



GET RAW. GET JUICY. *get balanced.*

## DIY WORKBOOK PDF

*welcome*

**“It does not matter how slowly you go as long as you do not stop.” Confucious**

### **TIPS FOR THIS CLEANSE:**

Introducing the cleanse where you never feel hungry! We have done our fair share of cleansing... and to be honest, sometimes it isn't that fun. Some of our experience includes feeling hungry all of the time, feeling grumpy, having low energy and frustrated with the process.

We assure you this isn't one of those cleanses! We believe in eating if you are hungry, and giving the body adequate protein when you need it.

The structure of this cleanse offers choices while giving you very clear and concise information and guidance, recipe suggestions and lots of fabulous tips and tricks to make cleaning fun and effective.

This cleanse starts with 2 days of cleaning up the diet, and easing the body into more raw foods. Days 3, 4 and 5 are juice/smoothie cleansing and day 6 and 7 is all about getting back to your balance or normal life while eating clean.

**Jump on FB!** Introduce yourself and join the incredible network of cleansers that are doing this cleanse right along side you. Ask questions there, and enjoy the support of one another as you dive into this adventure!



GET RAW. GET JUICY. *get balanced.*

## CLEANSE OVERVIEW- SNAP SHOT TO PRINT FOR FRIDGE.

DAY	BFAST	SNACK	LUNCH	SNACK	DINNER	TEA
Day 1	Smoothie	Snack	Meal	Snack	Meal	Tea
Day 2	Smoothie	Snack	Juice	Snack	Meal	Tea
Day 3	Juice	Juice	Juice	Snack	Smoothie	Tea
Day 4	Juice	Juice	Juice	Snack	Smoothie	Tea
Day 5	Juice	Juice	Juice	Snack	Smoothie	Tea
Day 6	Smoothie	Snack	Juice	Snack	Meal	Tea
Day 7	Smoothie	Snack	Juice	Snack	Meal	Tea

*a year from now you will wish  
you had started today.* - KAREN LAMB



GET RAW. GET JUICY. *get balanced.*

## WHY DETOXING IS SO IMPORTANT:

Did you know that The United States Center for Disease Control estimates that the root causes of more than 80% of all illnesses are found in personal environments or lifestyles. That means that you have a LOT of control over how you feel, and how your body functions.

Detoxification is important because it strengthens the body's immune system. It supports the body in functioning more optimally, which supports digestion, and absorption of nutrients.

**Eating organic:** Detox your body from chemicals this week as well. Buy organic whenever possible.

**Hydration:** Your body is 70% water, so be sure to stay hydrated during this cleanse! Water helps to flush toxins, and will do amazing things for your skin! A safe rule of thumb is take your body weight, and divide by two. That is how many oz of water you should drink each day. Beverages that are encouraged and count as water intake include water, herbal tea and coconut water.

**Importance of breakfast.** Even if you aren't hungry when you wake up, try to consume breakfast within 1 hour of waking up. This will do wonders for your metabolism and energy throughout the day.

**Exercise:** Movement is essential each day of your cleanse. This will help circulate the lymphatic fluid through your body and thus clean the lymph system more efficiently. We recommend light, gentle movement during your cleanse. Here are some recommendations;

- yoga
- beginning Pilates
- stretching
- light swimming
- 1-2 mile walk each day

When it comes to physical activity during your cleanse, don't take on more than you can tolerate.

**Note:** Lightheadedness or Dizziness: Should you get nauseous, dizzy, or lightheaded from your cleanse, put one teaspoon of kelp or 1/4 teaspoon sea salt into a half glass of water and drink it down to restore your electrolyte balance. Coconut water is another smart quick fix. And, grab a handful of nuts for some extra protein.



GET RAW. GET JUICY. *get balanced.*

**Protein:** Don't forget your protein! Just because you are cleansing this week, doesn't mean you can't have protein. We encourage you to never feel 'hungry' on this cleanse.

Adding protein powder to any smoothie is a great way to stay satiated on this cleanse. Our top four protein powders include: Great Lakes Beef Gelatin Collagen Hydrolysate, Warrior Food by Health Force, Tera's Whey, and Fit365. However, any protein powder will do!

