

21 DAY TRANSFORMATIONAL NUTRITION CLEANSE®

The 21-Day Transformational Nutritional Cleanse – A “Done-For-You” Meal Plan

What Do I Eat?

This is one of the first questions people ask when they decide to cleanse. Provided is a plethora of mouth watering recipes so that you can cook delicious meals while you detox and nourish your body!

Many people who use the Transformational Nutrition Cleanse keep cooking these delicious meals long after the cleanse has ended. They are jam packed with nutrition and are wonderfully simple to prepare!

Whole Food Goodness

As I mentioned in the Transformational Nutrition Cleanse Program Guide, this cleanse focuses on eating healthy whole organic foods and as many fruits and vegetables as possible. These foods naturally cleanse and detoxifying your body and provide a host of nutrients to nourish your body.

Consuming a plant-based diet with high quality protein has been shown in numerous studies to aid in maintaining or regaining your health. This includes improvements in everything from inflammation and depression to osteoporosis, heart disease, cancer and diabetes. In addition, it's a wonderful solution for constipation and other digestive issues.

You'll also look fantastic by cutting out processed foods and grains. These changes will help your skin glow and fight free radicals that cause premature aging.

How Do I Get Started?

We have created this **21-Day “Done-For-You” Meal Plan** to take all the guesswork out of the Transformational Nutrition Cleanse program.

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Every single day has been planned out! You will know exactly what to eat, the recipe when needed, the time and amounts of each supplement to take and even toss in a daily “Live Clean Tip” to stay motivated and inspired.

Supplements are an essential part of the detoxification process. And I’ve researched the best around to support you in your transformation! Be sure to purchase these supplements before you get started with your cleanse. These supplements will support your transformation in a holistic way!

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Foods To Include & Avoid – The 21-Day Transformational Nutrition Cleanse

Food	Include	Avoid
Fruit	Fresh or frozen whole fruits, freshly squeezed or pressed fruit juice, avocados, olives	Canned fruit
Vegetables	Sea vegetables, raw, frozen, steamed, sautéed, or roasted vegetables, freshly juiced vegetables	Canned vegetables
Grains	Brown, wild, jasmine, red, and black rice, quinoa (technically a seed but used as a grain), buckwheat, amaranth, millet, steel cut oats, teff, tapioca, sorghum	White rice, spelt, kamut, triticale, barley, rye, couscous, faro
Animal protein	Grass-fed, pasture raised, organic meats, cage-free eggs and wild caught fish	Factory farmed and grain-fed meats, cage raised eggs, farmed fish
Vegetable proteins	Lentils, beans, quinoa, legumes, spirulina, chlorella, hemp protein powder, hemp seeds, hemp hearts, nut butters, vegetables including greens, peas, and broccoli, chia seeds, brown rice, cashews, flax seeds, and avocados.	Tofu, soy beans, soy sauce, processed soy foods including fake meat products
Dairy	Nut milks including coconut milk, almond milk, hemp milk, rice milk	Milk, cheese, cottage cheese, butter, ice cream, non-dairy creamers, yogurt

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Nuts and seeds	Cashews, almonds, walnuts, pecans, hazelnuts, pine nuts, brazil nuts, macadamia nuts, pistachios, hemp seeds, chia seeds, flax seeds, sunflower seeds, pumpkin seeds, sesame seeds, nut and seed butters	Peanuts and peanut butter
Oils	Unrefined coconut, sesame, macadamia, flax seed, extra virgin olive oil, coconut butter, avocado, sunflower	Butter, margarine, mayonnaise, salad dressings, canola oil, shortening, soybean oil, grape seed oil, corn oil, cottonseed oil, hydrogenated coconut oil, palm and palm kernel oil
Sweeteners	Stevia, xylitol, coconut nectar, lucuma, yacon, dates, fresh fruit, dried fruit (in moderation), and palm sugar	Refined sugar, artificial sweeteners including Splenda®, Equal®, and Sweet 'N Low®, high fructose corn syrup, maple syrup, agave nectar, honey, brown rice syrup, brown sugar
Condiments	Balsamic vinegar, apple cider vinegar, nutritional yeast, coconut liquid aminos, Bragg's Liquid Aminos, Bragg's sprinkle seasoning, stevia, all spices, all herbs, celtic sea salt, himalayan sea salt, black pepper, cacao powder, carob, mustard, miso, dijon mustard, wheat-free tamari, nama shoyu	Ketchup, barbeque sauce, teriyaki, jam, jellies, chutney, milk chocolate, mayonnaise, relish, spaghetti sauce from a jar, sour cream, soy sauce, Worcestershire sauce, honey mustard, cocktail sauce
Drinks	Spring water, filtered water, sparkling water, mineral water, coconut water, herbal tea, green tea, nut milks	Soft drinks, coffee, caffeinated beverages, alcohol, fruit juice or drinks (unless fresh), animal milks

