

SMOOTH START MEAL PLAN

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, low in sodium, high in cancer fighting anti-oxidants and contains no dairy or processed food. This will allow your digestive system to take a break and truly cleanses it self of toxins and harmful chemicals. Below are some of the detox benefits of these foods.

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**

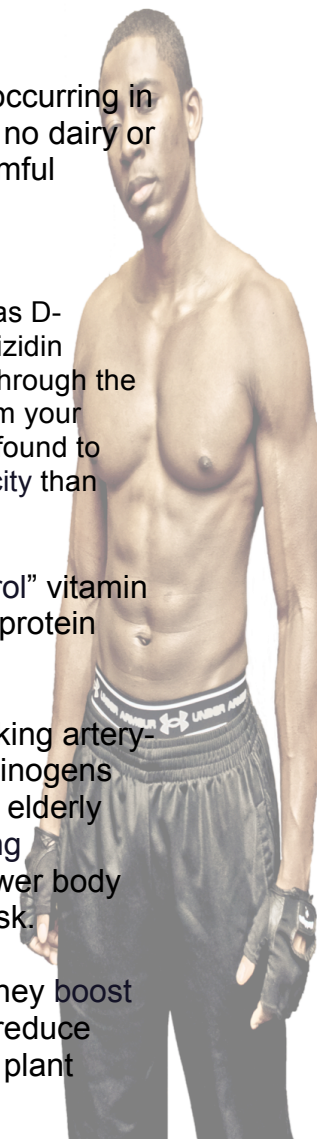
Almonds are the best nut source of Vitamin E. In fact, just one ounce contains 7.3 mg of "alpha-tocopherol" vitamin E, the form of the vitamin the body prefers. They're also high in fiber, calcium, magnesium, and useable protein that helps stabilize blood sugar and remove impurities from the bowels.

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

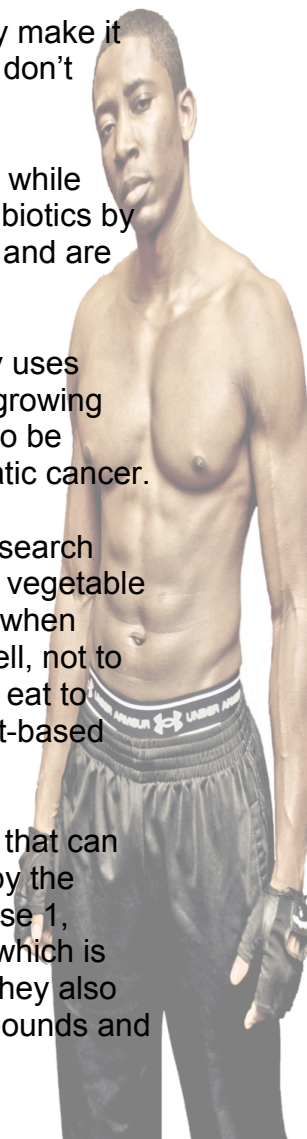
These tasty treats are packed with selenium, which is key to flushing mercury out of your body. The body uses selenium to make 'selenoproteins', which work like antioxidants preventing damage to cells and there is growing body of evidence to show it has a key role in our health. The consumption of brazil 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.



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



Grocery List

7 Green apples
7 Red apples
7 Oranges
3 Lemons For Lemon Water
3 Carrots
7 Bananas
1 Lb Of Pineapples
2 Cucumbers
1 Small carton of strawberries
1 Small carton of blueberries
3.5 lbs of organic raw almonds
1 1/2 Lbs Of Spinach
3 Lbs Romaine Lettuce
1 Package Of Cherry Tomatoes
1 Small Package of mushrooms
1 Red Pepper
1 Green Pepper
2 Sweet Potatoes
2 Lbs Of Chicken Breast
1 Jar Of Organic Peanut Or Almond Butter



Organic Kosher Sea Salt

RECIPES

Go Green Smoothie

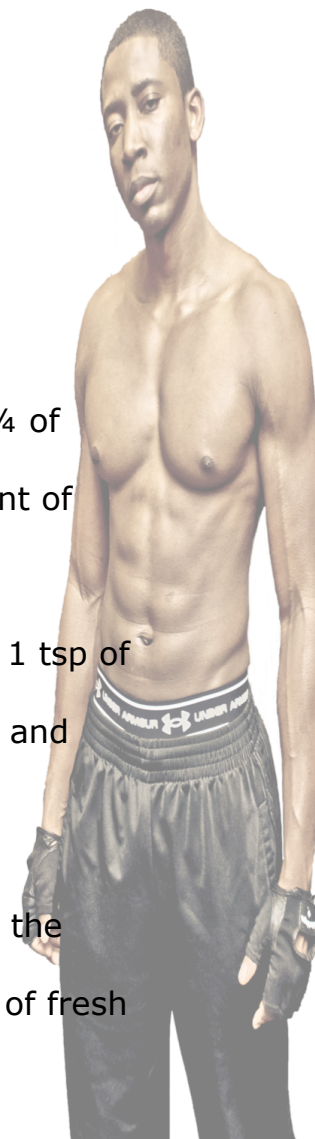
1. Put 1/2 cup of ice, 1/2 banana, 1 handful of spinach, 1/4 cup of pineapple, 1/2 green apple, and 1/4 of cucumber sliced inside the Nutribullet or blender.
2. Blend for one to two minutes or until contents are a smooth green color, and enjoy good amount of fresh fruits and veggies to start your day.

