

THANKSLIMMING



Clean-Eating Challenge



DETOX

Clean-Eating Challenge

Congratulations on accepting the G-Force Fitness Detox Challenge! Over the course of this challenge, you will lay the foundation for a lifetime of optimal health and fitness by focusing on clean eating and daily exercise.

By focusing on building a diet composed of healthy foods and eliminating foods that cause toxicity, you will gain more energy and accelerate weight loss, but that is just the beginning. You may notice better mood, improved sleep, less gastrointestinal stress as well as alleviation of symptoms such as bad breath, bloating, gas, constipation or diarrhea, canker sores, difficulty concentrating, excess weight, fatigue, fluid retention, food cravings, headaches, heartburn, joint pain, muscle aches, puffy eyes and dark circles, postnasal drip, sinus congestion, skin rashes and sleep problems.

Changing the foods that you eat may also help to fight more serious conditions such as: arthritis, asthma & allergies, autoimmune diseases, chronic fatigue syndrome, diabetes, high blood pressure, high cholesterol, obesity, acne, eczema, fibromyalgia, food allergies, headaches, heart disease, Crohn's, irritable bowel syndrome, menopausal symptoms, and menstrual problems.

"The food you eat either makes you more healthy or less healthy. Those are your options."

-It Starts With Food

WHY DETOX?

Decreasing toxicity and inflammation is the key to effective, long-term weight loss. Weight loss is simply a side effect and benefit to reducing toxicity and inflammation in the body. Getting and being healthy is the key to losing weight. By taking away the foods in your diet that are causing toxicity and inflammation it gives your body a chance to reset.

You don't lose weight and then get healthy, you get healthy and then you lose weight.

Sources of toxicity in your life may be: addictive habits such as coffee, sugar, alcohol, processed food, fast food, junk food, trans fats, and high-fructose corn syrup. Sources of inflammation include but are not limited to: food allergens (gluten, dairy, soy, corn), sugar & flour products, bad fats, and alcohol.

DETOX

Clean-Eating Challenge

WHAT IS TOXICITY?

Toxins are substances that may cause harm on our body. The toxic load on our body comes from our diet, chronic stress, and our environment. A diet high in sugar, trans fat, food additives & preservatives, pesticides, hormones, and antibiotics is very toxic to our bodies and our minds. Mercury, lead, and other heavy metals also contribute to our toxic load. Negative thoughts, behaviors, and beliefs that increase our stress level are toxic to our minds, bodies, and overall health and well-being.

Toxins can be both external and internal. External toxins include chemical toxins and heavy metals. Chemical toxins are most commonly found in cleaning products, personal care products, pesticides, herbicides, and food additives. The Standard American Diet (S.A.D.) puts a tremendous burden on our bodies' ability to detoxify naturally. Internal toxins include the waste products of bacteria, yeast, and other microbial organisms. This can interfere with normal metabolism as well as increase inflammation and oxidative stress.

Increased toxic load can affect weight loss attempts by: impairing two key metabolic organs (the liver & thyroid), damaging the mitochondria (the site of energy metabolism), harming brain neurotransmitter and hormone signaling that affects our appetite, and increasing inflammation and oxidative stress. Both inflammation and oxidative stress promote weight gain.

Your liver is your largest internal detoxification organ, and it is responsible for a variety of life sustaining and health promoting functions, including those that make healthy weight loss and weight management possible. Necessary for a number of metabolic processes, the liver supports the digestive system, controls blood sugar and regulates fat storage. The liver stores and mobilizes energy, and produces more proteins than any other organ in the body. It also regulates your blood flow and for women, keeps your menstrual cycles running smoothly. Of all the jobs the liver has, the most important is to separate which nutrients you need to absorb and the dangerous substances that need to be filtered out of your bloodstream.

When the liver is clogged and overtaken with toxins, it can't do a very good job of processing nutrients and fats. The liver produces bile, which is critical in the detoxification of our bodies. Bile lubricates our intestines and works with fiber to prevent constipation. Bile is also where the liver dumps all the drugs, heavy metals, xenoestrogens, excess sex hormones, medications, pesticides, industrial chemicals, and other toxins so they can be eliminated from the body.

When our lifestyle, environment, and diet are highly toxic it becomes too much for the bile in our system. The bile becomes thick, viscous, and can't properly break down fats. This can result in weight gain or difficulty losing weight. Detoxing the liver helps it produce healthier bile. This bile helps your body rid itself of toxins and break down fat more efficiently. It also makes more nutrients available to your body and reduces the toxic load on your digestive and immune systems. Your elimination will improve; you will look better, feel better, and are able to move towards more optimal health.

DETOX

Clean-Eating Challenge

WHAT IS INFLAMMATION?

***Being inflamed makes you fat,
and being fat makes you inflamed.***

Inflammation results from “triggers” that vary from person to person. Overconsumption of sugar, high doses of the wrong kinds of oils and fats in our diet (omega-6&9 vs. omega-3), and food allergies are all triggers that can cause inflammation. In addition, lack of exercise, too much exercise, chronic stress and hidden infections are all triggers for inflammation. This chronic inflammation that you cannot see or feel leads to every one of the major chronic diseases: heart disease, cancer, diabetes, dementia, and more. The goal of a detox diet is to identify foods that you are eating that could be the cause of chronic health and weight problems. The idea is to give your body a break from common food allergies/sensitivities and see if you lose weight and your symptoms get better/disappear. Even if you don’t think you have any food sensitivities or allergies, know that symptoms have a delayed response, taking anywhere from a few hours or a few days after ingestion to show up.

Food allergies can play a HUGE part in chronic disease and weight problems but are not recognized by conventional medicine. Food allergies can cause: bloating, food cravings, reflux, trouble sleeping, autoimmune disorders, weight gain, fluid retention, fatigue, brain fog, irritable bowel syndrome, mood problems, headaches, sinus and nasal congestion, joint pains, acne, eczema, and more.

We develop food allergies when the lining of our gut and the balance of normal gut flora get damaged from poor diet, stress, medications, infections, or toxins. This is referred to as leaky gut. Partially digested food particles then enter our blood stream through tight junctions in the gut lining that have pulled apart. The body will then attack these foreign molecules creating an immune response/complexes against them. This immune response increases the inflammation in our body. Healing your digestive system and the lining of your gut can reduce the severity and number of food allergies.

***“The food we eat should promote a healthy psychological response,
promote a healthy hormonal response, support a healthy gut,
and support immune function and minimize inflammation.”***

-It Starts With Food

DETOX

Clean-Eating Challenge

HEALTHY PSYCHOLOGICAL RESPONSE

Sugar is a drug!!!

Sugar can be extremely addictive, and like drugs, stimulates certain pleasure receptors in the brain. Many sugary foods are also nutrient-poor, high in salt and carbohydrate dense, making them more addictive. These types of foods alter our pleasure, reward, and emotional pathways in the brain. Wheat actually binds to opiate receptors in the brain! Chronic stress and lack of sleep just reinforce and make this worse.

What foods do you “crave” when you are stressed or running on little sleep? Foods rich in carbohydrate increase serotonin, our “feel good” hormone. We then over eat these “Frankenfoods” (high sugar, high trans fat, high preservative unnatural processed foods) because we never reach satiation due to their lack of nutrients. Eating delicious food with the nutrition and satiety that nature intended is the solution to this problem.

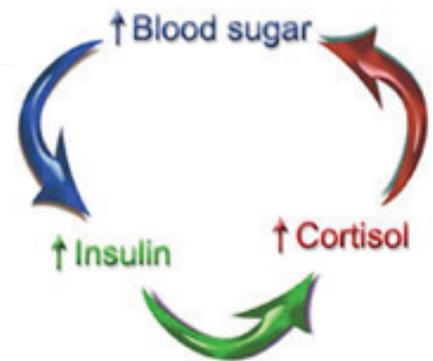
In his YouTube video Sugar: The Bitter Truth, Dr. Robert Lustig argues that the current obesity epidemic is due to the marked increase in people’s consumption of fructose over the last 30 years. He points out that fructose is toxic in large quantities, because it is metabolized in the liver in the same way as alcohol, which drives fat storage and makes the brain think it is hungry.

PROMOTE A HEALTHY HORMONAL RESPONSE

When you manage blood sugar you decrease the amount of insulin in the blood stream. Even though insulin is always present in the blood stream; the key is not having too much. Each time we eat, we are telling our body to burn fat or store fat based on what that meal is made up of (protein, fat, carbohydrates). If insulin levels are high your body will not use fat for a fuel source and consequently has a hard time stabilizing blood sugar.

When blood sugar spikes, more insulin must be produced. If this cycle continues over years, the pancreas can be taxed from having to produce so much insulin, which leads to serious conditions such as insulin resistance and type II diabetes. Managing blood sugar by selecting the right foods and exercising regularly is the key to preventing these serious conditions.

Hormonal imbalance starts when you overconsume carbohydrates. Over consumption of carbohydrates also leads to excess glucose and triglycerides in the blood stream promoting leptin resistance in the brain. Leptin is an important hormone that tells your brain you are full. Leptin resistance means that your brain is not hearing the leptin message and thinks you are starving. This promotes overeating and a decrease in your metabolism. Leptin resistance also promotes insulin resistance leading to chronically elevated blood sugar and insulin levels and a high risk of developing type II diabetes.



