



**The 7 Day
Detox Diet**



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WELCOME TO THE 7-DAY 7-DAY DETOX DIET

Most people hear the word detox and they run the other way.

They assume this means that we have to do something that tastes disgusting or something that will make us have to live on the toilet for a week. Don't worry, this is far from the truth.

I have designed this protocol to make it SIMPLE. Any one can, and should do this detox. I recommend following it for one week out of every month. But especially for ONE week before you begin MI40. Run it along side the 7-Day Primer Phase and you're all set!

The benefit of detoxing before you start a new training program is:

- 1) You kick start your digestive tract to better prepare it to utilize nutrients in coming weeks.
- 2) Eliminating toxins will ensure all of the cells in your body are functioning optimally.
- 3) Detoxifying your liver will ensure maximum utilization of the nutrients you consume during the weeks that follow.
- 4) Your energy will be increased.



PHOTO: RICK SCHAFF



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- 5) Your body will be more likely to use sugar more effectively and maintain stable blood sugar. Avoiding insulin resistance.
- 6) Improved digestion.
- 7) Increased regularity and improved appetite.
- 8) Improved protein synthesis.
- 9) You will feel and look better because your body will have increased vitality from all these amazing nutrients you just consumed.

As you will notice, many of the steps involved in this plan, are things that you can EASILY do on a daily basis. It's a few simple additions to the diet and a few simple deletions.

Here are a few basic points to know about detoxing before you get right into your protocol. It is important to know some basics in case you get stuck and are not able to get to a proper detoxing meal during the week.

Please remember to always be prepared!





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ESSENTIALS OF DETOXING

1. FILTERED WATER

Optimal hydration is your first and foremost concern when starting any detox plan. Water will help to lubricate the intestines as well as aid in elimination of waste products.

Try to avoid tap water unless it has been filtered. You might want to buy yourself a simple home filtration system.

One of the interesting facts and considerations when detoxing is the fact that toxins are in fact, being released from your cells, back into your bloodstream where they are ideally picked up and eliminated from your body.

The catch is, that the proper ingredients must be present to eliminate the toxins or they will simply be reabsorbed back in the cells.

2. GREEN VEGETABLES

When you are ready to detox your body, fill your refrigerator with wheatgrass, bok choy, kale, spinach, spirulina, alfalfa, swiss chard, arugula, fennel or other organic leafy greens. Whenever possible, please try to use organic vegetables and greens this week.

By using non-organic greens you are introducing new toxins into the body when we are trying to eliminate them.

Green vegetables will help give a chlorophyll-boost to your digestive tract. Chlorophyll rids the body of harmful environmental toxins from smog, heavy metals, herbicides, cleaning products and pesticides.



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Greens also aid the liver in detoxification.

One of the only supplements that I recommend on a whole-food detox is an organic greens drink. The reason for keeping this in there is improved bowel function, increased alkalinity, increased dietary fiber, and many phytonutrients that are difficult to obtain unless you're eating very large amounts of organic green vegetables.

3. LEMONS & LIMES

These citrus-wonders aid the body in flushing out toxins, as well as jump-start the digestive tract with enzymatic processes. They also aid the liver in its cleansing processes. To increase detoxification, start each morning with a warm glass of lemon water.

Remember, vitamin C is one of the best detox vitamins around, as it transforms toxins into digestible material. Eat vitamin c foods often to help get more of these benefits.

4. GARLIC

This pungent little bulb is one of the best detox foods out there. It helps stimulate the liver into producing important detoxification enzymes that will help filter out toxic residues in the digestive system. We recommend adding sliced or cooked garlic to any dish, as this will help aid any detox diet.

5. WHEAT GRASS, BARLEY GRASS, BROCCOLI SPROUTS

Extremely high in antioxidants, these super foods can help stimulate the detoxification enzymes in the digestive tract like none-other. The sprouts are actually more effective than the fully-grown vegetable.



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6. GREEN TEA

Packed full of antioxidants, green tea not only washes toxins out of the system through its liquid content, but also contains a special type of antioxidant called catechins, known to increase liver function. There is some evidence that green tea can prevent the absorption of heavy metals and toxins into the blood stream.

7. RAW VEGETABLES

Best for juicing or eaten raw: Onions, carrots, artichoke, asparagus, broccoli, cabbage, kale, brussel sprouts, cauliflower, garlic, turmeric, and oregano. The combination of these foods will help your liver purge toxins during the cleansing process. These are high in naturally occurring sulphur and glutathione. Sulphur helps the liver detoxify harmful chemicals.

Be ready to use your juicer or blender! Add ice and some organic apple juice to cut the strong vegetable taste.

Beets are another incredible detoxifying addition to any vegetable cocktail.

