

Nourish:

21 Days of Clean Eating

THE GUIDEBOOK

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WELCOME

THE NEXT 21 DAYS WILL GIVE YOU THE KNOWLEDGE YOU NEED TO BUILD A STRONG FOUNDATION FOR YOUR HEALTH AND ACHIEVE A NATURAL STATE OF RADIANCE, ENERGY, AND BALANCE.

You will not only change the way you think about food as nourishment, you will also change your palate, how you cook, and how you shop for food. You will realize the effect food has on your body and your mind.

You will notice softer, clearer skin, more energy, and increased feelings of well-being. You are here because something about cleaning up your diet resonates with you. Or maybe you found the program via the urging of someone who cares about you. Either way, I'm so happy you took a chance and decided to take this 21-day journey!





INTRODUCTION

Food is powerful.

It can give you abundant energy and clarity or it can cause pain and chronic disease. In fact, even while you're eating clean, you could still be eating foods that are making your body sick. It can be difficult to determine which foods nourish you from within and which do not... it could take years to figure out. We are going to try and get it done in just 21 days!

LUCKILY, THERE ARE A FEW THINGS WE ALREADY KNOW. We know that certain ingredients in food can trigger inflammatory reactions in your body.

A reaction can show up in any of the following ways:

- Digestive Problems (Bloating, Gas, and Constipation)
- Joint and Bone Pain
- Poor Sleep and Concentration

- Excessive Fatigue and Brain Fog
- Low Energy
- Weight Gain
- Sinus Problems
- Headaches
- Skin Problems and Acne
- Food Cravings
- Food Sensitivity
- Depression

Over time, these inflammatory reactions can prevent you from losing weight, dampen your ability to fight disease, and stop you from feeling good in your own body.

WHY DOES THIS HAPPEN? Eating foods you are allergic, intolerant, or sensitive to causes an inflammatory reaction in your body. This reaction tells your immune system to attack the food much like it would attack a germ, taxing your whole body and draining your energy. The most common foods that cause sensitivity in the gut are dairy, gluten, and sugar. Many people live with the effects of inflammation without realizing it's their diet that is causing it.

Over the next 21 days, we are not only going to remove these three inflammatory triggers from your diet (plus a few more, for good measure) we are also going to nourish your cells with clean, whole, detoxifying foods. No more blaming a slow metabolism or bad genes!

BUT IT DOESN'T STOP THERE. I know you want more. We all have different health goals and nutrient needs. Most of you are looking for weight loss, some of you want to detox, and many of you have digestive issues. Nourish can help you reach each of these goals.

How does it work?

NOURISH IS DESIGNED TO HELP HEAL ANY DIGESTIVE PROBLEMS YOU'RE HAVING, HELP YOU LOSE WEIGHT AND PROVIDE A GENTLE DETOX FOR YOUR BODY.

You will follow a simple, yet powerful program that starts with readying your body (and your kitchen) and ends with real clean-eating confidence! You will replenish yourself daily with fresh, whole foods that will build healthy new gut tissue, cleanse your cells, and release unwanted weight. You will eat a hydrating diet consisting of plenty of protein, healthy fats, and tons of fiber. All of this will give your body the nourishment it needs to heal and thrive!

Here's how it works:

1. Start with an initial preparation phase for 5-7 days.
2. Nourish yourself with clean whole foods for 21 days. This will help to:
   - Decrease inflammation (by adding tons of greens, veggies, clean protein, and nutrient-rich foods to your diet).
   - Remove inflammatory triggers (including gluten, dairy, sugar, coffee, and alcohol, as well as common irritants and chemical additives found in processed and packaged foods).
   - Replenish your digestive tract daily with a healthy layer of good bacteria (you will do this with supplements, fermented foods, and sprouted grains and legumes).
3. Learn how to rebalance your diet to create long-lasting lifestyle changes. This step will give you the type of confidence that comes with knowing exactly what kind of eater you want to be. You will have an arsenal of replenishing self-care habits to turn to daily that will keep chronic stress at bay and allow your body to function at optimum wellness!

My hope is that this program will not only ignite in you a new reverence for eating clean whole food, but also give you the confidence to keep it going, even after your 21 days are over.

YOU ARE HERE BECAUSE SOMETHING ABOUT CLEANING UP YOUR DIET RESONATES WITH YOU. Or maybe you found the program via the urging of someone who cares about you. Either way, I'm so happy you took a chance and decided to take this 21-day journey!