If you are hungry, add some protein to your smoothies or check out the safe cleansing snack handout. Remember, you can have a snack (like a small handful of nuts) at any point on this cleanse. If possible, soak all nuts and seeds overnight. This cuts the fat in half, and increases the protein by two thirds.

**Importance of elimination:** A huge part of cleansing is elimination! If you aren't eliminating well (2-3 times daily) try some of these suggestions to get things moving!

- 1). 1-2 T chia seeds- soak in water 20 minutes and drink before bed.
- 2) Smooth Move Tea (by Traditional Medicinals)
- 3) Add in a quality probiotic and take before bed.

### **TIP: HOW TO CLEANSE WHILE DINING OUT**

- Start your meal with a tall glass of lemon water (no ice)
- Skip the wine, and order sparkling mineral water and lime or lemon.
- Ask your server to skip bringing bread to your table. (this will greatly reduce temptation!)
- Order a salad as your appetizer. Ask for dressing on the side, or a simple olive
- Try the fish. If they have quality sourced wild fish, that is a great meal option during this cleanse.
- Custom order your side dishes. Ask for double the veggies, and skip the rice/potato/grain side that they are offering.
- Request that your food should be cooked in butter or olive oil.
- Skip dessert- or ask for a side of fruit.



GET RAW. GET JUICY. *get balanced.*

## DAY ONE: GET CLEAN

Today it's all about eating real food!! Enjoy making new recipes, and eating clean, whole, organic food.

Nothing from a package- **don't eat it if you can't read it.**

Choose your meals from the DIY cleanse recipe book. A paleo diet is suggested during the 'meal' portion of the cleanse, and is not limited to the suggestions in the recipe book.

### MENU:

Upon Rising: Morning Detox Lemon Tonic  
Breakfast: Smoothie (Ex: Spring Clean Detox Smoothie)  
Snack: (Ex: Handful of nuts)  
Lunch: Salad (Ex: Tuna Salad)  
Snack: (Ex: guacamole spread on romaine lettuce leaves)  
Dinner: Meal (Ex: Tenley's lazy pasta)  
Before Bed: Evening Detoxification tea

### FOODS TO AVOID THROUGHOUT CLEANSE

Wheat  
Dairy  
Soy  
Sugar  
Caffeine  
Alcohol

Keep reading to learn why we avoid these foods when cleansing.

*it's not that i can't eat that i'm making  
the healthier choice not to*



GET RAW. GET JUICY. *get balanced.*

## WHY AVOID THESE FOODS?

### WHEAT (AND GLUTEN)

1. Gluten = inflammation, causes weight gain, and throws off metabolism.
2. Gluten is linked to leaky gut (poor digestion and absorption), depression, skin problems and autoimmunity (especially thyroid.)
3. 50-70% of people are sensitive to gluten, and may not even know it.

### DAIRY

1. Most people have a difficult time digesting milk and milk products (about 75%)
2. Conventional dairy has trace amounts of hormones and antibiotics.
3. Dairy contributes to acne, sinus congestion, ear infections and constipation.

### SUGAR

1. Sugar promotes aging, wrinkles and poor skin health.
2. Sugar = weight gain. Excess sugar in the body is stored as fat.
3. Sugar is highly addictive, contributes to candida (yeast imbalance) and depletes energy.

### SOY

1. In 1913 Soy was listed on the USDA handbook as an industrial production- not a food.
2. Soy = phytoestrogen (plant estrogen) and can throw off thyroid and hormonal balance.
3. Soy is 91% genetically modified (GMO) in the US.

### CAFFEINE

1. Caffeine = increased levels of cortisol which means more stress in the body.
2. Caffeine = blood sugar swings, and difficulty stabilizing blood sugar throughout the day.
3. Caffeine = acid (which can be linked to many different inflammatory conditions).

### ALCOHOL

1. Alcohol affects the entire body- brain, nervous system, heart etc.
2. Alcohol contributes to fatigue, weight gain, anxiety, dizziness and headache!
3. Alcohol = sugar and empty calories.



