



DAILY SCHEDULE

This wonderful winter detox is all about releasing and reconnecting. To help, I created a simple daily schedule for taking care of you. Use this just like you will use your suggested meal guide; instead of whole food, this everyday schedule includes lots of soul food...

UPON RISING:

- Drink Lemon Water Elixir. (See Recipe Guide.)
- Stretch and do the one-minute meditation
(*Refer to Physical & Emotional Wellness Kit)

BEFORE SHOWER:

- Take a probiotic 45 minutes after the Lemon Water Elixir.
- *Try Oil Pulling (spit into the trash, not down the drain)
- *Do tongue scraping and brush your teeth.
- *Dry skin brush before showering.
(*Refer to Physical & Emotional Wellness Kit)

BREAKFAST:

- Eat breakfast and Drink a cup of detox tea

MID-MORNING:

- Enjoy a light snack and Drink infused water.

LUNCH:

- Eat lunch.

AFTERNOON:

- Enjoy a light snack and Drink a warming elixir of your choice.

DINNER:

- Eat dinner.

BEFORE BED:

- Clean and moisturize your face, neck and body.
- Monday, Wednesday, and Saturday: Take Epsom salt bath.
- Tuesday and Thursday: Use castor oil wrap*.
- Write in your journal.
(*Refer to Physical & Emotional Wellness Kit)



FOODS I CAN ENJOY ON THE DETOX

These foods and drinks are recommended during all phases of this program:

- Dairy-free milk: coconut, flax, hemp, and sunflower
- All fruits and vegetables
- Nightshades – tomatoes and peppers are on the approved list this season because they are such seasonal powerhouses. However, if you are sensitive to nightshades, OMIT the tomato and peppers
- Healthy fats: coconut oil, flax oil, grapeseed oil, almond oil, sesame oil, and olive oil
- Seeds: pumpkin, sunflower, sesame, hemp, chia, and flax
- Seasonal Beans*: Beans listed under Legumes section of Winter Grocery List found here: <https://lifspa.com/winter-grocery-list-vata-balancing-diet/>
*Please soak your beans to remove phytic acid for optimal digestion. See soaking instructions included in this guide.
- Drinks: coffee substitutes (such as chicory or root blends like Mountain Rose Herbs Herbal Coffee, Dandy Blend, yerba mate, green tea, or herbal tea), filtered or distilled water, mineral water, coconut water, fresh green juices, and smoothies
- Sweeteners: maple syrup, raw honey, and stevia
- Detox tea suggestions: Dandelion Root Tea, Daily Detox Tea, Nettle Tea, or Smooth Move Tea (these support the liver and encourage bowel movement)
- Elixirs and tonics: Lemon Water Elixir, Cranberry Cleanser, Turmeric Milk
- Cultured foods and drinks: coconut water kefir, Kevita, kombucha (if no candida present), fermented vegetables (homemade or store-bought)



FOODS I AM GOING TO AVOID DURING THE DETOX

These foods and drinks are NOT recommended during your detox.

The items in bold are among the most commonly allergenic foods.

The remaining items are known to cause inflammation, blood sugar imbalance and digestive distress. We avoid them to reduce burden on the body and begin to restore balance and better health.

- Coffee
- Sugar and other sweeteners (white sugar, brown sugar, corn syrup, agave, or cane juice)
- Artificial sweeteners
- Sugar alcohols (often found in chewing gum or protein bars: example – xylitol)
- Eggs
- Soy
- Shellfish
- Yeast
- Nuts
- Alcohol
- Dairy products (milk, cheese, ice cream, cream cheese, etc.)
- Corn
- Gluten
- Grains (except seed-like seasonal grains mentioned above)
- Processed foods
- Soft drinks
- Nitrates (often found in lunchmeats)
- Nightshades (white potatoes, eggplant, peppers) – see note in Foods to Focus on – if you tolerate nightshades, include tomato and peppers, if not, please omit them
- Beans (except for seasonal beans mentioned in the Approved Food list)

IMPORTANT NOTE:

If you are already aware of existing food allergies/sensitivities or have a history of candida, digestive issues, hormonal imbalances, or autoimmune symptoms, please use dietary guidelines approved by your physician so your unique condition is supported.

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This is not intended to diagnose, treat, cure, or prevent any disease.



CREATE YOUR DIVINE JOURNEY: You can extend phase 2 if you need more time cleansing your body and you can extend phase 3 if you need to slow down the process of adding foods back in. Please listen to your body, as there is no right or wrong way when it comes to detoxing.

Food Re-Introduction Schedule

Here is your food re-introduction schedule for reference. Follow the meals laid out in the Suggested Schedule, Meals and Shopping List document.