DETOX

Clean-Eating Challenge

Cortisol is our stress hormone, chronically elevated cortisol levels increase blood sugar because our body is in “fight or flight” mode and thinks we need the energy to run from the stressful situation. This state of elevated blood sugar levels can contribute to insulin resistance and belly fat. Abdominal fat increase our risk of heart disease, diabetes and stroke. Clean eating and daily exercise is the best way to prevent this type of fat storage.

Great abs are made in the kitchen.

SUPPORT A HEALTHY GUT

Your gut houses 70-80% of your immune system, is also known as your “second brain”, and is a critical part of the digestive process. If your gut is not healthy, you are not healthy, PERIOD.

The gut is connected to many other systems in the body as well as all aspects of health. More of the neurotransmitters serotonin, GABA, and melatonin are found in the gut than in the brain. Imbalances in serotonin are linked with depression and other mood disorders, and an imbalance in GABA has been linked with anxiety because GABA is a major inhibitory neurotransmitter. Altered melatonin will disrupts our circadian rhythms (sleep/wake cycles). Our gut is also home to about 500 species and 3-5 pounds of bacteria, some healthy and some not so healthy. The balance of good and bad bacteria in our gut will affect our metabolism, psychological well-being, hormone balance, and immunity. Too many of the wrong bacteria, like parasites and yeasts, or not enough good ones, like Lactobacillus or Bifidobacteria, can damage your health. I mentioned earlier several external factors that can compromise and damage our gut. Visceral fat (the deadly kind that builds up around our organs) is one of the direct effects of increased gut permeability. Much like your hormones, your gut health can be restored over time with the proper changes to nutrition, exercise, and lifestyle.

SUPPORT IMMUNE FUNCTION AND MINIMIZE INFLAMMATION

We have already talked about sources of inflammation and the effects of chronic low-grade inflammation in the body. I wanted to mention one more thing about our immune system. If our immune system is overactive and never gets a break, it has a hard time doing its main job (fighting off acute inflammation). An overactive immune system can be caused by: food sensitivities, gut pathogens, toxins such as mercury and pesticides, stress, mold toxins and allergens just to name a few.

When your immune system is overactive you can't fight off that bug that is going around, heal stubborn tendonitis, or keep your arteries clear of plaque. If you are the person who is chronically sick or when you do get sick it lingers, it's time to take a look at your gut health.

“Healing gut health is the single most important thing we can do to improve our health.”

-Chris Kresser

DETOX

Clean-Eating Challenge

DETOX FOOD GUIDELINES

WHAT TO EAT

Vegetables: 6-8 servings per day (1 serving=1/2 cup cooked or 1 cup raw)

Asparagus, broccoli, bok choy, Brussels sprouts, cabbage, cauliflower, bell peppers, carrots, celery, cucumber, tomatoes, kale, spinach, romaine lettuce, zucchini, yams, snap peas, green beans, yellow beans, string beans, eggplant, jicama, pumpkin, water chestnuts, onions, butternut squash, beets, winter squashes, etc.

Starchy Vegetable: Sweet potatoes

Fruit: 1-3 servings/day (1 serving = 1/2-1 cup, ex. 1 small apple)

Apple, banana, blackberries, blueberries, cantaloupe, clementine, cranberries, grapefruit, grapes, honeydew melon, kiwi, lemon, lime, orange, papaya, peach, pear, pomegranate, plum, raspberries, strawberries, watermelon

Fat: Eat at each meal

Olive oil, coconut oil, nuts & seeds, nut butters (not peanut butter), flaxseed, avocado oil, avocados, almonds, macadamia nuts, hazelnuts, olives, ghee coconut butter/manna, canned coconut milk, coconut (meat or flakes)

Lean Protein: Each meal

Seafood (including but not limited to: salmon, shrimp, scallops, cod, crab), grass-fed beef, bison, lamb, elk, venison, free-range pastured eggs & chicken, turkey, duck, pheasant, pork, uncured bacon, and bone broth

Beverages

Water (consume half your body weight in oz/day of PLAIN water, herbal teas, green tea, black tea)

Seasonings

Fresh & dried whole or ground herbs and spices, low-sodium organic chicken, beef, or vegetable broth, black or white pepper, salsa, sea salt

WHAT NOT TO EAT

Grains

wheat, rye, barley, oats, corn, white rice, millet, bulgur, sorghum, amaranth, buckwheat, and sprouted grains

Sugar

maple syrup, honey, agave nectar, Splenda, Equal, Nutrasweet, xylitol, erythritol, brown rice syrup, evaporated cane juice, etc.

Alcohol

not even for cooking; also eliminate tobacco products.

Legumes

beans (black, red, pinto, navy, white, kidney, lima, fava, etc) peas chickpeas, lentils, and peanuts.

Soy

soy protein, soy sauce, miso, tofu, tempeh, edamame, and soy lecithin.

Dairy

including cow, goat, or sheep's milk products such as cream, cheese, kefir, yogurt, and sour cream.

Beverages

no caffeine including coffee

White Potatoes, Corn, Peas

Protein Powders

except brown rice or veggie protein powders

WHAT TO HAVE SOMETIMES

Kombucha

limit to 8 oz. per day Look for a kombucha with 2 grams of sugar or less per servings. Anything more than that is too much sugar at one time.

Complex Carbs

brown rice, sweet potatoes, quinoa

Almond Butter, ghee (clarified butter)

DETOX

Clean-Eating Challenge

WHEN TO EAT

PRE-WORKOUT

This is going to vary based on when you work out and what your body can handle. It is ok to work out without food in your stomach if your body can handle it, but most will do well with a pre-work out snack consumed about 30 minutes to 1 hour before the work out.

EXAMPLES OF A PRE-WORKOUT SNACK

Focus on protein and fat and avoid lots of fruit or carb dense vegetables. A carbohydrate-rich meal will increase insulin putting your body in a fat storing mode.

- Handful of macadamia nuts or almonds
- A few strips of homemade beef jerky (can't have added sugar)
- Two hard-boiled eggs and an orange
- Some turkey or chicken with a slice of sweet potato
- Almond or macadamia butter with an apple
- Brown rice smoothie

POST-WORKOUT SHAKE

Drink a Brown Rice or Veggie Protein shake within 45 minutes after training.

Two scoops protein, water or coconut water and shake or blend – ice adds thickness, and it tastes better cold! Or add ½ cup fruit, a handful of spinach and ½ tsp stevia and 1 T chia seeds.

POST-WORKOUT MEAL

Eat a normal meal 60-90 minutes following your shake. Have a serving of protein with some starchy vegetables. Fruit is not your best option here. Examples of a post-workout meal include: chicken breast, ½ cup non-starchy vegetable, and 1/2 -1 sweet potato, salmon and butternut squash, or egg whites mixed into mashed pumpkin.

You only need a post workout meal if performing high intensity interval training, strength training, or longer duration cardiovascular exercise. If you are walking or doing gentle yoga you don't need to include a post-workout meal.

NOTE

The amount of carbohydrates to be consumed post workout is going to depend on your fat loss goals. If you are new to exercising and eating healthy and have a lot of body fat to lose just include protein in your post workout meal.

MEAL TIMING

Strive to eat 3-4 meals a day and avoid snacking if possible. This obviously changes on the days you engage in high-intensity exercise. You might also need to “break the rules” if you work exceptionally long days or have an exceptionally active metabolism. In that case you may end up eating 4-6 meals per day. The main objective is to leave 4-5 hours in between meals to allow your digestive system to function properly as well as keep leptin levels normalized. Ideally your last meal of the day would be at least 2 hours prior to bed. Each meal should be designed to hold you over until the next, taking away your desire to snack. As your body starts to use more fat for energy you will experience less between-meal cravings, energy slumps, and brain fog.

TIMING YOUR MEALS AND SNACKS

In general avoid snacking between meals as this can disrupt the normal functioning of leptin, insulin, and overall you may end up eating more. It may be helpful to think of your “snacks” as your meals. It will take you some time to gauge how much and what the right types of foods to eat at each meal are. If you didn't eat enough at a particular meal or didn't consume enough fat to keep you satisfied, and feel cranky, tired or hungry, have a snack that is protein and fat based. Don't just snack on veggies or fruit alone. Examples would include: 2 hard-boiled eggs & veggies, celery & almond butter, or chicken/turkey and vegetables.

EVENING MEAL TIP

To accelerate fat loss, avoid consuming carbs with your evening meal. Stick with steamed or sautéed veggies and lean protein.

DETOX

Clean-Eating Challenge

HOW MUCH TO EAT

This is tricky, as everyone is different. The best thing you can do for long term success is eat when you are hungry and stop when you are full. Your body is constantly sending signals that most of us are too busy, stressed or out of touch to pay attention to.

PROTEIN

A meal ideally includes 1 palm-sized portion of protein for females and 2 palm sized portions for males. Protein is the foundation to your meals and is what will keep you full/satisfied until your next meal. If you find you are hungry 1-2 hours after eating, chances are you have not consumed enough protein.

Women should consume 20-30 grams of protein at each meal.

Men should aim for 40-60 grams of protein at each meal.

One oz. of meat contains approximately 7 grams of protein. One egg contains approximately 7 grams. (Ladies – you will need to consume 2-3 eggs per meal, not just one!)

VEGETABLES

Fill the rest of your plate or bowl with vegetables. Aim for 2-3 servings of non-starchy vegetables at each meal. One serving = ½ cooked, 1 c raw or 2 c salad greens. For more variety, eat 2 kinds of vegetables at any given meal.