GET RAW. GET JUICY. *get balanced.*

## FOODS TO ENJOY THROUGHOUT CLEANSE

Whole food, real food, fruits and veggies, superfoods, high quality meat, nuts, seeds, fermented foods, broth.

### DAY 1 GOAL SETTING:

To get started, think of 3 goals that you would like to accomplish this week, and 3 goals for the month.

#### Goals for this week:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

#### Goals for this month:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### GRATITUDE JOURNAL: START DAY WITH 3 THINGS YOU ARE GRATEFUL FOR.

"Gratitude is the highest energetic vibration we as humans can attain."

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



GET RAW. GET JUICY. *get balanced.*

## **FYI: JUICING VS. BLENDING:**

This cleanse includes both juicing and smoothies because of the vast benefits of both!

### **BENEFITS OF JUICING:**

1. No digestion needed (to break down fibers) with Immediate nutrient absorption
2. A fast, healthy way to drink your daily vitamins
3. Boosts your immune system and energy level
4. Can reduce acidity and toxicity in the body
5. Can act as a natural detoxifier and aid in weight loss

### **BENEFITS OF BLENDING:**

1. Blending can be used for smoothies and soups, both plentiful and used as a meal replacement. Unlike juicing, blending is much more filling because of the fiber content.
2. Fiber. By blending the vegetables you don't lose any of the fiber. Fiber can aid in digestion and elimination. Fiber also helps to fill you up.
3. You can add non-vegetable ingredients. You can add lots of fun, interesting things, like a scoop of protein powder, ground flaxseeds, chia seeds, and more to make them even more nutritious and more like a meal.

### **DAILY DETOX EXTRA MILE - TONGUE SCRAPING**

Tongue scraping = Clears toxins and bacteria from the tongue, eliminates bad breath, promotes oral and digestive health.

How to do it? Purchase a stainless steel tongue scraper. After brushing your teeth, gently scrape tongue 6-7 times until any plaque is removed. Rinse mouth with water or hydrogen peroxide.



GET RAW. GET JUICY. *get balanced.*

## DAY 2: GET RAW

Now is the time to add in more juice/smoothies and raw foods to prepare for your 3 day juice cleanse.

### MENU:

- Upon Rising: Morning Detox Lemon Tonic
- Breakfast: Smoothie (Ex: NourishMint Power Smoothie )
- Snack: (Ex: 1 banana)
- Lunch: Juice (Ex: NourishMint Classic Green Juice)
- Snack: (Ex: ½ avocado with pink salt)
- Dinner: Meal (Ex: Beef stirfry)
- Before Bed: Evening Detoxification tea

### 3 SUCCESSES SO FAR ON YOUR CLEANSE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### GRATITUDE JOURNAL: 3 THINGS YOU ARE GRATEFUL FOR.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*your body will be around a lot longer  
that that expensive handbag.  
invest in yourself.*



GET RAW. GET JUICY. *get balanced.*

## GET GREEN

Green vegetables are the foods most missing in modern diets. Learning to cook and eat greens is essential to creating health. When you nourish yourself with greens, you will naturally crowd out the foods that make you sick. Greens help strengthen the blood and respiratory system. Greens support the body in renewal, refreshment and vital energy. In Asian medicine, green is related to the liver, emotional stability and creativity. Surprisingly to many, greens are one of the best sources of Calcium.

### BENEFITS OF GREENS:

1. cleanses skin
2. aids in weight loss
3. improved liver, and kidney function
4. reduces congestion in body
5. blood purification
6. cancer prevention (through alkalizing the body)
7. improved circulation
8. strengthen immune system
9. promotes healthy GI tract
10. increases energy

### TIP FOR TODAY:

If your digestive system isn't used to a lot of raw food, sometimes this can create digestive discomfort including bloating or gas. If this is the case, your body likely needs extra support when it comes to digesting this amount of raw food. We recommend taking a shot of 1 T apple cider vinegar (mixed in some water) 10 minutes before each juice. If that doesn't seem to help, head over to the health food store and pick up some digestive enzymes. Use as directed on the bottle.

