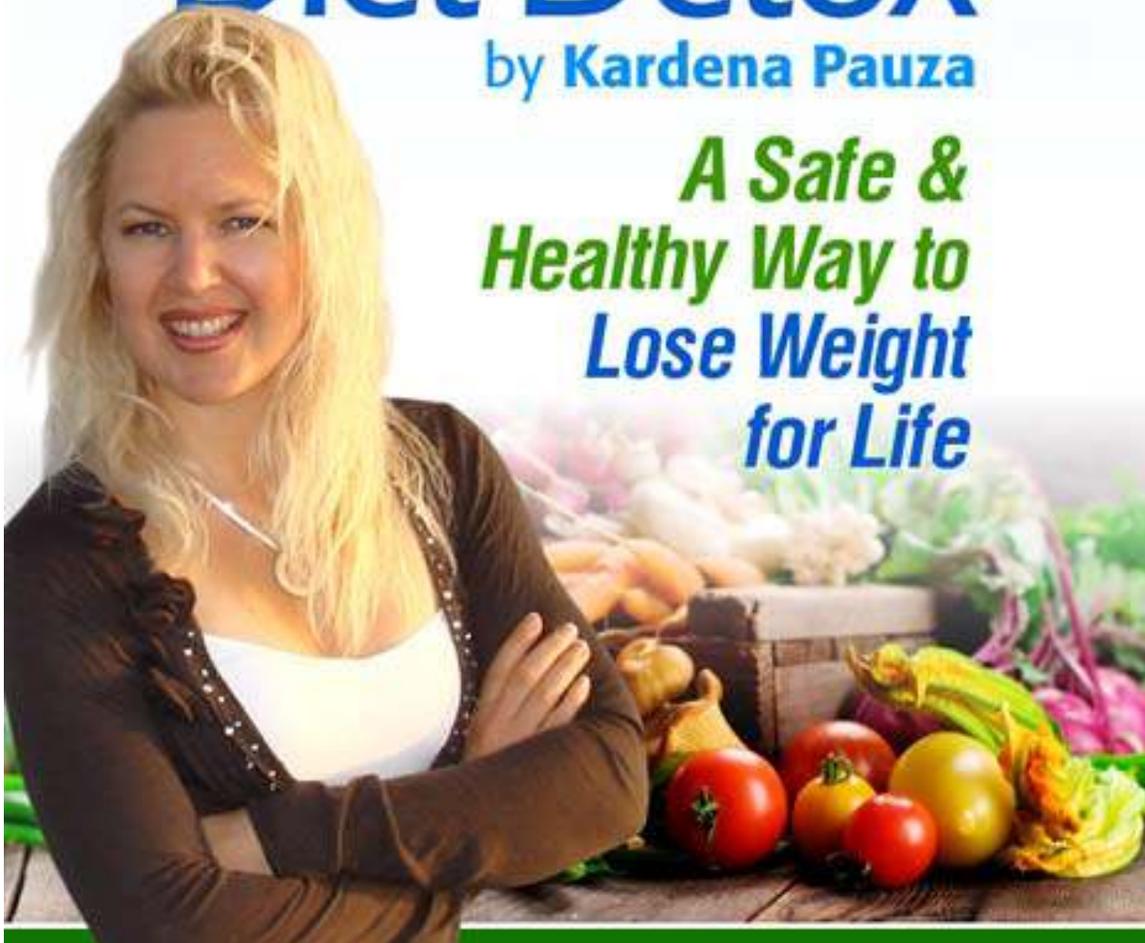


# Veggie Diet Detox

by **Kardena Pauza**

*A Safe &  
Healthy Way to  
Lose Weight  
for Life*



## 21-Day Detox Plan

### The 21 Day Diet Detox

Congratulations on taking your life to the next level! Soon you will begin to feel energized, lighter, leaner, and more alive, so let's get started.

Our physical health is primarily determined by our decisions, and our decisions are shaped by our beliefs and our philosophy of health and ourselves. We must first start by changing our current beliefs about food and our bodies. Most of us "live to eat" rather than "eat to live". We eat to provide nourishment & energy for our bodies, not to stuff down emotions or for something to do if we are bored. Don't get me wrong I do enjoy eating and I love great tasting foods. We just need to put food into perspective.

Over the past few years, I'm sure you've heard about detox diet plans. And there are different levels of detoxifying the body and also different organs of the body you can cleanse. For my 21-day detox plan you are going to detoxify the liver, intestines, muscles, tissue, glands, lymphatic system, kidneys and negative thoughts by cleaning up your diet. You will have more energy, most likely lose weight, and have increased mental clarity.

Why have you chosen and sought out this detox program?

Maybe you're feeling sluggish or you're feeling tired more often, maybe overall your digestive system feels impaired or you're getting bloated more often, maybe you have put on extra weight in the form of fat, maybe you don't have the mental clarity you used to, or your skin is not as youthful looking as it used to be, or maybe you are simply feeling more congested or have a "stuffy" nose all the time.

Whatever the reason, I guarantee that 90% of these symptoms are from a build up of excess toxins in your body. And if you have never "detoxed" your body, you have most likely been accumulating toxins since you were a young child.

I'm going to use your car as an example- would you put poor quality gasoline in your car or sugar in your gas tank? No Way! You know you would ruin your car or at least it would compromise the power of your car and it would be sputtering down the road. Would you never change the oil or oil filter, air filter, carburetor, or any other filter or liquid in your car? No way! That would ruin your car. Because we pay so much money for our cars, we do not want to do anything that jeopardizes the "health" of our car.

Our body is also a system of filters (liver, kidneys, lungs, intestinal wall) and fluids (blood, lymphatic fluids, gastric juices, saliva, sweat). If we don't assist in cleaning these fluids and filters than our system also gets clogged up and starts malfunctioning. Isn't it funny how we take care of our car better than we take care of our body? Maybe we take our health for granted because we were born with it.

## 21-Day Detox Plan

There are different forms of toxins in our environment and in our bodies, including:

### **1. The Food You Eat**

We eat too many foods that are too high in sugar, fat, additives & preservatives including: Dairy products (milk, cheese, yogurt), large amounts of red meat, deli meats, muffins, cakes, chips and dips, cookies, candy, refined breads, frozen dinners, diet bars, protein bars, cereals, pre-made food in a box, 1 minute potatoes, 1 minute rice (yes it's processed), 1 minute oatmeal, etc.

### **2. Liquids**

Some liquids are healthy, but all of these contain toxins: sugary drinks, energy drinks, coffee, beer, wine, mixed drinks, powders added to water for flavor, and chemical-laden flavored powders that many people add to water.