If you roast any vegetable in coconut oil and Himalayan sea salt, they taste GREAT!!

CARBS

(Sweet potato, beets, butternut squash, acorn squash, parsnips, pumpkin, brown rice, quinoa) It is important to portion carbs to ensure they are being consumed in moderation. If weight loss is your goal, limit these foods to post workout. Serving guidelines:

Women should consume about ½ c carbs at each meal.

Men should consume about ¾ - 1c carbs at each meal

The exception is the evening meal – weight loss results will be better if carbs are avoided in the evening meal.

HEALTHY FATS

Incorporate one or more fats in each meal. More than likely you will cook with one fat and may add another for flavor or texture. Serving guidelines:

Fat portions per person, per meal are as follows:

1-2 tbsps. of coconut oil or olive oil

1-2 tbsps. of nut butter, coconut butter, or ghee

1-2 pen handfuls of coconut flakes 1 closed handful of nuts/seeds

½-1 avocado

¼-½ can coconut milk

DETOX

Clean-Eating Challenge

HOW MUCH TO EAT

Fat is not something you need to be afraid of...FAT DOESN'T MAKE YOU FAT! Fat provides us with valuable nutrition and keeps us satisfied until our next meal. The amount of fat that you consume at each meal will depend on your size, activity level, and if you need to lose weight or not.

Eating on the low end of the range is appropriate if you want to decrease body fat and lose weight but skimping on fat will not yield better/more results. Fat loss is not about counting calories or grams of fat, it is about balancing hormones. If you underfeed yourself you can end up hungry all day, your energy will likely be low, and you will be tired and cranky.

FRUIT

One to two servings per day. Keep in mind that a whole banana is 2 servings. A small apple or pear, two clementine, or ½-¾ cup berries is a serving. It is ideal that you are getting a 3:1 ratio of vegetables to fruit each day, not the other way around. Fruit is not a replacement for vegetables at a given meal.

Drinking your fruit in a juice or fruit smoothie...MAYBE NOT THE BEST IDEA.

If breakfast is a big fruit smoothie, you may be setting yourself up for a crash later in the day due to the quick surge in blood sugar. You may experience uneven energy, more food cravings, and/or abnormal levels of hunger throughout the day. Liquid calories are not as satisfying as eating eggs, vegetables, and small piece of fruit or foods that you have to chew and swallow. If you have a fruit smoothie for breakfast and nothing else, you missed out on important nutrients and calories from protein and fat.

Ideally you would spread your fruit servings out during the day to avoid overloading your liver with too much fructose to process all at one time.

CAUTION: If you find yourself eating fruit at the end of each meal as a “sweet treat” to replace dessert, you may want to re-evaluate your habits. This program is just as much about changing/identifying your habits as it is about changing what you are eating. You may need to change what/how much you are eating at each meal or create a new post-meal routine such as making yourself a nice hot steaming cup of tea or get outside for a short walk. Often times just getting out of the kitchen is enough of a signal to ourselves that we are done eating.

DETOX

Clean-Eating Challenge

LIFESTYLE MODIFICATIONS

EXERCISE

Continue with your current exercise routine and eat to support your activity level. In addition, you may also choose to add in a couple of short 10-minute walks each day or one 30-minute walk per day. Getting outside and connecting with nature and movement can help us reduce stress and improve our well-being.

H.I.I.T TRAINING / BOOT CAMP

High intensity interval training will help you accelerate fat loss! Boot camp combines cardio with resistance training, so it is the ideal way to torch calories while building overall strength and toning. You may need to work at a lower intensity than usual depending on your body's response to the detoxification process. It is important to listen to your body and do what feels right.

CYCLING

Indoor cycling is also an excellent way to burn calories and build strength and endurance. It is a great way to gain the benefits of cycling in a completely safe and comfortable environment. And the lights and high energy music will inspire you to work hard while having fun.

YOGA / PILATES / ZUMBA

This might also be a good time to add some stretching or yoga into your current routine. Yoga builds strength and flexibility and focuses on the breath. Activities like Zumba provide stress-relieving rhythmic movement.

JOURNALING

This may help you keep track of your progress and experience during the detox. It will also allow you to connect the dots of how what you eat and when you eat affect your mood, sleep, productivity, and performance during exercise, etc. A meal that includes food that works with your body will leave you energized (no afternoon slump), full until your next meal, craving free, mentally sharp, and with an overall sense of well-being and enhanced mood. Journaling how you feel 1-2 hours after you eat is just as important as what you are eating.

Journaling can be a powerful technique for identifying what is important to you and finding some inner guidance. More often than not, you are stronger and smarter than you give yourself credit for. Studies have also shown that journaling reduces stress and inflammation and can have a profound impact on health.

Here are some examples of questions to ask yourself while journaling:

- *What can I do today to take care of my body?*
- *What am I willing to let go of today that is no longer serving me?*
- *How do I feel today? Physically, mentally, emotionally*
- *What am I grateful for today?*

DETOX

Clean-Eating Challenge

LIFESTYLE MODIFICATIONS

DETOX BATH

A detox bath is a great way to relieve tension, lower cortisol and sleep well. Aim to take a detox bath 2-3 times week. Get the water as hot as you can stand it. Add 2 cups of Epsom salt, 1 cup of baking soda, and 10 drops of lavender to the water. Soak for 20 minutes prior to bed.

Benefits of the detox bath include:

- *Decreasing cortisol levels, which promotes weight loss and lowers inflammation*
- *Increased detoxification through the effects of the magnesium and sulfur in the Epsom salts.*
- *Enhanced sleep through the effects of the hot bath and magnesium.*
- *Lowered blood pressure and blood sugar levels.*
- *Increased sweating and elimination of toxins.*

Additional recipe for a detox bath: 1/3 cup Epsom salt, 1/2 cup coarse sea salt (Himalayan or Celtic), 2 tsp. ground ginger, and 1 TBSP fresh lemon juice.

ENVIRONMENTAL TOXINS

Minimizing toxic exposure to chemicals found in personal care and cleaning products can have significant positive impacts on our health. Our largest detoxification organ is our skin. Certain personal care products may be blocking our body's natural ability to detoxify. Decreasing our exposure to toxic chemicals found in personal care and cleaning products also gives our livers a break from having to process and rid the body of these harmful substances.

It may seem like too much right now to completely overhaul your food, personal care products, food storage containers, and your cleaning products, but you can start by paying special attention to these key products: perfume, deodorant, and toothpaste. Avoiding the cosmetic dirty dozen is also a good starting point. It includes: BHA&BHT, coal tar dyes, DEA, dibutyl phthalate, formaldehyde-releasing preservatives, parabens, parfum (fragrance), PEG compounds, petrolatum, siloxanes, sodium laureth sulfate, triclosan.

Avoid deodorants that contain aluminum. Aluminum is linked to all sorts of diseases the biggest two being Breast Cancer and Alzheimer's disease. You apply deodorant to the underarms, right where some of your lymph nodes are located. Lymph nodes are glands that play a huge roll in your immune system. Choose toothpaste that is fluoride and chemical, and triclosan free. **Stay away from BPA (bisphenol A)**; a chemical in canned food liners and plastic food containers. BPA can mimic estrogen and interfere with hormone levels, especially those of developing bodies. If the number on the bottom of your food storage containers is #3 or #7 it likely contains BPA. Even if your food containers are BPA-free never put them in the microwave to re-heat foods in or wash them in the dishwasher. All plastics contain possible harmful chemicals that can leach onto the food that is in them when heated.

DETOX

Clean-Eating Challenge

LIFESTYLE MODIFICATIONS

SLEEP

Poor sleep adds to stress, interferes with productivity, decreases immune function, decreases production of growth hormone (needed for fat loss), decreases leptin and increases ghrelin (hormones that control our appetite), and increases the risk of diabetes. Sleep contains zero calories but has more of an impact on our metabolism and health than what we put in our mouths. Our bodies are meant to go through natural sleep/wake cycles, going to sleep within a few hours of the sun going down and waking up when the sun rises. During the times of year when there is more daylight we may not need as much sleep as when there are more hours of darkness.

Seven to nine hours of sleep is ideal between the hours of 9 pm and 5 am or 10 pm and 6 am. Two hours of sleep before midnight is worth 4 hours of sleep to your adrenal glands (your adrenals are responsible for outputting cortisol which is your stress hormone). If you have trouble falling asleep, creating a sleep inducing bedtime routine is important. Taking a detox bath or hot shower, dimming the lights, and avoiding the computer and TV for 1-2 hours prior to going to bed may enhance your ability to fall asleep. If you have trouble staying asleep, you may want to evaluate your last meal before bedtime or having a protein/fat based bedtime snack to stabilize blood sugar throughout the night. A drop in blood sugar can cause cortisol to spike waking you up between 2-3 am.

PRACTICE GRATITUDE

There is intimate relationship between thoughts, moods, brain chemistry, endocrine function, and the other physiological systems in our bodies. What this means is that what you think about has a direct impact on how you feel both physically and emotionally. If you increase the amount of positive thoughts you have each day, you increase your overall sense of well-being as well as your physical health.

People who keep gratitude journals on a weekly basis tend to exercise more regularly, have fewer physical symptoms, and feel better about their lives in general. Expressing gratitude verbally each day can result in increased alertness, enthusiasm, determination, attentiveness, energy, and quality of sleep as well as the ability to sleep longer.

