

**Central Valley *Whole Body* Cleanse**

# **DAILY PLANS**

**Week 1**

## 2 Days Before Cleanse Start (TUESDAY) – Program Evening 1

### ➤ **Plan Ahead:**

**This evening:** begin *soaking* Black Beans (the recipe provides enough for 4 servings so that you will be done with it for a couple weeks).

➤ Be sure you're drinking extra water (about ¼ gallon for every 50 lbs.).

## 1 Day Before Cleanse (WEDNESDAY)

### ➤ **Morning:** Begin cooking Black Bean Soup

Y Diaphragm Breathing 5 min

Y Journal writing 5-10 minutes

➤ For quicker preparation, chop and package Veggies for easy access for some of this week's meals.

### ➤ **Plan Ahead:**

**Evening:** Set aside 1 serving of Bean Soup for Day 1 lunch

and Freeze 1 days worth of *mashed* beans for Bean Crisps (for Day 5)

-- use the Potato masher for this or just a **blender**, big fork, or glass.

## Day 1 (Thursday)

*“A man is what he thinks about all day long; how could he be anything else.”  
--Emerson*

### Space for Gratitude

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### Today's plan:

#### **Morning Activity:**

- Y Diaphragm Breathing 5 min
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

#### **Anytime Activity:**

- Y Push-ups (3 sets)

#### **Eating Options:**

- ⊕**Begin:** day with Power Smoothie #1 \*\*
  - ⊕**Snack:** 1 serving **UltraClear** // **Food Track:** Handful of Carrot Sticks and palm-full of Almonds
  - ⊕**Lunch:** Black bean soup\*\*; Rice Bread (or rice crackers)
  - ⊕**Snack:** 1 serving **UltraClear** // **Food Track:** ½ Apple and 2TbIs. Almond butter
  - ⊕**Dinner:** Harris Ranch Beef (palm-sized portion) with steamed vegetables (Broccoli 1½ stalks)
- \*\*See Recipes

**Plan ahead:** Cook chicken breast for tomorrow's lunch.

To Prevent Headaches:

from **Caffeine** withdrawal...wean off **gradually**

from **Sugar** low...

+ ALL snacks

+ Gr. Flax in UC

+ More **LOW CARB** Veggies (Broccoli, Cauliflower, Squash, Kale, Brussel Sprouts)

from **Allergic** food **Withdrawal**... well... it won't last long.

#### **Evening Activity:**

- Y Essential oil bath
- Y For Airborne Allergy Sufferers: Raustral Rinse

## Day 2 (Friday)

*“If one advances confidently in the direction of his dreams and endeavors to live the life he has imagined, he will meet with a success unimagined in common hours.” -- Thoreau (in Walden)*

### Space for Gratitude

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#### Today's plan:

##### Morning Activity:

- Y Diaphragm Breathing 5 min
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

##### Anytime Activity:

- Y Therapeutic Self-Massage

##### Eating Options:

- ⊕**Breakfast:** Rice cereal with blueberries, ½ Mango, ½c. chopped Walnuts (and cinnamon) – use water or Nut milk
- ⊕**Snack:** 1 serving **UltraClear** // **Food Track:** 1 Banana. & 1/3c. of Brazil nuts
- ⊕**Lunch:** Chicken Breast with steamed or raw 1c. Carrots and 1c. Cauliflower - - 1 Tsp Tamari
- ⊕**Snack:** 1 serving **UltraClear** // **Food Track:** 1 Peach & a palm-full of almonds
- ⊕**Dinner:** Palm full of Fish (Salmon or Trout) with steamed vegetables ( ½ hand-full of each: Leek, Kale, Brussels Sprouts)
- Dessert:** Baked Apple\*\* (at least 30 minutes after eating fish)

**Plan ahead:** Begin cooking Split Pea Soup\*\*

Cook Brown Rice\*\* And pack for lunch tomorrow & freeze some for Day 4 & 6 lunch

**Optional:** Marinade (2) Chicken in ¼ c Tamari & 1Tbl. Honey

##### Evening Activity:

- Y None assigned

## Day 3 (Saturday)

*“When you start worrying about things that are over and done with, it’s like trying to saw sawdust.” – Fred Fuller Shedd*

### Space for Gratitude

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#### Today's plan:

##### **Morning Activity:**

- Y Shower Therapy (15-40 min)
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

##### **Anytime Activity:**

- Y **Aerobic Exer.:** 10 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming).
- Y (for airborne allergy sufferers: Raustral Rinse)
- Y Work on your Want’s Lists

**Eating Options:** Pack Split Pea Soup & Rice for lunch. Freeze extra Pea Soup for Day 6.

☉**Breakfast:** Chicken Vegetable Omelet\*\*

☉**Snack:** 1 serving **UltraClear** // **Food Track:** Handful of Carrot Sticks and palm-full of Cashews.

