

# The Simple Smart Detox Diet

## Phase 1—follow for the first three days

This is the most intensive part of the detox diet. Because you are eating a mostly vegan diet, you will be eliminating a lot of toxins from your system and you may also be experiencing withdrawals from certain foods like dairy, grains and sugar.

The point of the first few days is to eat a diet that is primarily raw, mostly vegetables (organic), and vegan. Expect to possibly feel achy, slow, and have a dull headache. This is actually a good sign that your body is getting poisons out of its system.

Drink lots of water with lemon, or green tea plain or sweetened with a small amount of raw honey all day to help flush toxins out of the body.

### **BREAKFAST (choose one)**

You may have 1 Cup of organic coffee or green tea in the morning, but limit it to one and drink only organic coffee—no sugar, no milk.

- Organic apple and walnuts, cashews, or almonds.
  
- Pumpkin smoothie –
  - ½ can organic pumpkin
  - ½ to 1 cup (full fat) coconut milk
  - 1 banana or 1 apple
  - ¼ cup ground or whole flax seeds
  - ¼ cup chia seeds
  - 1 teaspoon vanilla
  - 1 teaspoon cinnamon, dash of nutmeg
  - stevia for sweetener (if desired)
  - Add a few ice cubes and blend. For extra cool and creamy smoothie, freeze banana before adding.
  
- Fruit smoothie –
  - 1 banana
  - 1 cup fresh or frozen berries
  - ½ cup chopped frozen organic kale or spinach
  - 1 cup coconut juice or green tea or kombucha
  - 1 tsp turmeric powder or 1 teaspoon cinnamon
  - Add ice if desired and blend.

### **LUNCH (choose one)**

- Humongous organic salad of any variety of baby greens, organic spinach, arugula, etc. Add tomato, cucumber, avocado, tomato, red peppers, mushrooms, green or red onion, etc.  
You can add up to a cup of cooked lentils, black beans, or other beans.  
Dressing of 1 Tablespoon olive oil and balsamic vinegar or fresh lemon juice, minced garlic, and fresh or dried herbs (basil, oregano, sage, thyme). Toss in some almonds or walnuts for added antioxidants.
  
- Lentil salad—
  - 1 cup cooked lentils
  - 1 cucumber chopped
  - 1 tomato chopped
  - 1 firm avocado chopped
  - 1 green or red onion chopped
  - 6-8 lightly cooked asparagus spears
  - Olive oil and lemon juice, sea salt and pepper

### **SNACK--MID AFTERNOON (choose one)**

- Cut up veggies (peppers, carrots, celery, radishes)
- Handful of raw almonds, walnuts, cashews, mixed nuts and a small apple/pear

### **DINNER (choose one)**

- Lightly steamed or sautéed vegetables with lemon and sea salt.  
Lentil or black bean soup  
Recipe: In a pan, sauté 2-4 cloves minced garlic, one onion, and ½ cup or more sliced carrots, ½ cup sliced celery till soft.  
Rinse 1-2 cups lentils or beans under water and bring to boil and simmer.  
Add vegetables and simmer 30-60 minutes.  
Season with sea salt, red pepper flakes, and 1 tsp curry powder.
  
- Black bean and veggie salad  
Recipe: Chop cucumber, tomatoes, onion, avocado, fresh cilantro or parsley, add olive oil and lemon juice or balsamic vinegar, salt and pepper. Mix with any combination cooked (or canned) black beans, lentils, chickpeas, or other beans.
  
- Humongous salad—full of veggies, organic greens, lentils or beans, etc. Dressing of lemon juice of apple cider vinegar and olive oil.

**DESSERT OR LATE EVENING SNACK**

- Raw almonds or walnuts, chopped apple or pear, with cinnamon and honey.
- Cup of green, white or red rooibos tea, sweetened with stevia.

## Phase 2—Follow for Days 3-6

In this part of the Detox diet, you may add in wild caught fish, organic and free-range chicken, and organic eggs for protein. You may also eat any of the meals from phase 1 if desired, or add in more protein as needed, but avoid red meat and pork.

You may add in potatoes (preferably new potatoes or sweet potatoes) and quinoa. Your diet should still consist of primarily raw veggies and a little fruit.

**Allowed:** All fresh *organic* veggies and fruit, quinoa, sweet potatoes, red skin potatoes, beans, wild caught fish, free range/organic chicken and eggs, grass fed organic butter, virgin olive oil, coconut oil and natural herbs and spices.