Examples of gratitude include but are not limited to: important relationships, the ability to take charge of your health by changing the way you eat, things that happen to you, things you achieve, or things you have done. You can write down 1-5 things each day in a gratitude journal or make a list and keep it in a place you will see it several times a day.

"Gratitude helps people feel more positive emotions, relish positive experiences, have better health, deal with adversity, and build strong relationships."

-Harvard Medical School

DETOX

Clean-Eating Challenge

Let's Get Started!



GETTING STARTED

1. Clean out your pantry and fridge

If the “bad” food is not in your house you won’t be able to eat it. Your family probably doesn’t need to be eating those processed foods you have committed to eliminating for your challenge either, but if that is not realistic then create a place for “YOUR” food. Have a special cabinet where you will be keeping all of your food and arrange your fridge so that any non-compliant foods are not within your sight.

2. Plan one week of meals

“If you fail to plan, you plan to fail.” This is going to take some planning and organization. Figure out which nights you will home to cook dinner and which nights you need a quicker option (a go-to meal or something from the freezer). Then plan what you will make for dinner the nights you are home. Make sure you will have some leftovers for breakfast and lunch. Also make a plan for some breakfast and lunch options that are quick and easy. This will make creating your grocery list very simple.

You may find it easy to cook several meals on the weekend so that you can freeze them and use them later in the week. Even washing and prepping your veggies can save time during the week. Make a big container of greens so you can throw together salads during the work week.

DETOX

Clean-Eating Challenge

3. Grocery shop

Stock your fridge with lean proteins, eggs, and fresh fruits and vegetables. You may need to shop more often to ensure that your meat and produce are fresh. Fill your pantry with cooking staples such as coconut oil, almond meal, stevia and a variety of spices

4. Establish “Go-To Meals”

Pick 2-3 meals that can be prepared in about 15 minutes on those nights that you get home late and don't feel like cooking. Consider dishes that go together quickly – like eggs with veggies, greens topped with chicken, or prepped chicken or tuna salad lettuce wraps.

5. Put together a game plan

What situations will you be faced with during your challenge? Traveling? Out to dinner? Family get together? If you have a plan going in you WILL be successful. You may have to be a little bit selfish in some of these situations. This program is absolutely do-able with all of these situations, but it will take some planning. Offer to cook or at least bring one dish that you know you can eat. Choose activities/events that are not centered on food. Pick the restaurant and review the menu ahead of time to make a game plan. Select a protein/vegetable combo, even if you have to request a special prep. Finally, choose activities that are not focused on food. Meet a friend for tea, take a yoga class, or get outside for a walk.

6. Enlist your support team

Who will be your support system throughout this challenge? You always have the G-Force team and members! Having a solid support team that will not sabotage your efforts is critical. You may choose to not spend as much time with those who you feel do not/will not be supportive of you during this time.

7. Establish baselines

Fill out your symptom spreadsheet to establish a baseline. Complete your weigh-in and 3D Body Scan at G-Force Fitness Center. You may choose to take another picture at home as well.

This is CRITICAL! If you don't think you are losing weight quickly enough you will be defeated and wonder if all of your efforts are worthwhile. The scale is not the only measure of your progress, so resist the urge to get on it! **BREAK UP WITH YOUR SCALE FOR THE NEXT 30 DAYS!**

DETOX

Clean-Eating Challenge

KEEP IT SIMPLE

- Review the DETOX FOOD GUIDELINES. Pick out your favorite fruits and veggies and buy a bunch of your favorites. Organic is best.
- Buy organic free range eggs. *(They have them at Costco and most markets)*
- Buy some organic lettuce and spinach for salads.
- Buy organic coconut oil.
- Buy lemon, bananas, avocados and garlic.
- Get some nuts and seeds.
- Buy some green tea or other teas. If you normally drink coffee, consider relocating the machine for the next 21 days. *(out of sight, out of mind)*
- Buy seafood, organic chicken, grass-fed beef or pork/organic bacon.
- Buy or round up your plastic containers.
- Go home and wash/prepare the lettuce for salads.
- Hard boil a bunch of eggs.
- Grill some meat.
- Bake sweet potatoes or make brown rice or quinoa.
- Portion food into meals in the Tupperware containers for the next several days. If you have a buddy on the program, consider each making a few dishes and splitting them for variety.

A word about portions

TWO CUPPED HANDS = APPROXIMATELY ONE CUP LEAFY GREENS *(Lettuce, spinach, kale, etc.)*
OR CHOPPED VEGGIES *(Broccoli, cauliflower, Brussel sprouts, etc.)*

PROTEIN – A serving should be roughly the size of your palm.

FRUIT – A serving is roughly the size of a fist. Berries or chopped fruit should fit in a cupped hand *(about ½ c)*

NUTS – A serving should barely cover the palm *(about 1 oz.)*

COCONUT OIL OR FAT – A tablespoon is about the size of the tip of your thumb.

Make sure you drink plenty of water! It's recommended you drink AT LEAST half your weight in water. (Example = 70oz. for a 140 pound person.) MORE IS BETTER – your cells need water to detoxify. It is important to drink more if you are working out/sweating heavily. Find a large water bottle or jug that you can carry with you and refill as needed. If you have a hard time drinking so much water, you can add lemon, mint, orange or other fruit or a few drops of essential oil to flavor it.

DETOX

Clean-Eating Challenge

WHAT TO EXPECT

DAYS 1-7

How you feel at first will have a lot to do with your current diet and lifestyle. You will most likely feel worse before you feel better BUT I promise you WILL feel better. Your experience the first 7 days will largely depend on if you feasted before starting this program. If the night before you pigged out on pizza, beer, and ice cream then it is likely that your experience the first 5-7 days will not be a pleasant one. The most common thing people experience is strong sugar cravings. Taking supplements such as 5 HTP and glutamine can help with this.

Your body and brain are desperately trying to adapt to this new way of eating. Common symptoms are headaches, feeling like you have the flu, fatigue, and constipation. Keep pushing the water, it will help! If constipation persists. Let us know, as there are protocols to help with this. For most days 2-5 are the hardest. You may want to prep your family, friends and co-workers so that when you need to walk away or suddenly snap at them they understand why. By day 6 or 7 you may feel like you just want to sleep all day.

Understand that your body can no longer rely on the cereal, bread, crackers, and processed carbohydrates for energy. It is changing over to burning fat as an energy source and that takes time and is more work than using readily available glucose. Once you get over this hump though you will have more energy than you know what to do with! You will most likely experience a change in your body because you are not bloated from the food you are eating.

DAYS 8-14

This is when you start to feel like you have more energy and are sleeping better at night. Remember a lot of the foods you are no longer eating have been wreaking havoc on your digestive system and it cannot heal overnight. You may still be experiencing GI distress such as: gas, bloating, diarrhea, or constipation. The digestive system can take months to heal but in the process cause some discomfort. You are likely eating more vegetables and fruit than you are used to which in itself can cause digestive issues. Try cooking all of your vegetables vs. eating them raw. Eat small servings of fruit throughout the day versus 1-2 big servings. If eating a lot of nuts for healthy fats that could be contributing to digestive upset switch to other fats like avocado, coconut oil, or olive oil.

DETOX

Clean-Eating Challenge

WHAT TO EXPECT

When you are approaching day 14 you might start to get the feeling you are done with this program. You are having a hard time coming up with new menu ideas, have a social obligation coming up, and can only think about the foods you CAN'T have! This is when you need to breath. Start to think about and evaluate the potential psychological hold that certain foods may have on you, for example bread. This may be a good time to talk to a good friend or journal about what emotions you experience when you start to "crave" or tell yourself you "deserve" a certain food. Are you eating out of anger, loneliness, anxiousness, or are you simply stressed and looking for comfort?

DAYS 15-30

More than likely you have more energy, have more mental focus, are sleeping better, and symptoms that you had when you started have begun to disappear. By now your taste buds are starting to adapt and you are enjoying the flavors of the foods you are eating. If you have been relying on the same foods over and over again, change it up! Try a new recipe from the manual or peruse the net for a new way to make chicken, beef, and your favorite vegetables. Or challenge yourself to eat a protein source like sardines or lamb that you have never tried paired with a vegetable you thought at one point you despised. It is likely that over the course of the last few weeks your taste buds have changed and you no longer require the part in your mouth from all of the sugar, salt, preservatives, and additives found in processed foods.

Just because you have completed your challenge **DOES NOT** mean you need to re-introduce potentially inflammatory foods or stop the program. You can and should continue to eat this way until the symptoms or goals you set at the beginning of the program have changed or gotten better. If you have been eating an inflammatory diet your entire life or the better part of it, it will take longer than 30 days to see maximum results.

DETOX

Clean-Eating Challenge

I'VE FINISHED! NOW WHAT?

1. Fill out the symptom spreadsheet.

2a. Continue the program.

OR

2b. End the program, reintroduce foods, and keep your healthy lifestyle.

If you know that you feel better and WILL experience a reaction to gluten, dairy, etc. then it should go without saying...don't reintroduce that food. JUST STAY AWAY FROM IT. That also goes for foods that you can now go without that you know are less healthy for you (conventional dairy products, refined grains, and processed foods).

Reintroduction Process: It is VERY important that you do not go right back to eating the way you were before you started this program. If you do you will most likely feel worse than when you started and/or get VERY sick and erase any progress you made towards a healthier body.

WHY? When you eliminate inflammatory foods that may be causing a reaction in your body the antigens these foreign particles produce dramatically decrease or drop-off. But the antibodies that have been created can take several months to be eliminated by the body. So when you eat bread or drink milk after having eliminating them these antibodies gang up on the foreign particles causing an inflammatory reaction.