☉**Lunch:** Split Pea Soup\*\* and Brown Rice\*\* {**Warning: Rice takes 45 minutes**}

☉**Snack:** 1 serving **UltraClear** // **Food Track:** ½-1 Almond or Cashew butter sandwich on rice bread.

☉**Dinner:** Halibut and ½ bunch of Asparagus (in spring) or 1 hand-full of squash (try cooking Asparagus or squash in juice of halibut).

**Dessert -- Cinnamon Pear\*\***

\*\*See Recipes

**Plan Ahead:** Make Honey-Flax dressing.

Remember to drink plenty of fluid throughout the day -- at least 40 ounces in addition to the servings of juice or **UltraClear**.

##### **Evening Activity:**

- Y Sinus Steam

## Day 4 (Sunday)

*“The greatest mistake physicians make is that they take care of the body without attempting to take care of the mind.” -- Plato*

### Space for Gratitude

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### Today's plan:

#### **Morning Activity:**

- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

#### **Anytime Activity:**

- Y **Aerobic Exer.:** 10 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming).
- Y Crunches (3 sets of 10)
- Y Work on your Want's Lists

**Plan Ahead:** Remove Split Pea Soup for lunch.  
Put Cabbage Soup\*\* in crock pot for dinner.

#### **Eating Options:**

- ⊕**Breakfast:** Omelet: Chicken & Veggie Omelet\*\* (Note: Add Kale instead of Spinach) A glass of Nut Milk
  - ⊕**Snack:** 1 serving **UltraClear** // **Food Track:** Handful of Celery sticks and w/ almond butter
  - ⊕**Lunch:** Chicken Spinach salad\*\* and chopped Brazil or Almond nuts w/ honey Flax dressing + 3-5 Rice crackers
  - ⊕**Snack:** 1 serving **UltraClear** // **Food Track:** ½ Handful of Broccoli and ½ handful cauliflower w/ Honey-Flax dip\*\*
  - ⊕**Dinner:** Cabbage Soup\*\* and Fruit Medley #1 (**at least 30 minutes after soup**)  
-Freeze extra Cabbage Soup
- \*\*See Recipes

**Plan Ahead:** Squish and Pack up beans for tomorrow's lunch.  
Steam/Cook asparagus or squash for tomorrow's lunch.  
For // **Food Track:** You will need black beans for dinner for Day 6 and Day 8 also. Soak more, if needed.  
Remember to drink plenty of fluid throughout the day -- at least 40 ounces in addition to the servings of juice or **UltraClear**.

**Evening Activity:** Essential oil bath

## Day 5 (Monday)

*Failure need not be the end. The wise make it a new beginning with more knowledge.*

### Space for Gratitude

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#### **Today's plan:**

##### **Morning Activity:**

- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

##### **Anytime Activity:**

- Y Work on your Want's Lists

##### **Eating Options:**

**Plan Ahead:** Thaw salmon for dinner.

⊕**Breakfast:** Power Clear Shake #1\*\* **and** ½ Papaya<sup>α</sup> (steamed or raw), 1 almond or cashew butter sandwich on rice bread // **Food Track:** 1 Cup Honeydew and palm-full of Brazil nuts

**and** 1 Papaya<sup>α</sup> (steamed or raw), 1 almond or cashew butter sandwich on rice bread

⊕**Snack:** 1 serving **UltraClear** // **Food Track:** Banana and ¼ cup Sunflower seeds

⊕**Lunch:** Bean Crisps\*\*, handful of Asparagus or Squash (see “Veggies”)

⊕**Snack:** 1 serving **UltraClear** // **Food Track:** Hand-full Carrot sticks and palm-full Almonds

⊕**Dinner:** Small handful of each: Steamed Broccoli, Brussel Sprouts and about a palm-full of Salmon.

\*\*See Recipes

**Plan Ahead:** Take out frozen Brown Rice and Pea Soup for tomorrow's lunch, or cook it (See day 2-3).

Chop ½ cup Almonds for lunch.

Remember to drink plenty of fluid throughout the day -- at least 40 ounces in addition to the servings of juice or **UltraClear**.