Drinks—herb tea, water, 1 cup organic coffee is allowed, 1 glass white wine is allowed.

**Avoid:** Anything NOT organic, all vegetable oils except olive oil, all grains--especially wheat, dairy, soy, sugar--except honey or pure maple syrup, any processed or packaged food or drinks (nothing from a box, can, or package with multiple ingredients), alcohol (except 1 glass white wine).

### **Breakfast Choices (choose one)**

For this phase, you may add in eggs for breakfast if you find you are ravenously hungry. It's preferable that you have a smoothie, but some people need more protein, so eggs with veggies are also acceptable.

- Organic apple and walnuts, cashews, or almonds.
  
- Pumpkin smoothie –
  - ½ can organic pumpkin
  - ½ to 1 cup (full fat) coconut milk
  - 1 banana or 1 apple
  - ¼ cup ground or whole flax seeds
  - ¼ cup chia seeds
  - 1 teaspoon vanilla
  - 1 teaspoon cinnamon, dash of nutmeg
  - stevia for sweetener (if desired)
  - Add a few ice cubes and blend. For extra cool and creamy smoothie, freeze banana before adding.
  
- Fruit smoothie –
  - 1 banana
  - 1 cup fresh or frozen berries
  - ½ cup chopped frozen organic kale or spinach
  - 1 cup coconut juice or green tea or kombucha

1 tsp turmeric powder or 1 teaspoon cinnamon  
Add ice if desired and blend.

- Salmon hash—In a pan, sauté 1 Tablespoon butter, chopped red onion, handful organic spinach, chopped red and green bell pepper, 2 small chopped, cooked red skinned potatoes. Add naturally smoked (no nitrites or chemical preservatives) wild sockeye salmon and heat through. If you are extra hungry, you can poach an organic, free range egg and serve on top. Sprinkle with chopped fresh parsley, cilantro, or fresh basil and red pepper flakes.
- Breakfast veggie stir fry: Saute gently in pan—2 Tablespoons butter, sliced mushrooms (shiitake is best), chopped tomatoes, natural bacon, chopped garlic and chopped fresh parsley.

### **Lunch (choose one)**

- Humongous salad—full of veggies, organic greens, lentils or beans, etc. Dressing of lemon juice of apple cider vinegar and olive oil. You may add in a small amount of canned tuna or smoked salmon, or hard boiled egg.
- Vegetarian soup of any type as long as it is organic with no chemical preservatives.

### **Snack (choose one)**

- Raw veggies dipped in hummus
- Apple or pear cut up with raw almonds or walnuts

### **Dinner (choose one)**

- Salad Nicoise—On a bed of dark green organic lettuce, add 1-2 hard-boiled chopped eggs, 1-2 small boiled red potatoes, lightly cooked green beans or asparagus, and tuna (either fresh or canned). Add capers, 2 Tablespoons lemon juice and 2 Tablespoons virgin olive oil, sea salt and pepper.
- Wild salmon or tuna (cut in small pieces) sautéed in pan with asparagus, sliced red bell pepper, chopped onion, minced garlic and 2 Tablespoons olive oil. Garnish with fresh basil, chopped fresh tomatoes, lemon or lime juice and hot pepper flakes. Serve with baked or sautéed sweet potatoes or quinoa, if desired.
- Lentil or bean soup and huge salad or steamed veggies.

### **Dessert Or Late Evening Snack**

- Raw almonds or walnuts, chopped apple or pear, with cinnamon and honey.
- Cup of green, white or red rooibos tea, sweetened with stevia.

### **Phase 3 (Follow days 6-10)**

This portion of the detox diet, you will begin to incorporate more healthy carbs and clean meats in your diet, while still avoiding grains, sugar, processed foods and all chemicals and preservatives.

Your diet will consist of primarily raw veggies, naturally raised/grass fed/organic beef, chicken, fish or pork with small amounts of fruit and healthy carbs such as white, red or sweet potatoes, quinoa, and brown or white rice, and beans.

You should be feeling energetic, alert, and probably a few pounds lighter, as well as sleeping better at night. You may still eat anything from the previous phases as desired.

**Allowed:** All fresh *organic* veggies and fruit, brown or white rice, quinoa, sweet potatoes, red skin potatoes, beans, wild caught fish, free range/organic chicken and eggs, grass fed beef or naturally raised pork, grass fed organic butter, virgin olive oil, coconut oil and natural herbs and spices.

