CLEAN
21-DAY PROGRAM
MANUAL
WELCOME TO CLEAN

Congratulations on committing to a healthier you!

I am thrilled to share the Clean Program with you. It has been an honor to develop and spread the Clean lifestyle to thousands of people across the globe. I have personally used the program to restore my health, the health of my patients, and I have witnessed it transform countless lives for the better.

Based on the teachings of Functional Medicine, the Clean Program is the most effective cleanse-detox plan available. It took me years of research to figure out how to make the most powerful tool in my medical toolbox available to everyone.

The result is the box that you have in front of you.

The Clean Program helps create the conditions your body needs to process and eliminate toxins and reestablish a healthy balance. It restores your body's natural ability to heal itself, rejuvenates your energy and mind, and helps to create lifelong healthy habits.

The Clean Team and myself could not be happier that you are joining the family, and we look forward to making this a deeply significant experience for you. We are here to support you every step of the way - before, during, and after your program.

Let's get started!

Alejandro Junger MD
A LIFETIME OF SUPPORT

We offer world-class support. We’re here for you before, during, and after your program. Forever. There’s no expiration date on our support.

CALL & EMAIL US

(888) 497-8417  |  Monday to Friday  |  9am to 7pm Eastern Time
support@cleanprogram.com

BOOK A FREE COACHING SESSION

Our Wellness Coaches are your personal guides. Book an appointment now:
cleanprogram.com/coach

JOIN OUR ONLINE COMMUNITY

Get support and learn what 72,000+ people are saying about Clean at:
my.cleanprogram.com

FIND US. FOLLOW US. FRIEND US.

@cleanprogram

facebook  twitter  instagram  pinterest
START YOUR PROGRAM

The program is made up of three simple steps designed to make your experience as comfortable as possible.

STEP 1
Pre-Cleanse | 3 Days
While you can jump directly into the Clean Program, we recommend you ease into it by eating three solid meals a day from the Clean Diet, especially if you regularly consume large quantities of coffee, gluten, and processed foods.

STEP 2
Clean Program | 21 Days
Follow the daily plan explained on the next page.

STEP 3
Reintroduction | 7 Days
Learn how to reintroduce foods after you finish your 21-day program.
YOUR DAILY PLAN

BREAKFAST
Clean Shake + 1 Probiotic + 1 Supplement Packet

LUNCH
Clean Meal + 1 Supplement Packet
Prepare a hearty solid meal from the Clean Diet. Get the most out of it by including dark leafy greens, healthy fats like avocado and coconut oil, and quality protein like fish or quinoa.

DINNER
Clean Shake + 1 Supplement Packet
YOUR SHAKES AND SUPPLEMENTS

CLEAN SHAKE PACKET

The Clean shake gives your body easily-digestible nutrients and reduces the work of the digestive system. Each Shake Packet contains protein plus vitamins, minerals, essential fatty acids, and fiber to support the cleansing process. Your shakes also include targeted ingredients like broccoli seed extract, an immune system booster, and pomegranate extract, a powerful antioxidant with anti-inflammatory properties.

CLEAN PROBIOTIC

Each capsule contains 100 billion live organisms of beneficial bacteria. Probiotics have been shown to support good digestion and the absorption of nutrients, especially B-vitamins. Beneficial bacteria are our first line of defense against invading pathogens, bacteria, and viruses, and contribute to detoxification by ridding the body of toxins found in our food.

CLEAN SUPPLEMENTS

Each packet contains a digestive enzyme, an herbal antimicrobial, and liver support. The digestive enzyme aids in the digestion of protein, fat, carbohydrates, and fiber. The antimicrobial supports gut health, reduces yeast and fungus, and regulates blood sugar. The liver support supplement contains milk thistle to aid and enhance detoxification.
HOW TO MAKE A SHAKE

STEP 1
Choose a Liquid
- Coconut milk
- Almond milk
- Rice milk
- Water

STEP 2
Add Clean Shake Packet

STEP 3
Choose a Few Ingredients
- Berries (fresh or frozen)
- Mango
- Pineapple
- Handful of fresh greens
- Greens Powder
- Almond butter
- Avocado
- Coconut oil

STEP 4
Blend & Enjoy

TIP: If you’re on the go, add a liquid of your choice and your Clean Shake Packet to a shaker bottle.
CLEAN PROGRAM DIET SNAPSHOT

These are the main foods to include and exclude during your program. See the full list on the next page.

EAT

- whole vegetables, leafy greens
- whole fruits, berries
- wild fish, organic chicken & turkey
- brown rice, quinoa
- avocado, coconut oil