##### **Evening Activity:**

- Y Therapeutic Self-Massage
- Y Diaphragm Breathing

## Day 6 (Tuesday)

*“Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” Jesus the Christ (Matt. 6:34)*

### Space for Gratitude

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### Today's plan:

#### Morning Activity:

- Y Shower Therapy (15-40 min)
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

#### Anytime Activity:

- Y (for airborne allergy sufferers: Raustral Rinse)

#### Eating Options:

- ⊕ **Breakfast:** 1 serving UltraClear // **Food Track:** Warm Rice Cereal w/ Banana & 1Tbl. Flax oil
- ⊕ **Snack:** 1 serving UltraClear // **Food Track:** Baked Cinnamon Pear (\*\*see Day 3) and a palmful of Almonds
- ⊕ **Lunch:** Split Pea soup with chopped almonds **and** Brown Rice\*\*
- ⊕ **Snack:** 1 serving UltraClear // **Food Track:** 1 Apple and 2Tbl. Almond Butter
- ⊕ **Dinner:** 1 serving UltraClear **and** small handful of each of: Kale, Leek Carrot stir-fry (see Veggies\*\*) // **Food Track:** Black Beans (from frozen leftovers)\*\* with Brown Rice

\*\*See Recipes

- Plan Ahead: Only if you are on** // **Food Track:** Put Lentil Soup\*\* on to cook for tomorrow's dinner, or cook tomorrow. Make Spinach Salad\*\* for tomorrow's lunch, or make it tomorrow.  
// **Food Track:** Soak Black Beans for Day 8 Lunch

#### Evening Activity:

Y *Important: Review your Week 1 Booklet tonight (with wants lists)*

Y **Central Valley Whole Body Cleanse**

++Friends, Information, Inspiration...

It will be discussing how the Mind affects your Health and what the 3-day fast will be like.

**\*\*Note: The foods you shopped for mostly run out on Day 9.** Restock using your next shopping list.



## Day 7 (Wednesday)

*Knowing that at any moment I can begin again, gives me courage to keep trying.*

### Space for Gratitude

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#### Today's plan:

##### **Morning Activity:**

- Y **Creating "Extra" Time:** Begin **Media Fast:** No TV, Radio, Newspaper
- Y Reformatting Stretchercises (15 min.)
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

##### **Anytime Activity:**

- Y **Aerobic Exer.:** 10 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming).
- Y Push-ups (3 sets)
- Y **Creating "Extra" Time:** Continue **Media Fast:** No TV, Radio, Newspaper

##### **Eating Options:**

...Continuing to really free up your body to clear things out...

- ⊕**Breakfast:** 1 serving **UltraClear** // **Food Track:** Warm Rice Cereal w/1Tbl. Flax oil, ½ Apple (diced) and cinnamon
- ⊕**Snack:** 1 serving **UltraClear** // **Food Track:** ¼- ½c. Cashews and 1c. berries
- ⊕**Lunch:** 1 serving **UltraClear** // **Food Track:** Spinach Salad\*\* w/Honey and Flax dr.\*\*
- ⊕**Snack:** 1 serving **UltraClear** // **Food Track:** Banana ¼c. Cashews
- ⊕**Dinner:** 1 serving **UltraClear** // **Food Track:** Lentil Soup\*\* and Brown Rice (enough Soup and Brown Rice for 2 meals)

\*\*Remember to drink plenty of fluid throughout the day -- at least 40 ounces(5 glasses, 1/3 gal) in addition to the servings of juice or **UltraClear**.

\*\*If you feel you are needing more substance, add either Bieler's Broth or Alkaline Broth or plain Brown Rice or plain rice Cereal with water.

**Plan Ahead:** // **Food Track:** Cook black Beans with Yellow Rice\*\* overnight or all tomorrow for tomorrow's dinner.

**Pack up leftover Lentil Soup\*\* and Brown Rice for tomorrow's lunch.**

##### **Evening Activity:**

- Y **Renewing your Mind:** Continue **Media Fast:** No TV, Radio, Newspaper
- Y Therapeutic Self-Massage
- Y Diaphragm Breathing

## Day 8 (Thursday)

*“A man is not hurt so much by what happens as by his opinion of what happens, and our opinion of what happens is entirely up to us.” -- Montaigne, French philosopher*

### Space for Gratitude

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#### Today's plan:

##### **Morning Activity:**

- Y Begin **Media Fast:** No TV, Radio or Newspaper
- Y Diaphragm Breathing 5 min
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

##### **Anytime Activity:**

- Y Crunches (3 sets)
- Y (for airborne allergy sufferers: Raustral Rinse)
- Y **Creating “Extra” Time:** Continue **Media Fast:** No TV, Radio, Newspaper

##### **Eating Options:**

###### **Plan Ahead:**

// **Food Track:** Thaw Black beans and take Lentils & Rice for lunch

...You are really freeing up your body to clear things out...