Part 1:

PREPARATION



HELPFUL PREPARATION TIPS

Getting READY starts with a thorough kitchen and pantry cleanse. Preparation is the most important part of the program. Studies show a higher rate of success for those who take the time to ease into a new way of eating.

During prep week, you will wean yourself off of potentially toxic foods and get your kitchen and pantry prepped for success. This gentle lifestyle shift will limit the harsh withdrawal symptoms you experience when removing sugars, caffeine, and other chemicals from your diet too quickly.

NO MATTER WHEN YOU BEGIN NOURISH, PLEASE TAKE AT LEAST ONE WEEK FOR THIS PHASE OF THE PROGRAM.

This preparation time gives you the opportunity to slowly remove the sugar, gluten, dairy and ultra-processed foods from your diet. This means you will stop eating packaged foods (such as sliced bread, rolls and white pasta), chips, pretzels, crackers, soda, and all processed snack foods. Say goodbye to your boxed cereal and milk. Start to cut back on added sugars. Replace your daily coffee with green tea. Practice making green smoothies.

This can be very scary, but remember -- **YOU DON'T HAVE TO DO IT ALL IN ONE DAY.** You have one whole week to transition into eating clean, colorful, nutrient-rich, delicious, whole foods!

But First, Let's Talk About Coffee.

Yes, you will remove coffee from your diet during the program, so this week you should replace it with antioxidant rich green tea! By replacing your coffee with green tea you will help ease the headache effect you get from total caffeine withdrawal. I know what you're thinking -- why no coffee? I have a few reasons for this.

For one, if you have digestive issues coffee can exacerbate the problem. Coffee is acidic and can irritate the stomach lining. Coffee is also typically accompanied with sugar and cream, two no-no's during the program. Drinking too much coffee in the morning can also be a trigger for overeating later in the day. And one final reason is that coffee is a stimulant and is often abused. Many people are able to hide poor sleep hygiene and poor eating decisions with their caffeine intake. For all of these reasons, we are taking a break from our daily cuppa Joe. But don't fret, you can bring it back into your life, if you want it. Let's just repair and rebalance your gut first.

Getting Your Pantry Prepped:

1. Do a pantry cleanse – empty out your pantry space, throw away any expired foods and give it a good cleaning. Follow this same process for your fridge and freezer.
2. Hide, give away, or toss the processed snack foods hiding in your pantry. This includes the cereal, chips, bars, crackers, and high sugar snacks.
3. Toss any oils that have been sitting way too long in your pantry. If you have walnut, flax or other nut/seed oils, store them in the fridge to prevent rancidity. Make sure your olive oil says 100% pure olive oil on the label.
4. If you live with family members who aren't doing Nourish with you, create your own Nourish-friendly snack/food area in your pantry. This can be an entire cabinet, a shelf, or a small basket. You should also take a drawer or shelf in your fridge.
5. Toss the soda and other sugary beverages!

Other Helpful Preparation Tips:

1. **COMPLETE THE NOURISH PREPARATION QUIZ.** This can be found on the materials page of the program website.
2. **REVIEW THE NOURISH COOKBOOK AND MEAL PLAN** (found on the Materials page of the website)
3. **ORDER YOUR SUPPLEMENTS**, if using (Use the Supplements helpsheet on the Materials page for specific recommendations based on your goals – or just ask Danielle!).
4. **GET ORGANIZED.** Read all the program materials and familiarize yourself with the foods you will be eating. Add daily self-care activities into your calendar. Use the meal plan template and grocery list on the materials page of the program website to plan what you will be eating over the next 3 weeks.
5. **CREATE A NOURISH-READY KITCHEN.** Explore the kitchen gadgets section below and purchase anything you might want. Invest in a high powered blender, a cast-iron skillet and a food processor! If you are considering a Vitamix, order it now!
6. **TEST A FEW HERBAL TEAS AND COFFEE** (like Dandy Blend and Teechino); choose a tea that you like.
7. **REVIEW THE DAILY PROTOCOL** below to get a better idea of what is expected of you each day.