### **3. Stress- long commutes to work, pressure at work, running around with out relaxation or “me” time, busy with “life”.**

If these situations are overly stressful then the body will excrete cortisol, nor epinephrine and exhaust your adrenal system.

### **4. Office or Home Environment**

Our environment carries its own toxins. Research has shown that the outside air is cleaner than the air in our homes because of the chemicals used in the cabinets of our house (formaldehyde), in the carpet, paint, and furniture. Then add in the chemicals we use to make our house smell “nice”, sprays we use to clean the surfaces of our house, and the chemicals we use on our laundry and our dishes. You are constantly breathing and making contact with these cancer causing chemicals.

\*\*\*\*\*

With all those toxins getting into our system every day, it can be very scary and cause worries about our health.

So let me explain why a detox is important. Companies have added man made chemicals in processed foods so they taste sweeter, or so the food sits on the shelf longer, or to make the food perfectly smooth in texture, or colored with man made food coloring so it looks more appealing. And house hold chemicals can cause allergic reactions, skin reactions, respiratory conditions, and a host of other issues.

But a detox program can give your body a chance to eliminate these toxins from the body. Your body doesn't always eliminate toxins and chemicals on its own. You need to give your digestive system a break from digesting heavy foods so it can focus on cleansing, rebuilding, and eliminating excess toxins, toxins show up in the form of fat also. Which means as part of a detox plan your body will shed excess fat.

## **21-Day Detox Plan**

The first and most important level of detox focuses on removing addictive and unhealthy foods from your diet.

### **ELIMINATE THESE HARMFUL FOODS:**

#### **1) Coffee and other caffeinated beverages**

Why is it important to wean yourself off caffeine? Caffeinated beverages have so many harmful side effects. And yes, I know you don't want to give it up because you feel so good when you drink it! I know there is research supporting the consumption of caffeine, however there are studies condoning the ingestion of caffeine also. Drinking caffeine can be a roller coaster ride of up and down energy and then to get more energy, you need another cup of coffee. It's a vicious cycle. Instead, let's detox your body and attain energy naturally rather than feeling sluggish because of a poor diet/exercise and masking it with caffeine. Natural energy is a more constant and reliable source of energy.

Caffeine's detrimental effects include adrenal gland exhaustion, joint pain, ulcers, inflammation in the body and can cause chronic fatigue. I don't care what anybody says about coffee having health benefits, there are much healthier foods that have these same health benefits without the side effects.

Caffeine also affects your moods making you more aggressive, snappy, anxious, nervous irritability and insomnia. If people think you're being "bitchy," this is a warning sign that you may be under the influence of the caffeine monster.

#### **2) High sugar foods/candies**

This is another highly addictive food that causes tons of problems in the body that you must eliminate to feel better. Sugar is a short term energy fix with side effects like energy crashes, diabetes, arthritis, flu's, and weight gain. Processed sugar has also been linked to causing wrinkles contributing to looking older and aging by destroying the collagen in your skin. It's the other white powdery drug. These foods usually look so yummy and innocent but look at them like the devil that they are, here to destroy your life and your body! Even the commercials make sugar look so innocent – but they aren't!

#### **3) Alcohol**

Alcohol is well known for inflaming the liver & pancreas making it hard for your body to breakdown and process fats. It is also a depressant – and who wants to do healthy things for their body when they are depressed? By eliminating alcohol you'll feel more positive and excited about being healthy. Alcohol consumption causes dehydration giving you a headache and slows down your cognitive skills making even simple math more challenging. You need water to flush out toxins. Alcohol also strips your body of B vitamins causing you to feel tired.

## **21-Day Detox Plan**

### **ADD THESE DETOX FOODS TO YOUR DIET**

Along with eliminating important harmful foods, you want to add in helpful supplements and foods to support your body in the detox process.

#### **1) Water for Hydration**

Drink distilled water when possible because it is void of contaminants and heavy metals. Water flushes out toxins in the cells, blood stream, liver and kidneys. Your goal is to drink ½ your body weight in ounces.

For Example: If you weigh 150 lbs you should aim for 75 ounces of water per day, as a general rule of thumb.

If you are not used to drinking a lot of water, gradually increase your water intake over a week to 2 weeks time until you reach your max amount. Your kidneys need time to adjust to the new amount of liquid/water it needs to process.

#### **2) Dandelion Herb**

This herb flushes out the liver, kidneys, helps improve gastro-intestinal function, clear up your skin, lowers cholesterol. Take in capsule form 2 times per day as directed on label.

#### **3) Fresh Lemon Water**

Lemons are amazing detoxifiers when added to warm/hot water as a beverage and give the liver & pancreas a gentle flush along with aiding in digestive problems, overcoming the flu, alleviating joint pain and asthma, and regulating bowel movements. Lemon prevents you from getting sick, wards off parasites and flushes out bad bacteria from your digestive tract. Consistency is key! If you consistently drink this amazing tonic you will reap the benefits. NOTE: “The Real Lemon” juice that comes in a plastic lemon container is concentrated lemon (processed) and contains added sulphites, so steer clear!

#### **4) Beet Supplements or Fresh Beets**

Beets help improve the function of intestinal tract and the assimilation of iron, reduce inflammation, help prevent liver disease, heart disease, vascular disease and activate enzyme in the liver that help detoxify cancer causing substances. Take 2 times per day as directed on the label.

#### **5) Psyllium Husk Fiber**

In powder form this intestinal cleaning broom will brighten your day and have you feeling lighter and whistling your way to work. It is one of the simplest, healthiest, and most effective herbs for weight control and energy. It is not a stimulant that stresses your adrenal glands; it's not a chemical that will mess with your hormones. It is an insoluble fiber and has no calories.

## **21-Day Detox Plan**

Why is Psyllium Husk Fiber so good for you? It helps reduce flatulence and bloating, increases your intake of fiber giving you more regular bowel movements (2-3 times per day is regular FYI), helps lower cholesterol, assists in prevent atherosclerosis, and sweeps out excess toxins.

Here's how you take it: Put 1 teaspoon of psyllium husk fiber in about 4-5 ounces of water or apple juice, mix quickly and drink before it expands. Be sure to drink plenty of water with it and afterwards. You don't want it to expand and get stuck. Wash it down. Take 1 teaspoon of psyllium husk fiber twice a day (take morning and night) with lots of water.

If you are feeling sluggish, tired, getting sick, low energy or bloated, Psyllium fiber will help you snap out of it quickly and you will have way more energy. So get to it!