- ⊙ **Breakfast:** 1 serving **UltraClear** // **Food Track:** Warm Rice Cereal and a ½c. Blueberries
- ⊙ **Snack:** 1 serving **UltraClear** // **Food Track:** ¼c. Cashew nuts & Apple
- ⊙ **Lunch:** 1 serving **UltraClear** // **Food Track:** Lentil Soup & Brown Rice
- ⊙ **Snack:** 1 serving **UltraClear** // **Food Track:** ¼c. Almonds & Banana
- ⊙ **Dinner:** 1 serving **UltraClear** // **Food Track:** Black Beans w/Steamed Yellow Rice  
Palmful of each of Spinach & Kale w/Honey-Flax dressing\*\*

\*\*Remember to drink plenty of fluid throughout the day -- at least 40 ounces (5 glasses, 1/3 gal) in addition to the servings of juice or **UltraClear**.

\*\*If you feel you are needing more substance, add either Bieler's Broth or Alkaline Broth or plain Brown Rice or plain rice Cereal with water.

###### **Plan Ahead:**

// **Food Track:** Chop/Cook (if you prefer) up Snow Peas and Broccoli and cook Rice for tomorrow's lunch. Make Quinoa Pudding for tomorrow's snack..

##### **Evening Activity:**

- Y **Renewing your Mind:** Continue **Media Fast:** No TV, Radio, Newspaper
- Y Essential Oil and Epsom Salts bath.
- Y 10 minutes meditation and quiet reflection.

Central Valley Environmental

# DAILY PLANS

## WEEK 2

*Your BRAIN,  
Your MIND  
&  
Your HEALTH*

## Day 9 (Friday)

*“In the middle of difficulty lies opportunity.” -Albert Einstein*

### Space for Gratitude

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#### Today's plan:

##### Morning Activity:

- Y Begin **Media Fast**: No TV, Radio, Newspaper
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

##### Anytime Activity:

- Y **Creating “Extra” Time**: Continue **Media Fast**: No TV, Radio, Newspaper

##### Eating Options:

...beginning to really free up your body to clear things out...

- ⊕**Breakfast**: 1 serving **UltraClear** // **Food Track**: Warm Rice Cereal, 1Tbl. Flax oil, mashed Banana, & Cinnamon.
- ⊕**Snack**: 1 serving **UltraClear** // **Food Track**: ¼c. Brazil nuts & Peach
- ⊕**Lunch**: 1 serving **UltraClear** // **Food Track**: Snow Peas & Broccoli over Rice\*\* + Tamari
- ⊕**Snack**: 1 serving **UltraClear** // **Food Track**: Quinoa Pudding\*\*
- ⊕**Dinner**: 1 serving **UltraClear** // **Food Track**: Spinach w/Garlic\*\* + ½c. Sunflower seeds

**Plan Ahead:** If no leftover Split Pea Soup, begin cooking for tomorrow’s lunch. Let cook over night.

\*\*Remember to drink plenty of fluid throughout the day -- at least 40 ounces(5 glasses, 1/3 gal) in addition to the servings of juice or **UltraClear**.

\*\*If you feel you are needing more substance, add either Bieler's Broth or Alkaline Broth or plain Brown Rice or plain rice Cereal with water.

##### Evening Activity:

- Y **Renewing your Mind**: Continue **Media Fast**: No TV, Radio, Newspaper
- Y Sinus Steam

**\*\*Note: The foods you shopped for  
mostly run out on Day 9.**

Restock using your next shopping list.

## What to Do When You React

### 1. What is a “Reaction?”

- Especially any symptom that is common to you or that you had before beginning the detox.
- including (but not limited to): Rash, Headache, Nausea, Bloating, Belching, Fatigue, Muscle or Joint Pain, “Foggy” mentally...

### 2. Identify the food[s] you have eaten in the last 12 hours.

- The most likely food[s] is listed after the heading “**Reintroduction**”
- When in doubt, include all newly introduced foods within the last 12-24 hours.
- Highlight these foods or write them down where you won’t lose them.

### 3. Avoid these foods for 2-3 weeks.

- Don’t eat any of the suspected foods in any form or any amount.
  - If there are numerous suspected foods, avoid only 1-3 items and move on to **Step 4** before avoiding the other foods for 2-3 weeks.

