

THE 21-DAY DETOX PLAN— LET THE CLEANSING BEGIN!

You are about to embark on a life-changing journey toward perfect health, a more empowered way of living, and ultimately a more empowered you. Are you pumped? Wave-your-arms-above-your-head-while-doing-an-embarrassing-dance excited? You should be! If you truly commit to this program and the goals you want to accomplish over the next 21 days, you will emerge with a renewed sense of positivity, joy, and well-being. Just do the very best you can and know that I have total faith in you!

This program is not designed to force you into a cookie-cutter plan that doesn't allow you to experience it in the way that works best for you. But I don't want to leave you entirely without guidance either, which is why each day will include a sort of "detox to-do" list to guide you through the program and help you achieve the best results possible. Your Daily Detox To-Do will include the following:

- » A Morning Cleansing Drink—Most studies show that drinking juice in the morning (on an empty stomach and alone) is the best time of day to reap all its benefits because the nutrients will be absorbed more easily when it doesn't have other food to interfere with your body's cleansing. Furthermore, the vitamin-packed fruits and vegetables will not only provide you with the energy needed to start the day, but they will help balance your blood sugars and keep them balanced all day long. I will make a daily suggestion, but feel free to refer to the recipe section for your deliciously juicy options.
- » Daily Prep—Staying organized and prepared is crucial to staying on track, so each day I advise you to prepare your meals for the day as much in advance as possible. This includes having all tools and equipment (Tupperware, water bottle, and so on) ready to go. Refer to page 3 for a refresher on how to prep and stay organized. This also involves choosing which recipes you are going to enjoy that day. Refer to your meal plan on pages 160–161 for all your tasty options.
- » Daily Affirmation—The purpose of this program is not to simply detox your body, but also restore a sense of mental well-being and positive self-image. Your daily affirmation is a message you repeat to yourself starting first thing in the morning and carry through the day to help you stay motivated and improve your overall attitude and outlook on life. Refer to page 110 for a deeper look at positive affirmations.
- » Tip or Trick—Life gets busy, money gets tight, schedules get off course—such is life! But each day I will let you in on my little secrets for staying on track no matter what life throws your way.
- » Lifestyle Upgrade—These tasks may include incorporating a new food into your diet, drinking more water, performing a fitness challenge, or trying a new mental exercise such as meditation—any task that

will improve your life either physically, mentally, or spiritually. Each task is designed to help you achieve that overall perfect health you are looking to create over the next 21 days.

- » A Detox 101—It is important that you leave this journey with the necessary knowledge to carry the changes you have made in this program into the rest your life moving forward. By understanding the reasons behind the various elements of each detox day, you will be taking full responsibility for your own health, which is a not only vital for your 21-day journey, but for the rest of your life.

At this point I'd also like to refer you back to the "Getting Started" section of this book on page 8) as a refresher on what you need in order to begin. You may want to refer back to this section often to help you stay organized and on track. If you have made the decision to work out at home instead of at a gym

or fitness class, you may also want to invest in the following items:

- » Jump rope
- » Handheld weights
- » Yoga/Pilates mat

Okay, let's recap: Healthy foods? Check! Running shoes? Check! Positive attitude? Check! Ok then—let's get started!



DAY 1

Welcome to Day 1! This really is the first day of the rest of your healthier and more vital life. By now, you should have everything you need from your checklist and have performed all the necessary tasks in order to get started. Your pantry should be purged; your kitchen should be stocked and organized; all tools and equipment, such as water bottles, Tupperware, and a blender/juicer, should be acquired; and your fitness clothes, fitness bag, and running shoes should be ready by the door. Staying organized is incredibly important. Taking 20 minutes the night before or early in the morning will ensure an easy, fun, and positive day. Commit to doing this for each day throughout this program and success will be that much closer!

DAILY AFFIRMATION

“Every cell in my body vibrates with energy and perfect health. I am in control of my mind and body and I nourish my soul with my positive, powerful thoughts.”

DAILY PREP

Get chopping, get packed, and get organized!

TIP OR TRICK

Prepare emergency snacks! This way if something comes up or you miss a meal, you always have a healthy option on hand to stave off the hunger monster! Fruits, veggie sticks, pre-washed/packed salads from the grocery store, natural nuts and seeds, and protein shakes are some excellent options.

LIFESTYLE UPGRADE

Start drinking lemon water throughout the day. For the next 21 days (and hopefully every day after), ensure you are drinking at least 2 liters of water per day. As a detoxifying bonus, include fresh lemon or lemon juice in your water bottles and drink throughout the day.