KITCHEN GADGETS & EQUIPMENT:

Setting Up Your Clean Eating Kitchen

You don't need much to eat clean, however, there are a few pieces of equipment and time-saving gadgets I use every day that make eating clean easy and enjoyable. You can find specific recommendations for all of these items on my **NOURISH STORE** and **AMAZON STORE**, or at your local Target, Wal-Mart or Bed, Bath & Beyond-type store:

- **COOKWARE:** replace your nonstick pans with simple stainless steel, ceramic-coated pans and cast-iron cookware.
- **VITAMIX:** a high powered blender will give you a delicious green smoothie every time. You will immediately notice the difference when you make this switch. A Vitamix is an investment, but it's something you will use every day.
- **NUTRIBULLET:** a great second-best option for high speed blending; it's not as powerful or versatile as the Vitamix, but it is less expensive.
- **FOOD PROCESSOR:** essential for making delicious bars and treats but also my go-to for shredding vegetables in no time (no more crying over onions!)
- **SPIRALIZER:** essential for making low calorie, gluten-free vegetable pastas

PROGRAM GUIDELINES

The main goal of this program is to decrease inflammation, provide cleansing support to the kidney and liver, and nourish the gut via healing foods and supplements. All of the foods you eat during Nourish have been chosen specifically for their ability to promote digestive tract health and balance intestinal flora. By following the guidelines outlined below, you will be exploring your body's reaction to specific foods. There will be a lot of detective work taking place, as your body reacts to foods in its own unique way. We have already eliminated the main triggers of digestive distress (sugar and gluten) but there may be more to uncover.

	Week 1: Days 1-7	*Week 2: Days 8-14*	*Week 3: Days 15-21*
Upon Rising	Hot water w/ lemon	Hot water w/ lemon	Hot water w/ lemon
Breakfast	SMOOTHIE	SMOOTHIE	SMOOTHIE
Morning Snack	Greens Powder, Broth, or Snack	Greens Powder, Broth, or Snack	Greens Powder, Broth, or Snack
Lunch	LUNCH Digestive Enzymes	LUNCH Digestive Enzymes	LUNCH Digestive Enzymes
Afternoon Snack	Snack Greens Powder	Snack Greens Powder	Snack Greens Powder
Dinner	DINNER Digestive Enzymes Omega-3	DINNER Digestive Enzymes Omega-3	DINNER Digestive Enzymes Omega-3
Before Bed	Magnesium Probiotic	Magnesium Probiotic	Magnesium Probiotic

What To Eat Week One — Days 1-7:
No grains this week!
1 smoothie /day
1 cup starchy vegetables per day (potatoes, corn, peas, squash)
1 cup beans/legumes per day
2 servings of low sugar fruit /day (or 2 whole fruits or 2 cups total)
1 greens/veggie powder drink /day (optional; can also add to smoothie)
Aim for 60+ oz of water/day
Fermented foods once per week, as tolerated
No packaged or highly processed foods

What To Eat Week Two — Days 8-14:
1 smoothie per day
1/2 cup of gluten-free grains/day (this can be split up between breakfast, lunch and dinner)
1/2 cup starchy vegetables per day (potatoes, corn, peas, squash)
1 cup beans/legumes per day
2 servings of low sugar fruit/day (or 2 whole fruits or 2 cups total)
1 greens/veggie powder drink/day (optional; can also add to smoothie)
Aim for 60+ oz of water/day
Fermented foods 2 times per week, as tolerated
No packaged or highly processed foods

What To Eat Week Three — Days 15-21:
1 smoothie/day
1/2 cup of gluten-free grains/day (this can be split up between breakfast, lunch and dinner)
1/2 cup starchy vegetables per day (potatoes, corn, peas, squash)
1 cup beans/legumes per day
No limit on fruit
1 greens/veggie powder drink/day (optional; can also add to smoothie)
Aim for 60+ oz of water/day
Fermented foods 3 times per week, as tolerated
No packaged or highly processed foods

Rebalance — Days 22-28:

Refer to the detailed directions in **PART 4 OF THE GUIDEBOOK**!

DAILY "WHAT TO DO" PROTOCOL:

Follow these guidelines daily for the best results! Please be sure to adapt meal times to your schedule, as needed.