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Below is the 21 Day Transformational Nutrition Cleanse Daily Blueprint:

Upon rising

1 cup hot or warm water with juice of ½ lemon
Take 2 probiotic capsules

Breakfast

Take 1 digestive enzyme capsule before your meal
Eat a healthy breakfast (see meal plans)
Take 1 complete multivitamin

Lunch

Take 1 digestive enzyme capsule before your meal
Eat a healthy lunch (see meal plans)
Take 1 complete multivitamin

Snack (if needed)

Eat a healthy snack (see meal plans)

Dinner

Take 1 digestive enzyme capsule before your meal
Enjoy a protein packed smoothie

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Meal Planning Guidelines

Always refer to the “include” and “avoid” lists when planning your meals. We have a done for you meal plan, however it is important to understand basic principles about how to build a quality meal so that your transformation can continue long after your cleanse is complete.

Here are some great meal ideas:

Breakfast

- Fresh fruit salad
- Grass-fed, pasture raised protein or eggs and wild caught fish
- Steel cut oats with fresh berries
- Quinoa with fresh berries
- Breakfast cereal made using whole foods

Lunch or Dinner

- Black beans and a generous plate of baked vegetables
- Bowl of lentil soup or veggie chili and a large salad
- Veggie burger or other unprocessed grass-fed protein and a baked potato with a garden salad
- Quinoa and assorted baked or steamed veggies with protein of choice
- Steamed veggies with Bragg’s Aminos (soy sauce substitute) over ½ cup brown rice with unprocessed grass-fed protein
- Grass-fed protein or wild caught fish or black-bean burger with a cup of steamed veggies and a baked sweet potato

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Additional Nutrition Tips

- Start each day with a cup of warm water and ½ a freshly squeezed lemon. This will help the liver flush the toxins from your body that are released throughout the night (goodbye, morning breath!).
- Satisfy your sweet tooth by eating fruit.
- Chew slowly. Saliva released when chewing food contains enzymes that initiate digestion.
- Eat as many raw fruits and vegetables as you can. These raw foods contain enzymes necessary for digestion.
- Get rid of any tempting processed, fatty and sugary foods. If they are not in the house, you won't be tempted to eat them.
- Shop at your local co-op or farmer's market for great deals on organic foods. Trader Joe's is another great resource.
- Drink minimal liquid while you are eating your meals. Excess liquid can dilute the hydrochloric acid in your stomach making it more difficult to digest food. Wait a full hour after eating to drink a full glass of liquid.

Additional Nutrition Guidelines to Follow

Include:

- **Pure, clean water intake.** At least 8 eight-ounce glasses of fresh water daily
- **Organic fruits and vegetables.** Remember, this is a cleanse (getting rid of toxins), so we want to avoid foods grown with them! Plus, organic fruits and veggies are packed with vitamins, minerals and enzymes to help aid in digestion
- **Raw foods.** Because they haven't been cooked, they're packed in enzymes to help aid in digestion
- **Herbal teas.** Choose teas that are certified organic and caffeine-free when possible
- **Unprocessed foods.** Choose foods in their natural states. If your great-grandmother did not eat it, neither should you.
- **Fermented foods.** Fermented foods contain wonderful probiotics to balance gut flora

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- **Grass-fed, pasture raised, or wild caught meats.** When meats are grass fed or wild caught, they are filled with more Omega-3's.

Avoid:

- **Processed foods.** They contain many toxins (additives, colors, preservatives, etc.) and virtually no nutrients
- **All processed or factory farmed animal products.** Many animal products contain hormones, antibiotics, and other toxins that you want to eliminate during this program. So it's essential to get grass-fed, pasture raised, and wild caught meats and eggs.
- **Fried foods.** These are loaded with harmful fats and are difficult for your body to digest
- **Gluten.** Gluten is extremely difficult for the body to digest and impairs cleansing
- **Processed soy.** Soy is a phenoestrogen and can wreak havoc on hormone levels. It's also a top food allergen.

