

21-Day Summer Detox



**ULTIMATE  
NUTRITION  
PLAN**

**IT IS THE PERFECT WAY TO GET  
YOU GUT BACK INTO SHAPE**



# CLEAN EATING TOOLS



## Toss It!

### Clear your cupboards of crap:

- Acidic energy drinks, coffee, soda, diet soda, flavored chemical waters, and booze.
- All refined sugars and artificial sweeteners.
- All processed starches, especially “The Whites”. This includes white table salt, white rice, white bread and white potatoes.
- Gluten. Be a detective and dump it.
- Dairy.
- Eliminate animal foods or at the very least, reduce to no more than twice per week.



# PROTEIN POWDERS & SUPERFOODS (± RESOURCES)



## Protein Powders:

- Hemp Powder ([Nutiva.com](http://Nutiva.com))
- Vegan Triathlete Brendan Brazier's Vega Brand ([sequelnaturals.com/vega](http://sequelnaturals.com/vega)).
- Sun Warrior Protein + Green Powder ([sunwarrior.com](http://sunwarrior.com))



## Superfoods:

- Blue-green Algae (BGA)- ([E3Live.com](http://E3Live.com))
- Spirulina- Nutrex Hawaii ([nutrex-hawaii.com](http://nutrex-hawaii.com))
- Chlorella- Sun Chlorella brand ([sunchlorellausa.com](http://sunchlorellausa.com))
- Green Powders- Amazing Grass Brand ([amazinggrass.com](http://amazinggrass.com))
- Maca Powders: Navitas ([Navitasnaturals.com](http://Navitasnaturals.com))

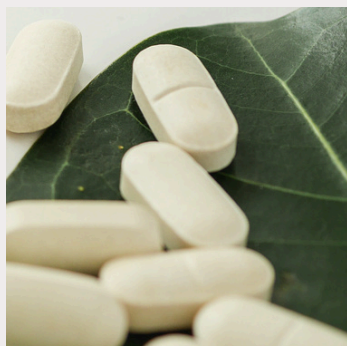


## Supplements

- Probiotic (Jarrow Formula's and PB8 brands)
- Vitamin D (Life's DHA Omega 3- [lifesdha.com](http://lifesdha.com))
- Complete B Vitamin (E3 Live)
- Daily Multivitamin (E3 Live)
- OMEGA-3 (preferably one from algae)
- Digestive Enzyme- LifeGive HHI-Zymes- they come in a bucket of 650 caps.
- Aloe Vera- Aloe Life Herbal Aloe Detox Plus Formula ([alolife.com](http://alolife.com)). Put a capful or two in a liter of water and drink it all morning.



# SHOPPING LIST



Here is a short list of foods you'll find in my personal cache- some healing staples and transitional foods for getting over the meaty, fatty hump.

## VEGGIES:

Cucumbers  
Broccoli  
Kale  
Collards  
Celery  
Parsley  
Cabbage  
Romaine  
Red Lettuce  
Spinach  
Peppers  
Zucchini  
Asparagus  
Red Peppers  
Chard  
Green Beans  
Alfalfa  
Sprouts  
Mung Bean  
Sprouts  
Sweet Pea  
Sunflower  
Sprouts  
Onions  
Garlic  
Leeks  
Cauliflower  
Winter  
Squash  
Carrots  
Arugula  
Bok Choy  
Sweet  
Potatoes  
Parsnip  
Turnips

## FRUIT

Avocados  
Tomatoes  
Apples Lemonds  
Limes  
Grapefruits  
Pears  
Grapes  
Berries

## FERMENTED FOODS

These foods are high in bacteria; and a good source of vitamin B)

## Valuable Fermented Foods:

- Braggs organic unpasteurized apple cider vinegar
- tempeh
- raw sauerkraut
- unpasteurized white miso

## Seaweed

Loaded with minerals and Vitamins.