**Finally...remember that simple food preparation is the key to your success so here are a couple of tips.**

- Plan your meals a day in advance.
- Prepare your week of food on Sunday. Make a big salad, make a stir fry, your legumes, whatever you need for the next 3-4 days.
- Put it all in Tupperware and have it ready to go in the refrigerator so you can take it to work in the morning.

**Eat lots of small meals (To help you do this, you can use a timer & keep it with you at all times)**

7:00 AM, 10:00 AM, 2:00 PM, 6:00 PM & 8:30 PM.

Another option is to use the calendar on your mobile phone or your PDA to remind you when it's time to eat. Almost all mobile phones now days have a calendar with alarms. The size of the meal should be quite small.

**Eat slowly**

Take small bites and completely chew your food (this makes digestion much easier & breaks down the food to make nutrients more available to your body). Most of us eat much faster than we should. It takes about 10 minutes for our stomach to register to our brain that we are full, so take it slow or take a break before you eat more to determine if you are truly still hungry. Never stuff yourself at a meal; if you feel stuffed you ate too much. You want to feel satisfied, about 50% full. Technically, if you really wanted to keep eating you could, but that's when you need to stop. It will be enough food to hold you over for 3 hours and that's all you need!

## **21-Day Detox Plan**

### **Mental & Emotional**

Take the position that you are reducing your intake of certain types of foods NOT eliminating those foods. DO NOT feel you have failed if you have an ice cream cone, instead ACKNOWLEDGE yourself for the improvements you are making in your eating habits most of the time. Negative emotions create a toxic chemical reaction in your body, practice replacing negative thoughts and emotions with positive thoughts and emotions.

### **ASK YOURSELF THESE IMPORTANT QUESTIONS**

“Every time you reach for food, ask yourself, “Will this cleanse me... or clog me?” The answer should help you determine if you are going to eat it or not.

“You are never standing still you are either moving forwards or backwards. Which direction do you want to move?”

“Each decision you make changes the course of your life forever. Which direction do you want to steer your life?”

“The choices you make right now will determine your destiny. Your destiny is made up of all the little choices you made in the past. Are you making choices right now that will get you to your goals or are you making choices that take you farther away from your goals?”

## **21-Day Detox Plan**

### **How The 21-Day Detox Is Set Up**

Each day outlines what to eat and includes loose guidelines of portion sizes while also giving you some added activities to start your day off in a positive mind set.

I did not write out the calories for the program. Right now we are focusing on eliminating the unhealthy foods from your diet, one step at a time.

Of course, that doesn't mean you can eat as much as you want. Listen to your body and eat only enough so that you are not starving. If you are "stuffed", you have eaten too much. You are welcome to eat as many vegetables as you like. They are low in calories and high in energy creating nutrients. Limit your fruit intake to 2 servings per day.

Read through the entire program – paying special attention to days 5 through 8 – so that you are fully prepared. These days will be juice or blended fruits and veggie days to give your digestive system a chance to rest while still nourishing your body with phytonutrients, minerals, vitamins, and antioxidants. Your body will use these nutrients to repair and rejuvenate the organs, cleanse the blood, and detoxify the body.

You can choose to do between 3 to 7 days of fruits and veggie juice/blended smoothie. Try and do the full 7 days because the longer you stay on the juice/blended drinks the deeper the cleanse and the more benefits you will experience on a physical, mental and spiritual level. If you do less than 6 days of fruits and veggie detox, start on day 11 of the food plan once you are ready to introduce solid foods.

You must introduce foods slowly and in a particular order so your stomach can build up stomach acid again to be able to digest solid foods like legumes and grains. So be sure to follow each day and not jump right into eating whatever you want. Once you begin to eat solid foods, you will start with fresh or cooked fruits and vegetables, then gradually introducing grains and finally heavier proteins.

This detox will help break addictive habits and flush out addictive chemicals that can be trapped in your cells and causing your body to have cravings.

Each day of the 21-Day Detox is set up to maximize your health benefits. Please take time to incorporate all of the activities specified into your daily routine because they are very important. Since each day has several components to it, let me go through each one with you.

### **Quote of the day:**

The quote of the day is there to assist your mind in focusing on what is great in your life or a positive idea. I truly believe you get what you focus on. Starting your day with positive thoughts versus negative thoughts will change the entire experience of your day. Read this quote and remember it throughout the day. Don't let negative thoughts create discomfort or sickness in your body.

## **21-Day Detox Plan**

### **Space for Gratitude:**

I've made a space available on the top of each page for you to physically write what you are thankful for. Print out the food plan so you can carry it with you throughout the day and so you can write your gratitude on it. You can write anything you're grateful for, it doesn't matter. Sometimes I am thankful I get to eat watermelon or that I have the gift of sight or I am blessed with wonderful friends. Whatever it is for you, write it down. Don't be stingy, write down 5-10 things, after a while it becomes fun & you'll want to write down more! You'll find you have a lot to be thankful for!

### **Lemon and Cayenne Water:**

Start first thing in the morning warm with a cup of water and squeeze the juice of half a lemon into the water. Then sprinkle cayenne pepper (a.k.a. red pepper powder) into the water. You won't burn your stomach with a small amount of cayenne on an empty stomach so don't worry! As you get used to the cayenne you can add more. There are several reasons for drinking lemon and cayenne water on an empty stomach.

#### **1. Lemons**

- A. Stimulate the liver and pancreas to remove excess toxins and fat to improve liver & pancreas function.
- B. Are high in vitamin C and act as an antioxidant and assist in over 300 metabolic functions including tissue growth and tissue repair.
- C. Assist in cutting fat and cholesterol.

#### **2. Cayenne pepper**

- A. Increases circulation (everywhere) and improves metabolism.
- B. Kills viruses, bacteria, and parasites.
- C. Cuts excess mucous in the body. You may notice you will have phlegm come up in your throat after drinking. This is natural as the cayenne and lemon begin to loosen up phlegm.
- D. Increases oxygen flow giving you more energy.
- E. Assists in driving nutrients into the cells.

### **5-10 minutes to meditate or write in your journal:**

Studies have proven that meditation will lower high blood pressure, improve your decision making skills, and decrease stress hormones, therefore reversing the aging process, increasing creativity and so much more. Try it for yourself. This will help you start your day relaxed rather than jumping out of bed and starting in a state of stress.

#### **1. Writing in Your Journal:**

This is an opportunity to reflect or write down whatever you are thinking about. Maybe write about how the cleanse is going, what you are experiencing mentally, physically, or spiritually. Writing is a way to sort out issues, to ask and answer questions, to vent, or just to express yourself. If you've never done this before, give it a try. It is a way to unscramble what you are thinking about and set up your day powerfully.