DON’T EAT

- gluten
- dairy
- beef, eggs
- coffee, soda, alcohol
- processed sugar
<table>
<thead>
<tr>
<th><strong>Fruits &amp; Vegetables</strong></th>
<th><strong>INCLUDE</strong></th>
<th><strong>EXCLUDE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Unsweetened fresh or frozen whole fruits, fresh squeezed fruit juices, sea vegetables (seaweeds), avocados, olives, tubers (sweet potatoes, yams) and raw, steamed, sauteed, juiced, or roasted vegetables.</td>
<td>Oranges, orange juice, grapefruit, bananas, strawberries, grapes, corn, creamed vegetables, night-shades (goji berries, tomatoes, peppers, eggplant, regular potatoes)</td>
<td></td>
</tr>
<tr>
<td><strong>Dairy Substitutes</strong></td>
<td>Hemp, rice, and nut milks (such as almond, hazelnut, walnut, etc.), coconut milk, coconut oil/butter</td>
<td>Dairy and eggs including milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers, ghee</td>
</tr>
<tr>
<td><strong>Starch &amp; Non Gluten Grains</strong></td>
<td>Brown, red, black and wild rice, millet, amaranth, teff, tapioca, buckwheat, quinoa</td>
<td>White rice, wheat, corn, barley, spelt, kamut, rye, triticale, oats (even gluten free)</td>
</tr>
<tr>
<td><strong>Animal Protein</strong></td>
<td>Fresh or water-packed cold-water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers), wild game (rabbit, pheasant, bison, venison, elk, etc.), lamb, duck, organic chicken, turkey</td>
<td>Pork (bacon), beef, veal, sausage, cold cuts, canned meats, frankfurters (hot dogs), shellfish, any raw meats, raw fish, sushi, warm water fish</td>
</tr>
<tr>
<td><strong>Vegetable Protein</strong></td>
<td>Split peas, lentils, legumes, bee pollen, spirulina, blue-green algae</td>
<td>Soybean products (soy sauce, soybean oil in processed foods)</td>
</tr>
<tr>
<td><strong>Nuts and Seeds</strong></td>
<td>Hemp, chia, sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, walnuts, cashews, macadamia, pistachios, brazil, nut and seed butters such as almond or tahini</td>
<td>Peanuts and peanut butter</td>
</tr>
<tr>
<td><strong>Oils</strong></td>
<td>Cold-pressed olive, coconut, flax, safflower, sesame, almond, sunflower, walnut, pumpkin</td>
<td>Butter, margarine, shortening, processed oils, canola oil, salad dressings, mayonnaise, spreads</td>
</tr>
<tr>
<td><strong>Drinks</strong></td>
<td>Filtered water, green, white or herbal tea, seltzer or mineral water, yerba mate, coconut water, green juice</td>
<td>Alcohol, coffee, caffeinated beverages, soda pop, soft drinks, fruit juice (unless fresh pressed)</td>
</tr>
<tr>
<td><strong>Sweeteners</strong></td>
<td>Stevia, coconut nectar, xylitol, whole/fresh fruit, dried fruit (in moderation)</td>
<td>Refined sugar, white/brown sugars, maple syrup, high fructose corn syrup, evaporated cane juice, Splenda®, Equal®, Sweet’N Low®, juice concentrate, agave nectar, brown rice syrup, honey</td>
</tr>
<tr>
<td><strong>Condiments</strong></td>
<td>Vinegar, all spices, all herbs, sea salt, black pepper, carob, raw or dark chocolate (dairy and sugar free), stone-ground mustard, miso, coconut liquid aminos, wheat-free tamari and nama shoyu, unsweetened whole fruit jam</td>
<td>Regular chocolate (with dairy and sugar), ketchup, relish, chutney, traditional soy sauce, barbecue sauce, teriyaki, breath mints, chewing gum</td>
</tr>
</tbody>
</table>
HOW TO MAKE THE MOST OF YOUR CLEAN PROGRAM

STAY CURIOUS
Your experience is uniquely your own. Stay curious and open to the changes that are happening in your body and remember that benefits unfold over the full course of the program.

MAKE SURE YOU GO
Have at least one bowel movement a day. To encourage this, eat fiber-rich foods like leafy greens and fruit, and drink green juices or water with lemon. Add in our product Eliminate as needed.

GET SUPPORT
The more supported you are, the more likely you’ll complete your program and stay healthy beyond. Call, email, book an appointment with a coach, or join our online community to get support.

TAKE BEFORE, DURING, AND AFTER PHOTOS
This is a great way to see your results, get inspired, and remind yourself of what you’ve accomplished. Keep your friends and family up to date with your progress for added support and motivation. Share with us stories@cleanprogram.com
RESPECT THE TWELVE-HOUR WINDOW

Digestion is one of the most energy consuming functions of the body. If it is constantly tied up with digestion, your body will put deeper cleansing on hold.

OUR ANSWER TO THIS IS THE TWELVE-HOUR WINDOW.

After your evening shake, leave a Twelve-Hour Window before having your morning shake. If you have your evening shake at 7pm, then have your morning shake at 7am or later.

WHY?

The body sends the signal to go into deep detox mode approximately eight hours after your last meal. Then the body needs another four hours to do a deep clean.

8 + 4 = 12

HOURS FOR DIGESTION HOURS FOR A DEEP CLEAN TWELVE-HOUR WINDOW

If you fill up your belly late at night, and eat early again the next day, your body isn’t given the opportunity to clean house. Making a commitment to the Twelve-Hour Window will help you get the most out of your program.

Note: It’s okay to have water or herbal tea during the Twelve-Hour Window.
A WORD ABOUT...

WEIGHT LOSS

Weight loss generally occurs on the program, but it isn’t the focus. How and when weight loss occurs varies for each person. One of the best things you can do during the program is hide the scale until the end. Just remember, how you feel is a more accurate measure of success. Instead of numbers on the scale, focus on your energy level, sleep patterns, digestion, elimination, mood, and clarity of thought.

SNACKING

During the program, snacking on Clean foods like berries is fine. But give this a thought: The repeated desire to snack is really a desire to change how you’re feeling in the moment. The more you’re not conscious of why you’re snacking, the more this habit can numb how we really feel. So before you start grabbing snacks, check in with yourself and make sure what you’re feeling is true hunger.

EMOTIONS AND FOOD

People can feel more emotional than usual on the program. This is because cleansing affects not only the body but the mind as well. When you’re doing the program, it’s common to release emotions like fear, stress, and anxiety. When you feel a craving or an emotional release happening, give it space and be gentle with yourself. Don’t make it about the food. Go deeper. Ask yourself, “What’s really going on here?” The answer may be closer than you think.

EXERCISE

We recommend that you take it easy during the first week. After that, pay attention to your body. Don’t push it. Rest more if you need to. Light movement like walking, yoga, and body weight exercises like sit-ups and push-ups can be a great addition to your program after the first week.

SOCIAL EATING

If you have a business dinner or a social obligation during your program, you may substitute your evening shake for a meal. Have a shake for breakfast and lunch and your meal in the evening. Just remember not to make this a habit. Your program is most effective when you have a shake for dinner.
ENHANCE YOUR PROGRAM
9 Ways to boost detoxification and cleansing

YOGA
Light movement will improve your program, helping to remove toxins by activating the lymphatic system, making you sweat, and encouraging bowel movements.

ALTERNATING HOT & COLD SHOWERS
Turn the hot water at maximum hot for a minute, then switch to maximum cold. Repeat this 5-6 times.

INFRARED SAUNA
Spend 15 minutes a day in the sauna as often as you can during your program.

