

ALL SAUCES ARE SUGGESTED. PLEASE CONSULT WITH ME IF YOU WOULD LIKE TO USE OTHER SEASONINGS.

BEET CARROT SALAD- GRATE 4-5 CARROTS AND 1 SMALL BEET SHOULD MAKE 4 SERVINGS- STORES WELL IN TUPPERWARE

PORTION FOR NUTS UNLESS NOTED IS A HANDFUL, WHICH IS ROUGHLY 1 OZ

THE CARROT SOUP IS OUR ANTI-INFLAMMATORY SOUP AND FREEZES VERY WELL- PLEASE USE IT WHEN YOU ARE REACTIVE TO A FOOD AND JUST ADD TO YOUR LUNCH

PLEASE MAKE SURE TO HYDRATE BETWEEN MEALS AND TO EAT UNTIL YOU ARE FULL

GOOD LOW REACTIVE SOURCES OF PROTEIN: TRY TO AIM FOR 15-20 GRAMS OF PROTEIN FOR LUNCH

BROCCOLI- 5 GRAMS PER CUP

SUNFLOWER SEEDS- 5 GRAMS PER OZ (THESE TWO ARE ALSO GOOD SOURCES OF CALCIUM!)

PUMPKIN SEEDS- 9 GRAMS PER OZ (ALSO A GREAT SOURCE OF ZINC FOR YOUR IMMUNE SYSTEM!)

ALMONDS- 8 GRAMS PER OZ

CHEESE- 8 GRAMS PER OZ

CHICKPEAS- 5 GRAMS PER 1 / 2 CUP

RICE – 6 GRAMS PER CUP

CHIA-5 GRAMS PER 2 TBSP (ALSO A GREAT SOURCE OF OMEGA 3'S)

This 3-day detox will cleanse and rest your system and have the least reactive foods based on our research. Still please note that if you don't lose approximately 5 lbs. in 3 days you were reactive to one of the foods.

On day 2 we test almonds - please make sure these are raw as roasted almonds are more reactive

On day 3 we test chickpeas which we use as a basic test for all beans.

You may omit these tests and to ensure that you have adequate protein at lunch for day 3 add pumpkin seeds.

Please follow hydration guidelines as drinking too little or too much will affect your weight loss. Your weight is based on your mass and the general rule of thumb is - take your body weight, divide in half and that is how many oz. you should drink. Please finish water 3-4 hours before bed.

**Day One**

## Breakfast

1 cup Flax granola with ½ cup blueberries (flax granola – p. 17)  
Silk Coconut milk or Rice Dream- these will be your breakfast “milk” until we test regular milk

## Lunch

Soup- carrot ginger – with chia seeds or sunflower seeds (p. 8)  
Sautéed or steamed broccoli drizzled with orange oil and lemon juice (orange oil – p. 3)  
Mixed greens with ½ pear and pumpkin seeds

## Snack

1 apple

## Dinner

Sautéed Kale, 3-4 carrots, onion, zucchini, shiitakes with spicy coco sauce (p. 6)  
Grated Carrot and raw grated beet salad with pumpkin seeds

**Day Two**

## Breakfast

Flax with ½ cup blueberries

## Lunch

Carrot soup with chia seeds or sunflower seeds  
Mixed greens with ½ diced apple, ¼ avocado  
Leftover broccoli

## Snack

1 pear with 8 almonds

## Dinner

Leftover sautéed kale and veggies with 1 cup brown or basmati rice with pumpkin seeds  
beet/carrot salad with sunflower seeds

**Day Three**

## Breakfast

Flax with choice of blueberries or pear

## Lunch

Mixed greens with ½ cup low sodium chickpeas, ¼ avocado and carrots  
1 apple

## Snack

1-2 cups watermelon, optional sprinkle with chia seeds

Dinner

½ portion chicken with Italian herbs and orange zest on a bed of arugula

Grill, steam OR sauté zucchini, broccoli, carrots, onions, garlic and Italian herb blend-  
finish with orange oil and fresh black pepper (orange oil – p. 3)

Leftover beet carrot salad