Make it yours

Even though all the work has been done feel free to customize the meal plans as you would like!

Portion sizes

Gone are the days of weighing your food and strictly monitoring portion sizes. With the Nutrition Cleanse program, eat when you are hungry and stop when you're full.

Eat mindfully and remain present at each meal so that you can tune in to your body and know when you have reached the place where you're physically nourished. Truly savor the flavor of every bite and visualize it nourishing your mind, body and soul.

This is the only way to fully heal your relationship with food. True healing will never be found in restriction or limitation but in complete awareness and trust in your body and yourself.

If you don't feel that you are at the point where you can make this connection with your body, then aim to eat about the amount of food that would fit in your hands if you cupped them and made a bowl. If you are still hungry 30 minutes later, have a bit more of the meal or a small snack.

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Gradually, you will rebuild the communication within your body and know exactly how much to eat at any given time.

When do I eat?

You want to aim to eat a meal every four to six hours. You should be able to comfortably go for four hours without food and you should never go longer than six hours between meals.

If you are still hungry, eat the snack in your meal plan for that day.

If you are very active, work long hours or have an unusual schedule, you may need to adjust this plan to meet your own needs by adding a second snack or another small meal during the day. Again, listen to your body and trust it to tell you exactly what it needs when it needs it.

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Let's Get Started!

The next pages of this booklet will outline your meals and supplements for the next 21 days.

DAY 1

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Berry Clean Detox Shake

OR

Beautifying Breakfast Cereal

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Miso soup and veggie sushi with brown rice

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Piece of fresh fruit or cup of berries

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Berry Clean Detox Shake

OR

Yes It's Veg Chili

Live Clean Tip: Choose an affirmation that reflects something you want to achieve. Phrase the affirmation as if you are already achieving it. For example, "I am making healthy choices for myself and I have more energy every day." Repeat it often throughout the day.

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DAY 2

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Fiber Fantastic Shake

OR

Beautifying Breakfast Cereal

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Sprouted or gluten-free pita stuffed with hummus and grilled veggies + garden salad

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Kale Chips

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Fiber Fantastic Shake

OR

Grass-fed Burger or Veggie Burger With A Twist

Live Clean Tip: Use plants in your home to help detox the air. Bamboo, Palm, Boston Fern, Chrysanthemum, English Ivy, Pease Lily, Spider Plant, Philodendron and Poinsettia are some of the best choices. If you have pets in your home, please note that some plants are toxic to animals. Check online for lists of plants you should avoid.

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DAY 3

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Sinful Slimming Cocoa-Cleanse Shake

OR

Steel-cut oats with banana, strawberries and cinnamon

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Sprout Yourself Clean Salad

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Sliced apple with almond butter

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Sinful Slimming Cocoa-Cleanse Shake

OR

Quinoa and Black Beans Feast

Live Clean Tip: Get enough sleep. Four to six hours a night just is not going to cut it, gorgeous!

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DAY 4

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Let's KISS (Keep It Simple Shake)

OR

Sprouted grain or gluten-free toast topped with tahini, avocado, tomato and sprouts + ½ cup mixed fruit

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Plant Power Antipasto Plate

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Sliced red and green bell pepper with hummus

Dinner

Take 1 Complete Digestive Enzyme capsule before your meal

Transformational Nutrition Let's KISS (Keep It Simple Shake)

OR

Chickpea Curry Comfort + Simple Spinach Salad

Live Clean Tip: Choose something you love about yourself and write it down. Post it in a place where you can read it often throughout the day.

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DAY 5

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Tropical Tango Toxin Buster

OR

Quinoa Breakfast Cereal

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Steamed veggies with Bragg's Liquid Aminos over ½ cup brown rice with high quality protein

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

2 sliced cucumbers with salted dill and lemon tahini

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Tropical Tango Toxin Buster

OR

Citrus Veggie Stir-Fry

Live Clean Tip: Replace chemical household cleaners with eco-friendly, toxin-free brands.