### 4. Reintroduce these foods again and watch for Reactions.

- Reintroduce **ONLY 1** new food.
- Reintroduce it in its **pure form** (e.g. Shredded Wheat for *Wheat*, a whole fresh orange)
- Reintroduce a large quantity (e.g. a bowl-full, not a bite)
  - **unless you suspect a strong reaction**

### 5. Avoid Foods that you are confident of a reactivity to.

- At least 3 months for moderate reactions
- At least 6 months for strong reactions
- With *Milk*, it may be lactose intolerance and/or allergy.
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### 6. Make sure that your intestines become healthier.

- This prevents developing **new allergies**.
- Intestines are often the source of allergens entering the body
- (See the “Nurture Your Intestines” hand-out—provided with Week 3 Booklet.)

## Day 10 (Saturday)

“Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest.” Jesus the Christ (Luke 12:25-26)

### Space for Gratitude

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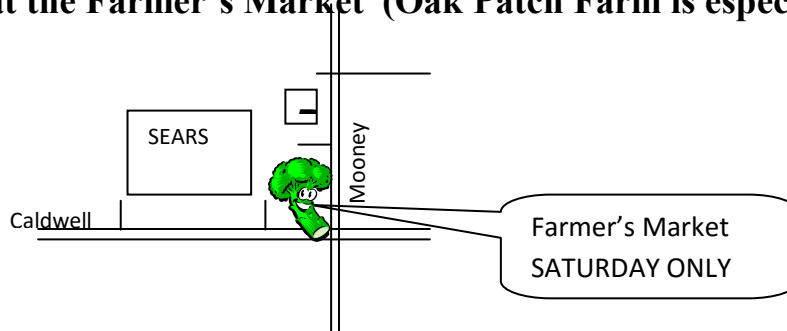
#### Today's plan:

##### Morning Activity:

- Y Shower Therapy (15-40 min)
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

##### Anytime Activity:

- Y (for airborne allergy sufferers: **Raustral Rinse**)
- Y **Try shopping at the Farmer's Market (Oak Patch Farm is especially helpful)**



#### **Plan Ahead: Defrost Leftover Split Pea Soup for Lunch**

##### Eating Options:

###### Reintroducing foods...

- ⊕ **Breakfast:** pears & 1 serving **UltraClear** // **Food Track:** Rice Cereal w/Almonds & Cinn.
- ⊕ **Snack:** 1 serving **UltraClear** // **Food Track:** Apples & Cashews
- ⊕ **Lunch:** Split Pea Soup & 1 serving **UltraClear** // **Food Track:** Split Pea Soup & Rice
- ⊕ **Snack:** 1 Pear // **Food Track:** Fish And Broccoli\*\*
- ⊕ **Dinner:** Almond Butter and Pear 1 serving **UltraClear**

\*\*See Recipes

#### **Plan Ahead: Cook Rice For Tomorrow's Lunch AND ~1/2 Cup per person for Wednesday.**

\*Remember to drink plenty of fluid throughout the day -- at least 40 ounces in addition to the servings of juice or **UltraClear**.

\*If you feel you are needing more substance, add more of the foods that you have already introduced or plain Brown Rice or plain rice Cereal with water.

##### Evening Activity:

- Y Therapeutic Self Massage

## Day 11 (Sunday)

*Look and you will find it — what is unsought will go undetected. — Sophocles*

### Space for Gratitude

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#### Today's plan:

##### Morning Activity:

- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes
- Y Reformatting Stretchercises (15 min)

##### Anytime Activity:

- Y **Aerobic Exer.:** 10 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming).
- Y Push-ups (3 sets)

##### Eating Options:

###### Last day of Modified Fast...

- ⊕**Breakfast:** Mango and 1 serving **UltraClear** // **Food Track:** ¼ C.nuts, Banana, Warm rice cereal
- ⊕**Snack:** 1 serving **UltraClear** // **Food Track:** Apple and Almond Butter\*\*
- ⊕**Lunch:** Nutty Brown Rice about 1 ½ cup Rice & ¼ cup chopped almonds and Asparagus
- ⊕**Snack:** 1 serving **UltraClear** // **Food Track:** ¼ C. Almonds and Pear
- ⊕**Dinner:** Trout(or Salmon) and steamed or raw Carrots ;1/2 Rice ½ cup berries

\*\*See Recipes

**Plan Ahead:** Cook Brown Rice(or use leftovers) & Chicken for tomorrow's lunch.

Make Mandarin Almond Dressing for tomorrow's dinner (or wait 'til tomorrow night).

Peel and freeze 2 bananas for Day 14 and Day 16.

\*Remember to drink plenty of fluid throughout the day -- at least 40 ounces in addition to the servings of juice or **UltraClear**.

\*If you feel you are needing more substance, add more of the foods that you have already introduced.