### DAILY DETOX EXTRA MILE: DRY SKIN BRUSH

Your skin is the largest organ in the human body and key in elimination and detoxing. Dry skin brushing helps the skin shed old and dead skin and creates a radiance and vibranc that is amazing! It can also help decrease cellulite.

#### How to do it:

1. Purchase a natural bristle brush with a long handle.
2. Hop in the shower
3. Start at your feet and moving in circular and long sweeping motions toward your heart and mid back.
4. Brush several times in each area (2-4 before moving on to next area)
5. Once you've brushed your entire body, rinse off in shower.
6. After your shower, use coconut oil like lotion and rub all over your body.



GET RAW. GET JUICY. *get balanced.*

### DAY 3: GET JUICY

It's time to juice! Today is all about making some delicious juice cocktails that will leave you feeling energized and light.

**Remember... as you start the juice cleanse portion of this program, don't be afraid to eat a snack or meal if you are hungry. Listen to your body.**

If you get hungry, head over to your recipe book to add in a few healthy choices. When in doubt, eat paleo.

### MENU:

Breakfast: Juice (Ex: NourishMint Classic Green Juice )

Snack: Juice (Ex: Orange Energizer )

Lunch: Juice (Ex: Beautiful Beet Cleanser)

Snack: Veggies + Hummus

Dinner: Smoothie (Ex: Emily's Avocado Smoothie)

Before Bed: Evening Detoxification tea

### 3 SUCCESSES SO FAR ON YOUR CLEANSE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### GRATITUDE JOURNAL: 3 THINGS YOU ARE GRATEFUL FOR.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*every time you eat you have an opportunity  
to nourish your body*



GET RAW. GET JUICY. *get balanced.*

## **A NOTE ABOUT DETOX SYMPTOMS...**

Occasionally cleansing comes with some detox symptoms, but because this is a gentle cleanse, it's likely you won't notice any. Just in case we wanted to give you a heads up.

During a cleanse, the cells of your body suddenly have an opportunity to release an even greater than normal quantity of stored toxins, pathogens, impurities, metabolic wastes and other materials that do not belong inside.

**Normal detox symptoms**... so don't be alarmed if they come along. They are NORMAL. Don't give up - you can do this!

Headache, fatigue, bloating, nausea, brain fog, cravings

If this is the case, be sure to do the 'extra mile' detox suggestions as that will support your body and the eliminative pathways to detox more efficiently.

### **DAILY DETOX EXTRA MILE:**

**Wheat Grass Shot** - hit the juice bar and ask for 2 oz. Ingesting 2 oz of wheat grass provides the same benefits of consuming 5 pounds of high quality, organic raw vegetables. It's best consumed in the morning on an empty stomach.

You will also want to wait one hour before consuming anything else, including water, so as not to dilute its powerful detoxifying effects.

Remember to swish a few times in your mouth (like mouthwash) to detoxify your mouth and gums as well.

**EVERY 25 DAYS YOUR SKIN REPLACES ITSELF. YOUR LIVER, ABOUT A MONTH. YOUR BODY MAKES THESE NEW CELLS FROM THE FOOD YOU EAT. WHAT YOU EAT LITERALLY BECOMES YOU. YOU HAVE A CHOICE IN WHAT YOUR MADE OF. EAT WISELY!**



GET RAW. GET JUICY. *get balanced.*

## DAY 4: GET SLOW

Dive into wellness as you take your cleanse to the next level today. You are on the second day of the juice portion of the cleanse so take it easy and give yourself permission to chill! It's time to 'get slow!'

## MENU

Upon Rising: Morning Detox Lemon Tonic  
Breakfast: Juice (Ex: NourishMint Classic Green Juice )  
Snack: Smoothie (Ex: Sweet and Free Vanilla Breeze)  
Lunch: Juice (Ex: Beautiful Beet Cleanser)  
Snack: 1 cup chicken bone broth  
Dinner: Smoothie (Ex: Tenley's Blueberry Maca Energizer: )  
Before Bed: Evening Detoxification tea

## 3 SUCCESSES SO FAR ON YOUR CLEANSE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## GRATITUDE JOURNAL: 3 THINGS YOU ARE GRATEFUL FOR.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*most people have no idea how good their  
body is designed to feel*



GET RAW. GET JUICY. *get balanced.*

## GET SLOW...

Since you are officially in the middle of your cleanse, it's time to give yourself permission to 'get slow.' From the list below, choose 2-3 things to add into your daily routine over the next few days.