COLONICS
Colon hydrotherapy can be very useful during the program, even if you are not constipated. You can get colonics as frequently as your body and budget allow.

SKIN BRUSHING
Use a natural-bristle brush to improve detoxification through the skin. Make circular strokes from feet to head a few minutes each day. Moisturize afterwards using olive oil or coconut oil.

MASSAGE
Feels great, releases tension, and encourages circulation. Do this as often as you can.

MEDITATION
Following your breath for 5 minutes each day can reduce stress, improve digestion, and deepen your experience on the program.

ACUPUNCTURE
A unique approach that may improve and deepen your experience.
OUR INNER CLEANING SYSTEM

Each cell in our body is like a little factory that uses energy and produces mostly acidic waste products. If this waste accumulates, the cells are damaged and die. The Clean Program supports your body’s powerful systems of elimination.
LUNGS
Our lungs take in oxygen and release carbon dioxide (CO2). CO2 is a waste product of combustion in the cells and is carried to the lungs and dissolved in blood as carbonic acid.

LIVER
The liver filters the blood and processes many of the nutrients for proper use. It also neutralizes and eliminates toxins through bile or makes them water soluble so that the kidneys can eliminate them later.

SKIN
The skin is the largest organ of the body. It breathes, absorbs, and sweats, three functions that resemble the lungs, intestines and kidneys. During your program, skin is hard at work and can benefit from skin brushing and sauna.

LYMPHATIC SYSTEM
The lymphatic system carries waste products through a series of filters, the lymph nodes, where sick cells are disposed of and other toxins are neutralized.

INTESTINES
The intestines digest and absorb nutrients, and host billions of bacteria. They play a major role in the elimination of excess mucous and toxins. In addition, there is a nervous system located here that has as many nervous terminals as your brain and produces up to 80% of your serotonin.

KIDNEYS
Our kidneys are constantly filtering our blood, getting rid of uric and lactic acids, as well as, urea, ammonia, and other water-soluble toxins.
REINTRODUCTION

Discover your personal blueprint for a clean life

The purpose of the Reintroduction Process is to identify your Toxic Triggers. Toxic Triggers are those foods that cause inflammation, irritation, and digestive upset. Most likely, you were consuming some Toxic Triggers before starting the program without realizing it.

One of the key reasons you feel better on the program is because you’ve removed the most common Toxic Triggers and given your digestive and immune systems a reset.

Now, the goal is to discover your specific Toxic Triggers by following a seven-day testing period. If you simply go back to your normal diet immediately after the program, without knowing your Toxic Triggers you may feel “off” and not know why.

Let’s take a moment to understand how to identify a Toxic Trigger.

TOXIC TRIGGERS

Toxic Triggers are foods that often taste great but leave you feeling off. They can cause mood swings, digestive upset, bloating, and fatigue. The most common Toxic Triggers are gluten, dairy, processed sugar, caffeine, and alcohol. Getting clear on your Toxic Triggers will undoubtedly improve your health and prevent your mood, weight, and energy from yo-yoing up and down.

During your Reintroduction Process you will focus on the two most common Toxic Triggers: gluten and dairy.

We can’t stress enough how important it is to identify your Toxic Triggers. It really is the foundation of living clean for life.

GETTING STARTED

Getting started with the Reintroduction Process is easy. Now that you’ve finished your shakes and supplements, continue eating three solid meals a day from the Clean Diet. Over the next seven days you’ll be reintroducing gluten and dairy and seeing how they affect you.
On the first and second day of your Reintroduction week you'll be introducing gluten into your diet. Eat gluten two to three times a day, for two days, and then notice how you feel over the next forty-eight hours. You'll still be eating from the Clean Diet, the only difference is that you'll be adding in gluten to see if it is one of your Toxic Triggers.

Reintroducing gluten by itself is simple. For example, add toast or wheat cereal (with almond milk) to your breakfast, and then some pasta for lunch or dinner. Don't include any dairy or other excluded items yet. The goal is to isolate one excluded food at a time to determine if it is one of your Toxic Triggers. For example, a sandwich with bread and cheese or cereal with cow's milk wouldn't be the best choice because it includes both gluten and dairy. If it doesn’t sit well with you, it won’t be clear whether it was the dairy or the gluten that was the Toxic Trigger.

Use a journal to record any reactions you might have to gluten. This may include bloating, skin breakouts, foggy mind, or constipation. Not everyone will react to gluten in the same way. Some people may notice their reactions immediately. Others might notice their reactions the next day. That's why it's important to test gluten over the course of two days.

If you react severely to any of the foods, there is no reason to continue eating it for two days.
The following questions will help guide you:

**Right after:** Does anything happen shortly after eating it, such as a runny nose or mucus in the throat (typical of milk), or fatigue, bloating, or a headache (typical of wheat)?

**Energy:** How are your energy levels? A bowl of wheat pasta at night, for example, may make you feel very tired immediately after eating it or upon waking the next morning.

**Bowels:** How are your bowel movements the next day? Were they as frequent and as easy to eliminate as they were during the program?

**Sleep:** Did you sleep poorly? Did you have intense dreams or nightmares? Did you wake up in the middle of the night?

**Emotions:** How do you feel emotionally the next day? Are you angry, moody, or irritable?

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**STEP 3**

Eat from the Clean Diet for two days

After you have reintroduced gluten it’s important to return to the Clean Diet. For the next two days eat three meals a day exclusively from the Clean Diet.

Taking two days to eat from the Clean Diet gives you a clean slate and sets you up for testing the next possible Toxic Trigger, dairy.

**STEP 4**

Reintroduce dairy, 2 to 3 times a day for 2 days

For the next two days you’ll be reintroducing dairy into your diet. Eat dairy two to three times a day, for two days, and then notice how you feel over the next forty-eight hours. Once again, you’ll still be eating from the Clean Diet, the only difference is that you’ll be adding in dairy to see if it is one of your Toxic Triggers.

