



FALL 5-DAY  
**CLEANSE**

for beginners

handbook

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Welcome to the Fall 5-Day Cleanse for Beginners!

If you've never cleansed before, rest assured – you are in good hands.

I'm committed to your success, and I want you to have a great experience this week. The best way to do that is to read through this guide from beginning to end.

If you have questions, feel free to contact me via email at [leangreengirl@yahoo.com](mailto:leangreengirl@yahoo.com) or post a question in our [Facebook group](#).

It's going to be a great week!

*Sarah Haas*

 **DETOX QUICK TIPS**

- Read this guide – there's a lot of great information that will help you have a successful (and possibly even fun) cleanse.
- Set aside 3-4 hours before the cleanse so you can have time to go shopping and do prep work for your recipes. You'll find the cleanse goes much more smoothly if you have healthy snacks prepped and ready to go in the fridge. You can also do the chopping in advance for many of the recipes so that dinner comes together quickly when you get home from work.
- Commit to the process and do the best you can – this isn't about being perfect, but rather about learning about your own habits and giving your body a rest.
- Find a cleanse buddy with whom you can share the cooking duties. You can each do half of the cooking and then share the food to make things a little easier.

 **PREPARATION CHECKLIST**

- Read this **Fall 5-Day Cleanse for Beginners User Guide**
- Read through the **Fall 5-Day Cleanse for Beginners Meal Plan & Recipes** – this includes your meal plan and snack ideas
- Review the **Fall 5-Day Cleanse for Beginners Shopping List**
- Schedule a specific time to go grocery shopping
- Schedule time to do meal prep work in the kitchen
- Read the **Eating Out Guide** (it has tips for how to eat out without blowing the cleanse guidelines)
- Review the Bonus Tips for Deepening Your Cleanse





## ● ● ● WHAT IS A CLEANSE, ANYWAY?

By definition, a cleanse or *detox* is a process by which the body gets rid of poisonous substances. To *cleanse* is defined as removing dirt, or making something clean. Throughout this program, you'll see the two terms used interchangeably. Basically, a food-based cleanse is an opportunity to remove known toxins and "bad foods" from our diet for a pre-determined amount of time. The Fall 5-Day Cleanse for Beginners works through the process of taking out the bad foods and adding in good foods.

## ● ● ● WHAT CAN I EAT DURING THE CLEANSE?

To make the process easier for you, I've provided the **Fall Cleanse Meal Plan and Recipes** to ensure that you have plenty to eat during the 5 days. You do not need to follow the exact plan and can tailor each day to your personal preference. However, it's there for you if you need it.

Our goal is to have a focus on good whole grains, proteins and vegetables and to stay away from caffeine, sugar, dairy, red meat, pork and gluten.

We'll eat foods that nourish us and increase our bodies' natural detox processes. We'll also slow down our hectic lives as much as we can and pay attention to our eating habits so we can begin to learn about our relationship with food and what we can do to make some positive changes.

I encourage you to put a strong focus on all the delicious foods you *can* eat during the next few days, as opposed to what you can't eat because there truly is a lot you *can* eat.





## WHAT TO EXPECT DURING YOUR CLEANSE

Please keep in mind that each person detoxes a little bit differently and each time you cleanse you may have a different experience. The goal of this week to take all processed food out of your diet, to add in whole grains and vegetables in order to increase fiber intake, and to help you recognize the habits you have that aren't supporting your health.

During your cleanse, you may experience the following:

- Better digestion
- Clearer skin
- Fatigue and low levels of energy, especially the first few days
- Lots and lots of energy, especially at the end and in the days after the cleanse
- Emotional release at unexpected times
- Feeling heavier some days, and feeling lighter other days
- Some mood swings which will be related to toxins being in your bloodstream
- Food cravings, especially for "bad" foods you know you aren't supposed to have this week
- Constipation and/or diarrhea
- Hunger or lack of hunger
- Personal insights into your eating habits
- Improved sleep
- Weight loss
- And a number of other things not listed here