## 21-Day Detox Plan

### **2. Meditate:**

Sit in a quiet place or have soft instrumental music on in the background. You want to create quiet moments in your mind. Here is the method that works for me. Stretch or relax your body, close your eyes, breathe deep, give thanks, then picture a blank screen in the front of your mind (inside your forehead). When a thought comes into your mind, push it out of your head and focus on the blank screen again. Eventually you will have more quiet space between thoughts and this is the point where you will experience peace and bliss.

Now choose a physical activity you enjoy or that is convenient for you to do in the morning for 20-30 minutes. We all know physical activity is one of the essential elements to living a healthy, balanced, and long life. Our bodies were meant to move and if we don't move our bodies, the body begins to break down. Exercise is a great way to detoxify the body, increase your energy, increase oxygen to the body which also detoxifies the body, and builds strong bones. Exercise is just as important as eating the right foods on the plan. Schedule it in your morning routine.

These morning tasks might mean you need to wake up a little earlier than you normally do. You might think that getting up earlier means you will be tired later on in the day, but these activities will give you more energy, trust me. It will be time well spent. Some days I added an evening activity. These are optional events that can help you relax from your busy and stressful day.

Now we get to the food plan. You probably thought the 21 day detox was only about food. You didn't know there were other facets to detoxifying. No part of us is isolated. Food affects our minds and thoughts and health, our mind affects our feelings, emotions, and actions and our spiritual side affects our attitudes, our actions, and our health.

### **Detox Food Plan Overview:**

For the first 5 days, the goal is to eliminate processed foods from your diet and increase the amount of fresh, whole foods in your diet in order to prepare you for the deeper detox. You can drink green tea or herbal teas throughout the 21 days. When eliminating processed foods and drinks for the first 5 days of the plan may be a detox in and of itself. That is its purpose. This gradual detox will be gentler on your body.

On days 5-10 you will be consuming only water and fresh made (**not bottled**) juices or blended drinks. I gave the option of making juice or blended drinks because some people may not have a juicer and a blender may be more convenient. Both are acceptable and you will get great results either way. You may need to purchase a juicer to start this program or borrow one from a friend. If you choose to blend the fresh produce, a powerful blender like a K-Tec or Total blender (2 and 3 horsepower) are helpful. If you do not have a powerful blender then with whatever blender you have, blend the fruits and veggies with a small amount of water and once the fruits and veggies are blended well, add more water to complete the blending. Then it will be ready to drink.

## **21-Day Detox Plan**

Allow yourself to rest as much as possible during this portion. This will help in regeneration and also you are consuming low amounts of calories. However the cleaner your body is, the more energy you will have even while only consuming juices. I conduct life as usual while I cleanse without “bonking”. I have been doing juice cleanses for over 10 years now but the very first one I did at the age of 21 was not easy.

On day 11 - 13 you will be adding solid cooked or raw fruits and veggies back in to your diet. You will not be eating grains, bread, beans or heavy proteins yet. Your body needs to build up the digestive juices in order to digestive these foods. The easiest food for the body to digest is fruits and vegetables, then grains, then beans/legumes, then heavier proteins and meats.

On day 14- 18 you will be introducing a variety of grains in to your diet. Your stomach will be prepared to fully digest and assimilate them now.

Day 19-21 beans are introduced back into the detox plan while still keeping up your fruit and vegetable intake. The amount of food may seem small but our body will be satisfied.

**Congratulations, you will have completed an amazing 21 day journey and changed your body and lost body fat as an added bonus!**

Once you complete the 21 Day Detox, continue eating healthy and small portions throughout the day. This is where the Easy Veggie Meal Plan program will guide you through regular day-to-day nutrition.

I always hear people say “I lost weight on a diet and after I finished the diet I gained all the weight back!” That’s because the way you were eating before the diet is what made you overweight and toxic in the first place, so if you go back to eating the same way you used to eat, you will get your old results and weight back. Maintaining a healthy diet will keep the weight off permanently.

## 21-Day Detox Plan

### Day 1

*"Today I dedicate and focus one hundred percent of my time to my dreams of success." – Jody Stevens*

Space for gratitude:

Today and during the next 4 days, you will eliminate toxic foods from your diet. Increase your intake of fresh fruits and vegetables while decreasing starchy and sugary carbohydrates.

**On waking:** 1 cup/mug of hot water with ½ fresh lemon squeezed in the water and a pinch of cayenne pepper.

**\*Remember to drink plenty of water throughout the day. At least 40 ounces \***

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming).

**Food Plan for the Day - Choose foods from the Food list on the last page.**

Be conscious of satiety. Do not overeat.

**Breakfast:** Protein Smoothie- 1 cup fruit from food list in the back of the packet, 1 1/2 Tbsp protein powder (Nutribiotic brown rice protein powder, hemp seed protein powder, Sun warrior protein powder, or Vega protein powder), 4 oz. fruit juice, water and ice to blend.

**Snack:** 1 fruit serving= Ex. 1 cup of fruit or 1 pear, apple, or nectarine, etc.

**Lunch:** 1 cup-Tofu or Beans, or 1/3 cup raw Sunflower Seeds with 2 cups steamed or raw vegetables (salad is an option), optional add ½ sweet potatoes

**Snack:** 8 oz. nut or seed milk (almond or sesame seed milk) check [www.kardenaskitchen.com](http://www.kardenaskitchen.com) for homemade almond milk recipe or use similar recipe if you want to make sesame seed milk or cashew milk.

**Dinner:** 1 cup tofu or beans any style (use cumin, curry, or chili) use spices to give it flair, and 5-6 cups green salad

**Salad idea:** Salad Greens/spinach/kale/chard/mixed baby greens, herbs( parsley, cilantro, arugula, dried Italian herbs), raisins or cranberries or chopped dates, cucumbers, red bell peppers, tomatoes, ¼ avocado, 1 Tbsp sunflower seeds, green onions, fresh raw corn cut off the cob, black olives.

**Light & Healthy Salad Dressing – You can also use salsa (it's a really great dressing)**

1/2 lemon squeezed

1 Tbl olive oil, flax, or grapeseed oil

Salt to taste

1-2 Tbl. vinegar to taste (balsamic, red wine, rice, apple cider vinegar, etc..)

1 Tbl. of honey or sweetener (agave nectar or raw cane sugar, stevia)

Herbs/ garlic

Add water to dilute- maybe ¼ cup. Do a taste test and add more flavors as needed. You may have to change the portions around.

## 21-Day Detox Plan

### Day 2

*“Expect the universe to support your dream. It will.” – Julia Cameron*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming).