1. Spend your first 10 minutes of the morning breathing and checking in with YOU. Start your day with a positive thought, a prayer/meditation, or even some light movement. Think mind/body connection instead of reaching for your phone first thing.
2. Turn your email notifications off, and just check email 2-3 times in your day. Today you come first. Everybody else can wait.
3. Take the scenic route to work. Maybe even roll down the windows and enjoy some fresh air, sights and sounds.
4. Light a candle for breakfast. Seriously this will shift your entire morning!
5. Say a silent word of thanks before each juice today.
6. Spend a few minutes outside today and every day. Even if it's a five minute break away from your desk- breathe in some fresh air. It will be well worth it.
7. Create an intention for your day. Write it on a sticky note and put it at your desk.
8. Take a few moments before you fall asleep at night to remember one special thing from the day. Write it down in your gratitude journal.



GET RAW. GET JUICY. *get balanced.*

### **DAILY DETOX EXTRA MILE -INFRARED SAUNA**

Did you know your skin is the largest organ in the body, and a key contributor to elimination of toxins?

Sweating is KEY to detoxification, but many people don't sweat on a regular basis. Infrared saunas can significantly expedite the detoxification process. They are thought to be seven times more effective than a traditional sauna. This is because it heats you from the inside out (instead of the outside in) and can heat the tissue in your body several inches deep, which can enhance your natural metabolic processes. It also enhances circulation and helps oxygenate your tissues.

**Not only that, but 1 session burns a few hundred calories which is great for weight loss.**

Ask your practitioner, however typically you can go about 15-30 minutes in this sauna.

To find an infrared sauna, check out your local holistic health providers such as acupuncturists, spas, yoga studios, etc.

**Remember that sweating is dehydrating, so drink some extra water following your session. Also, this is a great time to get back some of those electrolytes by adding in some organic raw coconut water.**



GET RAW. GET JUICY. *get balanced.*

## DAY 5: LAST JUICE DAY!

Today is the last day of the 'juice' section of the cleanse! You should be feeling like you are on the upswing with more energy, and feeling a bit more toned and strong! Today is all about looking at your life and seeing what other aspects could use a detox.

## MENU

Upon Rising: Morning Detox Lemon Tonic

Breakfast: Juice (Ex: NourishMint Classic Green Juice )

Snack: Juice (Ex: Orange Energizer)

Lunch: Juice (Ex: Island Green Machine )

Snack: Guacamole with veggies

Dinner: Smoothie (Ex: Spring Clean Detox Smoothie)

Before Bed: Evening Detoxification tea

## 3 SUCCESSES SO FAR ON YOUR CLEANSE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## GRATITUDE JOURNAL: 3 THINGS YOU ARE GRATEFUL FOR.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*the food you eat can be either the safest most powerful form or medicine, or the slowest form of poison.*



GET RAW. GET JUICY. *get balanced.*

## TAKING YOUR DETOX DEEPER...

We have all experienced it... the time warp when it comes to technology. Do you ever wonder where those last 15 minutes - 1 hour went??? We have, and that's why this is part of the detox.

**TV-** What are you watching? Ask yourself if it life enhancing or life detracting? How much time are you wasting with TV everyday. Of course, we love our TV too, but since this is a detox are you up for the challenge?

**Internet-** How are you spending your time online? Is it productive and beneficial?

**Social Media-** Are you wrapped and distracted by social media? Are there better ways you could be spending your time? Are you allowing yourself to be present in the moment when you are with friends and family or even with just yourself?

**Smart phone detox-** Do you have FOMO (fear of missing out) of the smart phone? Do you feel like you are addicted to your phone? Do you feel like you are missing a limb if you leave the room without it?

## HEALTHY DOWNTIME PRACTICES

Turn on some music and light a candle instead.

Give yourself permission to shut down your electronics.