MORNING CLEANSE DRINK	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER	EVENING SNACK (OPTIONAL)
Refreshing Cucumber Basil Juice (p. 129)	Rise and Shine Shake (p. 113)	We Got the “Beet” Juice (p. 129)	Cucumber Salad with Mint (p. 141)	Choose 1 Snack Option	Choose 1 Dinner or Entree Option	Sleepy Time Smoothie (p. 157)

DAILY 101:

**LEMON + WATER =
BEST OF FRIENDS**

Water is life. It makes up more than two-thirds of our body weight and is paramount to the proper functioning of our bodies. It regulates body temperature, aids in proper digestion, lubricates our joints, transports valuable nutrients to our body, and, of course, carries harmful toxins out of it. This is why increasing your water intake is a crucial component of any detox program.

As you cleanse and detoxify your body, you will be releasing the toxins, bacteria, and viruses that



were built up in your body over the years. As they are released, you may experience symptoms of past illnesses that have left their mark in your body through the toxic deposits they left behind. You may get a runny nose, feel tired and experience body aches. You may even develop a fever. But these will

be temporary and are simply your body's response to the release and flushing out of these toxins.

By drinking water, you are encouraging and speeding up the removal of these toxins. And as an extra detoxifying step, I want you to drink your water with lemon.

Lemons contain a plethora of vitamins and minerals that help your body detoxify and aid weight loss efforts. First, they are high in vitamin C, which helps regulate the body's insulin production and supports the metabolism of carbohydrates, which greatly helps control cravings (something you will appreciate as we move forward in the program). Vitamin B12, found in lemons, plays a role in converting fat to carbohydrates and vice versa, while vitamin B3 helps with the metabolism of unsaturated fatty acids, carbohydrates, and cholesterol, helping to support digestion and prevent gastrointestinal disorders. A lemon's magnesium content helps with the normalization of potassium, phosphorus, calcium, adrenaline, and insulin levels, all of which support body functions related to maintaining a healthy weight. And lastly, lemon juice is a diuretic, helping to flush undesirable bacteria and toxins out of the body while also eliminating water weight. Ready to pour a glass yet?

DAY
2

You’ve made it through your first day, so let’s keep the momentum going by touching on a very important component of success in this journey: staying accountable. Simply put, being accountable means being honest with yourself and acknowledging where you’ve succeeded, and where there is room for improvement. The best way to do this is to keep a mood and food journal in which you track your meals, your fitness efforts, and your emotions to better understand the progress you are making and where you might make changes to better your results. It also gives you the opportunity to reflect on the achievements you made that day and celebrate your hard work. Woo hoo!

DAILY AFFIRMATION

“I love and accept myself. I understand and accept that my imperfections makes me perfect. Therefore, I am perfect exactly as I am and will remain perfect as I learn and grow.”

DAILY PREP

Get chopping, get packed, and get organized!

TIP OR TRICK

Want to find fresh, organic produce at a fraction of the cost of store prices? Find your local farmers market! See [page 14](#) for more information on the many reasons to shop local.

LIFESTYLE UPGRADE

Get journaling! Studies show keeping a fitness, food, and mood journal doubles your chance of success and is essential to helping you stay motivated and accountable. It is crucial that you write in your journal each and every day of this program. This is your story of transformation and it’s worth telling!

MORNING CLEANSE DRINK	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER	EVENING SNACK (OPTIONAL)
A Forest of Fiber Juice (p. 130)	Choose 1 Breakfast Option	Weight Loss Tonic: Green Juice with Grapefruit (p. 133)	Choose 1 Salad Option	The Craving Crusher (p. 119)	Cellulite Crusher Greens Salad (p. 144)	Choose 1 Late- Night Immunity Booster Option

DETOX 101: MOOD JOURNALING AND GOAL SETTING

Simply by joining this program, you have made a commitment to change your life. But it's important to truly understand what it is you want to achieve and why you want to achieve it.

I want you to start by closing your eyes. What does your success look like? Are you comfortably zipped into a favorite pair of jeans? Are you energetically chasing your children around the park? Are you walking down the street wearing a confident smile? Are you finally free of a specific health issue?

By understanding the results you want, you are one step closer to successfully achieving them. You have the power to make this vision a reality.

Next, you must organize how you're going to achieve it, and this starts with getting organized. Organize your thoughts, your schedule, your pantry, and, of course, your goals. As the age-old adage goes, "People don't plan to fail. Instead, they fail to plan." Today, I want you to establish a clear plan for success.

CREATE YOUR PLAN OF ACTION

An effective action plan lays out the changes, steps, and actions you will need to take over these 21 days to achieve your goal. A good action plan is clear and often includes the answers to the following questions:

- » What actions or changes will occur?

- » Who will carry out these changes?

- » By when they will take place, and for how long?

- » What resources (i.e. money, equipment, support) are needed to carry out these changes?