To reintroduce dairy try having a glass of milk in the morning and a few pieces of cheese with your lunch or evening meal. It’s important to avoid having dairy in combination with other excluded foods.
Now that you’ve tested both gluten and dairy, it’s time to review your journal. Your goal here is to figure out whether gluten and/or dairy are Toxic Triggers for you. The way you determine this is by understanding how strong your reaction was to these foods.

Let’s review the possible reactions you may have had during the last few days.

**No reaction:** I had no reaction at all to the excluded food.
*Examples:* I felt fine; I didn’t notice any changes in mood; I felt energized and awake; I felt good.

**Mild reaction:** I had a noticeable reaction to the food.
*Examples:* I felt bloated and gassy; I felt tired; I felt dehydrated; I felt itchy; I felt uncomfortable; My sleep was off; I felt foggy.

**Strong reaction:** I had a strong negative reaction to the food.
*Examples:* I felt sick; I developed a lot of mucus; I had a strong headache; I became flushed; I became very constipated; I developed a rash; I had trouble sleeping; I felt cold or flu-like symptoms; I developed diarrhea; I became very angry or upset.

Take a look at your journal. What types of reactions did you have to gluten or dairy? If you had a mild or strong reaction to one or both of these foods, chances are they are a Toxic Trigger for you. Discovering that either gluten and/or dairy are a Toxic Trigger is an amazing find. What this discovery means is that this food may have been affecting you without you knowing it. Not anymore. You’re back on top.

So now what? What do you do once you’ve gotten clear on the fact that gluten or dairy is a Toxic Trigger? It’s time to create a game plan.
STEP 6
Remove and rotate

Creating a game plan starts when you decide whether you need to Remove or Rotate your Toxic Triggers. Let’s take a look at both options.

**Remove:** If you had a strong negative reaction to a Toxic Trigger, this is your body telling you that it’s important to eliminate this food from your diet completely for a period of time. We know that removing a food from your diet can be challenging, but the long-term benefits outweigh the short-term gratification. Many people continue to become healthier simply by removing their key Toxic Triggers.

**Rotate:** If your reaction to a Toxic Trigger is mild but still noticeable, it may not be necessary to eliminate them forever. However, you will benefit greatly from reducing your frequency of exposure to these foods. Rotate your choice of foods in such a way that you don’t eat the irritating ones more than once a week.

**ADVANCED REINTRODUCTION**

*Going beyond gluten and dairy*

During the Reintroduction Process, we focused on the two main Toxic Triggers for most people: gluten and dairy. But these aren’t the only ones. For those of you who want to explore other potential Toxic Triggers, or are already clear on your relationship with gluten and dairy, you can begin testing the foods listed below. Follow the same process above, eat the food being tested two to three times a day for two days. Then take a two day break before you start a new food item.

As you have discovered on the cleanse, the type of food we eat matters, a lot. It can be the difference between feeling energized and alive and feeling tired and sick. While this process does take time, it is one of the most revealing and inexpensive ways to determine the kinds of foods that will promote your highest level of health long term.

The most common Toxic Triggers after gluten and dairy are corn, eggs, soy, red meat, and nightshade vegetables (potatoes, tomatoes, peppers, eggplant).
THE BIG THREE

Processed sugar, caffeine, and alcohol

We call processed sugar, caffeine, and alcohol the Big Three. They are Toxic Triggers, but they are different than gluten and dairy. Gluten and dairy are often considered health foods, but no one would encourage us to eat more of the Big Three to get healthy.

Still, most of us either do consume them or will consume them in the future. So it’s important to understand our relationship with them. Here’s our view on the Big Three.

REMOVING DEPENDENCY

It’s common for people to become dependent on processed sugar, caffeine, and alcohol. Dependency can be physical and psychological. It is the feeling that we “have” to have it and feel off when we don’t. Removing dependency allows us to enjoy these items from time to time without significant health consequences. We approach the dependency on the Big Three in two ways.

CROWD OUT

We need to eat good quantities of healthy food each day. When we don’t, we feel anxious and irritable. This is when cravings occur. This is also the reason why most diets fail: they focus on eating less rather than adding in healthy food. When you focus on including a lot of fun, delicious, nutrient-rich whole foods into your diet you end up “crowding out” the junk.

For example, if you want to reduce your cravings for processed sugar or sugary foods, you need to eat enough low-sugar foods throughout the day. If you don’t eat enough of the good stuff, cravings arise quickly, especially if you’re tired. It’s best not to depend on willpower alone to deal with these cravings. Crowding out the junk is one of the simplest tools to leverage your own willpower and remove dependency.

Removing dependency allows us to enjoy these items from time to time without significant health consequences.
PULSE OUT

To pulse means to add something in or remove it for a period of time. We do this in order to feel the true effects of whatever item we are testing. The Reintroduction Process is an example of a pulsing program that occurs at the end of your cleanse.

If we want to remain free from dependency on the Big Three, it’s important to take breaks from them for a period of time. Pulsing out coffee, sugar, and alcohol means removing them from your diet for a dedicated period. This could be one week or one month. What matters most is that you give yourself a break from the item so that you can remind yourself of its true effects when you add it back in.

Here is a simple example. During the cleanse, you removed alcohol for three weeks. Your body is now able to give you a reliable response about the true effects of alcohol on your system. We want to reproduce this effect by pulsing out alcohol throughout the year, not just during the cleanse. If you don’t take a break every so often, you can easily forget the effect this item has on your health. Pulsing out is something you do repeatedly over time to remind yourself of how these foods actually affect you. When we are clear about the effects of an item and are reminded again every so often, we learn how much of the Big Three our system can tolerate and how to enjoy them without the negative health consequences.

THE BIGGER PICTURE

Making the connection between what you eat and how you feel

There is no need to be a purist for the rest of your life if you enjoy the foods we previously mentioned. Have them and enjoy them, bringing your awareness fully to the present moment with each bite or sip. What’s most important is that you notice the strong connection between what you eat and how you feel. Take your time to explore this process. Your relationship with food wasn’t created overnight, and it won’t be reset overnight either.