## GENERAL CLEANSING GUIDELINES

- Take the opportunity to become really mindful of your habits this week. How often do you want to reach for a piece of candy? Are you looking for a snack because you're truly hungry or because you want a distraction from your work? The key to changing your "bad" health habits is to become aware of them first.
- Remember to drink plenty of water. Your goal is to drink  $\frac{1}{2}$  your weight in ounces each day. Consume herbal teas to stay warm. You can flavor your water with lemon, cucumber, or even a bunch of basil or mint popped into a pitcher and covered with water.
- Try to keep your meals mindful. The idea for this cleanse is to give your digestion a break by taking out foods that are harder for your body to assimilate. Keeping an eye on portions will make it even easier for your system to digest your foods. However, be sure to eat enough so you are satisfied and not hungry. No point to starving yourself!
- Sit down and enjoy your meals. Turn off the TV, radio, phone and computer, and put down the newspaper. Inhale deeply 5-8 times before each meal. Put down your fork between bites. If you can't do this at every meal, then focus on doing this really well for one meal each day.
- Be sure to focus on your body and your own self-care for the week. This is a great chance for you to turn your energies inward, rather than focusing on taking care of spouses, children, colleagues, and other people in your life.
- Recognize that it's the fall and it may be quite cold outside! This may cause you to be hungrier than you would be during a spring or summer detox, and that's okay. Pay attention to what your body needs from you and don't restrict the amount you eat if you truly feel hungry.
- Keep taking all medications as prescribed by your doctor. If you have any questions about medications, or if you have special dietary needs, please contact me directly so we can adjust your detox accordingly.
- Try to limit the amount of work you do the week of the detox. This doesn't mean you have to take a week off, but skip after-work events if possible in favor of giving your body and mind a rest. There are 360 other days to this year that you can use to network and finish up projects.

- You can absolutely exercise during the week, but be sure to pay attention to what your body is telling you. It may be asking for more rest, or more movement. Try to tune into what's happening with your body. Exercise is a great tool in detoxifying as it activates your lymphatic system, so at a minimum try to take a walk every day, stretch, or do a few jumping jacks to get your blood flowing.
- Listen to your body. If you are hungry, eat something. If you're thirsty, drink something. If you're sleepy, take a nap. It's amazing how much we can learn from our bodies and our cravings once we start to listen.
- Make an effort to eat at home for as many of the meals as possible, and to pack food with you if you know you won't be home for most of the day. If you do need to eat out, order dishes that have a lot of veggies and some lean protein, and ask if the veggies can be steamed instead of sautéed in oil and butter. I ask for a double serving of vegetables to replace the white potatoes and rice that often accompany dinner entrees. Of course, you'll want to steer clear of dishes with heavy sauces and anything fried. Refer to the **Eating Out Guide** for more tips and advice on what to order when eating out.
- Be sure to get enough essential fatty acids (EFAs) during your cleanse. You can have olive oil, avocado, wild-caught salmon, coconut butter, coconut milk, coconut cream, ghee, butter, pretty much all nuts (except no peanuts), flaxseed, pumpkin seed, sesame seeds, etc. Eating EFAs with each meal will help you feel full and will keep you satisfied longer.
- Finally, remember to ask for help if you need it!





## DAILY PROTOCOL

This daily protocol is a guide for how your days should be structured during the detox. If something doesn't work for you, then just do your best to make this protocol fit your schedule. This protocol has additional bonus cleanse steps you can take to increase the benefits of this process.

The **Meal Plan and Recipes Guide** includes all the recipes you'll need to make this week's meals, plus a suggested meal plan to help you get the most out of your meals. Refer to the meal plan to get specifics on what to eat each day for breakfast, lunch and dinner.

### WAKE UP:

- 8 oz. hot water with juice of half a lemon

### BREAKFAST:

- Green or herbal tea
- Morning meal per the meal plan
- 8 oz. filtered water
- Supplements: 1 probiotic, 2,000-4,000 IU Vitamin D, 2000 mg Vitamin C, 1000 mg Vitamin B (this is a bonus step – skip if you are pregnant or nursing)

### MID-MORNING:

- Snack (if needed): a handful of soaked almonds, an apple with almond butter, miso soup, black bean dip with carrots, etc.
- A cup of Nettle or Dandelion tea (this is a bonus step – both Dandelion and Nettle help your liver clear out toxins. Skip this step if you are pregnant or nursing)

### LUNCH:

- Lunch per the meal plan
- 8 oz. filtered water



**LATE AFTERNOON SNACK:**

- Dandelion or Nettle tea (bonus step)
- Snack as needed: a handful of soaked almonds, an apple with almond butter, miso soup, etc.
- Go outdoors for a walk if you can – this is a great cure for the mid-afternoon energy slump. If the weather is bad, turn on some music and dance around for a bit – anything to get you up and moving.

**DINNER:**

- Turn off all media (TV, computer, radio, and even your phone!) and focus on your meal. Take a few deep breaths before you begin eating.
- Dinner per the meal plan
- 12 oz. filtered water

**EVENING SNACK:**

- Keep it small and eat an evening snack only if you really need one. Have a small handful of nuts, a slice or two of organic turkey or a pear.
- You can also have a cup of herbal tea to help you wind down for the evening, but be aware that this might make you wake up during the night.