An action plan is fluid and may change over the course of your 21 days, so don't lock it away in a drawer and forget about it. Keeping it visible will not only let you amend it

when necessary, but will also help you to remember what you're working toward.

CREATE YOUR GOALS

In this exercise, you will write down both your short-term and long-term goals, focusing on your ideal future and how you will motivate yourself to get there. This should happen on 3 levels:

- » First, you create your "big picture" goals: What do you want to do with your life over the next 10 years? What are the large-scale goals that you want to achieve?

- » Next, break these down into smaller and smaller targets that you must hit to reach your lifetime goals.

- » Finally, once you have your goals set, you start working toward achieving them.

CREATE A FOOD, MOOD, AND EXERCISE JOURNAL

Research shows that keeping a written account of your weight loss efforts doubles your chances of success, mainly because it holds you accountable. You're far less likely to eat that cookie when it's going to stare at you from a page for the rest of the day. And on the other side of the coin, seeing all your progress is extremely encouraging, motivating you to keep moving forward. This week, I want you to start your own journal, tracking your meals, moods, and physical activity.

Over the next 21 days, I want you to revisit your action plan and your goals, and to then write in your journal every day. Keeping these things in mind will help you remember what you are working toward, making success that much more attainable. See page 185 for a template to help you get started.

DAY
3

Day 3 already! How are you feeling so far? I hope by now you’re feeling a little more energized, a little more focused, and even more excited about the changes you will see over the course of this journey. I am your cheerleader, your coach, and your teammate—and I know you can do this!

DAILY AFFIRMATION

“I can accomplish anything I set my mind to, and I set my mind to becoming physically and mentally fit. I am physically fit and I am mentally fit.”

DAILY PREP

Get chopping, get packed, and get organized!

TIP OR TRICK

Looking for a simple (and tasty) way to rev your metabolism and boost your immune system? Add freshly-ground, natural spices to your food whenever you can. Start by adding some ginger, turmeric, or garlic to any of your cleansing juices, or sprinkle some cinnamon into your morning oatmeal or smoothie.

LIFESTYLE UPGRADE

Get up and get moving! Starting today, try and include 30 minutes of physical activity in your day, every day, preferably first thing in the morning. No need to make it too intense or complicated to start. Try a morning walk outside or on the treadmill, or, one of my personal favorites, take an invigorating morning yoga class.

MORNING CLEANSE DRINK	BREAKFAST	MID-MORNING SNACK	LUNCH	MID-AFTERNOON SNACK	DINNER	EVENING SNACK (OPTIONAL)
“Get Glowing” Skin Renewing Juice (p. 131)	Calcium Smoothie (p. 118)	We Got the “Beet” Juice (p. 129)	Choose 1 Lunch Option	Choose 1 Snack Option	Choose 1 Entree Option	Choose 1 Late- Night Immunity Booster Option

DETOX 101: THE SPICE OF LIFE

Adding spices and dried herbs to your food not only adds a punch of flavor, but it can also provide valuable health and weight loss benefits. Filled with antioxidants, minerals, vitamins, and unique medicinal properties, let's take a look at three spices in particular that will take any meal (and weight loss plan) to the next level!



TURMERIC

If you're a fan of curry, you already love the unique and aromatic flavor of turmeric, the yellow-orange spice that makes the foundation of many curry dishes. Though you may be familiar with its flavor, you may not know all of the amazing health benefits that accompany it. Curcumin, one of turmeric's most thoroughly studied active ingredients, reduces the formation of fat tissue by suppressing the blood vessels needed to form it, and therefore may contribute to lower body fat. It may also be useful for the treatment and prevention of obesity-related chronic diseases such as insulin resistance, hyperglycemia, hyperlipidemia, and other inflammatory symptoms associated with obesity and metabolic disorders.

GINGER

Ginger is another warming spice that has anti-inflammatory properties and is known to help soothe and relax your intestinal tract. Research also suggests that ginger may have thermogenic properties that help boost your metabolism, and also has an appetite-suppressing effect when consumed. Adding a pinch of this amazing spice to a smoothie or in a detox soup will kick up the flavor and your weight loss efforts!

GARLIC

The healing properties of garlic have been harnessed for thousands of years (a Sanskrit record from India mentions its medicinal properties 5,000 years ago), but it can also play a major role in encouraging weight loss. Through its more than 100 biologically helpful compounds, garlic boosts your metabolism, is a powerful detoxifier, eliminates fat from the cells, is an effective diuretic, and regulates sharp ups and downs in your blood sugar levels (causing carb and sweet cravings as well as fat storing). And the added bonus is that it's delicious. So go ahead and season soups and other meals generously with this incredible spice.

This week I want you to incorporate these powerful spices into any meal you can.