Berry MY Appetite Smoothie

1. Put 1/2 cup of ice, 1/2 banana, 1 handful of spinach, 3 strawberries, 1/4 cup of blueberries, and 1 tsp of peanut butter (optional) inside the Nutribullet or blender.
2. Blend for one to two minutes or until contents are smooth and enjoy good amount of fresh fruits and veggies to finish your day.

Orange Power Smoothie

1. Put 1/2 cup of ice, 1/2 banana, 1 handful of spinach, 1/4 cup of pineapple, and one carrot inside the Nutribullet or blender.
2. Blend for one to two minutes or until contents are smooth orange color, and enjoy good amount of fresh fruits and veggies to fuel the rest of your day.



Grilled Chicken Salad

1. Take chicken breast and season with 1/8 tsp of organic kosher sea salt and pepper to taste (use organic sea salt if possible).
2. Heat grill or turn on stove to medium heat.
3. Put 1 tablespoon of olive oil in the pan
4. Grill or pan sauté the chicken on both sides for 5-7 minutes or until there is no more pink on the inside of the chicken.
5. Take 2 cups of romaine lettuce, 1/2 cup of cherry tomatoes, 1/4 cucumber sliced, 1/4 cup of red pepper (optional), 1/4 cup green pepper (optional) and mushrooms (optional) make the salad.
6. Cut up chicken into strips and place on top of salad.

Baked Sweet Potato

1. Preheat oven to 400 degrees
2. Rinse off sweet potato with cold water
3. Take a fork and stick 6 holes across the top of the sweet potato in a line.
4. Let bake in the oven for 75 minutes, and then let sit with stove off for another 20-30 minutes (this helps the sweet potato fall out the skin).
5. Enjoy with half a tablespoon of butter and cinnamon on top.

Sautéed Spinach

1. Preheat stove on medium heat.
2. Heat 1 tablespoon of olive oil in the pan
3. Sauté 1 tablespoon of minced garlic in the olive oil.
4. Place 1 cup of spinach in the pan and cook until spinach leaves are dark and withered.





OPTION 1: EAT FOR 4 DAYS (MON, TUES, WED, AND THURSDAY)



Breakfast

- Go Green Smoothie (refer to recipes)



Snack #1

- 1 Apple with 1/4 cup of almonds (about 7-10)



Lunch

- Grilled Chicken (use 1/2 breast)
Salad with 2 cups of romaine lettuce, cherry tomatoes, mushrooms,



Snack #2

- 1 Orange with 1/4 cup of almonds (about 7-10)



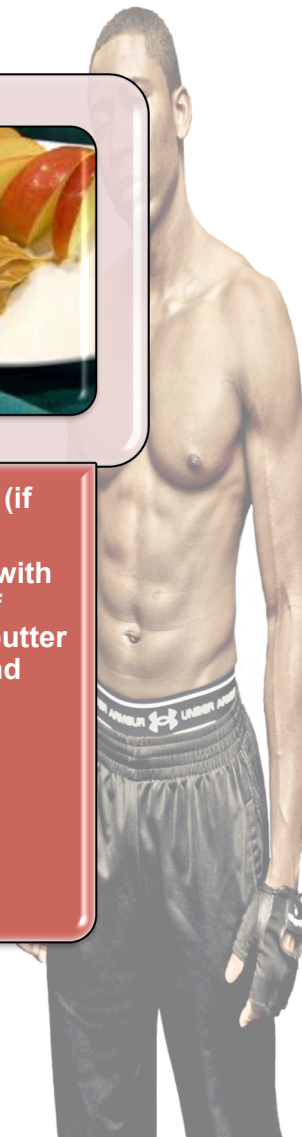
Dinner

- Berry My Appetite Smoothies (refer to recipes)



Snack #3 (if hungry)

- 1 Apple with 1 tbsp of peanut butter or almond butter



OPTION 1: EAT FOR 3 DAYS (FRI, SAT, AND SUNDAY)



Breakfast

- Go GreenSmoothie (refer to recipes)



Snack #1

- 1 Apple with 1/4 cup of almonds (about 7-10)



Lunch

- Orange Power Smoothie (refer to recipes)



Snack #2

- 1 Orange with 1/4 cup of almonds (about 7-10)



Dinner

- Sautee Chicken breast Half
- 1/2 cup of rice (white or brown doesn't matter)
- 1/2 cup Broccoli steamed or boiled



Snack #3 (if hungry)

- 1 Apple with 1 tbsp of peanut butter or almond butter