**Food Plan for the Day – Choose foods from the Food list on the last page**

**Breakfast:** Protein Smoothie – 1 cup fruit, 1 ½ Tbsp protein powder (Nutribiotic brown rice protein powder, hemp seed protein powder, Sun warrior protein powder, or Vega protein powder), 4 oz. fruit juice, water and ice.

**Snack:** 1 fruit serving (ex. 1 apple, 1 cup berries, 1 nectarine)

**Lunch:** 15 Almonds, ½ cup egg whites, or 1/2 cup Tempeh with 2-3 cups of steamed or raw vegetables (includes salad), optional add ½ cup cooked brown rice (grains are interchangeable, you can substitute with quinoa, millet, etc.)

**Snack:** lettuce wrap- 2 romaine lettuce leaves used as wraps, fill with ¼ avocado, basil, tomato, dulse flakes/salt seasoning, Italian herbs, green onion

**Dinner:** 1 ½ cups Quinoa, fold in spaghetti/tomato sauce and vegetables, omit brown rice.

\*Remember, you can use raw coconut oil for cooking veggies. It is a stable oil at high temperatures and helps breakdown cholesterol in the body.

## 21-Day Detox Plan

### Day 3

*I begin each day by expressing loving gratitude for all the good in my life.*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming). 10 minutes stretching or yoga postures.

**Food Plan for the Day - Choose foods from the Food list on the last page**

**Breakfast:** Protein Smoothie- 1 cup fruit, 1 ½ Tbsp protein powder (Nutribiotic brown rice protein powder, hemp seed protein powder, Sun warrior protein powder, or Vega protein powder), 4 oz. fruit juice, water and ice.

**Snack:** 1 apple with 1 Tbsp raw almond butter or 6 whole almonds

**Lunch:** 1/2 cup Tempeh or 1 cup lentils with 2-3 cups steamed or raw vegetables (includes salad), optional add ½ cup brown rice, millet, or quinoa (these are all interchangeable or substitute in ½ a baked yam).

**Snack:** 1/3 cup sunflower seeds (raw, unsalted)

**Dinner:** Same as lunch, omit carbohydrate (yam or grains)

## 21-Day Detox Plan

### Day 4

*I use my imagination to create new patterns of living.*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming). 10 minutes stretching or yoga postures.

#### **Food Plan for the Day - Choose foods from the Food on the last page**

**Breakfast:** 1-2 Steamed pears sprinkled with cinnamon- eat enough to make you feel satisfied but not stuffed. Store any leftovers in the refrigerator. Do not finish all of it just because it's there. Stop eating when you are not hungry anymore.

**Snack:** 8 oz. Nut or seed milk (almond milk) check [www.kardenaskitchen.com](http://www.kardenaskitchen.com) for how to make homemade almond milk.

**Lunch:** 1/2 cup eggs/egg whites or 1 cup cooked black beans with 2-3 cups steamed vegetables or raw vegetables (includes salad), optional add ½ cup brown rice, millet, or quinoa, sesame seeds sprinkled on top

**Snack:** Celery sticks- as many as you would like with 1 Tbsp Tahini (sesame seed butter, cashew butter, or almond butter)

**Dinner:** Same as lunch, omit carbohydrate (grains)

**Evening Activity:** Choose a relaxing activity for at least 15 minutes

## 21-Day Detox Plan

### **Day 5 – 1<sup>st</sup> Day of Juice/Blended Smoothie Detox**

*Just trust yourself, then you will know how to live. – Goethe*

Space for gratitude:

**Consume only fruits and vegetable smoothies for 3-7 days at your discretion. You will drink water and/or juice or blended smoothies the entire day.**

**My recommendation- make approximately 2 quarts of juice/smoothie per day. This will last you the entire day or close to it. I make 1 quart of fruit and greens that lasts me till noon and 1 quart that is more vegetable dominant from lunch until night. You can drink non caffeinated tea also. Put juices in sealed containers.**

If you feel like you can only do 3 days of fruits and vegetable smoothies that's o.k. But if you can do 7 days, you will detox your body at a deeper level. If it's the first time you have done only fruits and vegetables, 3 days may be sufficient for you.

Listen to your body. When your body is cleansing you may feel tired, fatigued, have trouble focusing, nauseous, or light headed. These symptoms are all normal but you can reduce the effects by drinking lots of water, eating ginger root and taking a detox bath as described on the following page as the evening activity. If you feel that 3 days is all your body can handle right now then listen to yourself and make it your last juice day. You can always do the 21 day detox a couple months later and usually you will be internally cleaner so you will be able to handle the juice portion for 7 days.

I gave you the option of juicing or blending fruits and vegetables. If you don't have a juicer or access to one, use your blender. This will keep the fiber in the drink and make you feel full throughout the day.

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming). 10 minutes stretching or yoga postures.

#### **Food Plan for the Day**

Choose foods from the Food list in the back for fresh juices or blended fruits and veggies.

**Remember to drink plenty of water throughout the day (at least 40 ounces in addition to the servings of juice).**

90% of your daily smoothies/juices should be freshly made and not from a bottle (i.e. not V-8 type juices). Instead, use a juicer or a blender (leaving the pulp in the drink) OR purchase your juices and smoothies from a fresh juice bar. If need be drink fresh squeezed refrigerated juices\* such as pure unfiltered apple juice.

At night, have a cup of soothing herbal tea such as Chamomile or Tension Tamer by Celestial Seasonings. (Non caffeinated)

## 21-Day Detox Plan

### Day 5 – 1<sup>st</sup> Day of Juice/Blended Smoothie Detox

#### **Suggestions:**

- Drink fresh made fruit juices or blended smoothie in the morning until 12 noon along with water throughout the day. When you get hungry drink juice or water until you aren't hungry.
- Drink fresh made vegetable juices or blended smoothie from 12 noon till night with water. You can add an apple to the vegetable smoothie to add a hint of sweetness.
- Make approximately 1 quart of fruit juice/smoothie.
- Make approximately 1 quart of vegetable juice/smoothie.
- Place in a sealable drinkable container and keep cool.
- You will have a total of 2 liters of fresh juice/blended fruits and veggies for the day.
- You may need to make a little bit more at the end of the day but this should get you through most of the day along with the water you will be drinking throughout the day.
- Throughout the day drink juice and water intermittently as you are hungry and thirsty, it will take your hunger away.

#### **Suggestions:**

If you don't have a lot of time, make fruit and vegetable juices/smoothies in the morning and place juices/smoothies in 2 separate containers. Buy or use a cooler and ice packs to keep your juice cool throughout the day and take the cooler with you. Or you can go to a local juice bar and purchase 8oz - 32 oz. fruit or vegetable juices.