1 cup organic coffee is allowed, 1 glass white wine is allowed.

**Avoid:** Anything NOT organic, wheat, corn, dairy, soy, sugar-except honey or pure maple syrup, conventionally raised meats, any processed or packaged food or drinks (nothing from a box, can, or package with multiple ingredients), alcohol except white wine.

### **Breakfast (Choose One)**

For this phase, you may add in healthy, clean meats such as naturally raised pork, and eggs. If you are having a smoothie, you may add in cold processed organic whey protein or other non-soy protein powder, and eggs with veggies and some meat is also acceptable.

- Organic apple and walnuts, cashews, or almonds.
  
- Pumpkin smoothie –
  - ½ can organic pumpkin
  - ½ to 1 cup (full fat) coconut milk
  - 1 banana or 1 apple
  - ¼ cup ground or whole flax seeds
  - ¼ cup chia seeds
  - 1 scoop vanilla protein powder
  - 1 teaspoon cinnamon, dash of nutmeg
  - stevia for sweetener (if desired)
  - Add a few ice cubes and blend. For extra cool and creamy smoothie, freeze banana before adding.

- Fruit smoothie –
  - 1 banana
  - 1 cup fresh or frozen berries
  - ½ cup chopped frozen organic kale or spinach
  - 1 cup coconut juice or green tea or kombucha
  - 1 tsp turmeric powder or 1 teaspoon cinnamon
  - 1 scoop vanilla protein powder
  - Add ice if desired and blend.
  
- Veggie scramble (works great with leftovers)—1/2 cup cooked quinoa, organic spinach, chopped onion, mushroom, green or red peppers, or other veggies. Cook with grass fed butter or olive oil until soft. Clear a spot in the middle and add an egg. Scramble and mix in with veggie mix.
  
- Breakfast veggie stir fry: Saute gently in pan—2 Tablespoons butter, sliced mushrooms (shiitake is best), chopped tomatoes, natural bacon, chopped garlic and chopped fresh parsley.

### **Lunch (choose one)**

- Humongous salad—full of veggies, organic greens, lentils or beans, etc. Dressing of lemon juice of apple cider vinegar and olive oil. Add-ins: Tuna, salmon, cooked chicken, grass fed steak, hamburger, hard-boiled egg, rice, beans, quinoa, etc.
  
- Lettuce wraps consisting of leftover chicken, or other healthy meats, and veggies. Try a lettuce wrap of leftover chicken, avocado, tomato, and sliced onions.
  
- ‘Non taco’ salad—lettuce, tomatoes, black beans, ground beef, avocado, green pepper, cilantro and olive oil and lime juice. Add in chopped jalapenos if brave.

### **Dinner (choose one)**

- Chimichurri steak-
  - Grass fed steak—flank, outside skirt steak, flap steak, or tri-tip steak.
  - Chimichurri sauce—5 lg garlic cloves, ¼ to ½ red onion, 1 cup parsley or cilantro, ¼ cup red wine vinegar, ½ cup olive oil, sea salt and red pepper flakes. Finely mince vegetables or place all in a food processor and chop till blended well.
  - Serve with medium rare grilled steak and steamed veggies.
  
- Chicken or fish in foil packets—2-4 boneless chicken breasts or thighs, onion, green beans or asparagus, and sliced red pepper. Place chicken in foil, add



veggies, season with olive oil, salt and pepper. Wrap packet tightly folding up edges tightly. Grill till tender. Serve with organic salad.

- Grass fed burgers—Grill burgers medium to medium rare, serve with sliced tomato, lettuce and onion—no bun. Serve with baked sweet potatoes.
- Grilled salmon with cranberry salsa—Fresh or frozen wild caught salmon, cranberries, red onion, garlic, cilantro, an orange, honey, sea salt and red pepper flakes. In a food processor, add salsa ingredients and chop until blended, but not overly fine. Peel and section orange and add chopped orange to mix. Grill salmon and top with cranberry mixture.

Clean eating starts with a removal of dairy, most all grains, especially wheat, corn and soy, and eating only naturally raised, organic meats and wild caught fish. Clean eating also is not eating processed foods or foods with too many ingredients. Eat foods instead with one ingredient or combine foods with one ingredient to make tasty but simple dishes. Eat like your ancestors. Eat clean, eat simple and eat smart.