5 Day Detox Plan MORNING

START TIME / SCHEDULE IS FLEXIBLE

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

8:30AM: Coffee Enema

9AM: DETOX DRINK 1: 1 tablespoon Clean Fiber, 250mL

water Detox Drink 2: 1 tablespoon ACV + 250mL water

+ BioCell Salts.

10AM: Greens Alkalizing Juice

11AM: Clean Greens - 3 Capsules

*Herbal Teas throughout. (steep 1 tbsp in 500mL water)

NOON

12PM: DETOX DRINKS

1PM: Greens Alkalizing Juice

1PM: 3 Capsules Clean Digestive + 250mL Soup

1:30PM: Filtered Water

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

3PM: Clean Greens - 3 Capsules

EVENING

4PM DETOX DRINKS Plus 1/2 Scoop Clean Aminos

4:30PM Filtered Water

5PM: 250mL Soup + 3 Capsules Clean Digestive

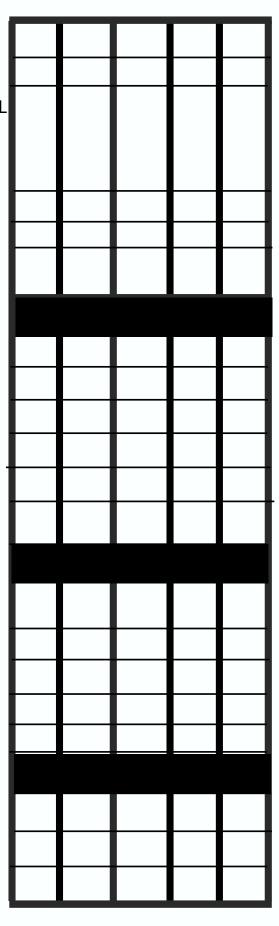
5PM: Greens Juice + 3 Capsules Clean Greens

5-8PM: Teas

BEFORE BED: 2 Capsules Probiotics

1 Clean Bowels (decrease if loose stool)

2 Capsules - Complete Mineral Complex



ΑX





TRANSITIONING FROM CLEANSE TO SOLIDS

Coming off the liquid cleanse is just as important as the cleanse itself.

During the fast, digestion and enzyme production slows down. Because of these changes, food must be reintroduced slowly.

DAY 6 & 7 SCHEDULE (AFTER 5 DAY DETOX)

MORNING

- **1. Enema or Colonic** You should have a bowel movement in the morning. If not, have an enema or colonic to help move the bowels.
- 2. Detox Drinks + 1/2 scoop Clean Aminos followed by 1 cup water
- 3. Clean Green- 3 daily with any meal until bottle complete
- 4. Probiotics 1 capsule daily with or without food
- **5. Greens Juice, Green tea, Vegetable Soup Plus -** 2 Clean Digestion Capsules

NOON/DINNER/EVENING:

- 6. lightly steamed vegetables and/or vegetable mineral broth, and/ or vegetable soups. PLUS small piece of protein (fish, organic tofu only) *Plus 2 Clean Digestion capsules*
- 7. Fresh vegetable salad & Baked tofu, tempeh.

 *Plus 2 Clean Digestion Capsules.

BEDTIME:

- 8. **Probiotic** 1 Capsule
- 9. Clean Bowels 1 Capsule (if needed for regular/daily bowel movement)
- 10. Complete Mineral Complex 2 capsules



Foods Are Most Nutrient Dense When Raw, Juiced or Steamed