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DAY 6

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Perfect Pecan Pie Smoothie

OR

Citrus Sunshine Salad

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Goddess Soup

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Carrots and celery dipped in ¼ cup pico de gallo mixed with ¼ avocado

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Perfect Pecan Pie Smoothie

OR

Brown rice pasta topped with olive oil, sliced cherry tomatoes, avocado and basil

Live Clean Tip: Choose deodorants, toothpastes, make-up, body washes, facial cleansers made from nontoxic ingredients. I use these products: <http://www.ourlemongrassspa.com/REBEKAHS/>

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DAY 7

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Fiber Fantastic Shake

OR

Sprouted grain or gluten-free toast topped with almond butter and sliced banana + 1/2 cup of fresh mixed berries

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Sixty Second Soup + 1 cup mixed fruit

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Sugar snap peas and bell pepper + 1 small handful of almonds

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Fiber Fantastic Shake

OR

Top-Notch Tacos

Live Clean Tip: Like candles? Choose only the ones made from beeswax or a plant-based wax to avoid the toxins produced by the typical petroleum based candles.

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DAY 8

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Sinful Slimming Cocoa-Cleanse Shake

OR

Chocolate Strawberry Oats Cereal

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Garlic and Lemon Roasted Beets + Simple Spinach Salad

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Spicy Sea Chips

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Sinful Slimming Cocoa-Cleanse Shake

OR

White Bean & Spinach Soup

Live Clean Tip: Turn on your favorite music and dance like nobody's watching!

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DAY 9

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Let's KISS (Keep It Simple Shake)

OR

½ cup quinoa with coconut milk, cinnamon and chopped apple

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Complete Digestive Enzyme capsule before your meal

Lentil Soup In A Snap

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Sliced pear with raw sunflower seed butter

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Let's KISS (Keep It Simple Shake)

OR

Quinoa and Black Beans Feast

Live Clean Tip: Leave your shoes at the door and wash your hands on entry. You are bringing in germs, bacteria and pesticides from the outside world. This helps to keep them there!

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DAY 10

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Tropical Tango Toxin Buster

OR

Sweet Potato Breakfast and fresh vegetable juice (or a light garden salad with lemon dressing)

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Summer Salad

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Piece of fresh fruit or cup of berries

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Tropical Tango Toxin Buster

OR

Coconut Curried Veggies

Live Clean Tip: Choose a mild, high-quality organic shampoo and body cleanser.

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DAY 11

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Berry Clean Detox Shake

OR

Beautifying Breakfast Cereal

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

The New & Improved Chopped Salad

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Carrots and celery with almond butter

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Berry Clean Detox Shake

OR

Lentil Soup In A Snap

Live Clean Tip: Do something nice for someone today. Do not expect anything in return.

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DAY 12

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Perfect Pecan Pie Smoothie

OR

Choco-Cherry Chia Bowl

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Veggie Burger with a Twist or Grass-fed Burger + a garden salad

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Chopped broccoli and carrots with hummus

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Perfect Pecan Pie Smoothie

OR

Quinoa topped with roasted mixed veggies and Bragg's Liquid Aminos and high quality protein

Live Clean Tip: Repeat after me: You. Do. Not. Have. To. Be. Perfect. Print this statement and post it on your mirrors.

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DAY 13

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Sinful Slimming Cocoa-Cleanse Shake

OR

Citrus Sunshine Salad

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Sprouted grain or gluten free pita with hummus, veggies and sprouts + 1 piece of fruit

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Kale Chips

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Sinful Slimming Cocoa-Cleanse Shake

OR

Simply Tomato & Cucumber Salad + ½ cup quinoa with garlic and kidney beans

Live Clean Tip: Go green. This will allow you to help make a difference and connect with a living thing much bigger than yourself – the planet.

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DAY 14

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Let's KISS (Keep It Simple Shake)

OR

½ cup steel-cut oatmeal with sliced cherries and raw cacao

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Citrus Veggie Stir Fry

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Carrots and bell pepper with tahini

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Let's KISS (Keep It Simple Shake)

OR

Yes! It's Veg Chili!

Live Clean Tip: Practice visualization for 10 minutes. Imagine yourself in a relaxing place like a deserted island or walking in a grassy field. Let everything else in your thoughts go and focus on the details of the place. What do you see, smell, feel and hear? Repeat daily.