8. SEEDS & NUTS

Fats are a great way to get more calories on a detox plan when your protein intake will be decreased. Incorporate more of the easily digestible seeds and nuts into your diet. This include flaxseed, pumpkin seeds, almonds, walnuts, hemp seeds, sesame seeds, chia seeds and sunflower seeds. They also have many additional beneficial nutrient such as fiber and oils that assist in intestinal motility.

Avoid nut butters.

9. OMEGA-3 OILS

Use high grade fish oils, hemp oil, avocado, olive oils or flax seed oil while detoxing. But DO NOT HEAT. This will help lubricate the intestinal walls, allowing the toxins to be absorbed by the oil, and eliminated by the body.



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IF you are going to be heating or cooking with any of these oils, it is best that you use avocado oil or coconut oil as these have the highest “smoke” points and can ensure the greatest amount of heat before they become denatured.

10. SOME FRUITS

Fruits are high in fiber and contain large amounts of vitamins such as vitamin C. The use of SOME fruit is ok and recommended but do not use fruit as your primary calorie source. This will cause fat gain and insulin resistance.

Stick primarily with berries and apples in this program.





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First things first,

HOW MUCH WATER DO I DRINK WHILE ON THE DETOX?

0.6-0.7 oz per pound (lb) of bodyweight

This means that a 200lb man would drink:

$$200 \times 0.6 = 120$$

$$200 \times 0.7 = 140$$

Therefore,

120-140 ounces

OR

3.5 - 4 Liters per day.

YOUR 7-DAY DETOX PLAN

DAY 1

- ▶ Start EACH day by drinking $\frac{1}{4}$ of your total daily water allowance. (for the 200 lb man above, he would drink 1liter) mixed with the juice of ONE freshly squeezed organic Lemon. (some people choose to drink this as warm water which can aid in detoxing benefits)
- ▶ Drink ONE serving of organic greens superfoods OR One large serving of blended green vegetables including ATLEAST 3 of the ingredients listed above under Raw or Green Vegetables.

MAKE A POINT to start each day of the detox in this way.

(I actually recommend doing this everyday of your life).



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DETOX MEAL PLAN

MEAL 1

Consume a light protein and fat breakfast.

Sample recommendation:

A few ounces of chicken or turkey
(depending on size of individual- 3oz-9oz range)

2-4 whole organic eggs

Broccoli or spinach

Cooked in a pan in coconut oil

½ grapefruit

1hr before meal 2

1liter of water with 1 fresh squeezed lemon

MEAL 2

Organic Greens Shake

*you must add at least 3 of the recommended greens into
a blender or juicer. Add beets or apple juice for flavor.

(ex/spinach/broccoli sprouts/wheat grass/avocado)

-1 stalk fennel

*blend or juice

MEAL 3

One normal size serving of wild caught fish of choice (4-10oz)

2cups organic brown rice (no substituting)

2 veggies of choice

MEAL 4

½ Grapefruit

MEAL 5

Large serving of wild caught fish OR

Large Veggie Omelette (no milk or cheese)

Plus-2 veggies of choice

SNACKING

Snacking is not only allowed but encouraged during the detox.

Make sure to choose from the above food list ONLY.

POST

Consume a large serving of brown rice and/or fruit for carbs

WORKOUT

(apples/berries only)

Consume a fast absorbing protein like egg whites, white fish,
or brown rice protein powder.

The MEALS recommended in this DETOX plan are set up as guidelines.
You may change the timing of the meals to fit your schedule.



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THE MOST IMPORTANT CONSIDERATIONS ARE:

“DON'Ts”

- ▶ NO carbs with meal ONE
- ▶ NO carbs with pre workout meal
- ▶ No whey protein
- ▶ No creatine
- ▶ Limit or eliminate beef and red meats this week
- ▶ NO microwaving food!

“DO's”

- ▶ ALTERNATE between food meals and juice/shake meals whenever possible. It is okay to have a shake post workout. Follow that up with a food meal
- ▶ ALWAYS get your daily water allowance
- ▶ ALWAYS get your 3 lemons daily and 1 grapefruit
- ▶ Do your best to drink 3 cups of green tea daily (NO artificial sweeteners. Use honey)
- ▶ Add fresh garlic to your meals whenever possible



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- ▶ Add spinach and fennel to your juices (taste surprisingly good with apple juice)
- ▶ Minimize supplement intake. IF anything, antioxidants and minerals are ok (magnesium/zinc)
- ▶ Brown rice has many detoxing properties -- eat up!
- ▶ When cooking, use coconut or avocado oil.
- ▶ Eat a VARIETY of foods. Especially vegetables.
- ▶ MILD steaming is OKAY

Repeat for 7 days and you're ready to grow!