**BEDTIME:**

- Get to bed 15-30 minutes earlier than usual.
- Write a gratitude journal for 15 minutes – simply list all the things you were grateful for or that went well during your day.
- 2 capsules milk thistle herb (bonus step – but this is an extra powerful one. Skip if pregnant or nursing)
- Detox bath – run a hot bath with 1-2 cups Epsom salts and ½ cup baking soda and soak for 30 minutes. Epsom salts and baking soda are great for drawing out toxins. You can also add lavender oil to increase relaxation. Try to do this at least twice during the detox week. Skip if pregnant.



## COOKING AND PREP-WORK TIPS

1. Set aside 2-3 hours on the weekend before you begin the detox so you have enough time to go grocery shopping, familiarize yourself with ingredients, and prepare foods to eat later in the week. When you have a refrigerator full of yummy, healthy foods that are ready to go when you get home from work, you'll be much less tempted to stray from the cleanse meal plan.
2. Look through the recipes for the week and do as much prep work as you can. Wash and cut vegetables. Set yourself up for success by doing as much work ahead of time as possible.
3. Pre-cut celery, carrots, turnips, bell peppers, cucumbers, etc. so you have a snack ready to go when you have a snack attack while cleansing. Store them in a little dish of water to keep them from drying out. It's a lot easier to make a good choice if you have good choices readily available. You can also blanch some green beans or asparagus to keep in your fridge for snacking as well. Dip them in a little tahini, hummus or black bean dip.
4. If you're super rushed for time in the mornings, make a large batch of the cinnamon oatmeal to eat through the week. Also, consider making a double batch of the smoothies so you have breakfasts ready to grab-and-go as you head out the door.
5. Make a big pot of greens that are ready to go anytime by setting a pot of water to boil. Once boiling, drop in greens that you've cleaned, pulled off their stems and torn into smaller pieces. Turn off the heat and cover – let sit for 2 minutes. Drain and store – blanched greens will keep for about a week in your fridge.
6. To make things easier with your green juice, simply make a double batch and pour half into a glass jar for the next day.
7. Set up a salad bar in your fridge. Make a double batch of the salad dressing to last you through the 5-day cleanse. Wash a bunch of lettuce and greens and pre-cut cucumber, celery, radish, carrots, green onion and whatever else you have on hand. You'll be able to build a salad in no time. These foods stay fresh for about 3 days in the fridge when pre-cut.
8. Make an effort to eat at home for as many of the meals as possible, and to pack food with you if you know you won't be home for most of the day. If you do need to eat out, order dishes that have a lot of veggies and some lean protein, and ask if the veggies can be steamed instead of sautéed in oil and butter. I ask for a double serving of vegetables to replace the white potatoes and rice that often accompany dinner entrees. Of course, you'll want to steer clear of dishes with heavy sauces and anything fried.



## WHAT TO AVOID AND WHAT TO EAT INSTEAD

### GLUTEN

Hands down, the best way to avoid gluten, dairy, and sugar is to read labels. Here are some keys to ingredients that you'll want to avoid during the detox.

Gluten products to avoid:

- Bread
- Pasta
- Bagels
- Flour tortillas
- Sandwich wraps
- Crackers
- Any products with wheat, barley, rye, semolina, durum, triticale, and farro

Alternatives:

- Rice
- Quinoa
- Amaranth
- Mary's Gone Crackers – these whole grain crackers are delicious
- Starchy veggies like sweet potatoes, yams, and squash
- If you can't give up bread, you can order healthy cleanse-approved bread online from <http://www.gethappycampersgf.com>.

Please note: Skip the gluten-free aisle of your grocery store – most of the foods there are highly processed and packed with sugar, salt and preservatives. Many of my clients found that they gained a ton of weight when they went gluten-free –and it was because they started eating too many gluten-free packaged foods. For this challenge, simply skip that aisle and focus on fresh, whole foods.

### DAIRY

Dairy products to avoid:

- Milk and milk products, including ice cream and whey
- Cheese, cream cheese, and cottage cheese
- Sour cream
- Yogurt

Alternatives:

- Coconut milk
- Quinoa milk
- Hemp milk
- Almond milk

Please Note: Soy milk and soy products are not recommended as an alternative as they have high pesticide loads and contain phytoestrogens, which are thought to mimic estrogen in the body.