Healing a leaky gut can take months if not years...REMEMBER you did not get to the place you are overnight you can't expect to return to optimal health in just one month. If you are still experiencing symptoms of leaky gut I would advise that you continue to stay away from gluten, grains, dairy, corn, sugar, alcohol, caffeine, and soy. You will want to continue to heal the gut by including bone broth, gelatin, practicing self-care & stress management, and supplementation such as probiotics.

You will reintroduce a different food group every 3 days. It is important to keep a log or journal of any symptoms you experience when reintroducing different foods. You will introduce the food on a particular day first thing in the morning on an empty stomach. Do not eat more than 1 serving of a particular food and wait 3 days before reintroducing another food. If you don't experience a reaction you may want to try eating the food again on the second and third day to see if a reaction appears after multiple servings.

Symptoms can occur anywhere from a few minutes to 72 hours later. They include fatigue, joint pain, acid reflux, brain fog, mood changes, headaches, post-nasal drip, acne digestive upset (bloating, gas, constipation, diarrhea), sleep problems, rashes, joint pains, fluid retention, and more. Another way to track is to monitor your weight, if a food is inflammatory you will be retaining more fluid and that can make the number on the scale go up.



DETOX

Clean-Eating Challenge

GROCERY SHOPPING LIST

PROTEIN

Seafood

Wild Salmon
Shrimp
Cod

Scallops
Crab
Tuna

Meats

Grass-fed Beef
Grass-fed Buffalo
Grass-fed Lamb
Elk
Venison

Poultry

Free-Range Chicken
Free-Range Turkey
Duck
Pheasant

Other

Pork
Uncured Bacon
Free Range Pastured

VEGETABLES

Acorn Squash
Anise/Fennel Root
Arugula
Asparagus
Beets
Bell Peppers
Bok Choy
Broccoli/Broccolini
Broccoli Rabe
Brussels Sprouts

Buttercup Squash
Butternut Squash
Cabbage
Carrots
Cauliflower
Celery
Collard
Cucumber
Delicata Squash
Eggplant

Garlic
Green Beans
Greens (*beet, mustard, turnip*)
Jicama
Kale
Kohlrabi
Leeks
Lettuce (*bibb, butter, red*)
Mushrooms
Okra

Onion/Shallots
Parsnips
Pumpkin
Radish
Rutabaga
Rhubarb
Snow/Sugar Snap Peas
Spaghetti Squash
Spinach
Sprouts

Summer Squash
Sweet Potato/Yams
Swiss Chard
Tomato
Turnip
Watercress
Zucchini

FRUITS

Apples
Apricots
Bananas
Blackberries

Blueberries
Cherries
Grapefruit
Grapes

Kiwi
Lemon
Lime
Mango

Melon
Nectarines
Oranges
Papaya

Peaches
Pears
Pineapple
Plum

Pomegranate
Raspberries
Strawberries
Tangerines

Watermelon

FATS

Cooking Fats

Animal Fats*
Clarified Butter*
Ghee*
Coconut Oil
Extra Virgin Olive Oil

*Must be pastured or 100%
grass-fed and organic

Eating Fats

Avocado
Cashews
Coconut Butter
Coconut Flakes
Coconut Milk
(canned)
Hazelnuts/Filberts
Macadamia Nuts

Occasional

Almonds
Almond Butter
Brazil Nuts
Pecans
Pistachio

Limited

Flax Seeds
Pine Nuts
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Sunflower Seed Butter
Walnuts

DETOX

Clean-Eating Challenge

MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Greek Frittata	Paleo Egg Cups	Greek Frittata	Egg Free Savory Breakfast	Paleo Egg Cups	Egg Free Savory Breakfast	Pumpkin Pancakes
MEAL 2	Turkey BLTA Rollups	Spinach Stuffed Sweet Potato	Salad Topped with Salmon	Spinach Stuffed Sweet Potato	Salad with Chicken	Quinoa Cranberry Grilled Chicken Salad	Loaded Egg Salad with Tuna
MEAL 3	Herb Butter Salmon with Charred Tomatoes and Green Beans	Apple Sage Turkey Meatballs	Spinach Artichoke Skillet Chicken	Spaghetti Squash Bolognese	Low Carb Italian Meatza Pizza	Chicken Burrito Bowls	Sheet Pan Garlic Roasted Shrimp with Zucchini

DETOX

Clean-Eating Challenge

MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1							
MEAL 2							
MEAL 3							

DETOX

Clean-Eating Challenge

RECIPES



PALEO EGG CUPS

Grain Free • Gluten Free • Dairy Free

PREP TIME: 3 minutes

COOK TIME: 15 minutes

SERVINGS: 12

INGREDIENTS

- Coconut oil or ghee for the pan
- 12 eggs
- 12 strips uncured organic bacon, cooked
- 8 asparagus spears, cut into large pieces (or other veggies)
- Sea Salt and black pepper

INSTRUCTIONS

Preheat the oven to 400°F. Grease 12 cups of a regular muffin pan.

Lay a strip of bacon in each muffin cup, pushing down. It will over hang out side.

Crack an egg in every cup.

Distribute the asparagus evenly throughout each cup.

Season with salt and pepper and bake in the middle of the oven for 12-15 minutes for soft eggs, 15-17 for hard eggs.

Serve the eggs warm.



DETOX

Clean-Eating Challenge

RECIPES



GREEK FRITTATA

Grain Free • Gluten Free • Dairy Free

SERVINGS: 6

INGREDIENTS

- 1 medium red onion Cut into chunks
- 2 red or yellow bell peppers thinly sliced
- 1 cup cherry tomatoes
- 1 tbsp olive oil
- 6 eggs
- 1/2 cup almond milk
- 1 1/2 tsp dijon mustard
- 1 tsp black pepper
- 1/2 tsp salt
- 1 1/2 tsp dried oregano or 1 tbsp fresh
- 1/4 cup fresh chopped parsley
- 1/2 cup sliced black olives
- 1 cup roughly chopped spinach

INSTRUCTIONS

Preheat the oven to 350° F.

Place the red onions, bell peppers and cherry tomatoes on a baking sheet, drizzle with olive oil and bake in the oven for 15 minutes until the peppers are tender.

In a bowl whisk together the eggs, almond milk, mustard, salt, pepper, parsley and oregano.

In a greased baking dish approx 9 x 5 inches in size (8 cups) evenly layer the peppers, red onion, tomatoes, olives and spinach. Pour in the egg into the dish and place the baking dish in the oven to bake for 30 minutes until the egg has completely set and the casserole is firm to the touch.

DETOX

Clean-Eating Challenge

RECIPES



APPLE PIE SMOOTHIE

PREP TIME: 5 minutes

SERVINGS: 1-2

INGREDIENTS

- 1 cup full-fat coconut milk, canned or homemade
- 1/2 cup water
- 1 green apple, peeled, cored, and chopped
- 2 tbsps almond butter
- 1 tsp pure vanilla extract
- 1 1/2 tsps ground cinnamon
- 2 dashes nutmeg, for garnish
- small handful of ice (optional)
- 1 to 2 scoops 100% veggie or rice protein powder or other 100% single-ingredient protein powder (optional)



INSTRUCTIONS

Puree all the ingredients in a blender until smooth.

DETOX

Clean-Eating Challenge

RECIPES



SHEET PAN BREAKFAST HASH

PREP TIME: 5 minutes
COOK TIME: 32 minutes
SERVINGS: 6

INGREDIENTS

- 1 lb brussels sprouts halved or quartered, depending on size
- 8 oz white mushrooms halved or quartered, depending on size
- 1 tbsp avocado oil or olive oil
- 1/2 large onion diced (or 1 small onion)
- 3 cloves garlic minced
- 8 slices nitrate free bacon sugar free, cut into pieces
- 6 large eggs
- sea salt and pepper to taste
- everything bagel seasoning (or spike)
- crushed red pepper optional

INSTRUCTIONS

Preheat your oven to 425° F. Arrange Brussels sprouts and mushrooms on a sheet pan in a single layer, drizzle with the olive oil and sprinkle with salt and pepper. Sprinkle onions over the top, then arrange bacon pieces evenly over veggies.

Roast in the preheated oven for 15 mins, then sprinkle with the garlic and gently stir. Roast another 10 mins or until bacon is crisp and veggies soft, then remove from oven.

Make small spaces in the hash for each egg, crack one at a time gently into a space, careful not to “break” the yolk (although if it breaks, it’s still fine!). Sprinkle everything bagel seasoning and crushed red pepper over eggs, bacon, and veggies as desired.

Return sheet pan to oven and bake another 5-10 mins or until eggs are cooked to preference. For me this was 7 mins for firm whites and soft yolks. Remove from oven and serve immediately. Enjoy!

DETOX

Clean-Eating Challenge

RECIPES



PUMPKIN PANCAKES

Grain Free • Gluten Free • Dairy Free • Sugar Free

PREP TIME: 10 minutes

COOK TIME: 30 minutes

SERVINGS: 2-3

INGREDIENTS

- 4 eggs, beaten
- 1/2 cup pumpkin puree
(You may use canned, boxed, or fresh. The recipe works just-right with canned and yields a delicate pancake.)
- optional: 1-2 Tbsp of coconut flour
(To keep the consistency a bit thicker/firmer If you use boxed, or freshly cooked and strained pumpkin, you may need the coconut flour. If you use it, I recommend sifting it into the wet ingredients slowly to combine it well.)
- 2 tbsps butter or coconut oil, melted
- 1 tsp pure vanilla extract
- optional: 1-2 packets of Stevie or mashed whole ripe banana
- 1/4 tsp baking soda
- 1 tsp pumpkin pie spice
- 1 tsp cinnamon
- pinch salt

INSTRUCTIONS

Whisk the eggs, canned pumpkin, pure vanilla extract, and Stevia or mashed ripe banana together. Sift the pumpkin pie spice, cinnamon, and baking soda into the wet ingredients.