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DAY 15

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic Complex capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Tropical Tango Toxin Buster

OR

Berry Buckwheat Breakfast

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Veggie sushi hand rolls with brown rice and seaweed salad

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Piece of fresh fruit or cup of berries

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Tropical Tango Toxin Buster

OR

Crunchy Southwestern Ensalata

Live Clean Tip: Surround yourself with good-hearted, positive people. You know that girlfriend that always cancels last minute? Or the one who is always talking about what she will do for you and then never comes through? These people are toxic to your life and your mind. You deserve better people around you. Go out and find them.

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DAY 16

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Berry Clean Detox Shake

OR

Hottie Hash Browns and scrambled veggies and eggs from pasture raised chickens

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Lentil Soup In A Snap and garden salad

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Handful of raw nuts and a piece of fresh fruit

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Berry Clean Detox Shake

OR

Brown rice pasta topped with olive oil, sliced cherry tomatoes, avocado and basil, and high quality protein

Live Clean Tip: Buy a beautiful journal. At the end of each day, write down your thoughts and feelings about everything that happened to you. This allows you to detox your mind and bring closure to the events of the day. Best of all, your journal will never judge you! Now, turn in and prepare for a restful night's sleep without any worry.

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DAY 17

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Fiber Fantastic Shake

OR

½ cup quinoa with coconut milk, peaches, sliced walnuts, and cinnamon

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Sprouted grain or gluten-free bread sandwich with roasted veggies, hummus, tomatoes and sprouts

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Carrots and celery dipped in ¼ cup Pico de Gallo mixed with ¼ avocado

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Fit, Fab and Fantastic Shake

OR

Coconut Curried Veggies

Live Clean Tip: Practice conscious breathing. Take a long slow inhale and think of something you want to let go of in your life. When you exhale, see that something coming out of your mind and spirit in that breath and truly let it go.

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DAY 18

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Perfect Pecan Pie Smoothie

OR

Choco-Cherry Chia Bowl

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Complete Digestive Enzyme capsule before your meal

The New & Improved Chopped Salad

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Kale Chips

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Perfect Pecan Pie Smoothie

OR

White Bean and Spinach Soup

Live Clean Tip: Avoid furniture made from composite materials such as pressboard. They contain toxic glue and other chemicals including formaldehyde. Purchase solid wood furniture when you can.

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DAY 19

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Let's KISS (Keep It Simple Shake)

OR

Citrus Sunshine Salad

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Top-Notch Tacos

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Sliced jicama and cucumber dipped in hummus

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Let's KISS (Keep It Simple Shake)

OR

Chickpea Curry Comfort

Live Clean Tip: Don't forget about your pets! Purchase wheat or corn litter to avoid the chemicals and toxins found in most products. By changing their diet to organic foods, you will keep harmful chemicals out of your home and out of your pet's tummies!

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DAY 20

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Tropical Tango Toxin Buster

OR

1 slice sprouted or gluten-free toast with raw almond butter + 1 cup mixed berries + freshly squeezed vegetable juice (or a light garden salad with lemon dressing)

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Veggie Burger with a Twist or Grass-fed Burger

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Sliced cucumber with salted dill and lemon tahini

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Tropical Tango Toxin Buster

OR

Buckwheat topped with steamed veggies, avocado, high quality protein and Bragg's Liquid Aminos

Live Clean Tip: Write a letter to someone that you want to get your feelings out to. Tell them everything you've ever wanted to tell them – the good, the bad, and the ugly. Once you are finished, shred it or wad it up and toss it away. This allows you to get your feelings out and bring closure to the situation without causing additional conflict or hurt.

21 DAY TRANSFORMATIONAL NUTRITION CLEANSE®

DAY 21

Upon Rising

1 cup hot or warm water with juice of ½ lemon

Take 2 Probiotic capsules

Breakfast

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Berry Clean Detox Shake

OR

½ cup steel-cut oatmeal with sliced cherries and raw cacao

Take 1 Complete Multi-Vitamin

Lunch

Take 1 Digestive Enzyme capsule before your meal

Sprout Yourself Clean Salad

Take 1 Complete Multi-Vitamin

Mid-Afternoon Snack

Spicy Sea Chips

Dinner

Take 1 Digestive Enzyme capsule before your meal

Transformational Nutrition Berry Clean Detox Shake

OR

Black beans and a generous plate of baked veggies

Live Clean Tip: If you are a woman, choose feminine products made from organic unbleached cotton.