## **SUGAR**

Sugar products to avoid:

- Sugar, candy, sweets, baked goods
- Cane sugar (organic, natural, dehydrated, etc. included)
- Corn syrup, brown rice syrup, barley syrup
- Alcohol – yes, this includes beer, wine, and hard liquor

Alternatives:

- Natural sweeteners used sparingly like honey, dates, maple syrup, and stevia

## **COFFEE**

We will be avoiding caffeinated and decaffeinated coffee during the program.

Alternatives:

- Herbal tea
- Green tea

## **RED MEAT AND PORK**

We will be avoiding red meat and pork during the cleanse, as they are hard to digest, to give our digestive system a much-needed rest.

Alternatives:

- Lean proteins such as:
  - Chicken
  - Turkey
  - Wild-caught fish
  - Beans and lentils

When embarking upon a challenge like this, it's much easier to think about what you CAN eat rather than what you can't. Here's a list of foods you'll enjoy over the 5 days we're doing this work together:



## FOODS TO ENJOY

### Proteins

- Lean proteins like chicken, turkey, wild-caught cold-water fish and beans. Bonus points for choosing grass-fed, free-range and organic meats without hormones or antibiotics .

### Fruits & Vegetables

- Fruits are a great choice during this cleanse. Berries are extra helpful because they are packed full of antioxidants and have a low glycemic load.
- Vegetables are fair game in this cleanse program. Try to eat a wide variety, and choose leafy greens at least once a day.
- Add fresh herbs like cilantro, basil, parsley and dill to your meals as they'll increase the flavor profile and also have a lot of detoxifying properties
- Skip white potatoes and potato products (like chips and fries). Please note that sweet potatoes and yams are acceptable during this program as they are botanically different from potatoes.

### Whole Grains

- Whole grains like brown rice, black rice, quinoa and amaranth.
- Keep your eye out for ancient grains like spelt, barley, and faro – although these are whole grains, they also contain gluten, which we are avoiding.

### Essential Fatty Acids

- Healthy fats like avocado, fatty fish, lean proteins, olive oil, coconut oil, and nuts and seeds.

### Beverages

- Water is your primary drink for the next week. Aim to get ½ your body weight in ounces per day. You can add things like lemon, lime, or orange slices, frozen berries, cucumber slices, or even herbs like basil or mint to make your own “spa” water.
- Sparkling water as long as it doesn't have added sugars (check the label)
- It is by far better to cut out coffee altogether this week, but if it's a deal-breaker for you, limit caffeine to 1-2 cups of black coffee or back tea per day.
- Herbal teas, especially dandelion or nettle, as they help clean out your liver.





## THE IMPORTANCE OF ELIMINATION DURING THE CLEANSE

Your body eliminates toxins in 4 ways:

- Sweating
- Breathing
- Urination
- Bowel movements

It's critical for you to maximize your ability to adequately get rid of the toxins your body is mobilizing. If you do not properly eliminate daily, you may re-absorb toxins and could experience increased fatigue, brain fog, headaches and flu-like symptoms.

To avoid sabotaging your detoxing efforts, here are a few suggestions:

- Drink enough water that you are urinating frequently. If your urine is not light in color, drink more water. Your urine should have a light straw color. However, if you are taking B vitamins, your urine will likely look bright yellow for most of the day.
- Do gentle physical activities such as yoga or brisk walking to enhance sweat.
- If you have access to a sauna or steam room... great! If your schedule permits, try using it daily for 10 to 20 minutes as tolerated. It has been shown that sauna therapy increases the excretion of heavy metals and fat-soluble chemicals from the body.
  - Note: If you are chronically ill or take medication, be sure to get your doctor's permission before using this program and especially before starting sauna or steam therapy. When your physician has cleared you, start with short time increments and gradually increase time as tolerated.
  - Remember to drink at least 16 ounces of water before entering the sauna and the same amount after therapy to flush the mobilized toxins.
- You should be having bowel movements daily; otherwise, you reabsorb the toxins in your gut. If you are not having daily BMs, consider drinking an herbal laxative tea at bedtime. A good option is Smooth Move tea, which can be found in most grocery stores. Other natural supplements that can help are cascara or senna..



## DAILY CHECKLISTS

### DAY 1

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

### DAY 2

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

### DAY 3

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

## DAY 4

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

## DAY 5

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early



#### Disclaimer and Terms of Use

Disclaimer: This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, we urge you to take appropriate action by seeking medical attention.

This cleanse and the information provided within have been carefully tested and crafted, and are a core part of my business. As a courtesy to me, the amount of work I've put in, and your fellow cleansers, please do not share these materials with anyone.