DURING DAYS 8 & 9, you will **reintroduce oats (grains)**

DURING DAYS 10 & 11, you will **reintroduce eggs**

DURING DAYS 12 & 13, you will **reintroduce dairy/cheese**

DURING DAY 14, you **will reintroduce nuts**

PLEASE NOTE: IF YOU ARE ALLERGIC TO ANY OF THE ABOVE, WE SUGGEST CHOOSING ANOTHER FOOD FROM THE LIST HERE FOR COMMON ALLERGENIC FOODS.



QUICK STEPS TO SUCCESS

I suggest reducing coffee immediately and throughout Phase 1. Coffee weakens the adrenals and creates an acidic environment in the body. Also, coffee is full of toxins unless it's organic.

Caffeine withdrawal, often manifesting as headaches, is a common side effect of detoxing from coffee or other caffeinated beverages. If you drink caffeinated beverages, slowly reduce your consumption by 1/4 cup every day. Ideally you want to eliminate caffeine during the detox but if you don't want to give it up entirely, keep it to one cup of organic coffee each morning.

You may also want to try a coffee replacement such as a dandelion herbal beverage (Dandy Blend <https://www.dandyblend.com>) or decaffeinated green tea.

Also say goodbye to sugar. You can exchange sugar in your tea for stevia. Also, start to read labels. Too often we think we are eating healthy but are fooled by hidden sugars.

To maximize the benefits of your detox:

1. Follow the Suggested Meal Plan but make substitutions based on taste preferences or any known food sensitivities.
2. Aim to eat every three hours if you are coming off a lot of sugar or caffeine.
3. Be sure to consume the amount of protein you need to feel energized through your detox program.
4. Hydration is vital. Consume half of your body's weight in ounces of water.
5. Write in your food diary after every meal. The power of this program is to identify what foods give you energy and what foods deplete you.
6. Make sure to use the detox tools and supports in the Wellness Kit as they will support your body and mind as you work out toxins. The detox tools are created to help your body flush your lymphatic system and liver while supporting your kidneys to filter the toxins. The supports and self-care strategies can be really comforting and help you get through tough days.



THE BASICS FOR A SUCCESSFUL DETOX

In order to gain the most success from this detox, you must put in the work.

I've given you the tools to make this work for you, now you need to make a contract with yourself that you won't give up and that you'll complete these simple homework exercises every day.

Complete one exercise per day or to complete multiples as your time allows.

Most importantly, use all these tools so you completely understand the detox process and to understand just how important your food choices are for your body.

EVERYDAY TASKS:

- ✓ Increase your water intake.
- ✓ Use Your PHYSICAL AND EMOTIONAL WELLNESS KIT to boost self-care, add superfoods for beauty and use simple tools to get out the toxins.
- ✓ Exercise/Break a sweat.
- ✓ Do not consume alcohol, sodas, sugar, processed foods, and allergenic foods like wheat, eggs, and dairy or foods on the DO NOT EAT LIST.
- ✓ Follow the suggested meal plan.
- ✓ Track your emotions/physical reactions to food in a journal and/or the food diary.
- ✓ Get more sleep.
- ✓ Unplug from all electronics at least one hour before bed.



PREPARATION PHASE:

- ✓ Take the Toxicity Quiz on page in the Program Guide.
- ✓ Use the Baseline Handout to access how toxic you are.
- ✓ Fill out the Baseline chart in the Guide or use the handout.
- ✓ Review the Quick Steps to Success in the Guide. Purchase a probiotic to promote healthy gut bacteria, get a tongue scraper and a skin brush.
- ✓ Clear out your fridge and pantry.
- ✓ Review the Daily Schedule in your Program Guide.
- ✓ Review the Program Guide about the Detox Mindset.
- ✓ Create your vision board. Get clear on your goals.

DETOX PHASE:

- ✓ Read through your Program Guide.
- ✓ Pay special attention to your Daily Schedule with your meals and snacks.
- ✓ Read the PHYSICAL AND EMOTIONAL Wellness Kit about other superfoods that will aid in your detox and overall health.
- ✓ Review the Self-Care section in the PHYSICAL AND EMOTIONAL WELLNESS KIT
- ✓ Use the Food Diary in your program materials and start writing down how you feel after meals, emotionally and physically.
- ✓ Infuse your water with cranberries and citrus.
- ✓ Use the extra recipes in the Physical and Emotional Wellness Kit, if you need an immune boost.

TRANSITION PHASE:

- ✓ Use your suggested meals for days 8-14, when you reintroduce foods into your diet.
- ✓ Track your reactions to these foods in your Food Diary.
- ✓ Continue with your self-care routine and support detox tools.
- ✓ Try probiotic-rich foods and/or drinks.
- ✓ Keep visiting the private Facebook group to lend support to other members.