

WEEKS 1-2 CLEANSE

The objective of this particular meal plan is to eat foods that have effective detoxification compounds naturally occurring in the food. This plan is naturally low in calories, and contains no dairy, bread, processed food, or meat. This will allow your digestive system to take a break and truly cleanses it self of toxins. Below are some of the foods and their detox benefits.

1. **Apples**

Apples are full of wonderful nutrients. You get fiber, vitamins, minerals and many beneficial phytochemicals such as D-Glucarate, flavonoids and terpenoids. All of these substances are used in the detox process. One flavonoid, Phlorizidin (phlorizin), is thought to help stimulate bile production, which helps with detox as the liver gets rid of some toxins through the bile. Apples are also a good source of the soluble fiber pectin, which can help detox metals and food additives from your body. It's best to eat only organic apples as the non-organic varieties are among the top 12 foods that have been found to contain the most pesticide residues. Organically produced apples also have a 15 percent higher antioxidant capacity than conventionally produced apples.

2. **Almonds**

Almonds are the best nut source of Vitamin E. In fact, just one ounce contains 7.3 mg of "alpha-tocopherol" vitamin E, the form of the vitamin the body prefers. They're also high in fiber, calcium, magnesium, and useable protein that helps stabilize blood sugar and remove impurities from the bowels.

3. **Avocados**

This wonder fruit is packed with antioxidants, lowers cholesterol and dilates the blood vessels while blocking artery-destroying toxicity. Avocados contain a nutrient called glutathione, which blocks at least 30 different carcinogens while helping the liver detoxify synthetic chemicals. Researchers at the University of Michigan found that elderly people who had high levels of glutathione were healthier and less likely to suffer from arthritis. Consuming avocados is associated with better diet quality and nutrient intake level, lower intake of added sugars, lower body weight, BMI and waist circumferences, higher "good cholesterol" levels and lower metabolic syndrome risk.

4. **Beets**

A single serving of beets can do more for your health than most foods in the produce isle. Not only can they boost your energy and lower your blood pressure, but eating beets in the long-term can help you fight cancer, reduce arthritic pain, boost your brain as well as help you lose weight. Beets contain a unique mixture of natural plant chemicals (phytochemicals) and minerals that make them superb fighters of infection, blood purifiers, and liver

cleansers. They also help boost the body's cellular intake of oxygen, making beets excellent overall body cleansers. When you're detoxing, beets will help by making sure that the toxins you're getting out actually make it out of your body. Many detox cleanses go wrong when toxins are reintroduced to the body because they don't make it all the way out.

5. Blueberries

Blueberries contain natural aspirin that helps lessen the tissue-damaging effects of chronic inflammation, while lessening pain. Just 300 grams of blueberries protects against DNA damage. Blueberries also act as antibiotics by blocking bacteria in the urinary tract, thereby helping to prevent infections. They have antiviral properties and are loaded with super-detoxifying phytonutrients called proanthocyanidins.

6. Brazil Nuts

These tasty treats are packed with selenium, which is key to flushing mercury out of your body. The body uses selenium to make 'selenoproteins', which work like antioxidants preventing damage to cells and there is growing body of evidence to show it has a key role in our health. The consumption of brazil nuts has been found to be inversely associated with risk of pancreatic cancer, independent of other potential risk factors for pancreatic cancer.

7. Kale

Kale is now recognized as providing comprehensive support for the body's detoxification system. New research has shown that the ITCs made from kale's glucosinolates can help regulate detox at a genetic level. This vegetable is so good for you that it is often recommended to patients that are following a doctor recommended diet when fighting kidney disease. It's packed with so many antioxidants and has anti-inflammatory properties as well, not to mention all of the vitamins and minerals it contains. Leafy greens are likely the number one food you can eat to regularly help improve your health. They're filled with fiber along with crucial vitamins, minerals, and plant-based phytochemicals that may help protect you from almost every disease known.

8. Lemons

This wonderful fruit stimulates the release of enzymes and helps convert toxins into a water-soluble form that can be easily excreted from the body. In addition, they contain high amounts of vitamin C, a vitamin needed by the body to make glutathione. Glutathione helps ensure that phase 2 liver detoxification keeps pace with phase 1, thereby reducing the likelihood of negative effects from environmental chemicals. Drinking lemon water, which is alkaline-forming, first thing in the morning will help to balance out the acidity of foods we've consumed. They also have an incredible effect in detoxing the liver. Fresh lemon juice contains more than 20 anti-cancer compounds and helps balance the body's pH levels.

