

THE 21-DAY PLANT-BASED DETOX

by Stacey Germerd



**CHANGE YOUR HABITS,
CHANGE YOUR LIFE.**





WHY DO A PLANT-BASED DETOX?

- **PLANTS HELP YOU LOSE WEIGHT**
- **PLANTS PUMP UP YOUR ENERGY**
- **PLANTS INCREASE YOUR HEALTH LONG-TERM**
- **PLANTS RESET YOUR MIND AND BODY**
- **PLANTS TRANSFORM THE WAY YOU LIVE & FEEL**



THE 21-DAY PLANT-BASED DETOX

5 Guideines for your 21-Day Detox

- 1. CHOOSE PLANT-BASED OVER PROCESSED**
- 2. EAT 3 MINDFUL MEALS A DAY**
- 3. AIM FOR 80-10-10 (80% CARBS, 10% FAT, 10% PROTEIN)**
- 4. EXCERISE 30 MINUTES PER DAY**
- 5. DRINK WATER, AKA DON'T DRINK YOUR CALORIES**

WHY 80% CARBS:

Carbs are coming directly from the earth, so you can eat them in abundance! These carbs will include complex carbs found in fresh fruits and vegetables, as well as protein sources, like legumes.





GET READY, GET SET:

Setting Yourself Up for Success

5 Pillars for Success:

1. DIET
2. EXERCISE
3. SLEEP
4. STRESS MANAGEMENT
5. LOVE



LETS GET STARTED:

1. TAKE A DEEP BREATH
2. CLEAN UP YOUR KITCHEN
3. SHOP FOR FRESH FOODS
4. AVOID ADDED SUGAR
5. NO ARTIFICIAL ANYTHING
6. TOSS THE WHITE FLOWER
7. DITCH THE DAIRY
8. FREE YOURSELF FROM MEAT
9. CHOOSE ORGANIC
10. CHOOSE THE COLOR OF RAINBOW



Pantry Staples

Flours

almond flour
baking soda
brown-rice flour
gluten-free oat flour
tapioca flour

Oil/Vinegar

apple ciider vinegar
balsamic vinegar
coconut aminos
coconut oil
extra virgin olive oil
safflower oil/canola oil- high heat

Spices

basil leaves (or dried basil flakes)
black ground pepper
cayenne pepper
cinnamon
coriander
cumin
curry
garlic powder
ginger
Madagascar vanilla extract
paprika
parsley flakes (dried)
sea salt
turmeric

Condiments

apple sauce
artichoke hearts (1-BPA-free can)
canola mayo
Kalamata olives
maple syrup
nori sheet
pitted dates
vegan chocolate chips

Essential Kitchen Tools

Measuring spoons and cups
Food Processor
Spiralizer (for making pasta)
Sushi bamboo mat

Week 1 Grocery List

Grains/Beans/Legumes

beluga lentils
black beans
brown rice (short-grain)
chickpeas (1 can of BPA-free)
green lentils
quinoa
quick oats
vegan and gluten-free bread

Produce

banana
blueberries (fresh)
broccoli
carrots
cauliflower
celery (chopped)
cherry tomatoes (1 small pack)

Produce (con't)

cucumber (2)
eggplant (1)
fresh fruit (whole)
garlic
Granny Smith apples (3)
grape tomatoes (1 pack)
grapefruit (1)
grapes (green)
Haas avocados (7)
jalapeno pepper & red peppers
jicama
kale
lemon (6)
lime (3)
onion (2)
oranges (2)
plum tomato (3)

Produce (con't)

romaine lettuce
shallot
spinach
sweet potato (1)
tomatoes (2)
zucchini

Seeds/Nuts/Dried Fruit/Nut-Milks

almond/sunflower butter
cashews (raw/unsalted)
chia seeds (2 cups)
flaxseed (milled)
nuts (raw,unsalted)
pine nuts
sesame seeds
tahini
walnuts
almonds/coconut milk

Week 2 Grocery List

Grains/Beans/Legumes

black beans
brown rice (short-grained)
lentils (black)
pinto beans (1-BPA-free can)
quinoa

Produce

apple (1)
Asian pears (2)
basil (fresh)
beets (2)
blueberries (frozen)
broccoli
carrots
cauliflower
celery
cucumber (4)

Produce (con't)

cherry tomatoes (2 boxes)
cranberries (dried)
fennel
fresh fruit
Fuji apple (1)
garlic
ginger
Granny Smith apple (cored)
grapes
Haas avocado
iceberg lettuce
kale
lemon (3)
lime (4)
onion
orange
parsley (fresh)

Produce (con't)

romaine lettuce-1 head
scallion
spinach
sweet potato (1)
tomatoes (2)
tomatoes (8 large ripe)