##### Evening Activity:

- Y Essential Oil and Epsom Salts bath.
- Y Diaphragm Breathing



## Day 12 (Monday)

*"If people knew how hard I worked to get my mastery, it wouldn't seem so wonderful."*

*-- Michelangelo*

### Space for Gratitude

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#### Today's plan:

##### **Morning Activity:**

- Y Diaphragm Breathing 5 min
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

##### **Anytime Activity:**

- Y (for airborne allergy sufferers: Raustral Rinse)
- Y **Aerobic Exer.:** 10 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming).
- Y Crunches (3 sets)

##### **Eating Options:**

**Reintroduction:** Citrus for breakfast and dinner.

☉**Breakfast:** Almond butter on rice bread toast. Orange

☉**Snack:** UltraClear // **Food Track:** ¼ C. Cashews and Peach

☉**Lunch:** Rice 'N Beans with Chicken\*\* - - NO salsa yet!

☉**Snack:** 1 serving UltraClear // **Food Track:** ¼ C. Almonds and Apple

☉**Dinner:** Mandarin Almond Salad\*(Use leftovers for Lunch tomorrow)\* Rice bread toasted w/ almond butter

**Plan Ahead #1:** Make enough for side-salad tomorrow lunch

**Plan Ahead #2:** Prepare Stuffed Tomatoes\*\*(takes ~45-1hr min.) for Tuesdays lunch and Wednesday night's dinner. (You may use EITHER(or combine) the recipe on Day 13 or 14)

You may cook extra Stuffed Tomatoes for Wednesday night's dinner.

**PM Snack:** 1 slice of rice bread before bed

\*\*Remember to drink plenty of fluid throughout the day -- at least 40 ounces(5 glasses, 1/3 gal) in addition to the servings of juice or UltraClear.

##### **Evening Activity:**

- Y Therapeutic Self Massage

## Day 13 (Tuesday)

*"I had the blues because I had no shoes until upon the street I met a man who had no feet."*  
-- Harold Abbot

### Space for Gratitude

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#### Today's plan:

##### **Morning Activity:**

- Y just for Today: **Media Fast:** No TV, Radio, Newspaper
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes
- Y Reformatting Stretchercises

##### **Anytime Activity:**

- Y **Creating "Extra" Time:** Continue **Media Fast:** No TV, Radio, Newspaper

##### **Eating Options:**

**Brain Chemical Awareness:** Protein-Carb-Lipid Snacks today

**Reintroduction:** Soy for Breakfast (optional) and lunch

Tomatoes for lunch

Bell Peppers for lunch

<u>Nightshade</u> family
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⊕**Breakfast:** Power Smoothie #2

⊕**Snack:** UltraClear // **Food Track:** Bananas and Mixed Nuts (No Peanuts)

⊕**Lunch:** Stuffed Tomatoes\*\* & leftover Mandarin Orange salad

⊕**Snack:** 1/2 soy butter sandwich on rice bread

⊕**Dinner:** Chicken Breast, Squash and green onions

**Plan Ahead:** Don't forget to save 1 green onion for Day 17

**Plan Ahead:** Cook enough chicken for tomorrow's lunch.

**PM Snack:** 1/2 cup frozen blueberries and 1/4 cup nut milk

\*Remember to drink plenty of fluid throughout the day -- at least 60 ounces (8 glasses, 1/2 gal) in addition to the servings of juice or UltraClear.

##### **Evening Activity:**

- Y **Renewing your Mind:** Continue **Media Fast:** No TV, Radio, Newspaper
- Y **Central Valley Environmental Detox:** Tonight we discuss how the Mind affects your health and how you can control your mind through Eating, Perception, and Reaction

## Day 14 (Wednesday)

*“The key is not to prioritize what’s on your schedule, but to schedule your priorities.”  
-- Steven Covey*

### Space for Gratitude

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#### **Today's plan:**

##### **Morning Activity:**

- Y Diaphragm Breathing 5 min
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

##### **Anytime Activity:**

- Y **Aerobic Exer.:** 10 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming).
- Y Push-ups (3 sets)
- Y Write an *Encouraging Note* to someone today

##### **Eating Options:**

###### **Reintroduction: Corn for dinner**

- ⊕**Breakfast:** Banana milk Shake\*\* (add ¼-½ cup Brazil nuts to shake or on side)
- ⊕**Snack:** ½ Soy Butter sandwich on rice bread
- ⊕**Lunch:** Chicken Breast with Squash and Green Onions (from yesterday leftovers)
- ⊕**Snack:** Nectarine & Almonds
- ⊕**Dinner:** Stuffed Tomatoes\*\* and fresh Risi e Bisi\* ( Make enough for tomorrow’s lunch)\*

**Note:** Use extra tomatoes from **Day 13** or cook fresh.

**PM Snack:** 1 raw apple

**Plan Ahead:** Prepare **Skinny French Fries\*\*** for lunch and 2 snacks for Friday.

\*\*Remember to drink plenty of fluid throughout the day -- at least 80 ounces(10 glasses, 2/3 gal.

