

## step 1

### ELIMINATE

Wheat/gluten  
Corn  
Dairy  
Sugar  
Alcohol  
Coffee  
Soy  
Artificial sweeteners,  
flavors or colors

### SMOOTHIES

#### How to make a healthy smoothie:

2 scoops protein powder  
1 tbsp healthy fat  
Fresh greens  
1/4 cup low glycemic fruit  
8–10 oz approved liquids and ice  
Blend together

#### How to make a recovery smoothie:

2 scoops protein powder  
1 tbsp healthy fat  
Fresh greens  
1/2 cup banana or pineapple  
8–10 oz approved liquids and ice  
Blend together

## step 2

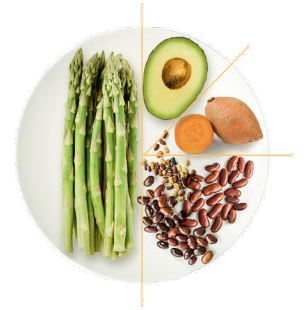
### REPLACE 1-2 MEALS A DAY WITH A VEGAN PROTEIN SHAKE

**Wake up:** Herbal Detox Tea  
Energy Fizz Stick(s)  
**Breakfast:** Digestion & Microbiome Support  
(add to your smoothie or do a  
Green-Gut-Glow Shot)  
Smoothie  
**Snack:** Low glycemic snack  
**Lunch:** Smoothie  
**Snack:** Low glycemic snack and/or  
Energy Fizz Stick  
**Dinner:** Lean & green meal  
**Evening:** Herbal Detox Tea (Week 1)  
**Week 3:** Start your Body Cleanse



## step 3

### NOURISH TO FLOURISH



### FILL YOUR PLATE WITH THESE:

#### GREEN VEGGIES

1/2 of your plate  
kale, chard, mustard  
greens, spinach, broccoli or  
asparagus

#### LEAN PROTEIN

1/4 of your plate  
wild fish, chicken, turkey, grass  
fed beef, beans or lentils

#### GOOD CARBS

1/8 of your plate  
brown rice, quinoa, beets,  
sweet potatoes, or carrots

#### HEALTHY FATS

seeds, nuts, nut butters,  
nut oils, olive oil, avocado,  
flax seeds/oil, chia seeds,  
grapeseed oil, coconut  
flakes/oil