

28 Day Nourish and Empower Cleanse

Resources:

Green Smoothie Revolution & Green for Life by Victoria Boutenko

General Food Guidelines.

In our 28 days together, we invite you to follow the simple guidelines of a daily green smoothie in the morning, a nourishing meal mid-day, and vital broth (see below)/ vegetable soup for evening meal.

- Eat a simple diet of whole foods.
- Eat primarily alkaline (80%) and acid (20%).green, green and more green
- Chew foods really well – it takes 20 minutes for your brain to register satiety
- Stop eating when your stomach is $\frac{3}{4}$ full.
- Eat your last meal before dark.
- Drink clean, healthy and the purest water possible – (general guideline is $\frac{1}{2}$ your body weight in oz per day)
- Take liquids either $\frac{1}{2}$ hour before or after solid foods.
- For some people, eating frequent small meals.
- Eat fresh, organic, seasonal and local foods.
- Find your rhythm to take your meals, quietly, peacefully.
- Notice your digestion/elimination cycles.

Foods to Include:

- fresh greens - salads, steamed or baked
- broccoli, kale, collards, beet greens, chard
- rainbows of color...beets, squashes, carrots, etc
- quinoa
- millet
- soaked almonds, seeds – soak your almonds overnight in water to aid digestion and increase enzymatic availability
- seaweeds
- olive, flax, coconut, &/or Udo's oils

Foods to Avoid

- Sugars, artificial sweeteners.
- Wheat, white flour products.
- Saturated and hydrogenated fats, oils and margarines, fried foods and foods with heated or cooked oils in them.
- Dairy products and foods with dairy products in them.
- Coffee, caffeinated drinks, black tea, bottled juices and carbonated drinks.
- Table salt
- Red meats, Poultry Fish and shellfish, Eggs
- Seitan (wheat gluten), white rice
- All foods with chemical additives, preservatives, sulphured foods, GMO foods
- Tobacco, alcohol, recreational drugs.

Drink freely throughout the day.

~ **Green Drink** - fresh garden greens with apple and lemon(blend well) –

and/or...**Green Drink mix**...

- ¼ - ½ cup fresh **lemon or lime juice**
- 1 Tbsp. **Green Drink powder mix**
- 1 Tbsp. liquid **Chlorophyll**
- bottle dosage of liquid **Cell Food** and bottle dosage of liquid **Vitamin B.**
- Place all in a quart of bottle; add water with liquid Kelp

~ **Cleansing Drink** - ¼ cup of **lemon or lime juice**, ¼ to ½ tsp. **cayenne** powder. Place all in ½ quart or quart bottle; add water and maple syrup to taste(optional).

~ **Protein Drink**- Mix 10 grams of whey protein powder or a vegetable based protein powder with 6 - 8 ounces of rice milk, almond milk, or coconut water and water totaling 16 ounces of fluid. Blend well. add Bee pollen, lecithin, flaxseed oil and/or acidophilus. No fruit needed....

For evening Meal (or at any time wanted).

~ **Vital Broth** - ½ cup of each of the following chopped: beets with tops, carrots, celery with leaves, potato and a few pieces of dulse, wakame or kombu seaweed if desired. Simmer in ½ gallon of water for 20 minutes, strain and drink broth or eat the vegetables. Cayenne and Himalayan salt may be added if desired for additional flavor.