There are thousands of theories about diet, lifestyle, and stress management. On top of that, it seems everyone has their own opinion on how you should live and what you should eat. But nothing is more real than your first-hand experience. Completing the Reintroduction Process empowers you to listen to your own body and make your own decisions about which foods work best for you.
AFTER THE PROGRAM
Wondering what to do after you finish your program? We’ve laid out a simple year-long system to help you stay clean for life. cleanprogram.com/after

21-DAY PROGRAM
Once a year
Congratulations on finishing your program. Now you’re ready to continue with the next step in the Clean System.

THE CLEAN SYSTEM

7-DAY PROGRAM
Twice a year
Our 7-Day Program gets your health back on track quickly. Use it after a vacation, holiday, party weekend, or whenever you’re feeling off.

DAILY SHAKE
Use daily
Continue the benefits of the Clean Program by substituting one meal a day with our nutrient-dense Daily Shake. Excellent for breakfast and pre- and post-workout.
FAQS

You’ve got questions, we’ve got answers.

cleanprogram.com/faqs
RECIPES

Shake and meal ideas for your program and beyond
SHAKES

BECKY’S MORNING SHAKE

8 oz. water
3 - 4 oz. of nut, hemp seed, or rice milk (unsweetened)
½ of an avocado, pitted
2 teaspoons organic almond butter
Pinch of sea salt
1 packet Clean Shake
Sweetener to taste (stevia, coconut nectar)
1 tablespoon carob or raw cacao powder (optional)

Blend all ingredients until smooth.

FAVORITE GREEN SHAKE

3 cups spinach
1 cup fresh or frozen fruit (blueberries, raspberries, blackberries, mangoes, etc.)
1 tablespoon flax oil
1 tablespoon spirulina powder and/or 1 scoop Clean Greens
1 cup almond milk
1 packet Clean Shake
2 dates or a few drops of stevia to taste

Blend until creamy.

PURPLE HAZE SHAKE

1 cup coconut water, almond or coconut milk
1 packet Clean Shake
6 oz. blueberries (or blackberries) fresh or frozen

Put all ingredients in the blender and mix until smooth.

MANGO CARDAMOM BLAST

2 ripe mangoes or 1-2 cups frozen mango
1 cup coconut water
2 tablespoons dried and shredded coconut flakes
Zest and juice of 1 lime
1 packet Clean Shake - Vanilla
½ teaspoon cardamom powder

Blend it up until smooth and creamy. Add additional water if it’s too thick. Garnish with lime zest and freshly ground black pepper.
HOMEMADE ALMOND MILK

½ cup almonds, skins removed and soaked overnight
3 cups water
1 tablespoon vanilla
Pinch of salt
1 teaspoon coconut oil (optional)
Coconut nectar or stevia to taste (optional)

Place the nuts, vanilla, water, sweetener, salt, and oil in a blender and blend until smooth. Most people find they like it thick but if you’d prefer a thinner milk, strain the liquid through cheesecloth or a fine mesh strainer, then store in glass jars in the fridge for up to a week.

CLEAN SIMPLE SHAKE

½ cup frozen blueberries
2 dashes cinnamon
1 tablespoon almond butter
8 oz. water or coconut milk
1 packet Clean Shake

Blend until creamy.

SWEET GREEN SMOOTHIE

8 oz. water or coconut milk
2 giant handfuls of spinach
1 mango, peeled and diced or frozen
1 packet Clean Shakes Vanilla or Chocolate
1 tablespoon ground flax seed (optional)

Blend all ingredients until smooth and enjoy this amazing and detoxifying meal.

COCONUT CHAI SHAKE

1 cup coconut milk (unsweetened)
1 tablespoon vanilla extract
1 teaspoon ginger
1 teaspoon cinnamon
Pinch of allspice
2 tablespoons almond butter
1 packet Clean Shake

Blend until smooth and creamy.
SOUPS

COOL AS A CUCUMBER SOUP WITH DILL

3 cucumbers, peeled and seeds removed
Juice of one lemon
½ cup raw cashews or macadamia nuts
4 cups fresh water
¼ cup fresh dill (or ⅛ cup dried dill)
1 teaspoon sea salt
2 tablespoons olive oil

Mix all ingredients, except the dill, together in a blender or food processor for 3 minutes or until smooth. Add dill and pulse or blend for a few extra seconds. Serve chilled with fresh dill garnishes and freshly ground black pepper.

CREAMY WINTER BEET SOUP

2 medium sized beets
1 small shallot, peeled and quartered
1 garlic clove, peeled and roughly chopped
2 tablespoons hemp seeds
2 teaspoons apple cider vinegar
Sea salt, to taste
¼ cup parsley
¼ - ½ cup coconut milk
Garnish: ½ ripe avocado, peeled, pitted, and sliced into wedges

Peel the beets and cut into quarters. Place on a steaming dish, along with the shallot and garlic, above an inch of water. Cover the pot, bring to a boil and steam until tender. (If you don’t have a steamer, you can put a half-inch of water in a pot, add veggies to water, cover and steam it that way).

LEEK AND CARROT SOUP

(Serves 2-3)

1 leek
2 tablespoons coconut oil
4 cups of chopped carrots
1 cup of cauliflower, cut into florets
1½ quarts chicken or vegetable stock
Fresh thyme

Melt 1 tablespoon coconut oil in a large soup pot over medium-high heat. Slice the leek into rounds, and add it to the pot. Stir and cook for 3-4 minutes or until lightly browned. Stir in the chopped carrots, cauliflower and cook, stirring, for another 3-4 minutes. Pour in the stock to cover the veggies. Cover and gently simmer for 15
minutes. Let the contents cool a bit and then pour into a blender or food processor. Puree with the additional tablespoon of coconut oil until smooth and creamy. Pour back into pot and gently reheat, so you can serve it warm (or in summer months, you can skip this step and put it in the fridge to cool instead). Serve with fresh tyme.