1. **WAKE UP EARLY ENOUGH** to give yourself time and space for a relaxed morning. Sip warm water with lemon or make a coffee replacement from the cookbook.
2. **TRACK YOUR PROGRESS.** Use the logs in the Nourish Workbook to track how you're feeling, what foods keep you full, your energy level, how often you're eliminating, etc.
3. **FOLLOW THE WEEKLY MEAL PLANS** provided OR a use a blank meal plan (see helpsheets) to plan each day. Try to eat your meals at the same time daily, and space them 3-4 hours apart. This allows the body to tap into and begin to burn fatty tissue and allows for proper digestion between meals.
4. **FOLLOW THE NOURISH PLATE** as a guideline for portions. Make sure your meals contain veggies/greens + lean protein + healthy fats.
5. **CONSUME YOUR GREEN SMOOTHIE** for breakfast, ideally between 7 - 9am. Consume dark leafy greens every day (e.g. green drinks/smoothies, a big green salad) is important!
6. **LUNCH SHOULD BE THE LARGEST MEAL OF YOUR DAY**, ideally between 11:30am to 1:30pm. This is when your digestive fire is at its peak! This time of day is the best for digestion, transforming the food you eat into fuel, and when your body is most active. Consider this when meal planning.
7. **YOUR EVENING MEAL SHOULD BE LIGHT**, ideally eaten between 6-7pm. Try not to eat 3 hours before bed (or after 8pm). Your liver detoxes while you sleep and it's not the time for digesting food! It can also disrupt sleep.
8. **CONSCIOUSLY CHEW YOUR FOOD.** This will aid in digestion and help assimilate nutrients.
9. **CONSUME AT LEAST 64 FLUID OZ. OF FILTERED, PURIFIED, SPRING OR MINERAL WATER/DAY** (try "spa water" infused with rosemary, cucumbers, lemon, and other fresh herbs). Herbal tea counts as water!

10. **THE GOAL IS TO ELIMINATE DAILY.** If you're not, consider a supplement to help and make sure you drink plenty of water.
11. **IF YOU'RE FEELING STRESSED OR OVERLY ANXIOUS**, consider an adaptogenic herbal supplement. Ask me for a recommendation.
12. **END EACH DAY WITH A CALMING HERBAL TEA.**

DAILY SELF-CARE PROTOCOL:

Self-care is one of the most important parts of Nourish! Below is a daily self-care protocol that you can implement during the 21 days of Nourish. These activities will help increase endorphins and provide a sense of calm and balance in your body.

1. **TRY AN EPSOM SALT BATH.** Place 2 cups of Epsom salts and one cup of baking soda into a tub, run the hottest water you can stand and add 8 drops of lavender oil. Soak for 20 minutes and allow yourself to sweat. When you're finished bathing, wrap yourself up in towels and go under the covers and sweat some more. You should feel very relaxed and sleep soundly.
2. **MOVE YOUR BODY AT LEAST ONCE A DAY.** Try doing a few yoga poses, dance around the room, take a Pilates class, do a few jumping jacks, or go for a walk in nature.
3. **GO FOR A SAUNA.** Sauna is a great way to relax, relieve tension, and detoxify all at the same time!
4. **YOU DESERVE A MASSAGE!** A monthly massage is the ultimate form of self-care. Massage can help reduce stress, pain, and muscle tension as well as reduce the frequency of headaches and anxiety.
5. **DRY BRUSH DAILY BEFORE YOUR SHOWER.** Use a natural bristle body brush to stimulate your lymphatic system and help move lymphatic fluids.
6. **COLD WATER RINSE AFTER YOUR SHOWER.** Helps to work your goose bump muscles for better skin tone.
7. **TAKE TIME FOR YOURSELF IN QUIET MEDITATION.** Meditation can calm and focus the mind and body and decrease stress. Try some of the meditation apps on the resources page.
8. **GET TO BED BY 10 PM AND AIM TO RISE WITH THE SUN.** Turn off electronics by 8pm.
9. **TAKE A WALK OUTSIDE DAILY AND GET THE BENEFIT FROM THE SUNLIGHT**. Your body will produce vitamin D and you will become happier, like magic.
10. **MASSAGE ORGANIC SESAME OIL INTO YOUR SKIN BEFORE YOUR SHOWER AND USE SOAP ONLY WHERE IT'S NEEDED.** Soap is very drying and not necessary to use all over your body.

Part 2:

REMOVE



WHAT NOT TO EAT LIST

Now let's talk about the food! Below is a list of foods you won't be eating for the next 21 days. Start removing them from your diet during prep week. Take some time to get familiar with this list.

SUGARS:

- All sugar (white sugar, cane sugar, coconut sugar, dehydrated cane juice, brown sugar, honey, maple syrup, high fructose corn syrup, sucrose, glucose, maltose, dextrose, lactose, corn syrup)
- Artificial sweeteners (Splenda, Sweet'n'Low, Equal, etc.)
- Chocolate, sweets, jam and sugar in any form (includes maple syrup, honey, agave, sugar in the raw, etc.)
- Breath mints, sugar-free candy, chewing gum

FATS & OILS:

- Refined oils (including corn, canola, peanut, soybean, vegetable oils)
- Hydrogenated fats such as margarine and shortening

DAIRY:

- Cow's milk, butter, ice cream, half & half (and foods made with these items); including non-dairy creamer, margarine or non-butter spreads
- Cow's milk yogurt and cow's milk based cheese