##### **Evening Activity:**

- Y Sinus Steam

## Day 15 (Thursday)

*“Men do not attract that which they want, but that which they are...” – James Allen*

### Space for Gratitude

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#### Today's plan:

##### **Morning Activity:**

- Y Diaphragm Breathing 5 min
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

##### **Anytime Activity:**

- Y (for airborne allergy sufferers: **Raustral Rinse**)
- Y **Aerobic Exer.:** 10 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming).
- Y Crunches (3 sets)

##### **Eating Options:**

##### **Brain Chemical Awareness: Heavy on the carbohydrates today**

##### **Reintroduction: Peanuts**

- ⊕**Breakfast:** Melon Smoothie (There should be leftovers for Sunday.) and one open face Peanut Butter sandwich on rice bread. - - if diabetic, go light on the melon, heavy on the peanut butter
- ⊕**Snack:** Sliced apple and peanut butter(2 Tbl)
- ⊕**Lunch:** Skinny French Fries (just – 1 potato worth of fries)\*\* and leftover Risi e Bisi from last night's dinner
- ⊕**Snack:** Peach and Cashews
- ⊕**Dinner:** Yellow Split Peas & Rice Quick Stir\*\*

**Plan Ahead:** You should have enough for lunch and both snacks tomorrow also.

**PM Snack:** 1 slice rice bread just before bed

\*\*Remember to drink plenty of fluid throughout the day -- at least 80 ounces(10 glasses, 2/3 gal.

##### **Evening Activity:**

None assigned

# **WEEK 3**

**Thinking about What you Learned**

**Reintroducing more Food**

## Day 16 (Friday)

*“The greatest mistake physicians make is that they take care of the body without attempting to take care of the mind.” -- Plato*

### Space for Gratitude

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#### Today's plan:

##### **Morning Activity:**

- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes
- Y Reformatting Stretchercises

##### **Anytime Activity:**

- Y Do a favor for someone without letting anyone know, ever.

##### **Eating Options:**

**Reintroduction:** Wheat

**Brain Chemical Awareness:** Complex Carbohydrate snacks today

⊕**Breakfast:** Banana Papaya Smoothie\*\*

⊕**Snack:** Optional: Skinny French Fries from leftovers

⊕**Lunch:** Yellow Split Peas & Rice from yesterday's leftovers

⊕**Snack:** Skinny French Fries from leftovers

⊕**Dinner:** Irish Vegetable Stew\*\* (approx. 1 hr. to prepare) (see Plan Ahead)

**Plan Ahead:** Save some for Saturday's lunch. Freeze extra and save for later (Day 20)

**Plan Ahead:** Make tomorrow's dip for snack, if no time tomorrow.

**PM Snack:** Whole wheat toast

\*\*Remember to drink plenty of fluid throughout the day -- at least 80 ounces(10 glasses, 2/3 gal.

##### **Evening Activity:**

- Y Therapeutic Self Massage

## Day 17 (Saturday)

*For most, there are few new principles to learn, but many old truths to apply.*

### Space for Gratitude

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#### Today's plan:

##### **Morning Activity:**

- Y Diaphragm Breathing 5 min
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

##### **Anytime Activity:**

- Y **Aerobic Exer.:** 10 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming).
- Y Push-ups (3 sets)
- Y (for airborne allergy sufferers: **Raustral Rinse**)

##### **Eating Options:**

**Brain Chemical Awareness:** Protein and Complex Carbohydrate snacks today

⊕**Breakfast:** Citrus Smoothie and Soy Butter sandwich on Whole wheat bread

⊕**Snack:** Lorie's Hormone Support Dip and Rice Crackers

⊕**Lunch:** Irish Veggie Stew (leftovers from Day 16 dinner)

⊕**Snack:** Lorie's Hormone Support Dip and Carrots

⊕**Dinner:** Harris Ranch Beef and Broccoli

**Plan Ahead:** Cook Quinoa Stew\*\* for tomorrow (or cook tonorrow).

\*\*Remember to drink plenty of fluid throughout the day -- at least 80 ounces(10 glasses, 2/3 gal.

##### **Evening Activity:**

- Y Essential Oil Bath.