Melt 2 tablespoons of butter in a large skillet over medium heat. Then, mix the butter into the batter. Grease the skillet and spoon the batter into the skillet to make pancakes of your desired size. When a few bubbles appear, flip the pancakes once to finish cooking.

Serve with grass-fed butter and cinnamon, berries or sliced bananas.

DETOX

Clean-Eating Challenge

RECIPES



EGG FREE BREAKFAST: *Savory Pork with Cabbage, Mushrooms and Sun-dried Tomatoes*

INGREDIENTS

- 1 tsp ghee
- 1 lb ground pork (*can substitute other ground meat, if you wish*)
- 1 leek, chopped
- 12 oz mushrooms, chopped
- 1 tbsp fennel seeds, ground
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp chili powder
- 1 small head of cabbage, chopped
- 4 sun-dried tomatoes, minced
- sea salt and freshly ground black pepper to taste

INSTRUCTIONS

In a large skillet (I love my big Lodge Cast Iron Skillet) over medium heat, melt the ghee.

Add the pork and break it up with a spatula.

Once the pork is mostly browned, add the leek, mushrooms, fennel seeds, thyme, oregano, and chili powder.

Continue to sauté for about five minutes or until the leeks are soft.

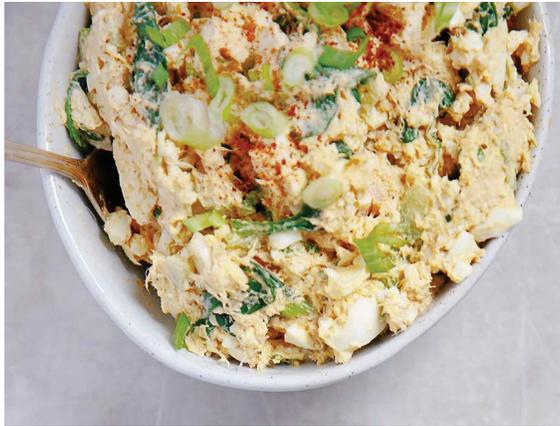
Add the cabbage and sun-dried tomatoes and cook for about 8 minutes or until the cabbage is wilted.

Salt and pepper to taste.

DETOX

Clean-Eating Challenge

RECIPES



LOADED EGG SALAD WITH TUNA

PREP TIME: 5 minutes

COOK TIME: 15 minutes

SERVINGS: 6

INGREDIENTS

- 8 hardboiled eggs (*see notes*)
- 2 cups spinach, sautéed and cooled
- 1 onion, sliced, caramelized, and cooled (*see notes*)
- 1 can Genova tuna in olive oil, liquid removed
- 1/4 cup finely diced celery
- 1/4 cup finely diced scallions, more for garnish
- 1/3 cup good quality mayo, more as needed
- 2 tsps dijon mustard, more to taste
- 2 tsps lemon juice, more to taste
- 1 tsp lemon zest
- 1/2 tsp sea salt, more to taste
- 1/2 tsp black pepper, more to taste
- 1/2 tsp garlic powder
- 1/4 tsp paprika, more as garnish
- 1 head bibb lettuce, washed
- 1 Avocado, for garnish

INSTRUCTIONS

Chop eggs and place in a large mixing bowl along with the rest of the ingredients.

Using a spatula, mix well. Taste and adjust ingredients as needed.

Place in a serving bowl.

Carefully remove the leaves from head of lettuce.

Place a generous scoop of egg salad into the lettuce and devour. You can top with a sprinkle of paprika, slices of scallion, and avocado!

NOTES

How to harboil eggs in an Instant Pot: Place 1 cup of water in your pressure cooker and add in a steamer insert. Place one layer of eggs onto the insert. Cover the Instant Pot. Click manual and set for 7 minutes on high pressure. After 7 minutes, release the quick release valve. Open the lid and using tongs place the eggs in a large bowl filled with ice-water. Gently peel off shell and store in the fridge until ready to use.

How to steam hardboil eggs on the stovetop: Place 1-inch of water into a pot lined with a steamer insert. Cover and bring to a boil over high heat. Add eggs and cook for 11 minutes. Remove eggs and place in a large bowl filled with ice-water. Gently peel off shell and store in the fridge until ready to use.

Caramelized onions: In a skillet heat 1 tablespoon of grass-fed butter with onions. Sauté on medium-low heat until onions begin to caramelize and brown, but not burn. Yields about 1 cup of caramelized onions.

DETOX

Clean-Eating Challenge

RECIPES



TURKEY BLTA ROLL-UPS

PREP TIME: 10 minutes

COOK TIME: 10 minutes

INGREDIENTS

- 4-6 slices turkey cold cuts
- 1 plum tomato seeded and cut into strips
- 2 slices bacon you'll end up with 8 pieces, cooked and cut in half lengthwise and then cut in half width wise
- 1 avocado sliced
- baby spinach leaves

INSTRUCTIONS

Lay out a turkey slice on a plate or cutting board (or whatever you want, you don't have to listen to me).

Layer 3-6 spinach leaves (depending on size or how much you like spinach in the center of the cold cut, width-wise across the short side.

Layer a few strips of tomato, 1-2 strips of bacon, and 1 slice of avocado on top of that.

Starting at the left side, flip one end of the turkey slice to the right, over the layers you just added.

Then roll that folded side over to the non-folded side on the right to create the roll.

Just pick it up and eat it. No toothpicks necessary to hold it together.

NOTE

Be gentle with rolling so you don't rip the turkey slice or else food will start falling out.

DETOX

Clean-Eating Challenge

RECIPES



CRUNCHY DETOX SALAD

PREP TIME: 20 minutes

SERVINGS: 6

INGREDIENTS

- 2 cups cauliflower
- 2 cups broccoli
- 1 cup red cabbage, roughly chopped
- 1 cup carrots, roughly chopped
- 1-1/2 cups fresh parsley
- 2 celery stalks
- 1/2 cup almonds
- 1/2 cup sunflower seeds
- 1/3 cup organic raisins

For the vinaigrette

- 3 tbsp olive oil
- ½ cup lemon juice
- 1 tbsp fresh ginger, peeled and grated
- 2 packets of Stevia
- 1/2 tsp sea salt

INSTRUCTIONS

Either chop the ingredients using a good sharp knife, or toss them individually in a food processor and quickly process until they're finely chopped.

Add all of the salad ingredients to a large bowl and toss with the vinaigrette.

For the vinaigrette

Place the ingredients for the vinaigrette in a jar with a lid. Place the lid on the jar and shake the ingredients. Or place all of the ingredients in a small bowl and whisk to incorporate well. Best if refrigerated for up to an hour before use.

DETOX

Clean-Eating Challenge

RECIPES



SPINACH-STUFFED SWEET POTATOES

SERVING: 1

INGREDIENTS

For the sweet potato

- 1 medium sweet potato
- 1/2 tbsp coconut oil
- 1/2 tsp kosher salt
- pinch of cayenne
- 1 cup baby spinach
- 1 cup torn (deribbed) kale leaves
- 1/4 avocado, diced
- thinly-sliced scallions, for garnish
- chopped cilantro, for garnish

For the turmeric dressing

- 1 1/2 tsps tahini
- 1/4 tsp turmeric
- juice of 1 lemon
- 1 tsp coconut oil, melted
- 1/2 garlic clove, minced
- kosher salt, to taste

INSTRUCTIONS

Preheat the oven to 350° F.

Wash any dirt off of the sweet potato, then prick all over with a fork. Wrap in tinfoil then roast on a quarter-sheet pan for 45 minutes-1 hour, or until tender.

Meanwhile, make the dressing: whisk together all dressing ingredients until emulsified. Season to taste with salt.

Once the sweet potato is tender, take it out of the oven. Cut the sweet potato in half

Heat the coconut oil in a large skillet over medium-high heat. Add the spinach, kale, salt, and cayenne, tossing to coat in the melted oil. Cook, stirring frequently, until the greens are wilted, but still bright in color.

Top each half of the sweet potato with half of the cooked greens, diced avocado, scallions, and cilantro. Drizzle with dressing and eat immediately.

DETOX

Clean-Eating Challenge

RECIPES



INGREDIENTS

- 3 large chicken breasts (about 4 lbs)
- 4 cloves of garlic, chopped
- 3/4 cup quinoa
- 1/2 cup chopped scallions
- 3/4 cup dried cranberries
- 3/4 cup slivered almonds
- 2 tbsp olive oil
- 3 tbsp red wine vinegar
- 3 tbsp balsamic vinegar
- 1 packet of Stevia
- 1/4 cup and 1 tbsp lemon juice
- 1 tsp dried sage
- salt and pepper to taste

QUINOA-CRANBERRY GRILLED CHICKEN SALAD

SERVINGS: 5-6

INSTRUCTIONS

Like any grilled chicken, this recipe will be most flavorful if you are able to marinate the chicken over night. Cut the breasts into 3 strips each. Rub the chicken with the chopped garlic, sage, and salt and pepper to taste. Place in a bowl or baking dish with 1/4 cup of lemon juice and the red wine vinegar. Cover and refrigerate for at least a half hour.