GRAINS:

- Wheat and all flour-based products
- Gluten-containing grains (bran, barley, wheat, white flour, wheat berries, rye, semolina, etc.)
- Farro, spelt, kamut, triticale
- All boxed cereals (except gluten-free oatmeal)

PACKAGED & PROCESSED FOODS:

- Ready-made meals and frozen meals
- Most highly processed food that comes in a box, package, or is commercially prepared
- Packaged pastas, snacks and crackers (even gluten-free)

CONDIMENTS:

- Ketchup, relish, chutney, barbecue sauce, teriyaki or other bottled sauces with added sugars
- Salad dressing that contains sugar and /or soybean and vegetable oil

BEVERAGES:

- Diet drinks or foods containing artificial sweeteners like aspartame, sucralose, etc.
- Alcohol
- Coffee (including decaf)
- Ready-made sauces and jarred sauces containing sugar, including ketchup
- Soda, sports drinks and sweetened bottled drinks, including diet versions

MEATS & PROTEIN:

- Bacon, sausage, cold cuts, canned meats, frankfurters (hot dogs)
- Processed soy products like tofu, veggie burgers, and soy milk. Fermented soy products are okay (i.e., tamari, tempeh, and miso paste).

Part 3:

REPLACE



WHAT TO EAT FOOD LISTS

One of my favorite things about Nourish is watching you try new recipes and learn that eating clean actually tastes good! To jump start your clean eating journey, use your Nourish Cookbook. It contains all the foods on the Clean Food Lists below. However, you can certainly create your own menus and use your own recipes.

I also suggest using the **ENVIRONMENTAL WORKING GROUP'S DIRTY DOZEN/ CLEAN 15 LIST** below when buying produce to reduce your pesticide exposure. My rule of thumb is if you eat the foods every day or even every week, go organic.

When creating your own recipes I ask that you **MAKE VARIETY AND BALANCE A PRIORITY** and eat a rainbow of colors each day to ensure you are getting a broad range of nutrients. Below are some guidelines when selecting ingredients.

NUTS AND SEEDS: Nuts and seeds are great sources of minerals, healthy fats, and other vital nutrients. They may be sprinkled on top of salads and vegetables or eaten as snacks.

FATS & OILS: Choose minimally refined, cold-pressed, organic, non-GMO fats and liquid oils whenever possible, as these will be the best quality. Remember that fats

and liquid oils break down in heat, light, and oxygen so keep them in dark glass containers and throw them out if they smell rancid. Don't cook with nut and seed oils like walnut, almond, pumpkin, and flax.

Clean Guide to Cooking Oils Best for Medium to High Heat (Keep temp below smoke rate)	
	Smoke Rates
Coconut Oil	350 F
Refined Coconut Oil	400 F
Organic Red Palm Oil	455 F
Avocado Oil	375 F
Refined Avocado Oil	520 F
Low-Heat Cooking	
Extra Virgin Olive Oil	220-350 F
Do Not Heat	
Flax oil	
Nut and Seed Oils (pumpkin, etc.)	
Limit	
Hydrogenated Oils	Cottonseed Oil
Margarine Shortening	Sunflower Oil
Soybean Oil	Peanut Oil
Canola Oil	Rapeseed Oil
Safflower Oil	Rice Bran Oil

NON-STARCHY & STARCHY VEGETABLES: IDEALLY, IT WOULD BE BEST TO GET 8-10 SERVINGS OF VEGETABLES PER DAY. A serving is 1/2 cup cooked vegetable or 1 cup raw leafy greens. Green vegetables, especially members of the cabbage family, are super nutritious! In addition to your greens, eat a "rainbow of colors" including red beets, red peppers, radishes; orange carrots, orange pepper, winter squash and sweet potatoes; yellow summer squash, yellow peppers; white onions and garlic.

BEANS & LEGUMES: Beans and legumes are a perfect source of quality protein and fiber, which provides long-term fullness and stabilizes blood sugar. At least one serving of legumes on a daily basis in the form of soup, cooked beans, dips, or hummus is recommended. **IF YOU HAVE TROUBLE DIGESTING CANNED BEANS, TRY MAKING THEM FRESH FROM DRIED BEANS.** Sprouted beans and beans soaked overnight become highly digestible. Sprouted beans are also a great way to get in extra nutrients! You can also take supplemental digestive enzymes with these foods.