SALADS & SIDES

PEACH, AVOCADO, AND MACADAMIA NUT SALAD
(Serves 2 as a side and 4 as a condiment)

2 ripe avocados, cut into medium sized chunks
3 ripe peaches, cut into medium sized chunks
Juice of 1 lime
¼ cup macadamia nuts
2 tablespoons fresh cilantro, roughly chopped
1 teaspoon ground coriander seed (toasting is optional)

Toast macadamia nuts in a pan over low heat until golden brown. When cooled, chop roughly and set aside. Chop the peaches and avocados into similar-sized square chunks and place in a bowl. Add toasted nuts. Squeeze lime juice over, and gently toss until well combined. Grind coriander seeds and chop cilantro. Add to the rest of the ingredients and give another quick toss. Serve over some fresh greens, grilled chicken, or our salmon quesadillas (see page 34).

ROOT VEGETABLE SALAD

1 red onion
1 butternut squash, sliced in half or in sections for easy roasting and peeling after it’s cooked
1 carrot, cut into pieces
1 parsnip, cut into pieces
1 celery root, peeled and cut into pieces
1 large beet, cut into pieces
Enough olive, coconut, or flax oil to coat
Sea salt to taste
¼ cup raw walnuts
1 teaspoon apple cider vinegar
Juice of one lemon
1 teaspoon mustard powder or organic stoneground mustard (without sugar or additives and preferably made with apple cider vinegar; the brand Eden has one that fits these criteria)
1 handful parsley leaves

Preheat oven to 425 °F. Toss the vegetables with the oil and sea salt. Roast until tender (roughly 45 minutes). Spread walnuts in a skillet and toast until golden, then coarsely chop. Whisk the vinegar, lemon juice, and mustard in a large bowl with extra olive or flax oil and season with sea salt and pepper if you like. Toss with vegetables and walnuts, with any additional seasonings you want. Serve warm.
**ROOT VEGETABLE FRIES**  
*(Serves 2)*

3 medium carrots  
3 medium parsnips (or 6 small)  
3 tablespoons (or more) melted coconut oil or olive oil  
Sea salt  
2 teaspoons paprika  
Fresh ground black pepper

Preheat oven to 400 °F. Slice the parsnips and carrots into thin french fry strips (not too thin or they may burn). Place them in a single layer on a baking sheet, making sure they’re not overlapping too much. Drizzle a generous amount of oil over them and toss with your hands a few times until well coated. Sprinkle the sea salt, paprika and fresh ground black pepper over them. Place in the oven and bake for 15 minutes. Check and stir or turn a bit, to make sure they don’t stick. Bake for another 5 to 10 minutes or until tender and dark/golden. Serve with dipping sauce of your choice.

**TURMERIC ROASTED CAULIFLOWER**

1 teaspoon coriander seeds  
½ teaspoon white peppercorns  
¼ cup olive oil  
1 tablespoon minced garlic  
2 teaspoons turmeric (ground)  
One head of cauliflower, cored and broken into small florets  
Sea salt  
1 medium shallot, sliced and separated into rings

Preheat oven to 400 °F. In a small skillet toast coriander seeds and peppercorns over mid to high heat until fragrant, about 30 seconds. Put in a spice grinder when cool and grind to a powder. Put in a small bowl, stir in olive oil, garlic, turmeric. On a large baking sheet, drizzle the cauliflower with olive oil and toss to coat. Season with salt and roast for 25 minutes until tender. Put in a serving bowl, add shallot rings, kumquats, and cilantro and toss well. Serve hot or warm.

**QUINOA SALAD WITH ROASTED VEGETABLES**  
*(Serves 1-2)*

1 cup quinoa  
2 cups water  
2 small zucchinis, chopped  
1 medium carrot, chopped  
1 small red onion, chopped  
Enough oil to lightly cover vegetables  
Sea salt to taste  
2 small yellow (summer) squash, chopped  
Juice of one fresh lemon

4 kumquats, seeded and chopped  
¼ cup chopped cilantro
Roasted chopped vegetables in the oven at 300°F until tender. Bring the quinoa and water to a boil in a medium pot and then reduce the heat to a simmer and let cook for 10-12 minutes, or until water is absorbed and quinoa is fluffy. Toss everything together in a large serving dish. Serve warm or at room temperature with fresh lemon juice and sea salt to taste.

**ROASTED BRUSSELS SPROUTS DUSTED WITH COCONUT**

*(Serves 2 as a side)*

1 lb Brussels sprouts
2-3 tablespoons coconut oil
Sea salt to taste
¼ cup toasted, shredded coconut

Preheat your oven to 400 °F. Cut the brussels in half, then put them in a mixing bowl. Melt the coconut oil and toss with brussels and sea salt, then spread in an even layer onto a baking sheet. Toast for 10-15 minutes until soft and golden brown. It may be shorter or longer depending on your oven temperature. They’re best when very tender and a dark, golden brown. Remove from oven, sprinkle with the toasted, shredded coconut and serve immediately.

**MEALS**

**VEGETARIAN NORI ROLLS WITH NUT “RICE”**

*(Serves 2-4)*

1 cup soaked sunflower seeds
1 cup walnuts, soaked in pure water for 2 hours
¼ red onion
Chopped fresh herbs
1 packet of nori wraps
1 carrot, cut into very thin strips
1 cucumber, peeled, seeded, and cut into thin strips
½ avocado, cut into strips
¼ red cabbage, finely shredded
Sprouts
Wheat-free tamari
Wasabi
Fresh ginger
1 tablespoon apple cider vinegar
1 tablespoon water

To make the “rice,” place the sunflower seeds, walnuts, onion, and herbs in a food processor. Process for 2 minutes, or until nut mixture has the consistency of rice. Set aside. Thinly slice the ginger and marinate in vinegar and water. Take a sheet of nori and spread ¼ of the rice mixture onto it. Lay carrot, cucumber, avocado, red cabbage and sprouts over it.
Roll the nori up tightly, using a sushi mat if you have one. Cut the roll into about six pieces, using a sharp knife. Repeat for three more nori sheets. Serve wraps on a platter with ginger, wasabi, and wheat-free tamari.