Popular Seaweeds

Include:

- Dulse (great on top of salads.)
- arame
- hijiki
- wakame (add this one to miso soup)

## NUTS & SEEDS:

Almonds  
Pecans  
Walnuts  
Macadamias  
Hazelnuts  
Pine nuts  
Pumpkin seeds  
Flaxseed  
Sesame seeds  
Hemp seeds  
Chia seeds  
Sunflower seeds  
Almond Butter  
Cashew Butter  
Tahini Butter

## SEASONINGS:

Celtic/Himalayan Salt  
Herbamare  
Dulse flakes  
Wheat-free tamari  
Bragg's liquid aminos  
Ginger powder  
Garlic Powder  
Basil  
Parsley  
Cilantro  
Mint  
Dill  
Rosemary  
Thyme  
Black Pepper  
Curry  
Turmeric  
Cinnamon  
Cayenne  
Wasabi



# ALTERNATIVE FOODS

## Shopping List



### GLUTEN-FREE GRAINS AND NOODLES (if sensitive)

Whole Grains (gf if sensitive):

Millet  
Quinoa  
Buckwheat  
Brown Rice  
Wild Rice  
Amaranth  
Tinkyada Rice Pasta

### GLUTEN-FREE GRAINS SNACKS

Brown rice crackers  
Sprouted Ezekiel breads and cereals

### BEANS AND LEGUMES

Chickpeas  
Lentils  
Aduki  
White Beans  
Limas  
Pinto Beans

### SWEETENERS

Stevia  
Yacon Syrup  
Agave Syrup  
Monk Fruit

### FLOURS AND MEALS

Organic, Stone Milled, Whole-Grain Flours (if gluten doesn't bother you.

### Gluten Free:

Amaranth Flour, Black Bean Flour, Flaxseed Meal, Potato Flour, Oat Flour, Quinoa Flour, Millet Flour, Nut Flour.

### ALTERNATIVE DAIRY

Rice  
Almond  
Oat  
Hemp Milk  
You can also make your own nut milks.

### MOCK MEATS

Sunshine Veggie Burgers  
Gardein.com  
Fieldroast.com  
Lightlife.com  
Morningstarfarms.com

### Soy Products:

Soybeans  
Edamame  
Tempeh  
Moderate Amounts of Tofu

### Drinks

Juice & Soda Alternative:

- Purified water w/ lemon
- Herbal Teas
- Green Tea
- White Tea
- Yerba Mate
- Kukicha
- Chai
- Kombucha
- Coconut Water
- Toss a piece of fruit, dash of stevia in a blender, blend and strain, enjoy!

### EGG REPLACERS

Cooking Replacements:

Soft tofu  
Mashed bananas  
Arrowroot Powder  
Chickpea Powder  
Enger-G-Foods Egg Replacer  
Cornstarch (1 tbsp. dissolved in tbsp. water for each egg).



# DETOX 'TO DO'

## FOCUS

Concentrate on the positive rather than the negative. Think about the language you use. Your cells have ears. Talk positive to yourself.

## PRAYER

Please help me open my mind. Ignite my child-like curiosity and anything-is possible attitude.

## AFFIRMATION

I am capable. confident, intelligent, resilient, and in charge. Health and happiness are my birthrights and I accept with gratitude.

## MAINTENANCE

MOVE! Sweat your prayers, walk, run, dance, play with your dog! I urge you to do 35 minutes a day at least 5 days per week. And... dry brush, infrared sauna & meditate.

## DAILY TIP

Drink green juice regularly or green smoothies until noon and then add solids at lunch and dinner. If hungry, eat a bowl of berries.

## ORGANIZATION

Plan meals ahead of time. It's a huge help. Crack open your cookbooks, shop, and plot. Stack the odds for success in your favor.



# A DAY IN THE LIFE

## 5.45 - 6AM

- Wake up & get out of bed

## 7.30 - 8.30AM

- Yoga Stretching
- Journaling, To DO List
- Dry Brush
- Drink Green Juice/Smoothie, Purified Water, and Teas until 12:00pm.