PROTEIN: Protein helps stabilize your blood sugar, which in turn keeps hunger at bay. Make it a point to include protein in every meal. High-quality, plant-based options and clean animal proteins are the best choice, including organic, pastured, and grass-fed* sources. Eggs are a great source of protein, look for USDA Organic, AWA or certified humane seals on eggs (cage free is not a verified term, but a step up from conventional).

**For cattle, sheep, goats and bison, look for verification seals from the American Grass-fed Association (AGA), the Animal Welfare Approved (AWA) or the Food Alliance (FA).*

CLEAN FOOD LIST: EAT THIS!

PRODUCE (ORGANIC WHEN POSSIBLE):

- Fresh vegetables – no limit, try to eat more 10-12 servings per day
- Starchy vegetables – white and sweet potato, corn, peas, butternut squash, acorn squash, pumpkin, parsnips, rutabaga,
- Leafy greens, including: kale, baby spinach, mustard greens, dandelion greens, radicchio, Swiss chard, turnip greens, watercress, and beet greens, etc.
- Lemons -- organic, do not purchase pre-squeezed lemon juice
- Fresh or frozen fruit, ideally berries
- Dried fruits (no sugar added) - dates, prunes, raisins, figs, etc.)
- Avocado
- Sea vegetables and sea seasonings (nori, kelp, Dulce, wakami, etc.)

DAIRY:

- Goat milk cheeses like Feta and Chevre. (Read labels for cheese origin)
- Goat, coconut, and almond milk yogurts are okay, but read labels for added sugars

NON-DAIRY MYLKS:

- Unsweetened nut milks, including: hemp, rice, almond, hazelnut, walnut, coconut, etc.

PROTEIN:

- Chicken or turkey (preferably organic)
- Wild, cold water fish (such as sardines, herring, wild salmon, cod, and sole; shellfish and shrimp*
- Eggs (preferably pasture raised and organic)
- Grass-fed beef

GLUTEN FREE GRAINS & FLOURS:

- Brown rice, wild rice, quinoa, millet, amaranth, rice noodles, gluten-free oats
- Garbanzo bean flour, buckwheat flour, almond meal, almond flour, organic cornmeal, organic corn flour, oat flour, rice flour, sorghum flour, pea flour,

potato flour, quinoa flour, tapioca flour, millet flour, lentil flour, chia flour, hemp flour, rice bran

LEGUMES & BEANS:

- Lentils, navy beans, garbanzo beans, black beans, white beans, kidney beans, mung beans, etc.

FERMENTED FOODS:

- Miso, tamari, tempeh
- Sauerkraut
- Kefir
- Kombucha Tea
- Fermented vegetables and pickles

SPROUTS:

- All sprouts including, alfalfa, brocco, clover, mustard, radish, and mung bean, etc.

NUTS & SEEDS*:

- Unsalted raw nuts (no peanuts if you think they are triggers)
- Pumpkin, sunflower, sesame; ground flax, hemp and chia seeds
- Nut butters (almond, peanut, cashew, etc.) - unsweetened versions

*best bet is to store these in the fridge or freezer to maintain freshness

FATS & OILS:

- Extra Virgin Olive oil
- Avocado oil
- Coconut oil (use only in place of butter)
- Nut and seed oils (flax, walnut, sesame, etc.)
- Ghee (clarified butter; dairy solids are removed)

BEVERAGES:

- Water – aim for 64 fl oz./day
- Green tea and herbal teas
- Spa water (water mixed with veggies and fruit)

- Fresh fruit juices, unsweetened

HERBS & SPICES:

- All dried spices, including: Celtic sea salt, turmeric, black pepper; chili powder, etc.
- All fresh herbs, including: mint, basil, parsley, cilantro, rosemary, chives, coriander, etc.

CONDIMENTS:

- All vinegars
- Nutritional yeast
- Mustard (read labels; get real mustard without dyes)
- No sugar added sauces that don't contain MSG, artificial flavors, or colors
- Stevia
- Vegetable and chicken broth (organic)

CANNED & JARRED FOOD:

- Diced tomatoes (no sugar added, BPA free)
- Beans (organic, BPA free)
- Jarred tomato sauce (read labels, look for organic, sugar free, etc)
- Roasted red peppers
- Natural applesauce
- Salsa