Place the quinoa and 1 1/2 cups of water in a sauce pan. Bring to a boil over high heat, then reduce to a simmer and cover. In about 15 minutes, the quinoa should absorb all the water and be al dente. Place in a bowl to cool completely.

When the chicken is ready, grill it until completely cooked through. My strips took about 6 minutes each, turning every few minutes for even cooking. When you remove the chicken from the heat, immediately wrap in aluminum foil to save the juice that runs off.

While the chicken cools a bit, whisk the olive oil, balsamic vinegar, honey, 1 tbsp. of lemon juice, and some salt and pepper in a bowl. Stir in the chopped scallions to coat them and add flavor.

When the chicken is cool enough to handle, chop into 1-inch cubes. Toss the chicken with the quinoa, cranberries, almonds, scallions, and dressing. Add salt and pepper to taste.

DETOX

Clean-Eating Challenge

RECIPES



MEAL PREP PALEO CHICKEN BURRITO BOWLS

PREP TIME: 10 minutes
COOK TIME: 35 minutes
SERVINGS: 5 bowls

INGREDIENTS

- 3 3/4 cups shredded chicken (600 grams)
- 5 bell peppers, sliced (800 grams)
- 1 large onion, sliced (300 grams)
- 2 cups mushrooms, sliced (13 mushrooms/250 grams)
- 1 jalapeno, sliced
- 2 tsps taco seasoning (or 1/2 tsp cumin, chili powder & 1/4 tsp sea salt)
- 2 1/2 tbsps avocado oil, divided
- 2 1/2 cups riced cauliflower
- 2 tsp garlic powder
- 1/2 cup packed cilantro, roughly chopped
- 2 tbsps lime juice, divided
- 1 large head romaine, chopped (225 grams)
- 2 large tomatoes, diced (225 grams)
- 2 small avocados, deseeded (200 grams)
- pinch of red pepper flakes
- salt and pepper, to taste
- lime wedges and chopped cilantro for serving

INSTRUCTIONS

Make the fajita veggies. Preheat oven to 375° F and line 2 baking sheets with parchment paper. Add sliced peppers, onion, and mushrooms in a large bowl. Add 1 1/2 tablespoons avocado oil and taco seasoning and mix until veggies are coated. Spread out on baking sheet and bake for 30-35 minutes until soft.

While veggies bake, make cauliflower rice. In a large nonstick pan over medium heat, add 1 tablespoon avocado oil and let it get hot, about 30 seconds. Add rice and garlic powder and cook for 7-10 minutes until soft and cooked through. Stir in 1 tablespoon lime juice and chopped cilantro.

Make guacamole. In a small bowl add avocados, 1 tablespoon lime juice, red pepper flakes, and salt and pepper. Mash until combined.*

Assemble bowls. Divided lettuce, diced tomatoes, fajita veggies, and cauliflower rice between 5 meal prep containers. Top with 3/4 cup shredded chicken. Serve with guacamole, cilantro, and a lime wedge. Can keep in the fridge for up to a week.

NOTES

Guacamole might brown after a few days. You can skip this step and add freshly sliced avocado before eating if you prefer.

If you want to heat up the chicken, veggies, and rice, keep those separate. Heat them up and then add over lettuce.

DETOX

Clean-Eating Challenge

RECIPES



LOW CARB ITALIAN MEATZA PIZZA

PREP TIME: 15 minutes

COOK TIME: 15 minutes

SERVINGS: 4

INGREDIENTS

- 1.1 pounds ground beef
- 1 tsp each dried oregano and basil
- 1/2 tsp salt
- freshly ground pepper

Toppings

- 2 cups wild mushrooms
- 2 tbsp ghee or butter
- 2 cloves garlic crushed
- 1 large package fresh spinach about 7 ounces or frozen and defrosted 7.7 ounces
- 2 tbsp pesto sauce

INSTRUCTIONS

Preheat oven to 400 degrees F.

In a bowl combine ground beef, oregano, basil, salt and pepper and mix well.

You can either make one large pizza or 4 individual mini pizzas (which are easy to freeze for later).

Using your hands form the pizza "crust" making it about half an inch thick.

Place onto a baking sheet lined with parchment paper.

Place in the oven for 10 minutes.

Meanwhile, prepare the toppings.

Wash and slice mushrooms.

Wash and dry spinach if using fresh.

Heat a large pan greased with the ghee or butter and add the crushed garlic. Cook for 1 minute.

Add the mushrooms and cook for 5 minutes, stirring frequently.

Toss in the fresh spinach and cook for 1 minute more.

Season with salt and pepper to taste.

If using frozen spinach make sure it is defrosted and squeeze any excess water out before cooking.

Remove the pan from the heat.

When the meat crust is cooked, remove it from the oven and spread pesto sauce on top. Add all the spinach and mushrooms.

Return to the oven for 5 minutes.

DETOX

Clean-Eating Challenge

RECIPES



SPINACH & ARTICHOKE SKILLET CHICKEN

Grain Free • Gluten Free • Sugar Free

PREP TIME: 10 minutes

COOK TIME: 30 minutes

SERVINGS: 2-3

INGREDIENTS

Skillet Chicken

- 1.75 lbs chicken, bone-in and skin on, about 4 large pieces
- 1 tbsp ghee
- 1 tsp sea salt
- 1 tsp pepper

Spinach and Artichoke

- 1/4 cup white onion, diced
- 3/4 cup canned coconut milk
- 1/2 tsp dried thyme
- 1/8 tsp sea salt
- 1/4 tsp black pepper
- 4 cups packed baby spinach
- 1 4 oz. can artichoke hearts, drained and sliced

INSTRUCTIONS

Pat chicken thighs dry and season each side with sea salt and black pepper.

Heat large cast-iron skillet over medium-low heat, place chicken skin side down, cover and cook for 12 minutes or until the skin is golden brown and releases easily from the pan.

Flip chicken and cook for another 8 minutes or until internal temperature reach 160° F.

Remove chicken from pan and drain all fat except about 1-2 tablespoons. It is okay if it is not exact.

Return pan to medium-low heat and add diced onion and cook until softened.

Toss in artichoke hearts and cook for 1-2 minutes.

Pour in coconut milk, thyme, salt and pepper. Stir until mixture becomes light brown, about 2 minutes.

Add in spinach and cook until wilted.

Serve on the side or on top of chicken thighs.

DETOX

Clean-Eating Challenge

RECIPES



SPAGHETTI SQUASH BOLOGNESE

Grain Free • Gluten Free • Dairy Free • Sugar Free

PREP TIME: 15 minutes

COOK TIME: 60 minutes

SERVINGS: 4

INSTRUCTIONS

Preheat oven to 375° F.

Slice the spaghetti squash in half lengthwise so that two shallow halves remain. Scoop out the seeds and inner portion of the squash, and then sprinkle with sea salt and black pepper. Place both halves face down on a baking sheet. Roast for 35-45 minutes—until the flesh of the squash becomes translucent in color and the skin begins to soften and easily separate from the “noodles” that make up the inside.

Allow the squash to cool enough so that you can handle it, and then scoop the flesh out from the inside of the skin into a large serving bowl. Set aside until the sauce is finished.

While the squash bakes: In a large skillet over medium-high heat, melt the bacon fat or butter, and sauté the onions, carrots, and celery until they become translucent. Add the garlic and cook for an additional minute.

Add the ground veal, pork, and bacon, and cook until browned through. Once the meat is done, add the coconut milk, tomato paste, and white wine (optional), and simmer over medium-low heat for 20-30 minutes or until the sauce is well combined and any alcohol is cooked out (if you added it).

Add sea salt and black pepper to taste before removing the sauce from the heat.

Serve over the roasted spaghetti squash.

INGREDIENTS

- 1 spaghetti squash
- sea salt & black pepper to taste
- 2 tbsps bacon fat or grass-fed butter
- 1 onion, finely diced
- 1 carrot, finely diced
- 1 stalk of celery, finely diced
- 1 clove of garlic, grated or finely diced
- 1/2 lb ground veal or beef
- 1/2 lb ground pork
- 4 slices bacon, chopped
- 1/2 cup full-fat coconut milk
- 3 ounces (1/2 small can) tomato paste
- 1/2 organic chicken broth or veggie broth
- sea salt and black pepper to taste

DETOX

Clean-Eating Challenge

RECIPES



HERB BUTTER SALMON WITH CHARRED TOMATOES AND GREEN BEANS

INGREDIENTS

- 2 cups cherry tomatoes
- 4 cups string beans
- 2 tbsps extra-virgin olive oil or melted
- grass-fed butter
- pinch sea salt
- pinch cracked black pepper
- 1 pound wild-caught salmon

For the turmeric dressing

- 1/4 cup grass-fed butter
- 1/4 cup packed fresh parsley
- 1/4 cup packed fresh basil
- 2 garlic cloves, minced
- pinch fine sea salt

INSTRUCTIONS

Preheat oven to broil high.

In a bowl toss tomatoes and string beans with oil or butter. Add salt and pepper.

Place on a baking sheet and broil for 5 minutes. While broiling, combine butter ingredients in a blender and blend until combined.

Brush onto salmon and add the salmon to the baking sheet.