Seeds/Nuts/Dried Fruit/Nut-Milks

almonds
cashews
sunflower seeds

Spices & Seasonings

mustard

Plus

almond milk/coconut milk
gluten-free oats
hearts of palm
linguine (gluten-free) 1 box

Week 3 Grocery List

Grains/Beans/Legumes

black beans
brown rice (short-grained)
chickpeas (raw in a bag)
chick peas (1-BPA-free)
green lentils
lentils (1 can-BPA)
lentils (beluga)- (bagged)
quinoa

Produce

alfalfa sprouts (small box)
banana (1 bunch)
basil leaf (1-chopped/ dried)
broccoli (1-head)
carrots (1-bag)
cauliflower (1-head)
celery (1 bunch)
cherry tomatoes (1 box)

Produce (con't)

cucumber (6)
fennel
eggplant (1-2 large)
garlic, clove
ginger, grated (small bunch)
Granny Smith apples (2)
Haas avocados (7)
jalapeno (2 small)
kale
lemons (3)
limes (6)
onion and scallions
parsley
peppers (5 medium, any variety)
pineapple
romaine lettuce
hummus

Produce (con't)

shallot
spinach (1 bunch)
sweet potato (1 large)
tomato (3 plum)
tomato (8 large)
tomato (cherry) (1 large box)
turmeric
zucchini (1 large)

Seeds/Nuts/Dried Fruit/Nut-Milks

cashews and walnuts (raw)
flax meal
sunflower butter

Plus

almond milk/coconut milk
apple sauce, cranberries, dates
linguine (gluten-free) 1 box
capers and hummus

Week 1

MEAL	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Oatmeal w/ blueberries bananas	Lean Green Juice	Chia Pudding	Chia Pudding	Quinoa Porridge	Kale Lean Juice	Toast Nut Butter & Blueberries
2	Quinoa Salad with Lentils	Spanish Beans over Sweet Potatoes	Lentil Soup Garnished w/ Avocado & Tomato	Thin-Crust Pizza	Vegan Sushi Roll	Vegetable Curry	Chickpea Sandwich
3	Raw Walnut Tacos	Artichoke, Avocado, Tomato, Salad	Cauliflower Salad	Raw Zucchini Carrot, Cucumber Salad	Baked Eggplant with Pico de Gallo	Beluga Lentil Salad	Jicama and Avocado Salad

Week 2

MEAL	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	Immunity Juice	Homemade Granola with Berries	Cape Juice	French Toast	Extra C Juice	Overnight Oats	Clarity Juice
2	Gluten Free Linguine with Tomato and Basil	Brown Rice & Kale Bowl	Raw Walnut Tacos	Cauliflower Salad	Thin Crust Pizza	Quinoa Tabbouleh	Vegan Sushi Roll
3	Hearts of Palm Salad	Tomato and Avocado Salad	Black Bean and Kale Sald	Kale Salad with Sweet Potato	Lentil Burger with Veggies	Vegetable Curry	Quinoa-Stuffed Red Peppers

Week 3

MEAL	Mon	Tues	Wed	Thur	Fri	Sat	Sun
1	On-the Run Protein Smoothie	Alive Juice	Tomato, Avocado, & Hummus Tartine	Breathe Juice	Orange You Happy Juice	Lean Green Juice	Popeye Smoothie
2	Black Bean and Kale Salad	Hummus Tartine with Sprouts	Bean Medley over Sweet Potatos	Chickpea Sandwich	Brown Rice and Kale Bowl	Quinoa Salad with Lentils	Raw Zucchini Carrot, Cucumber Salad
3	Ceviche	Lentil Soup Garnished with Avocado and Tomato	Artichoke, Tomato, Avocado Salad	Quinoa Tabbouleh	Vegetable Curry	Baked Eggplant with Pico De Gallo	Beluga Lentil Salad

Week 3

MEAL	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
1	On-the Run Protein Smoothie	Alive Juice	Tomato, Avocado, & Hummus Tartine	Breathe Juice	Orange You Happy Juice	Lean Green Juice	Popeye Smoothie
2	Black Bean and Kale Salad	Hummus Tartine with Sprouts	Bean Medley over Sweet Potatos	Chickpea Sandwich	Brown Rice and Kale Bowl	Quinoa Salad with Lentils	Raw Zucchini Carrot, Cucumber Salad
3	Ceviche	Lentil Soup Garnished with Avocado and Tomato	Artichoke, Tomato, Avocado Salad	Quinoa Tabbouleh	Vegetable Curry	Baked Eggplant with Pico De Gallo	Beluga Lentil Salad

AFTER 21 DAYS...

Once you're accustomed to eating food from the earth, dieting is something you'll no longer think about.

The hard work of this program is changing your habits from unconsciously eating processed foods throughout the day to mindfully eating plant-based meals.

Stick with the program so that you can make your new healthy habits permanent.



THANK YOU

For being apart of more-ment, a nutrition and fitness brand

Stacey Gerner