CLEAN FOOD SUBSTITUTIONS

If You Want This:	*Eat This Instead*
BREADING/FLOUR	Almond meal (any nut meal), ground chia or flax seeds, coconut flour, garbanzo bean flour, all GF flours
BUTTER OR MARGARINE	Ghee, coconut oil or coconut butter
COFFEE	Warmed turmeric milk and other nut milk drinks, herbal coffees (Dandy Blend, Teechino); green tea, herbal teas
COLD CEREAL	Oatmeal or granola (labeled gluten-free)
CONDIMENTS	Salsa, vinegar, miso, relish, mustard, Herbamare, all herbs and spices, natural nut butters, pesto, Dulce/ Nori flakes
GRAINS/PASTA	Bean pastas, brown rice, oats, teff, millet, quinoa, amaranth, buckwheat, sorghum, kelp noodles; vegetable noodles (zucchini, sweet potato, squash, etc.)
ICE CREAM	Banana ice cream (homemade in your blender)
MILK, YOGURT, CHEESE	Coconut cream; unsweetened rice, oat, hemp, almond, sunflower, hazelnut, and coconut milk; unsweetened coconut, almond and goat-based yogurt or kefir; nutritional yeast; goat-based cheese
SOFT DRINKS/SODA	Sparkling or mineral water mixed with a squeeze of lemon or lime, or with a small amount of your favorite juice (3/4 water, 1/4 juice); filtered or purified water with slices of lemon or lime; unsweetened coconut water, kombucha or fermented coconut water
SUGAR/SWEETENERS	Unsweetened apple sauce, stevia, cinnamon, dates/ date paste, pureed banana, frozen juice concentrate, fruit, apricot puree, balsamic glaze, extract

Part 4:

REPAIR



A large part of the transition to a clean eating lifestyle involves doing some repair work, especially if you are coming into the program not feeling your best. This "repair work" includes boosting your immune system and improving digestion by healing the gut.

In addition to eating nourishing, high fiber whole foods you may also want to consider supplemental support to increase the health of your gut.

Supplements are optional and not required to achieve the benefits of this program. They are suggested only as extra support for overall wellness, digestive issues and to facilitate detox. I use and recommend professional grade supplements. You can purchase the supplements I recommend below via my **ONLINE DISPENSARY HERE**.

HOW TO ORDER SUPPLEMENTS:

1. Create an account by **CLICKING HERE**.
2. Click the tag 21 Day Nourish Recommendations category
3. Add recommendations to cart and choose what you'd like to purchase

Recommended Supplements:

For Everyone	*For Detox*	*For Digestion*
Greens Powder	Greens Powder	Priobiotic
Protein Powder	Protein Powder	Magnesium
Priobiotic	Priobiotic	Omega 3
Magnesium	Magnesium	GI Revive
Omega 3	Omega 3	Digestive Enzymes
	Detox Support Packet	

DIGESTIVE ENZYMES: Taken WITH your meals, digestive enzymes give your GI tract a jumpstart on digestion, making food easier to breakdown and nutrients easier to absorb.

PROBIOTICS: Essential for optimal digestion of food and absorption of nutrients. Helps your body make vitamins and absorb minerals, and aids in the elimination of toxins. Taken on an empty stomach, these are strain specific so I can't help you choose the best one!

OMEGA 3: Fish oil is anti-inflammatory, brain boosting and heart supportive. Especially important if you don't eat salmon or other fatty fish regularly.
MAGNESIUM: There are several different types of magnesium supplements. Choose the one that best meets your needs:

- **MAGNESIUM CITRATE:** This form is best for constipation. Take up to 600 mg twice daily until you achieve loose stools, then dial back to the lowest dose that allows for normal bowel movements.
- **MAGNESIUM GLYCINATE:** Take glycinate to drive up body stores. It's also the form that relaxes muscles and produces calming response. Take 600-1200 mg daily before bed to induce sleep, to relieve restless leg syndrome, and to relieve migraines and muscular tension, especially for women who get headaches around their periods.

- **MAGNESIUM MALATE:** Take 300-600 mg per day to increase energy levels. Don't take at night as it may affect sleep.

GREENS POWDER: Greens powder is a densely packed greens supplement that contains antioxidant rich vegetables, cleansing alkalizing grass juices, and a blend of fruits and berries. It mixes easily with water.

PROTEIN POWDER: Plant-based protein powders offer a dairy-free protein option to use in your smoothies, if desired.

Symptom-Relief Supplements:

The following food and supplements may help with any symptoms you may be having as you transition to cleaner eating. Click the category tab called **21-DAY NOURISH SYMPTOM RELIEF** to add any of these supplements to your cart.

FOR BLOATING AND GAS:	FOR HEADACHE:	FOR CONSTIPATION:
Digestive Enzymes	Vitamin C (up to 1200 mg)	Magnesium citrate
Probiotic	Magnesium glycinate	

Part 5:

REBALANCE



Once you've completed your 21 days of clean eating it's time to focus on how to make this eating style fit your way of life. The first step is to determine if any of the foods we removed during the program are triggers that cause discomfort in your body.