Broil for 7 to 9 minutes (longer for thicker salmon), until veggies are blistered and salmon is cooked through. Taste and add additional salt and pepper as desired.

DETOX

Clean-Eating Challenge

RECIPES



SHEET PAN ROASTED GARLIC SHRIMP WITH ZUCCHINI

PREP TIME: 15 minutes
COOK TIME: 18 minutes
SERVINGS: 4

INGREDIENTS

- Parchment paper
- 1 tbsp + 1 tsp olive oil
- 4 cloves garlic finely chopped
- ½ tsp dried oregano
- ½ tsp dried basil
- ¼ tsp sea salt (or Himalayan salt)
- ¼ tsp ground black pepper
- 4 medium zucchini cut into 1/2-inch slices
- 1 lb. medium shrimp peeled, deveined
- 1 tbsp fresh lemon juice
- 2 tbsp finely chopped fresh parsley

INSTRUCTIONS

Preheat oven to 400° F.

Line large sheet pan with parchment paper. Set aside.

Combine oil, garlic, oregano, basil, salt, and pepper in a small bowl; whisk to blend. Set aside.

Place zucchini on pan. Drizzle with half of oil mixture; mix well to coat. Bake for 10 minutes.

Add shrimp to pan; mix well.

Drizzle with remaining half of oil mixture; mix well. Bake for 6 to 8 minutes, or until shrimp is firm and opaque, and zucchini is tender-crisp.

Drizzle with lemon juice and sprinkle with parsley; serve immediately.

DETOX

Clean-Eating Challenge

RECIPES



APPLE SAGE TURKEY MEATBALLS

PREP TIME: 10 minutes
COOK TIME: 16 minutes
SERVINGS: 12

INGREDIENTS

- 1 lb. ground turkey (light or dark meat)
- 1 medium apple, peeled and grated
- 1 egg, beaten
- 3 cloves garlic, minced
- 3 tbsps almond flour
- 1 tbsp (about 5 leaves) fresh sage
- 1 tsp white ground pepper
- 1 tsp onion powder
- 1/2 tsp fine sea salt
- pinch allspice
- 1 tbsp avocado oil

INSTRUCTIONS

Pre-heat oven to 375° F and line a rimmed baking sheet with parchment paper.

In a large bowl add all of the ingredients and mix until fully combined. Form into 12 meatballs.

Heat a large skillet over medium high heat. Once hot, add oil. Add meatballs, taking care to leave enough space in between each and brown meatballs on all sides, about 2 minutes per side. You may need to do this step in batches depending on how large your skillet is. (See note)

Transfer browned meatballs to the prepared baking sheet and bake in the oven until fully cooked through and reached an internal temperature of 165°, about 10-15 minutes.

Serve meatballs hot with butternut squash noodles or spaghetti squash.

NOTE

Although we love the caramelized apple due to the extra step of browning these meatballs, you can skip this step and just bake in the oven. Bake at 400° F for 10-15 minutes until the meatballs have fully cooked through and reached an internal temperature of 165° F.

DETOX

Clean-Eating Challenge

RECIPES



GARLIC HERB ROASTED NUTS

INGREDIENTS

- 16 oz. bag raw mixed nuts
- 1 egg white
- 1 tablespoon sea salt
- 1/2 teaspoon pepper
- 1 tablespoon minced rosemary
- 1 teaspoon ground sage
- 1 tablespoon garlic powder
- 1/2 teaspoon smoked paprika

INSTRUCTIONS

Preheat oven to 300° F.

Pour nuts into a bowl.

In a small bowl, whisk the egg white until a little bit foamy. Pour egg white over nuts and stir to coat.

In another small bowl, combine the rest of the ingredients and stir until they are evenly mixed.

Pour spice mix over nuts and toss to coat.

Pour onto a pan covered with foil (i use non-stick), or parchment paper in an even layer.

Roast for 16 minutes, stirring halfway through.

DETOX

Clean-Eating Challenge

RECIPES



ZESTY CHICKEN BITES

PREP TIME: 8 minutes
COOK TIME: 25 minutes
SERVINGS: 4

INGREDIENTS

- 1 lb. organic boneless chicken breasts
- 1 egg
- 1/4 tsp water
- 1/2 cup almond meal or almond flour
(flax meal makes a great substitution)
- 1 tsp Italian Seasoning
- 1/4 tsp cayenne pepper
- 1/4 tsp paprika
- 1/2 tsp garlic powder
- 1/4 tsp red pepper flakes
- 1/4 tsp Himalayan sea salt
- 1/4 tsp chili powder

INSTRUCTIONS

Preheat oven to 400° F and line a baking sheet with parchment paper.

In a bowl, combine almond meal/flour and all spices.

In a separate bowl crack 1 egg and add 1/4 tsp water, whisk together well.

Cut chicken into bite size pieces.

Dredge the chicken pieces into the egg and toss until fully covered.

Transfer chicken pieces to the spice mixture and coat evenly.

Place on baking sheet; repeat until all are coated.

Bake for 12-15 minutes then flip chicken bites over and cook for another 10-12 minutes until golden and crispy.

Serve hot with your favorite dipping sauce!

NOTE

Depending on how many chicken pieces you use, you may need to increase the flour/spice mixture.

Serving size will depend on how small or large you make the bites. Mine make about 20-25 chicken bites.

DETOX

Clean-Eating Challenge

RECIPES



SUGAR DETOX COOKIE RECIPE

SERVINGS: 8

INGREDIENTS

- 1/2 cup almond butter no sugar
- added
- 2 tsp coconut oil
- 2 eggs
- 1/2 tsp vanilla extract
- 1 tsp cinnamon
- 1 tbsp coconut flour
- 1/4 cup chopped pecans
- 1 cup shredded coconut unsweetened

INSTRUCTIONS

Preheat oven to 350° F.

Set out a baking sheet with parchment paper or silicone mat

Melt coconut oil if needed

In a mixing bowl stir together almond butter, eggs, coconut oil and vanilla. This isn't easy so be prepared to stir for a bit to get it all blended together.

Slowly stir in the cinnamon and the coconut flour until blended and then add in the shredded coconut and pecans.

Scoop out onto baking sheet in small clumps - should make 8-10 depending upon desired size.

Flatten clumps with a fork to about 1/4" thick (you may need some extra coconut flour to use on the fork so it doesn't stick to the cookies)

Bake for 12-14 minutes.

DO NOT over-bake these. They will dry out.

DETOX

Clean-Eating Challenge

FAVORITE GRAB & GO SNACKS

- Individually packed almonds from Trader Joe's (nut section)
- Green tipped banana – the whole thing doesn't have to be green, look for the green tips on both ends
- Good Eat's individual size guacamole packs from Costco
- Salsa – Trader Joe's yellow capped stuff is my favorite
- Carrots and/or celery to dip in the guacamole or salsa
- Bacon – I always have bacon MADE and in the fridge. Satisfies cravings instantly and you only need half a piece or so (unless you're hungry)
- Hard boiled eggs – a great trick? Take out the yolk and put in the guac. Holy that's good!
- Bone marrow broth
- Herbal tea
- Olives – LOVE olives
- Perrier or other bubbly water. La Croix is excellent.
- Beef jerky (there are several brands you can get online that do not have ADDED sugar)
- Green apple & almond butter
- Sunbutter – great in smoothies, great with celery

DETOX

Clean-Eating Challenge

SYMPTOM SPREADSHEET

RATING SCALE

- 0 Never or almost never
- 1 Occasionally have it, effect is not severe
- 2 Occasionally have it, effect is severe
- 3 Frequently have it, effect is not severe
- 4 Frequently have it, effect is severe

SYMPTOMS	BEFORE	AFTER	DIFFERENCE
Nausea or vomiting			
Diarrhea			
Constipation			
Bloated Feeling			
Belching or passing gas			
Heartburn			
Intestinal/Stomach pain			
Mood Swing			
Anxiety/fear, or nervousness			
Anger, irritability, or aggressiveness			
Depression			
Fatigue or sluggishness			
Apathy or lethargy			
Hyperactivity			
Restlessness			
Watery or itchy eyes			
Swollen, reddened, or sticky eyelids			
Bags or dark circles under eyes			
Blurred vision			
Headaches			
Faintness			
Dizziness			
Insomnia			
Irregular or skipped heartbeat			
Rapid or pounding heartbeat			
Chest pain			
Aches or pain in joints			
Arthritis			

DETOX

Clean-Eating Challenge

SYMPTOMS	BEFORE	AFTER	DIFFERENCE
Stiffness or limitation of movement			
Aches or pain in muscles			
Feeling of weakness or tiredness			
Chest congestion			
Asthma or bronchitis			
Shortness of breath			
Difficulty breathing			
Poor memory			
Confusion or poor comprehension			
Poor concentration			
Poor physical coordination			
Difficulty making decisions			
Stuttering or stammering			
Slurred speech			
Learning Disabilities			
Chronic coughing			
Gagging or frequent need to clear throat			
Sore throat, hoarseness, or loss of voice			
Swollen or discolored tongue, gum, or lips			
Canker sores			
Stuffy nose			
Sinus problems			
Hay fever			
Sneezing attacks			
Excessive mucus formation			
Acne			
Hives, rashes, or dry skin			
Hair loss			
Flushing or hot flushes			
Excessive sweating			
Binge eating/drinking			
Craving certain foods			
Excessive weight			
Compulsive eating			
Water Retention			
Excess alcohol intake			
Night Eating			
Frequent illness			