Put a timer on and limit yourself to these distractions.

Read a book!

Exercise / Take a walk

Use the area below to add some of your own!

### DAILY DETOX EXTRA MILE - OIL PULLING

Oil pulling is a age old Ayurveda process, it works on the detoxifying the body and promoting its natural healing process. It is also amazing for cleaning and detoxify teeth and gums. Even better- it can actually whiten teeth naturally and freshen your breath.

Upon waking (or stepping into the shower), take 1 tablespoon of coconut oil (organic and unrefined is best) or organic sesame oil. For 5-20 minutes, swish through your teeth, as if it was mouthwash.

Spit (in the garbage) and rinse mouth out with warm water. You can do this daily, or try adding this into your regular weekly morning routine.



GET RAW. GET JUICY. *get balanced.*

## DAY 6: INTRODUCE FOOD AGAIN

Now that your body is feeling cleansed and rejuvenated and your energy is up, let's keep it that way. Today is all about looking deeper into your life. What increases your energy, and what leaves you feeling depleted?

The things you give your attention to, the people in your life, and what you spend time thinking about all have an impact on your energy level.

## MENU

Upon Rising: Morning Detox Lemon Tonic  
Breakfast: Smoothie (Ex: Tenley's Blue Maca Smoothie )  
Snack: 1 piece of fruit with a handful of cashews  
Lunch: Juice (Ex: Orange Energizer)  
Snack: Acai Bowl  
Dinner: Meal (Ex: Salmon Cakes: )  
Before Bed: Evening Detoxification tea

## 3 SUCCESSES SO FAR ON YOUR CLEANSE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## GRATITUDE JOURNAL: 3 THINGS YOU ARE GRATEFUL FOR.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



GET RAW. GET JUICY. *get balanced.*

## INCREASING ENERGY

By now you should be feeling like your energy is good (or even great) but just in case, here are our favorite tips for increasing energy. The good news is you are already doing the top three things to increase energy:

**Reduce caffeine and increase water.** Caffeine creates a roller coaster of stress hormones in the body, and disrupts blood sugar making mood swings more frequent. Drink water in replace of coffee as often as possible. If you really need the caffeine, try green tea instead.

**Upgrade your sweetener.** Just because you are cleansing, doesn't mean you can't ever have sugar. We simply challenge you to upgrade what type of sweetener you are using. Definitely steer clear of artificial sweeteners and pure white sugar. Our favorite upgrades include raw organic honey, coconut sugar and organic pure maple syrup

**Avoid simple carbs.** Similar to sugar, simple carbs will give you a burst of energy, and leave you feeling tired. Stay away from white foods, white flours, baked goods and processed foods. Complex carbs, however, are a smart upgrade for increasing energy. We love the paleo complex carbs such as sweet potatoes, squash and root vegetables. Other great non-paleo options include brown rice, quinoa beans and legumes.

**Eating lots of organic fruits and veggies** is a great way to add in more minerals, and don't forget about the himalayan pink salt that contains 84 trace minerals. You can also treat yourself to a hot bath with epsom salts and 2 oz magnesium oil.

**Walk around the block.** It's true. Anytime you get fresh air and exercise, your energy will increase right along with your heart rate. Find movement that you love like walking the dog, a lunch break walk with a friend or taking a yoga class. Remember, movement doesn't have to always be before or after work, take advantage of breaking up your day with a little stretch, a stroll or even the stairs.

**Take a power nap:** Most Americans are sleep deprived. Schedule in your day space to be still and quiet or even take a 15 minute nap (especially since you are cleansing!) This does wonders for energy and for your mind set. If you can't find a cozy place to lay down, just sit back, close your eyes, turn on some relaxing music, and give yourself at least 15 minutes to step away from the daily grind.

**Reduce Stress.** Stress is the result of anxiety, and anxiety uses up a whole lot of our energy. Stress creates a hormonal imbalance in the body, and chronic stress negatively impacts the adrenal glands (and erodes our energy level.) Identify ways to cope with stress and make space in your daily routine to do these things. For us, this list includes journaling, meditation/prayer, yoga, running or just turning the lights down and listening to some restorative music.



