

The 21 Day DETOX

Caffeine Free Rules: Days 9-12 (*and beyond*)

1. Eliminate all caffeine.

FOOD LIST: decaf - herbal teas, water, hot water with lemon

AVOID: coffees, black or caffeinated teas, soda, and energy drinks

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

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

3. Keep your net carbs between 20 and 50 grams per day.

Use the list under the carbohydrate tab to figure out the net carbs in each of your foods

4. Exercise

During days 9 - 12 take it slow in the exercise department. Go back to your daily walk and add some mind body classes (yoga, pilates, ballet barre, tai chi) into the mix.