

# THE PRE-CLEANSE WARM-UP

*Eating guidelines to ease into the cleanse*

COMMIT TO CLEANING UP YOUR DIET BEFORE THE CLEANSE FOR A DEEPER CLEANSING EXPERIENCE.

## 2-4 DAYS BEFORE

### ELIMINATE OR REDUCE CONSUMPTION OF:

- Caffeine (Coffee, Soda)
- Alcohol
- Nicotine
- Dairy
- Red Meat
- White Powders ~ Flour, Sugar, Salt...  
(You Know, The Oh-So-Good but Oh-So-Bad Stuff:  
Bread, Pasta, Pastries, Cookies, Ice Cream, Etc)
- Processed Foods

### INCREASE CONSUMPTION OF:

- Water
- Herbal Tea
- Raw Vegetables

ALMOST  
CLEANSE TIME!

**YAY!**

## THE NIGHT BEFORE YOUR CLEANSE

- Do not overindulge yourself
- Remember, the deep cleanse is only 3 days ~  
you will be able to eat your favorite foods again
- Try not to consume food after 8pm
- 16 oz (or more) water before you go to bed
- Get 8 hours of good sleep



# THE POST-CLEANSE COOL-DOWN

## *Eating guidelines after the cleanse*

Commit to keeping a clean diet after the cleanse to continue on your way to better health and wellness.

### 1-2 DAYS AFTER

#### **SLOWLY INTRODUCE:**

- Raw, Cooked Or Steamed Vegetables
- Fresh, Low-Sugar Fruits (Apples, Pears & Berries)
- Blended Soups & Broths
- Good Fats: Avocado, Olive Oil & Raw, Unsalted Nuts & Seeds
- Eggs
- Legumes & Whole Grains
- Light Animal Proteins: Fish (Wild Salmon, Small White Fish) & Chicken (4-6oz)

#### **MAINTAIN A CLEAN DIET BY AVOIDING:**

- Dairy
- Red Meat
- White Powders ~ Flour, Sugar, Salt
- Caffeine, Alcohol & Nicotine

#### **INCREASE CONSUMPTION OF:**

- Water
- Herbal Teas & Fresh Juices

### 2 -4 DAYS AFTER

- Continue to eat lots of whole vegetables & fruits
- Avoid dairy (except eggs), red meat & white powders
- Increase lean proteins & good fat
- Continue to avoid caffeine & alcohol
- Drink lots of water, herbal tea & fresh juices
- Be mindful of portion sizes

### AND FINALLY... 3 MONTHS AFTER

**Reassess your health & repeat  
CAN CAN Cleanse Winter,  
Spring, Summer and Fall!**