**SALMON QUESADILLAS**
*(Makes 4 quesadillas)*

1 tablespoon coconut oil  
4 brown rice tortilla wraps  
1 small red onion, thinly sliced into thin half moons  
¼ cup fresh, chopped dill (can also use 2 tablespoons dried)  
½ cup miso-almond spread (see page 40)  
8 oz. cooked wild salmon (you could also use two cans of wild-caught)

Heat up a large griddle or cast iron pan with a few scoops of coconut oil. Gently warm the wraps for one to two minutes on each side, to make them more pliable. While warming, chop the onions and dill. Once wraps are warm on each side, remove from heat (keeping it on medium) and cover half of each wrap with the miso-almond sauce, to desired thickness. Top with sliced red onion, dill, and salmon. Fold the wrap in half and place onto the still-hot griddle or pan. Cook on one side for 3-4 minutes or until the tortillas are golden brown. Flip and repeat on the other side, cooking until the entire quesadilla is warmed through. Serve with an optional wedge of lime, or enjoy with the Peach, Avocado and Macadamia Nut Salad (see page 31).

**BAKED CHICKEN AND GARLIC MASHED TURNIPS**
*(Serves 4)*

3 lbs. of chicken (breasts, legs, or thighs)  
2 tablespoons chopped fresh basil  
¼ cup fresh lemon juice  
2 tablespoons olive oil  
3 cups turnips, cubed  
2 cloves garlic, minced  
3 teaspoons olive oil  
Sea salt

Combine chicken, basil, lemon juice, and olive oil in a large bowl and toss together. Refrigerate and let marinate 2 hours (preferred, but you can also just
let it sit for ten minutes if you’re short on time). Bake the chicken for about 50 to 60 minutes at 425 °F, or until cooked through. Cook turnip diced and garlic in boiling water for 15 minutes or until soft. Mash turnips as you would potatoes (can also use a food processor). Add olive oil and sea salt for desired consistency and taste.

**PESTO BAKED SALMON**  
*(Serves 2)*

2 salmon fillets (wild caught)  
4 tablespoons Pesto (see page 39)

Preheat oven to 400 °F. Place the salmon fillets skin side down on an oversized piece of foil on a baking tray. Spoon 2 tablespoons of pesto over each salmon fillet and pull up the foil on either side, closing to make a “container”. Roast in the oven for 15-20 minutes.

**MILLET RISOTTO WITH ARTICHOKE HEARTS**  
*(Serves 4)*

3 tablespoons coconut oil or olive oil  
2 large shallots, finely chopped  
1 cup coarsely chopped fresh mushrooms  
(any kind)  
4-6 cups french onion soup or organic vegetable broth  
1 cup millet  
½ teaspoon dried oregano  
½ teaspoon dried thyme  
1½ cups artichoke hearts (sugar and additive free)  
Sea salt and fresh pepper

In a large pot over medium-high heat, heat the oil with the shallots and mushrooms, and cook, stirring frequently until softened (about 5 minutes). Add cup of water, bring the heat to high, and add the millet. Then lower heat to medium and start to add the stock ½ cup at a time, stirring after each addition, every few minutes. When the french onion soup or stock has been almost completely absorbed after each addition, keep adding more, so the mixture isn’t quite soup but stays very moist. Keep doing this until millet is tender and has at least doubled in size (about 20 minutes). Add herbs and artichoke hearts at the last few minutes of cooking and taste for texture. Season with salt and pepper and serve warm.

**COLD ALMOND CURRY NOODLES**  
*(Serves 2)*

2 bundles of King Soba ramen noodles  
¼ cup almond butter  
2 tablespoons wheat-free tamari sauce  
1 tablespoon balsamic vinegar  
2 tablespoons sesame oil  
2 teaspoons curry powder  
1 tablespoon dill  
Pinch of sea salt  
1 medium sized cucumber  
Handful of fresh greens

In a medium saucepan prepare the noodles as directed on the package. Bring 2 cups of water to a rolling boil, then slowly let the noodles sink in. Lower the heat to medium and cook for 5 minutes. Meanwhile, blend all the remaining sauce ingredients (except cucumber) together in
a blender until smooth. Add more liquid (balsamic, oil, tamari, or even water) as necessary until it’s as thick or thin as you like. When the noodles are done, remove from heat and drain, rinsing with cold water. Toss noodles with sauce. Add sliced cucumbers and fresh greens.

**FISH TACOS**
(Serves 2)

**Fish:**
8-12 oz. firm, white fish (hake, halibut, cod)
½ cup coconut milk
¾ cup shredded coconut
1 tablespoon curry powder
1 teaspoon sea salt

**Pickled Red Onions:**
1 small red onion
2 tablespoons brown rice vinegar
1 tablespoon coconut nectar
Pinch of sea salt

**Mango Salsa:**
1 ripe mango, peeled and cut into ½ inch cubes
1/8 cup cilantro, roughly chopped
2 teaspoons grated ginger root (peeled)
Fresh squeezed juice and zest of 1 lime

**Tacos Shells:**
4 large romaine lettuce leaves

Directions for Pickled Onions: Prepare this ahead of time, if possible, by thinly slicing the red onion to mix in a bowl with the vinegar, coconut nectar, and sea salt. Allow to marinate or “pickle” for up to 24 hours. If you’re short on time, an hour is fine too, it just won’t have the same zing to it!

Directions for Tacos: Skin the fish and cut into ½-inch thick slices. Dunk each piece in the coconut milk, then into the curry-coconut mixture. Coat all the sides of the fish with the mixture until they’re well covered. Cook each piece of fish in coconut oil over medium heat until both sides are brown and the crumbs are golden. You could also bake in the oven at 350°F for 10-15 minutes if you prefer. Make the mango salsa by mixing the mango pieces, cilantro, ginger, fresh lime juice, and zest together.
in a blender, leaving a few of the mango chunks out if you want some extra texture. To serve, lay out 4 large lettuce leaves. Fill each leaf with the cooked fish. Apply generous dollops of the mango salsa, then top with the pickled red onions. If you’re a fan of extra spice, sprinkle with chipotle or chili powder for added kick.