We do this by slowly and methodically adding sugar, dairy and gluten to your diet. You can do this over the course of one week, one month, or many months.

Trigger foods are foods that you often crave and that taste great, but usually leave you feeling badly. They can cause mood swings, digestive upset, bloating, and fatigue. The most common trigger foods are sugar, gluten, and dairy. Getting clear on your triggers will help you to create food principles you can live with for the rest of your life.

The REBALANCE process should last for a minimum of seven days. You can find your specific rebalance action steps on your Nourish protocol.

Step 1: Reintroduce Gluten Two Times Per Day for 2 Days

On the first and second day of your Rebalance week you'll introduce gluten back into your diet. Choose foods like artisan breads or whole grains and eat them 2 times per day, for two days straight. Notice how you feel immediately and over the next forty-eight hours. Continue to eat as you have been on the program. The only difference is that you're adding in gluten to see if it's one of your triggers.

Reintroducing gluten by itself is simple. Try adding artisan bread to your lunch and then have some pasta for lunch or dinner. Don't include any dairy or added sugar yet. We want to isolate one excluded food at a time to determine if it is a problem for you.

Step 2: Record Your Reactions to Gluten

Use your journal sheets to record any reactions you have to gluten. This could be diarrhea, bloating, acne, foggy mind, or constipation. Not everyone reacts to gluten in the same way. You may notice symptoms immediately, hours later, or the next day. That's why we are testing gluten over the course of two days.

SOME THINGS TO NOTICE ARE:

- Stomach pain
- Bowel changes
- Smelly BMs
- Fatigue
- Bloating
- Headache
- Poor sleep
- Moody or irritable

Step 3: Go Back to Eating Clean for the Next Two Days

For the next two days eat as you would during the program. This will allow you to normalize before you test for dairy intolerance.

Step 4: Add in Dairy Two Times Per Day for the Next 2 Days

For the next two days introduce dairy back into your diet. Eat dairy two times per day, for the next two days, and then notice how you feel. Once again, eat as you would during the program, just add in dairy twice per day.

You can do this by having Greek yogurt or some cheese with your lunch or dinner. Important: Don't eat dairy in combination with other excluded foods! This means don't eat cereal, ice cream, or baked treats. These foods contain many of the other excluded foods like sugar and gluten.

Step 5: Record Your Reactions to Dairy

Use your journal sheets to record any reactions you have to dairy. This could be diarrhea, bloating, skin flare-ups, mucus build-up, runny nose, constipation, etc. Again, you may notice symptoms immediately, hours later, or the next day. That's why we are testing dairy over the course of two days.

Step 6: Everything Else

Slowly start to add back in the other foods we eliminated during the program (coffee, some sugar, alcohol, etc.). Follow the same process as above. Eat the food being tested twice per day for two days. Then take a two-day break before you reintroduce a new food.

As you discovered while eating clean, the type of food you put into your body can be the difference between feeling energized and vibrant or feeling fatigued and worn down. This rebalancing period allows your body to provide reliable feedback as to the true effects of these foods on your system.

Step 7: Remove or Reduce

You have two options when it comes to trigger foods, especially gluten, dairy and processed sugars. If you had a strong negative reaction to any food you can remove it from your diet completely. The other option is to reduce the frequency in which you eat the food. This might be a better option if the negative reaction is mild, but

still noticeable. This may be something you choose to eat every once in a while, keeping in mind that it doesn't allow your body to function optimally.

Rebalancing also means that you will become a more mindful eater. You will pay more attentions to how food feels in your body. You will eat more slowly, chew your food well and avoid multitasking while eating. You will also pay close attention to how stress affects your diet.

Rebalancing includes keeping up with all of the self-care techniques and practices you learned during the program. Taking care to get enough sleep, to move your body daily and to generate more calm and ease in your life.

IN CLOSING

REMEMBER, THE FIRST 2 -3 DAYS ARE USUALLY THE MOST CHALLENGING. It actually gets easier the longer you eat clean. Once you overcome the food addiction withdrawal, you will feel like a new person. As you stick with this program, you will become more aware of your body and how food is affecting you. You will become your own detective. Having this knowledge gives you the confidence to know what, when, and how much you can eat without feeling like you need to be deprived. Once you make the connection of how certain foods are affecting you, you will not miss the foods that were making you feel miserable.

I wish you great success with this program and suggest you come back to it a few times a year!