#### **Juice /smoothie suggestion:**

If you are blending, add enough water to make approximately one quart

- 2-3 apples
- 1-2 peeled lemons
- Handful of Parsley, Cilantro, or Spinach
- ¼ inch fresh ginger root or as much as you can handle
- Dash Cayenne pepper to taste, add more if you can up to 1 teaspoon. (Both ginger and cayenne are cleansing, kill bacteria, viruses, increases metabolism, increases oxygen, cleans the blood, etc.)
- Water as needed. Approximately 2-3 cups

**Evening Activity:** Take a hot Epsom salt bath.

Fill the tub with hot water. While it's filling add 2 lbs. of Epsom salt. You can buy a 4 lbs. bag so all you need to do is pour half of the container of salt into the water. This is a great way to help draw toxins out through the skin. Purchase a bag of Epsom salt at your local pharmacy store for only a couple dollars.

## 21-Day Detox Plan

### **Day 6 – 2<sup>nd</sup> Day of Juice/Blended Smoothie Detox**

*I release all negativity and welcome positive experiences in my life.*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming). 10 minutes stretching or yoga postures.

#### **Food Plan for the Day**

Choose foods from the Food list in the back for fresh juices or blended fruits and veggies.

**You will drink water and/or juice or blended smoothies the entire day.**

**Remember to drink plenty of water throughout the day (at least 40 ounces in addition to the servings of juice).**

#### **Suggestions:**

- Drink fruit juices/blended smoothies in the morning until 12 noon along with water.
- Drink fresh made vegetable juices from 12 noon till night with water. You can add an apple to the vegetable smoothie to add some sweetener.
- Make approximately 1 quart of fruit smoothie.
- Make approximately 1 quart of vegetable juice/smoothie.
- Place in a sealable drinkable container and keep cool.
- Throughout the day drink juice/ blended smoothie and water intermittently as you are hungry and thirsty. Drink approx. ½ your body weight in ounces of water.

#### **Juice suggestion**

Cucumber  
Apple  
Carrot  
Parsley  
½ lime

#### **Or**

#### **Refreshing Watermelon Juice**

4-5 Cups Watermelon  
2 Apples  
1-1/2 Lime  
handful fresh mint

## 21-Day Detox Plan

### **Day 7 – 3<sup>rd</sup> Day of Juice/Blended Smoothie Detox**

*Each day I discover new things about myself; strengths I didn't know I had.*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming). 10 minutes stretching or yoga postures.

#### **Food Plan for the Day**

Choose foods from the Food list in the back for fresh juices or blended fruits and veggies.

**You will drink water and/or juice or blended smoothies the entire day.**

**Remember to drink plenty of water throughout the day (at least 40 ounces in addition to the servings of juice).**

#### **Suggestions:**

- Drink fruit juices in the morning until 12 noon along with water.
- Drink vegetable juice from 12 noon on, with water.
- Make approximately 24 oz. of fruit juice and add water to make 1 quart.
- Do the same with the vegetable juice.
- Place in a sealable drinkable container and keep cool.

#### **Juice suggestion:**

##### **Make a fresh V-8 drink**

2-3 tomatoes

½-1 Cucumber

½ Bell Pepper

1 Celery stalk

1-2 Carrots

Handful of Spinach

Small Handful of Parsley

¼ - ½ lime, peeled

Dash of salt or herbed seasoning

Touch of cayenne if you choose a hint of zing.

## 21-Day Detox Plan

### **Day 8 – 4<sup>th</sup> Day of Juice/Blended Smoothie Detox**

*To love oneself is the beginning of a life long romance. – Oscar Wilder*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming). 10 minutes stretching or yoga postures.

#### **Food Plan for the Day**

Choose foods from the Food list in the back for fresh juices or blended fruits and veggies.

**You will drink water and/or juice or blended smoothies the entire day.**

**Remember to drink plenty of water throughout the day (minimum of 40 ounces in addition to the servings of juice).**

#### **Suggestions:**

- Drink fruit juices in the morning until 12 noon along with water.
- Drink vegetable juice from 12 noon on, with water.
- Make approximately 24 oz. of fruit juice and add water to make 1 quart.
- Do the same with the vegetable juice.
- Place in a sealable drinkable container and keep cool.

#### **Juice suggestion:**

Choose from these fruits/veggies – pick no more than 5 for your drink because too many will ruin the flavor.

Cucumber	Bell Pepper	Celery	Watermelon
Apple	Broccoli	Cabbage	Papaya
Carrot	Spinach	Cilantro	Pear
Parsley	Tomato	Zucchini	Cantaloupe
½ Lime	½ Lemon	Radish	Grapefruit
Grapes			

## 21-Day Detox Plan

### **Day 9 – 5<sup>th</sup> Day of Juice/Blended Smoothie Detox**

*Each day I discover new things about myself; strengths I didn't know I had.*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming). 10 minutes stretching or yoga postures.

#### **Food Plan for the Day**

Choose foods from the Food list in the back for fresh juices or blended fruits and veggies.

**You will drink water and/or juice or blended smoothies the entire day.**

**Remember to drink plenty of water throughout the day (at least 40 ounces in addition to the servings of juice).**

#### **Suggestions:**

- Drink fruit juices in the morning until 12 noon along with water.
- Drink vegetable juice from 12 noon on, with water.
- Make approximately 24 oz. of fruit juice and add water to make 1 quart.
- Do the same with the vegetable juice.
- Place in a sealable drinkable container and keep cool.

#### **Juice suggestion:**

Choose from these fruits/veggies – pick no more than 5 for your drink because too many will ruin the flavor.

Cucumber	Bell Pepper	Celery	Watermelon
Apple	Broccoli	Cabbage	Papaya
Carrot	Spinach	Cilantro	Pear
Parsley	Tomato	Zucchini	Cantaloupe
½ Lime	½ Lemon	Radish	Grapefruit
Grapes			

**Evening Activity:** Take a hot Epsom salt bath.

Fill the tub with hot water. While it's filling add 2 lbs. of Epsom salt. You can buy a 4 lbs. bag so all you need to do is pour half of the container of salt into the water. This is a great way to help draw toxins out through the skin. Purchase a bag of Epsom salt at your local pharmacy store for only a couple dollars.

## 21-Day Detox Plan

### Day 10 – 6<sup>th</sup> Day of Juice/Blended Smoothie Detox

*The natural healing force within each one of us is the greatest force in getting well. – Hippocrates*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming). 10 minutes stretching or yoga postures.