SLOW SIMMERED CHICKEN WITH CHARD, MUSHROOMS, ONIONS, AND CHERRIES
(Serves 2)
1 bunch swiss chard, chopped into small pieces
1 lb. free range, grass fed, boneless chicken breast
1 yellow onion, peeled and sliced into 1 inch slivers
6 medium white mushrooms (or shiitake, crimini, or wild)
1 handful cherries, pitted and sliced

Steam the chard until tender and remove from heat, setting aside; save the water at the bottom of the steaming pot. Slice the chicken breast into small pieces, roughly 2 inches, saving any juices in the package. Place the chicken, along with any juices, into a large cast iron pan and begin to cook over medium heat. Add the onion slivers and mushroom pieces along with ¼ cup of the water the chard was steamed over. Cook over medium heat, stirring occasionally until everything is cooked, but retains the juiciness, about 20-30 minutes. Serve warm over plated swiss chard and garnish with sliced and pitted cherries.

TURKEY LENTIL STEW
(Serves 4-6)
1 pound of dark ground turkey
28 oz. chicken broth
1 ½ cup water
1 package red lentils
1 chopped medium onion
4 celery sticks chopped
4 medium carrots chopped
3 cloves garlic minced
2 tablespoons chopped fresh ginger
1 medium apple peeled and chopped
½ teaspoon red pepper flakes
2 teaspoon yellow curry powder

Wash lentils and soak in cold water. Brown the ground turkey in olive oil or coconut oil. Sauté onion, garlic, celery, carrots, ginger and apple in olive oil. Add red pepper and curry powder to sautéed veggies. Drain lentils. Heat chicken broth and water. Combine all ingredients in large crock pot and cook on low 8 hours. Salt to taste.
WILTED BITTER GREENS WITH PROTEIN

2 teaspoons coconut oil
½ ripe pear, roughly diced
¼ cup pecans, coarsely chopped
4-5 cups of chopped dark greens (dandelion, arugula, radicchio, endive, mustard greens, kale, swiss chard)
4-5 oz. of leftover protein: chicken, wild salmon, cooked white beans, green lentils

Mustard Vinaigrette:
¼ cup olive oil
⅛ cup apple cider vinegar
1 tablespoon whole grain mustard
Pinch sea salt
Fresh ground black pepper

Directions for vinaigrette: Mix the olive oil, mustard, and apple cider vinegar in a bowl. Whisk
to incorporate. Add a few turns of the pepper grinder (to taste) and a sprinkle of sea salt. Set aside.

Directions for Greens and Protein: Heat a large sauté pan over medium high heat. Melt in the coconut oil, then once hot, add the pears. Cook for a few minutes to slightly soften and brown them. Toss in the pecans to warm them. Add in leftover protein then add in the bitter greens. Toss gently with tongs until gently wilted, then toss with a few tablespoons of the vinaigrette. Serve immediately.

GREENS WITH CRABLESS CAKES WITH SALAD

1 cup cashew pieces
1 cup coconut flakes
1 brown rice cake, crumbled
½ cups minced celery
1 yellow onion, peeled and chopped
2 medium carrots, shredded or finely minced
¼ cup parsley, chopped or 2 tablespoons dried
1 tablespoon cashew butter (almond butter will also work)
1 teaspoon sea salt

Directions for Greens and Protein: Heat a large sauté pan over medium high heat. Melt in the coconut oil, then once hot, add the pears. Cook for a few minutes to slightly soften and brown them. Toss in the pecans to warm them. Add in leftover protein then add in the bitter greens. Toss gently with tongs until gently wilted, then toss with a few tablespoons of the vinaigrette. Serve immediately.
HOMEMADE GUACAMOLE

2 avocados
½ of a red onion, peeled and finely diced
1 clove garlic, peeled and minced
Zest of lemon or lime
Fresh cilantro (optional)
Sea salt

Mash all ingredients together in a bowl to desired consistency. Throw a couple of sprigs of cilantro on top for presentation. Store covered in plastic wrap with the avocado pit in the dish to keep it from browning. If it does brown, simply stir it up, it’s perfectly fine to use.

PESTO

2 cups fresh basil
1 cup cashews
½ cup sunflower seeds
½ cup nutritional yeast
2 cloves garlic, peeled and chopped
2 tablespoons olive oil, to drizzle in slowly as it’s processing
1 teaspoon sea salt
½ cup water

Blend all ingredients in a high speed blender or food processor, adding the olive oil and water just enough to thin to desired consistency. Store in an airtight container in the fridge and keep in mind that it will thicken as it sits.

LEMON MISO TAHI NI DRESSING
(Serves 2-3)

3 tablespoons sesame tahini
1 tablespoon lemon juice
2 tablespoons miso

Mix all ingredients either by hand or in a blender. Remember that these measurements are guidelines, so feel free to season to your individual taste.
MACADAMIA CHEESE PATÉ

2 cups raw or dry-roasted (unsalted) macadamia nuts and/or marcona almonds
2 teaspoons mixture of finely diced sage and rosemary
¼ cup of water
Pinch of sea salt

Place the nuts, salt, and a few tablespoons of water into a high speed blender or food processor. Blend on high until you have a creamy consistency.

Fold the herbs into the nut mixture. Then shape the mixture as desired. As you get comfortable with this recipe, experiment with different herb combinations. Here are some options:

1. Pack into a mold or bread pan lined with plastic wrap for easy removal. Serve upside down in a large rectangle or square.
2. Roll into a log and then roll the log through minced herbs and spices of your choice.
3. Pack into a container for easy serving and storing, as chèvre is often sold.

Serve with gluten-free crackers, sliced vegetables and a creamy dressing as crudités, gluten-free toast, or as a garnish for salads, stir-frys, and vegetable or brown rice pasta dishes.

MISO ALMOND SPREAD

2 garlic cloves
3 tablespoons chickpea miso
Juice of 1 lemon
½ cup-¾ cup filtered water (just enough to help blend)

Soak 1 cup of almonds in 4 cups of filtered water for a minimum of 2 hrs. Strain and rinse well. (This step is not essential but recommended.)

Place almonds into a high speed blender or food processor along with the rest of the above ingredients. Blend well until pureed and a smooth paste is formed. This stores in a container in the fridge for up to a week.

Note: In a pinch you could also use 1 cup of almond butter in place of whole almonds.
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