

The 21 Day DETOX

Alcohol Free & Less Red Meat Rules: Days 1-4 *(and beyond)*

1. Forgo Alcohol and limit or omit red meat. Eat 1 pound (5+ cups) of vegetables per day, divided over 3 meals with healthy proteins.

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. For nutrient-dense vegetables choose, kale, Swiss chard, collards, watercress, bok choy, cabbage, spinach, arugula, chicory, broccoli, radish, turnip, carrots, squash, bell peppers, and cauliflower.

2. Increase your fiber intake by 5 grams per day. Don't reach for those fiber rich packaged foods - stick with fiber that grows naturally. Optimal range is 35-45 grams per day (40-50 for men). Use the fiber content chart on the landing page above.

FOOD LIST: Soaked chia seeds, flax seed, organic vegetables (spinach, kale, and other greens), lentils, legumes, and berries.

3. Eat good fats. Cutting back on the red meats enables you to enjoy healthy fats.

FOOD LIST: Healthy sources of polyunsaturated fats: Salmon, halibut, mackerel, oysters, shrimp, crab, pastured ghee or clarified butter, nuts, nut oils (pine nut, walnut, almond) poultry, eggs, seeds (chia, flax, sunflower).

Healthy sources of monounsaturated fats: avocados, dark chocolate (80%+ cacao), nuts and nut butters (macadamia, cashew, pistachio, pecan), olive oil, avocado oil, macadamia oil, olives, seeds (pumpkin, sesame).

Healthy saturated fats: coconut oil, red palm oil.

4. Exercise

GOOD NEWS: Start with just sitting less. If you have a job where you sit, get up and move every hours. Try and walk for 30 minutes during lunch or after work.

5. Hydrate

Drink lots of filtered water - 60 or more ounces per day. That will help you move every hour because you'll be heading to the ladies room more often until your body is hydrated correctly, then that will stop.