GET RAW. GET JUICY. *get balanced.*

### NOURISHMINT LIST

When it comes to feeding and nourishing ourselves, we can break it into two different categories. **There is “food” that feeds us** emotionally, spiritually and energetically. It’s the richness in life that truly feeds our soul.

**And there is food** that we are actually putting into our mouths and eating for fuel and nutrition. We often reach for foods when we are filling the emotional, spiritual or energetic voids in our lives.

Please take time to create your ‘nourishmint list’ of things that fill your soul. Keep this somewhere visible and consult this list when you are reaching for a secondary food out of lack.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



GET RAW. GET JUICY. *get balanced.*

### **DAILY DETOX EXTRA MILE - HOT YOGA AND BREATHING**

You know you are going to sweat in a hot yoga class, and sweat means DETOX! And, since it's a yoga class you greatly benefit from the deep breathing as well. Breathing deep is one of the best ways to alkalize the body (along with your green juice.) The lungs are in charge of flushing acid out of the body by exhaling CO<sub>2</sub>. So breathe in and breathe OUT! Our favorite parts about hot yoga include stretching, strengthening and sweating!

**HELPFUL HINT** before your hot yoga class, grab a quick smoothie with extra protein (at least 20 grams) and bring a coconut water with you in class to support you during the heavy detox. If you are new to hot yoga, find a gentle slow flow class.



GET RAW. GET JUICY. *get balanced.*

## DAY 7: LAST DAY!

Congrats! You have made it to day 7 of your cleanse. Today you might be dying for that cup of coffee and icecream, or perhaps you could easily go another 7 days on this clean eating trend. Either way, you should be proud of yourself for making it this far!

Today think about really enjoying your food. Do you ever think about what you are doing when you are eating? Does it add to your experience, or take away from it?

### MENU:

Upon Rising: Morning Detox Lemon Tonic  
Breakfast: Juice (Ex: NourishMint Classic Green Juice )  
Snack: 1 piece of fruit with some almond butter  
Lunch: Juice (Ex:Orange Energizer)  
Snack: Pickles + Olives  
Dinner: Meal (Ex: Spaghetti Squash Spaghetti)  
Before Bed: Evening Detoxification tea

### 3 SUCCESSES SO FAR ON YOUR CLEANSE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### GRATITUDE JOURNAL: 3 THINGS YOU ARE GRATEFUL FOR.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



GET RAW. GET JUICY. *get balanced.*

Now that your cleanse is coming to a close, perhaps you have given food more thought than usual this week. Our experience in this cleanse was certainly surprising as we couldn't believe how much of our day revolved around thinking about food!!

SO, since we are all thinking about it, make this a time where you can create some positive lifestyle habits.

When is the last time you thought about 'mindful' eating? Do you just eat to eat, or do you allow yourself to truly enjoy the process?

Mindful eating is difficult, and often this is one of the most difficult changes to make in your lifestyle. We have compiled a list of things that work really well in our lives when it comes to this topic. Choose three of the suggestions below to being to incorporate into your life.

### MINDFUL EATING CHECKLIST

- Sit down at a table (no tv) to eat your meals.
- Ask yourself how hungry you are on a scale from 1-10.
- Use smaller plates. Many of you have heard this advice, but have you tried it? Try. The results may surprise you.
- No computer, reading, talking on the phone or television while eating.
- Eat dinner with friends or family a couple of nights a week. Eat slowly and talk.
- Try to leave your desk for lunch. If you absolutely cannot, turn the computer around, clear the area in front of you, and don't answer the phone.
- Put your fork or spoon down after every bite you take
- Be aware of the types of conversation you are having with others while you eat.
- Do not eat when upset.
- Put snacks into bowls. Reaching into a bag or box can only lead to trouble because you will be totally unaware of the amount you are consuming.
- Go for a walk before dessert. This will give you time to truly enjoy what you already ate, and help you decide if you really want anymore food.
- Don't eat while driving
- Do not eat until you are overly full. Leave some room in your stomach to enhance digestion.
- Sit quietly for a few minutes after you finish eating; do not immediately rush off to do the next activity of the day.
- After you are done notice how the food you just ate is making your body feel.