## 12.30PM - 5.00PM

- Mid-Day Power Walk
- Meetings & mundane work tasks that don't require focus

## 7 - 9PM

- Check off to do list
- Gratitude Journal
- Read Book
- Bed Time

## 6 - 7.30AM

- Brush your teeth
- Drink a large glass of water
- Meditation Cushion: deal with your chaos for about 15-20 minutes.

## 8.30AM - 12.30PM

- Work
- Lunch
- Power Nap

## 5 - 7PM

- Dinner
- Clean up & prep meals & next day tasks
- After Dinner Walk

# A Simple One-Day Juice Fast

**7:00am**

8 oz water w/ lemon +  
pinch of cayenne pepper

**8-9:00am**

16-20 oz of green juice

**11:00am**

16-20 oz of green juice

**1:00pm**

16-20 oz of green juice

**4:00pm**

16-20 oz of green juice

**6-7:00pm**

16-20 oz of green juice or  
miso soup



# Monday



## UPON RISING

Warm water with lemon  
(optional pinch of cayenne)  
Herbal Tea



## BREAKFAST

Green juice, followed by  
fresh berries or 1 green  
apple



## LUNCH

Tofu Eggless Salad  
Gluten-free bread



## SNACK

Apples, pears, or celery sticks  
with almond/cashew butter



## DINNER

Thai "Peanut" Sauce Veggies  
+ Quinoa, Kale Salad



# Tuesday



## UPON RISING

Warm water with lemon  
(optional pinch of cayenne)  
Herbal Tea



## BREAKFAST

Green Guru Smoothie



## LUNCH

Mexican Pilaf  
Large Salad + tons of  
goodies & olive oil & lemon



## SNACK

Hummus with gluten-free  
crackers



## DINNER

Teriyaki Tofu  
Cabbage Hemp Salad



# Wednesday



## UPON RISING

Warm water with lemon  
(optional pinch of cayenne)  
Herbal Tea



## BREAKFAST

Green Juice till 12:00 pm  
Vanilla Tapioca Pudding



## LUNCH

INori Rolls  
Ginger Lemongrass Miso Soup



## SNACK

Green Juice, 10-15 raw  
almonds



## DINNER

Roasted Tomatoes Stuffed with  
Pine Nut Pate & Quinoa Salad



# Thursday



## UPON RISING

Warm water with lemon  
(optional pinch of cayenne)  
Herbal Tea



## BREAKFAST

Apple Sprout Smoothie  
Sprouted grain cereal +  
nut/seed milk



## LUNCH

Tomato Wild Rice Soup  
Simple Mediterranean Salad  
w/ Caper Berries



## SNACK

Green Juice, 10-15 raw  
almonds



## DINNER

Buddha Bowl + Marinated Sea  
Veggies + Miso Broth with  
Zucchini Somen and Shiitake



# Friday



## UPON RISING

Warm water with lemon  
(optional pinch of cayenne)  
Herbal Tea



## BREAKFAST

Urban Zen Juice till noon  
Gluten-free toast with  
avocado and sea salt



## LUNCH

Olive Quesadillas  
Large Salad + tons of goodies  
& your choice of dressing



## SNACK

Veggies & Hummus/Bean Dip  
or Dressing



## DINNER

Woodstock Peace Salad + your  
choice of dressing + Black Bean  
& Sweet Potato Burger



# Saturday + Sunday



## UPON RISING

Warm water with lemon  
(optional pinch of cayenne)  
Herbal Tea



## BREAKFAST

Green juice till noon  
Rice Seed Cakes + nut  
butter with bananas



## LUNCH

Choosing Raw Peanut Noodles  
with steamed veggies



## SNACK

Green juice  
1-2 Rice Cakes with Raw  
Almond Butter



## DINNER

Asian Medley  
Palak Paneer





HEALTHY

*lifestyle*

with weight loss specialist

**STACEY GERNERD**