## Day 18 (Sunday)

"I have no time to quarrel, no time for regrets, and no man can force me to stoop low enough to hate him."  
-- Lawrence Jones

### Space for Gratitude

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#### Today's plan:

##### Morning Activity:

- Y **Just for the Day: Media Fast:** No TV, Radio, Newspaper
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes
- Y Reformatting Stretchercises

##### Anytime Activity:

- Y **Aerobic Exer.:** 10 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming).
- Y Crunches (3 sets)
- Y **Creating "Extra" Time:** Continue **Media Fast:** No TV, Radio, Newspaper
- Y Use this created time to **Do something nice for someone!** Try to keep it secret!

##### Eating Options:

###### **Reintroduction:** Dairy

**Plan Ahead:** Begin soaking 1 cup black beans for Tuesday Lunch (if you don't have leftovers from Black Bean Soup)

⊕**Breakfast:** Nutty Rice Cereal with blue/blk-berries, cow's milk, and chopped almonds

⊕**Snack:** Watermelon, Honeydew, and Cantaloupe – scoop and eat from Thursday leftover

**No more than 1 cup fruit, and also have 1-2 tablespoons almond nuts or nutbutter**

⊕**Lunch:** Quinoa Stew\*\*

**Plan Ahead:** Make enough and save leftover for Monday's dinner

⊕**Snack:** Banana and Almonds

⊕**Dinner:** Salmon and Asparagus

**Plan Ahead:** Cook extra for lunch on Monday

**Plan Ahead:** Boil egg(s) for snack Tuesday

**Plan Ahead:** Cook 1 cup black beans overnight for Tuesday Lunch (if you don't have leftovers from Black Bean Soup)

\*\*Remember to drink plenty of fluid throughout the day -- at least 80 ounces(10 glasses, 2/3 gal).

##### Evening Activity:

- Y **Renewing your Mind:** Continue **Media Fast:** No TV, Radio, Newspaper
- Y Therapeutic Self Massage



## Day 19 (Monday)

*“What would you attempt to do if you knew you could not fail?” -- Robert Schuller*

### Space for Gratitude

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#### **Today's plan:**

##### **Morning Activity:**

- Y Diaphragm Breathing 5 min
- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes

##### **Anytime Activity:**

- Y (for airborne allergy sufferers: **Raustral Rinse**)

##### **Eating Options:**

**Plan Ahead:** Store black beans for tomorrow's Spicy Black Bean Soup

- Ⓞ**Breakfast:** Rice Bread – Banana, Peanut butter sandwich. Soy Milk to drink
- Ⓞ**Snack:** Lorie's Hormone Support Dip and Rice Crackers
- Ⓞ**Lunch:** Salmon and Asparagus
- Ⓞ**Snack:** Handful cherries
- Ⓞ**Dinner:** Quick Quinoa Stew from Sunday's leftovers

**Plan Ahead:** Prepare tomorrow's Spicy Black Bean Soup

\*\*Remember to drink plenty of fluid throughout the day -- at least 80 ounces(10 glasses, 2/3 gal).

##### **Evening Activity:**

- Y Release your day: Diaphragm Breathing again 5 min

## Day 20 (Tuesday)

*“Always be a first-rate version of yourself,  
instead of a second-rate version of somebody else.”*

— *Judy Garland*

### Space for Gratitude

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#### Today's plan:

##### **Morning Activity:**

- Y Quiet sitting (meditation) 10 minutes
- Y Journal writing 5-10 minutes
- Y Reformatting Stretchercises

##### **Anytime Activity:**

- Y **Aerobic Exer.:** 10 - 30 minutes brisk walking or other aerobic activity (running, biking, swimming).

##### **Eating Options:**

**Plan Ahead:** Pack Egg, Toast, Papaya

⊕**Breakfast:** Power Smoothie #1

⊕**Snack:** Hard boiled egg and carrots

⊕**Lunch:** Spicy Black Beans and Tomatoes\*\*

⊕**Snack:** Slice of toast and ½ papaya

⊕**Dinner:** Fish Tacos\*\*

\*\*Remember to drink plenty of fluid throughout the day -- at least 80 ounces(10 glasses, 2/3 gal).

##### **Evening Activity:**

- Y Write an *Encouraging Note* to someone to mail or drop off tomorrow
- Y You know I love to promote health for you and as many others as possible, but consider the words of Paul of Tarsus: “For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” (1 Timothy 4:8)

# *Beyond the Cleanse*

## [Return to Quality Food](#)

(<http://wp.me/P6zoxI-cw>)

Now that you have accomplished the cleansing of your body and mind, it's time to learn how to do this on a daily basis as part of normal living.