#### **Food Plan for the Day**

Choose foods from the Food list in the back for fresh juices or blended fruits and veggies.

**You will drink water and/or juice or blended smoothies the entire day.**

**Remember to drink plenty of water throughout the day (at least 40 ounces in addition to the servings of juice).**

#### **Suggestions:**

- Drink fruit juices in the morning until 12 noon along with water.
- Drink vegetable juice from 12 noon on, with water.
- Make approximately 24 oz. of fruit juice and add water to make 1 quart.
- Do the same with the vegetable juice.
- Place in a sealable drinkable container and keep cool.

#### **Juice suggestion:**

Choose from these fruits/veggies – pick no more than 5 for your drink because too many will ruin the flavor.

Cucumber	Bell Pepper	Celery	Watermelon
Apple	Broccoli	Cabbage	Papaya
Carrot	Spinach	Cilantro	Pear
Parsley	Tomato	Zucchini	Cantaloupe
½ Lime	½ Lemon	Radish	Grapefruit
Grapes			

**Evening Activity:** Read a book instead of watch t.v. or playing on the internet. Do a television/ technology “detox”.

## 21-Day Detox Plan

### Day 11

*I will keep my focus on my dream and be ready to do anything to make it come true.*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming). 10 minutes stretching or yoga postures.

**Continue Juices and /or slowly add food back in as you decrease servings of juice.** Steamed fruit and vegetables only. Not protein or starches.

**Breakfast:** 1-2 Steamed apples, dash of cinnamon- eat enough to satisfy you

**Snack:** 1 cup carrot juice plus ½ cup water

**Lunch:** 2 cups Steamed broccoli with seasoning of your choice or vinaigrette, you can also have 8-16 oz. of vegetable juice

**Snack:** 12 oz. vegetable juice

**Dinner:** Approximately 3-4 cups of steamed zucchini, asparagus and spinach seasoned with olive oil, garlic, lemon and salt - vegetables are all interchangeable and eat enough to satisfy you, not stuff you.

**Evening activity:** 15 minutes meditation and alone time

## 21-Day Detox Plan

### Day 12

*I have the power to make the changes I need to make in my life.*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming).

**Continue Juices and /or slowly add food back in as you decrease servings of juice.**  
Steamed fruit, vegetables, flax seed oil and herbs only.

**Breakfast:** 3-4 cups homemade vegetable soup- Cabbage, onion, chard, celery, garlic, salt, vegetable broth or miso. You can add other vegetables of your choice from the food list.

**Snack:** 8-12 oz. Vegetable juice

**Lunch:** 3 cups vegetable stir fry (bell pepper, onion, broccoli, snow peas, mushrooms, soy sauce, fresh garlic, dash of chili flakes, dash of agave nectar), ½ cup brown rice

**Snack:** 2-3 cups Vegetable soup like breakfast

**Dinner:** 4 cups Swiss chard and green beans- fresh, steamed, or sautéed, ½ Tbl. flaxseed oil (can make into a salad dressing with seasoning, garlic powder, fresh lemon and put on veggies) - vegetables are all interchangeable so if you don't like swiss chard, substitute it for spinach

## 21-Day Detox Plan

### Day 13

*Knowing that at any moment I can begin again, gives me courage to keep trying.*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming).

**Continue Juices and /or slowly add food back in as you decrease servings of juice.**  
Steamed fruit, vegetables, flax seed oil and herbs only.

**Breakfast:** 1-2 cups sliced fresh pineapple- enough to satisfy you

**Snack:** 12 raw almonds

**Lunch:** 1 ½ cups cooked butternut squash, ½ Tbl flaxseed oil, 1 cup fresh or steamed broccoli with a sprinkling of chopped leeks & seasoning of choice

**Snack:** 3 stalks celery with 1 tbsp almond butter

**Dinner:** 3-4 cups steamed cauliflower and leafy greens (2 Tbsp healthy dressing).  
Healthy dressing tastes very good on steamed or raw veggies and on grains (rice, quinoa, millet, etc)

#### **Light & Refreshing Health Dressing**

- 1/2 lemon squeezed
- 1 Tbl flax or olive oil
- Salt to taste
- 1-2 Tbl. vinegar to taste
- 1 Tbl. of honey or sweetener
- Herbs and garlic
- You may need to add a touch of water

**Evening Activity:** Take a hot Epsom salt bath.

Fill the tub with hot water. While it's filling add 2 lbs. of Epsom salt. You can buy a 4 lbs. bag so all you need to do is pour half of the container of salt into the water. This is a great way to help draw toxins out through the skin. Purchase a bag of Epsom salt at your local pharmacy store for only a couple dollars.

## 21-Day Detox Plan

### Day 14

*Look and you will find it- what is unsought will go undetected. – Sophocles*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming).

**Continue Juices and /or slowly add food back in as you decrease servings of juice.**  
Steamed fruit, vegetables, flax seed oil and herbs only.

**Breakfast:** ½ papaya

**Snack:** 6 ounces apple juice and 6 ounces water

**Lunch:** 2-3 cups steamed broccoli with ½ yam.

**Snack:** 1-2 Carrots

**Dinner:** 1 cup shredded beets and 1 cup shredded carrots (healthy dressing, 1 Tbl.)  
, ½ cup brown rice,

## 21-Day Detox Plan

### Day 15

*Money will come when you are doing the right thing. – Mike Phillips*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming).

**Continue Juices and /or slowly add food back in as you decrease servings of juice.**  
Steamed fruit, vegetables, flax seed oil and herbs only.

**Breakfast:** 3 cups Watermelon

**Snack:** 2-3 cups of more watermelon

**Lunch:** 5-6 cups green salad with healthy dressing and 1/2 yam

**Snack:** ½ a large Cucumber sliced into sticks

**Dinner:** 3 cups Vegetable soup, ½ cup millet. You can add millet to soup if you like.

## 21-Day Detox Plan

### Day 16

*True life is lived when tiny changes occur. – Leo Tolstoy*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming).

**Breakfast:** 1-2 steamed pears. Eat just enough to satisfy you.

**Snack:** More steamed pears. Approximately 1 pear.

**Lunch:** 1 cup quinoa, 4 cups swiss chard, onions and carrots (fresh, steamed or sautéed) and 1-2 Tbl. healthy dressing

**Snack:** ½ of a large cucumber sliced into sticks

**Dinner:** 2-3 cups steamed/fresh broccoli, 1/3 cup snow peas, ½ cup baked acorn squash, ½ cup cooked quinoa, 1 Tbl. flax seed oil or healthy homemade dressing. You can combine broccoli, snow peas, and quinoa together and add dressing. Eat more veggies if you are still hungry

**Evening activity:** Relaxation bath with lavender oil and rosemary oil.

## 21-Day Detox Plan

### Day 17

*In the middle of difficulty lies opportunity. – Albert Einstein*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming).

