

The 21 Day DETOX

Dairy Free Rules: Days 17 - 20 *(and beyond)*

1. Eliminate all milk, cheese, butter, kefir, and yogurt.

FOOD LIST: almond milk, coconut milk, hemp milk, coconut kefir

2. Make sure you are getting enough protein

FOOD LIST: Lentils, beans of all types, nuts, nut butters (almond + cashew), seeds, cold-water fish (cod, salmon, tilapia, mackerel, sardines), shellfish, and organic chicken, turkey, and eggs.

3. Eat 1 pound (5+ cups) of vegetables a day.

FOOD LIST: All vegetables and low-glycemic fruits: limes, strawberries, apricot, grapefruit, lemons, cantaloupe, nectarines, oranges, pears, watermelon, blueberries, and blackberries

4. Look for foods that are labeled “vegan”

Vegan means that product does not contain dairy. Just be sure to check the labels to insure they don't have casein (a protein in milk).

5. Exercise

During days 17 - 20 revisit interval training in your exercise program. Take a class or do it during your daily walk/run sessions.

Walk at your usual pace for 5 minutes to warm up, then jog or sprint at a higher effort for 30 seconds, then recover at your usual pace for 2 minutes. Repeat this for 7 cycles of 30 second bursts.