

# Nourish:

## *21 Days of Clean Eating*

## PROGRAM GUIDELINES

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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:*<br>Days 1-7 | *Week 2:*<br>Days 8-14 | *Week 3:*<br>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<br>Digestive Enzymes | LUNCH<br>Digestive Enzymes | LUNCH<br>Digestive Enzymes |
| Afternoon Snack | Snack<br>Greens Powder | Snack<br>Greens Powder | Snack<br>Greens Powder |
| Dinner | DINNER<br>Digestive Enzymes<br>Omega-3 | DINNER<br>Digestive Enzymes<br>Omega-3 | DINNER<br>Digestive Enzymes<br>Omega-3 |
| Before Bed | Magnesium<br>Probiotic | Magnesium<br>Probiotic | Magnesium<br>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<br>(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<br>(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.