GET RAW. GET JUICY. *get balanced.*

### DAILY DETOX: MASSAGE

Go ahead, you deserve it. We don't need to tell you why massage is so good for you because your body will tell you that instead! Go enjoy some down time, and reward yourself with an incredible massage. Of course it will help more and flush your lymph system, boosting your immune system even more and leaving you relaxed and filled up.

### MOVING FORWARD: CREATE 3 GOALS FOR YOUR OVERALL HEALTH & WELLNESS

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 80/20 BALANCE

We are huge believers in the 80/20 balance. If you try to do anything 100% that makes it a diet, and 99% of diets end in failure. For us, 80/20 gives us permission to be real, to enjoy life and have that glass of wine or that chocolate after dinner. Yep, we are nutritionists and we both LOVE to embrace that 20%.

On the next page we each share with you one of our favorite 80/20 recipes ;)



GET RAW. GET JUICY. *get balanced.*

### TENLEY'S 80/20:

#### Gluten Free Pizza

Makes 4 pizzas

4 Brown Rice Tortillas

Topping Option Ideas:

Garlic, minced or whole cloves, maybe even roasted

Pizza Sauce or Grapeseed Oil

Organic Cheeses: Mozzarella, Parmesan, Goat Cheese (Raw is best)

Artichokes

Olives

Capers

Tomatoes

Peppers

Mushrooms

Organic Chicken

Organic Turkey Sausage

Organic Pepperoni

Organic Ground Turkey

Leafy Greens: Arugula, Spinach

Instructions:

Build your pizza on a Brown Rice Tortilla

Bake at 350 for 10-12 Minutes. \*Time varies depending on the amount of toppings, so watch closely for your pizza to be cooked just as you like it. Watch the Non Marinara and/or goat cheese pizzas even closer as there are less visual clues to when it's done.

### CHASSIE'S 80/20:

#### Cucumber Basil Moscow Mule

Makes 2 cocktails

1 Sprig of Basil

1 Sprig of Mint

4 cucumber slices

Zest and juice of one key lime

4 oz vodka (2 oz per drink)

1 bottle of ginger beer

couple dashes of bitters

Instructions:

In a cocktail shaker or mason jar combine torn basil, mint, cucumber, lime zest, lime juice and vodka. Add a good handful of ice, cover with a lid and shake it like crazy.

Strain the mixture into two glasses filled with ice. Divide the ginger beer between the two glasses and top with a couple dashes of bitters.

Mix and enjoy!

### EMILY'S 80/20

If I'm totally being honest (which of course I will be just for you guys) It's ice cream. I would have a milkshake at the end of every day if I could. But since I know just how terrible I feel when I do eat real ice cream, I have made my own 'modified' recipe that is just as good (I think even better) and WAY healthier.

#### Emily's Simple and Delicious Vanilla Ice cream

Handful of ice

¼ cup raw cream

¼ cup raw milk

1 T coconut butter

1 T raw honey

1 tsp vanilla

Blend in vitamix and enjoy. I love to add cacao powder, cacao nibs and peppermint extract to make it a minty treat.



GET RAW. GET JUICY. *get balanced.*

## AND THATS A WRAP!

**You are amazing and we are SO PROUD of you!** You have successfully cleansed and detoxed your body for 7 days! Can you tell a difference? Write down a few changes that you noticed from this experience. This will be helpful motivation in the future when you look at this cleanse. Remember this is yours forever and we recommend doing this 2-4 times each year (typically at the turn of a season) to kickstart your health.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### **We want to hear from you.**

Tell us about your experience! If you haven't already, jump on FB and let us know how you are feeling now. Reflecting and noticing the change between this week and last week is incredibly powerful and empowering for you on your path to wellness!

If Facebook isn't your thing - send us an email! We love hearing from our cleansers: [hi@diycleanse.com](mailto:hi@diycleanse.com)

Thank you for joining us on the 7 day DIY cleanse!

We can't wait to hear from you to see how your experience has been. Be sure to tag your pictures #diycleanse and send us a message on Facebook!

xo,

*tenley & emily*

