Accelerator Week MORNING

DAY 1
DAY 3
DAY 3
DAY 5

START TIME IS FLEXIBLE

8AM: 1c warm water + 2 Capsules Clean Digestive

8:15AM: Coffee Enema

8:45 AM: DETOX DRINK: 1 Tbsp Fiber Formula,

Filtered Water (300-500mL), 1 Tbsp Olive Oil, 20 Drops

Bio Cell Salts (or 1 tablespoon electrolyte drink)

9AM: 1 scoop Amino Acid powder + Green Juice

10AM: Detox tea

11AM: Clean Greens - 3 Capsules

NOON

12PM: DETOX DRINK

1PM: Greens Juice

1PM: 2 Capsules Clean Digestive

1:30PM: Filtered Water

1:45PM: Teas (steep 1tbsp in 500mL water)

3PM: Clean Greens - 3 Capsules

EVENING

4PM DETOX DRINK Plus 1/2 Scoop Clean Aminos

4:30PM Filtered Water

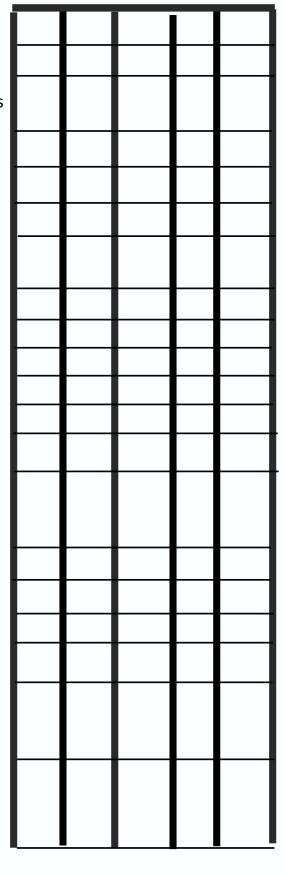
5PM: 500mL Soup + 2 Capsules Clean Digestive

5PM: Greens Juice + 3 Capsules Clean Greens

5-8PM: Teas (steep 1 tbsp in 500mL water)

BEFORE BED:

2 Capsules Probiotics, Clean Bowels (1-2 as needed for daily bowel movements)







SOUP RECIPES DURING 5 DAY CLEANSE

You are allowed to have 2 cups each day (around 4pm) of home made vegetable soups, from the below recipes (plus the additional recipes emailed upon request)

CELERY AND/OR CARROT

INGREDIENTS

- 1 tbsp. Coconut Oil6 stalks Celery, and/or 6 carrots
- 1 Garlic (cloves, minced)
- 2 cups organic vegetable broth
- 1/2 tsp. Sea Salt

INSTRUCTIONS

- 1. Steam celery and/or carrots until soft. Add minced raw garlic, broth, coconut oil and sea salt to blender
- 2. Add to pot, warm up to desired temperature.

ADDITIONAL SPICES (if desired)

- 1/2 tsp. Cumin
- ½ tsp. Turmeric
- Sea Salt

BUTTERNUT SQUASH

INGREDIENTS

- 1/2Butternut Squash
- 1/2 tsp. Cinnamon
- 1 tbsp. Extra Virgin Olive Oil (divided)
- 1/2 tbsp. Ginger (grated)
- 2 cups Organic Vegetable Broth
- 1 tsp. Sea Salt (divided)
- 1/16 tsp. Cayenne Pepper

INSTRUCTIONS

- 1. Put squash into steamer approx 20 minutes, until soft.
- 2. Cut open and use a spoon to carve out the flesh and set aside. Discard the skin.
- 3. Place a large pot over medium heat, add in vegetable broth, cooked squash, sea salt and cayenne pepper. Reduce heat to a simmer.
- 4. Transfer soup to a blender or use an immersion blender to puree until the soup reaches a smooth, thick consistency.