**Breakfast:** mango- approximately 1 whole mango or enough to satisfy you

**Snack:** ½ mango

**Lunch:** 2-3 cups grated raw carrots, beets, and chopped celery with ½ cup brown rice and 1 Tbl. healthy dressing.

**Snack:** 1 red bell pepper (eat like an apple) or exchange for a vegetable you prefer from the food list in the back of the packet. 2 Tbsp hummus.

**Dinner:** 5-6 cups green salad, 1 cup butternut squash, 6 spears fresh/steamed asparagus (drizzle with lemon, garlic powder, salt, olive oil)

**Evening activity:** 10 quiet Meditation.

## 21-Day Detox Plan

### Day 18

*Once our hearts are open, all existence appears naturally beautiful and harmonious. – Tarthang Tulku*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming).

**Breakfast:** 1 ½- 2 cups papaya

**Snack:** More papaya- approximately 1 cup or enough to satisfy you.

**Lunch:** 3 cups steamed/fresh broccoli with ½ cup brown rice, cucumber, 1 Tbl. flaxseed oil

**Snack:** 1-2 carrots with 2 Tablespoons hummus

**Dinner:** 5-6 cups green salad including spinach, ½ sweet potato, healthy dressing

## 21-Day Detox Plan

### Day 19

*Awareness is always accessible within ourselves, within our energy. – Tarthang Tulku*  
**TulkuTarthang Tulku**

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming).

**Breakfast:** Protein Smoothie- 1 cup fruit, 1 ½ Tbsp protein powder (Nutribiotic brown rice protein powder, hemp seed protein powder, Sun warrior protein powder, or Vega protein powder), 4 oz. fruit juice, water and ice.

**Snack:** 8 oz. Nut or seed milk (almond milk)

**Lunch:** 3-4 cups vegetable soup, 4 cups green salad with ½ cup brown rice

**Snack:** 1 1/2 cups fresh chopped tomatoes and cucumbers sprinkled with olive oil, garlic powder, cayenne pepper and lemon

**Dinner:** 2 cups lentil soup and 2 cups steamed vegetables. Choose from the vegetables on the food list. Or make curry lentil and vegetable soup.

**Evening activity:** 15 minutes meditation

## 21-Day Detox Plan

### Day 20

*Forgiveness ends all suffering and loss – Gerald Jampolsky, MD*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming).

**Breakfast:** Protein Smoothie- 1 cup fruit, 1 ½ Tbsp protein powder (Nutribiotic brown rice protein powder, hemp seed protein powder, Sun warrior protein powder, or Vega protein powder), 4 oz. fruit juice, water and ice.

**Snack:** 12 almonds and 1 nectarine or other fruit in season

**Lunch:** 2 cups cooked pinto or black beans, 4 cups green salad

**Snack:** 8 oz. nut or seed milk (almond, cashew, sesame seed milk)

**Dinner:** 1 cup eggs/egg whites or ½ cup tempeh over 2 cups steamed vegetables, 1 Tbl. flaxseed oil and seasoning (can add salsa or seasoning)

## 21-Day Detox Plan

### Day 21

*I choose love over fear and in each moment choose to experience inner peace.*

Space for gratitude:

**On waking:** 1 cup of hot water with ½ lemon squeezed in the water and a pinch of cayenne pepper.

**Morning Activity:** Journal writing/goal setting 5-10 minutes. Quiet sitting (meditation)

**Exercise:** 20-30 minutes aerobic activity (running, biking, walking, swimming).

**Breakfast:** ½ cup Millet over 2 cups steamed veggies and healthy dressing

**Snack:** 8 oz. nut or seed milk

**Lunch:** 1/3 cup raw sunflower seeds, ½ cup tofu or ½ cup eggs and steamed veggies

**Snack:** Shredded Carrot-celery- beet salad. Maybe add a touch of seasoning or salt or citrus.

**Dinner:** Spinach salad w/ 10 pecans, 1 cup black beans, ¼ avocado, salsa for salad dressing

**Evening activity:** Yoga

## 21-Day Detox Plan

### Food List

<b><u>Fruits</u></b>	<b><u>Oils</u></b>
Lemons	Virgin Coconut Oil/Butter- for cooking and
Limes	Sesame oil
Papaya	Flax oil or Udo's Oil
Mango	Olive Oil- for salad dressing
Watermelon	
Pears	
Berries- blueberries, raspberries, blackberries	
Nectarines	
Apples	
<b><u>Vegetables</u></b>	
Beets (with tops)	<b><u>Beverages</u></b>
Broccoli	Almond Milk, sesame milk, cashew milk
Carrots	Green tea, Herbal tea
Celery	Unfiltered apple juice or pear juice
Cilantro	
Cauliflower	<b><u>Proteins</u></b> Tofu, Tempeh
Leeks/green onions	Eggs (free range if possible)
Parsley	Sunflower Seeds- soaked in water if possible
Sweet potato/ yams (starch)	FlaxSeeds/ crackers
Zucchini	Almonds- soaked in water if possible
Kale (dark leafy green)	Steamed Edemame (soy beans)
Swiss Chard (dark leafy green)	Wheat Gluten Products/ Veggie Proteins
Cabbage (purple or green)	
Squash (acorn or butternut)	<b><u>Miscellaneous Foods</u></b>
Salad mix (baby greens, spring mix, etc)	Raw honey, agave nectar, or stevia
romaine, all dark green lettuces not iceberg	Vegetable broth or miso for soups
<b><u>Nuts, Seeds, Grains, Cereals (all nuts &amp; seeds should be raw and unsalted)</u></b>	
Almond, Sunflower seeds, flax seeds, Pecans, Walnuts, Pumpkin seeds, sesame seeds, almond butter, sesame butter (tahini),	<b><u>Condiments/Seasonings</u></b> <b><u>Dulse, Cayenne, Italian herb blend, Garlic, Ginger</u></b>
Millet, Brown rice, amaranth, quinoa- all are interchangeable on the cleanse	
Raw nut or seed snacks	

What a journey you have been on physically, emotionally, and spiritually. I know you are a different person from when you started. Congratulations on your accomplishment!

Kardena Pauza,  
 Author of Easy Veggie Meal Plans  
[www.kardenaskitchen.com](http://www.kardenaskitchen.com)