9. Onion

This ubiquitous kitchen staple is as healthy as it is tasty. It's brimming with sulfur-containing amino acids, which efficiently detox the liver. Raw onions deliver the most health benefits. Even a small amount of "over peeling" can result in unwanted loss of flavonoids. For example, a red onion can lose about 20% of its quercetin and almost 75% of its anthocyanins if it is "over peeled". Onions will soak up arsenic, cadmium, lead, mercury and tin in contaminated foods. The total polyphenol content of onion is not only higher than its fellow allium vegetables, garlic and leeks, but also higher than tomatoes, carrots, and red bell pepper. Onions have been shown to inhibit the activity of macrophages, specialized white blood cells that play a key role in our body's immune defense system, and one of their defense activities involves the triggering of large-scale inflammatory responses.

10. Pineapple

This tropical delight contains bromelain, a digestive enzyme that helps cleanse your colon and improve digestion. Excessive inflammation, excessive coagulation of the blood, and certain types of tumor growth may all be reduced by bromelain. Two molecules isolated from an extract of crushed pineapple stems have even shown promise in fighting cancer growth.

GROCERY LIST AND RECIPIES

Mr. Fitness Rules for grocery shopping:

1.ALWAYS buy organic when possible

2.Look for Non-GMO Verified Label



3.No tilapia

4. Only buy "Wild Caught" fish.

5.Meats need to be organic or naturally raised without hormones, antibiotics, preservative, and raised eating their natural diets. Cows eat grass, not grains. Chickens eat bugs not grains. Fish eat marine life not grains. You get the point.

6. Always check ingredient list

1 ¾ lbs. of blue berries

7 grapefruit

1 ¾ lbs. of pineapples

1 lbs. Brazil nuts

1 lbs. of almonds

7 Apples (you can mix any kind red or green)

- 1 teaspoon of minced garlic (fresh is preferred)
- 1 onion
- 1 red pepper
- 1 green pepper

Recipes

Spinach Salad with Veggies

Place two cups of spinach in a salad bowl, with a ¼ cup of red peppers, green peppers, mushrooms, red/white onion, and black olives. Mix together until ingredients are evenly spread through the salad. Drizzle with no more than 2 tablespoons of dressing.

Quinoa, Beet, and Arugula Salad

- 1/4 pound beets, peeled and sliced
- 1/2 cup red quinoa
- 1 cup water
- 1/4 cup olive oil
- 1/4 cup red wine vinegar
- 3/4 teaspoon white sugar
- 1/2 clove garlic, crushed
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 green onions, sliced
- 1-1/2 ounces arugula, chopped
- *2-1/2 ounces goat cheese, crumbled (Skip goat cheese this week)**

Directions

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover pan and bring the water to a boil. Add beets, cover pan, and steam until just tender, 7 to 10 minutes. Set aside.

Bring quinoa and 1 cups water a saucepan over high heat. Reduce the heat to medium-low, cover, and simmer until the quinoa is tender and the liquid has been absorbed, about 15 minutes.

While the quinoa is cooking, whisk olive oil, red wine vinegar, sugar, garlic, salt, and black pepper together in a large bowl.

Remove quinoa from heat, then immediately add half of the vinegar dressing while fluffing the quinoa with a fork; reserve remaining dressing. Cover and refrigerate quinoa until cool, at least 1 hour.

Stir green onions, arugula, goat cheese, beets, and remaining dressing into cooled quinoa mixture. Toss lightly before serving.

Kale, Quinoa, and Avocado Salad with Lemon Dijon Vinaigrette

1/2 cup quinoa

1 cup water

3/4 bunch kale, torn into bite-sized pieces

3/8 avocado - peeled, pitted, and diced

1/4 cup and 2 tablespoons chopped cucumber

1/4 cup chopped red bell pepper

1 tablespoon and 1-1/2 teaspoons chopped red onion

***2-1/4 teaspoons crumbled feta cheese (Skip this week)**

Dressing

3 tablespoons olive oil

1 tablespoon and 1-1/2 teaspoons lemon juice

1 tablespoon and 1/4 teaspoon Dijon mustard

1/2 teaspoon sea salt

1/8 teaspoon ground black pepper



Breakfast

- 2 Boiled or scrambled eggs
- 1/2 cup of blueberries
- sausage link
- 8 oz of lemon water



Snack #1

- 1 Grapefruit



Lunch

- Spinach Salad with red peppers, green peppers, mushrooms, and black olives.



Snack #2

- 1/2 cup of pineapples with 1/4 cup Almonds



Dinner

- Sauteed Spinach with sauteed redpeppers, green peppers, onions, and mushrooms(use organic olive oil or organic butter)



Snack #3

- Green apple with 1 tblsp of ORGANIC almond or peanut butter



Breakfast

- 2 boiled eggs
- 1/2 cup of blueberries
- 8 oz of lemon water



Snack #1

- Grapefruit



Lunch

- Quinoa, Beet, and Arugula Salad(refer to recipies)



Snack #2

- 1/2 cup of pineapples with 1/4 cup of Brazil Nuts



Dinner

- Kale, Quinoa, and Avocado Salad with Lemon Dijon Vinaigrette



Snack #3

- Green apple with 1 tblsp of ORGANIC almond or peanut butter