

3-Day Mini Superfood Cleanse

This 3-Day Mini Superfood Cleanse should be fun and stress free! Think of it as a food, feel good, 3-day, fast dance party!

So . . . What are you going to eat?

Healthy superfoods that are easy to digest, and in the process help decrease inflammation. YES! This will take the stress off your digestive system and allow your body to digest with grace and ease.

Superfoods are high in nutrition and full of energy to build your life force. This is a 3-day mini-fast that can be stopped at any time. A pantry of healthy foods, music, and time to rest are some of the important ingredients that will allow the body to shift, cleanse, and focus on detox.

Plan ahead of time so you don't have distractions and your body has time to rest and cleanse. Maybe start on a Wednesday gathering and preparing foods and getting unhealthy foods out of your refrigerator. If you are addicted to caffeine, plan on reducing your intake before the cleanse, then use the cleansing time to kick the habit. Stress is the number-one cause of disease so get organized, and you won't stress! Read over the next few pages and the cleanse outline. Clean out your refrigerator. Get rid of old foods and start a new cycle of choice. Lock up your sweet snacks and not so healthy comfort foods. Remember that you choose what goes in your mouth. Tell yourself this is for right now, not forever. This is your choice today.

The night before you start, soak your seeds for Ultimate Breakfast. Take two charcoal capsules with an 8-ounce glass of water.

Ultimate Breakfast

½ cup sunflower seeds

½ cup walnuts

½ cup sesame seeds (or chia, pumpkin, etc.)

½ cup pecans (or almonds, etc.)

Grind nuts and seeds in food processor until fine and cover with organic cranberry or pomegranate juice. Place in the refrigerator overnight.



Cleanse Check In

Make a few notes here about how you feel in your body.

- Do you have pain?
- Do you have self-sabotaging thoughts?
- Are you short of breath?
- Are you craving sugar?

3-Day Mini Superfood Cleanse Pantry List:

If you are allergic to nuts, think seeds. (Soaking nuts and seeds will make them easier to digest and make their proteins more easily absorbed.) If you can't do either, eat like a cow: greens and low-glycemic grains or a pea protein. Try to purchase organic items if at all possible.

1 fresh, ripe pineapple
4-6 apples
4-6 lemons
Fresh salad greens
1 zucchini
1 head celery
Lakewood fresh pressed pure cranberry juice or pure pomegranate juice
16 oz. chia seeds
16 oz. sliced, raw almonds (not toasted)
16 oz. walnuts
Hemp seeds
Raw sunflower seeds
Raw pumpkin seeds
Raw coconut
Unsweetened coconut milk
Herb teas
Filtered water
Activated charcoal capsules
Stevia (for sweetener)



If you don't like something on the cleanse supply list, you can do without it.

Reach for healthy substitutions like organic cherry juice instead of cranberry.

How long does it take chia seeds to gel? This depends on the temperature of the water.

What is the amount of toppers can I use on my salad? Remember too much of a good thing is still too much – $\frac{1}{4}$ cup or less.

Mini Cleanse Notes

Day One

Breakfast

- 7 am:** Drink 8 oz. water with $\frac{1}{4}$ lemon
- 8 am:** Chew, chew, chew! $\frac{1}{2}$ cup Ultimate Breakfast
- 9 am:** Herb tea and $\frac{1}{2}$ cup pineapple
- 10 am:** 8 oz. water with 1 tsp. chia seeds

Lunch

- Noon:** 8 oz. water with 1 tsp. chia seeds
- 1 pm:** Dancing green smoothie (Page 35).
Drink slowly and chew the smoothie.
The first step of digestion is mixing saliva with your food.
Chew! When you chew, it registers in your brain that you ate.
Chewing activates your digestive system.
- 3 pm:** Apple
- 4 pm:** Herb tea and nut snack

Dinner

- 6 pm:** Big green salad with toppers (see Page 44).
- 8 pm:** Chia water
If you are hungry before bed, drink chia water, and dance to release toxic build up and toxic thought patterns.
- 10 pm:** Chia water, take 2 charcoal capsules, and rest well. Curb anxiety with 3 deep breaths and reset your mood. Try Brain Wave Vibration (Page 56).

Day Two

Breakfast

- 7 am:** Drink 8 oz. water with ¼ lemon
- 8 am:** Chew, chew, chew! ½ cup Ultimate Breakfast
- 9 am:** Herb tea and ½ cup pineapple
- 10 am:** 8 oz. water with 1 tsp. chia seeds

Lunch

- Noon:** 8 oz. water with 1 tsp. chia seeds
- 1 pm:** Salad fit for a queen! 4 cups lettuce greens, topped with cut up celery and zucchini. Squeeze a ½ lemon on top, then top with 2 Tsp. hemp seeds.
- 2 pm:** Chia water
- 3 pm:** Apple
- 4 pm:** Herb tea and nut snack

Dinner

- 6 pm:** Dancing green smoothie. Call it the superfood shake up!
- 8 pm:** Chia water
- 10 pm:** Chia water, take 2 charcoal capsules.
Get the rest your body needs. Release energy by dancing to release toxic build up and toxic thought patterns.

Day Three

Breakfast

- 7 am:** Drink 8 oz. water with ¼ lemon
- 8 am:** Chew, chew, chew! ½ cup Ultimate Breakfast
- 9 am:** Herb tea and ½ cup pineapple
- 10 am:** 8 oz. water with 1 tsp. chia seeds

Lunch

- Noon:** 8 oz. water with 1 tsp. chia seeds
- 1 pm:** Dancing green smoothie (congratulate yourself; you made it to day 3!)
Spice up that smoothie. Plan to have a smoothie lunch 3 times a week, and you will create a new healthy habit.
Chew, chew, chew!
- 3 pm:** Apple
- 4 pm:** Herb tea and nut snack

Dinner

- 6 pm:** Salad fit for a king. Big green salad. Try a toasted almond nut topper.
- 8 pm:** Chia water
Plan to eat light the next few days. Integrate raw soups.
- 10 pm:** Chia water, take 2 charcoal capsules.

Make Brain Wave Vibration (Page 56) part of your evening regimen. You will sleep better and have more focus throughout the next day.