



3 Day

Detox

Let's Talk *Detox*

Detox has become a dirty word and for good reason too--what's the first thing that comes to mind when you hear the word detox? Usually, it's starvation, swallowing handfuls of laxatives, and feeling so tired you can't get out of bed.

Not this detox...put aside everything you think you know about detox. My custom three day detox is all about healthy, unprocessed foods, wholesome meals, and luscious, fruity smoothies. I created this three day detox to give your digestive system a break, freeing up energy so that your organs, tissues, and even your cells can go back to being the powerhouses they were meant to be so that your skin clears up, you sleep better, and you feel vibrant and healthy again!

If you're serious about changing your life by taking control of your health, a thorough detox is the perfect way to prepare your body to absorb nutrients and antioxidants to jumpstart your new, healthy lifestyle! Get ready to lose some weight, reset your energy, get gorgeous, glowing skin, improve your concentration, and get more restful sleep so you can feel energized when you wake up every morning!

Congratulations on the first step of your happier, healthier life and get ready to feel like a whole new person!

3 Day Plan

	<i>Day One</i>
<i>Breakfast</i>	<p>Mediterranean Eggs Whisk together 1 large egg, 2 egg whites, 3 quartered cherry tomatoes, 1/2 teaspoon fresh basil and dash salt. Scramble in skillet coated with cooking spray. Sprinkle with 2 teaspoons grated Parmesan cheese. (130 Calories) + 1 medium banana (105 calories) + Coffee with 2 tablespoons 1% milk (13 calories) Total: CALORIES 248; FAT 6.9g (sat 2.6g, mono 2.3g, poly 1.2g); PROTEIN 17g; CARB 32g</p>
<i>Lunch</i>	<p>Rosemary Chicken Salad Combine 1 1/4 cups chopped roasted skinless chicken breast, 3 tablespoons chopped green onions, 2 tablespoons each of non-fat plain Greek yogurt and light mayonnaise, 1 teaspoon fresh rosemary, 1/2 teaspoon Dijon mustard, and dash each of salt and pepper; stir well. Serve half of chicken mixture over Quick Spinach Salad; refrigerate half for Day 3 Lunch. (206 calories) + Quick Spinach Salad Toss together 1 1/2 cups baby spinach leaves, 7 halved cherry tomatoes, 2 teaspoons olive oil, and 1 teaspoon balsamic vinegar. (121 calories) + Grapes, 1 cup (104 calories) Total: CALORIES 431 FAT 17.9g (sat 3.2g, mono 7.8g, poly 2.2g); PROTEIN 32g; CARB 39g; FIBER 4g; SUGAR 28g</p>
<i>Snack</i>	<p>Medium apple or pear with 1 tablespoon peanut or nut butter Total: CALORIES 189 FAT 8.4 (sat 1.7, mono 3.9g, poly 3.9g); PROTEIN 4g; CARB 28g; FIBER 5g</p>
<i>Dinner</i>	<p>Grilled or baked salmon, 4 ounces (206 calories) + Herbed Quinoa Combine 2/3 cup cooked quinoa with 1 to 2 teaspoons chopped fresh basil and dash salt. (148 calories) + Steamed green beans, 1 cup (44 calories) Total: CALORIES 398; FAT 12g (sat 1.8g, mono 3.8g, poly 5.2g); PROTEIN 36g; CARB 36g</p>

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	<i>Day Two</i>
<i>Breakfast</i>	<p>Nutty Berry Smoothie Blend 1/2 cup 1% low-fat milk, 1/2 medium ripe banana, 1 tablespoon creamy peanut or nut butter, 1 cup fresh or frozen raspberries, and 1/2 cup crushed ice. (262 calories) + Coffee with 2 tablespoons 1% milk (13 calories) Total: CALORIES 275 FAT 10.5 (sat 2.7g, mono 4.4g, poly 2.8g); PROTEIN 11g; CARB 39g</p>
<i>Lunch</i>	<p>Quinoa Salad with Salmon Combine 2 ounces flaked, cooked salmon, 1/2 cup cooked quinoa, 7 quartered cherry tomatoes, 1/4 cup chopped cucumber, 1 tablespoon chopped fresh basil, 2 teaspoons each olive oil and red wine vinegar, and dash each of salt and pepper. Toss gently. (332 calories) + Grapes, 1 cup (104 calories) Total: CALORIES 426 FAT 16.2 (sat 2.4g, mono 8.7g, poly 4.4g); PROTEIN 21g; CARB 52g</p>
<i>Snack</i>	<p>10 baby carrots and 1/4 cup hummus Total: CALORIES 135 FAT 5.9 (sat 0.9, mono 2.4 g, poly 2.2g); PROTEIN 5g; CARB 17g</p>
<i>Dinner</i>	<p>Grilled or broiled flank steak, 4 ounces (202 calories) + Cooked brown rice, 3/4 cup (164 calories) + Lemon Broccoli, 1 cup Toss 1 cup steamed broccoli with 1 teaspoon lemon juice and 1 teaspoon butter or olive oil. (60 calories) Total: CALORIES 426 FAT 12.7 (sat 5.8, mono 4.3g, poly 1g); PROTEIN 37g; CARB 40g</p>

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	<i>Day Three</i>
<i>Breakfast</i>	<p>Scrambled eggs 1 egg and 2 egg whites (113 calories) + Mixed fresh fruit, 1 cup (110 calories) + Coffee with 2 tablespoons 1% milk (13 calories)</p> <p>Total: CALORIES 236 FAT 6.3 (sat 1.9, mono 2.4g, poly 2.4g); PROTEIN 15g; CARB 32g</p>
<i>Lunch</i>	<p>Rosemary Chicken Salad Serve reserved half of salad from Day 1 lunch. (206 calories) + 6 baby carrots, 4 cucumber slices, and 1/4 cup hummus (135 calories) + 1 medium apple or pear (95 calories)</p> <p>Total: CALORIES 436 FAT 14.3 (sat 2.7, mono 3.5g, poly 3g); PROTEIN 34g; CARB 45g</p>
<i>Snack</i>	<p>Rosemary Popcorn Toss 3 cups air-popped popcorn with 1/2 teaspoon chopped fresh rosemary, 1/4 teaspoon garlic powder and dash salt.</p> <p>Total: CALORIES 93 FAT 1.1 (sat .2, mono .2 g, poly .6); PROTEIN 3g; CARB 19g</p>
<i>Dinner</i>	<p>Brown Rice Veggie Bowl with Steak Combine 2/3 cup hot cooked brown rice, 5 quartered cherry tomatoes, 1 tablespoon fresh chopped basil, 1 teaspoon each olive oil and lemon juice, and dash salt. Top with 3 ounces cooked flank steak. (354 calories) + Sautéed Spinach Sauté 1/2 teaspoon minced garlic in 1 teaspoon olive oil. Add 2 cups baby spinach leaves; sauté 1 to 2 minutes or until wilted. Add dash salt and pepper; top with 1 tablespoon grated Parmesan cheese. (83 calories)</p> <p>Total: CALORIES 437 FAT 17.2 (sat 4.7, mono 9.6g, poly 1.7g); PROTEIN 31g; CARB 40g</p>

Let's Go Shopping

Here's a shopping list to take to the grocery store. Enjoy a variety of foods and flavors on this detox and be sure to drink plenty of water!

Category	Foods to Embrace	Foods to Avoid
Fruits	Enjoy in moderation. 1-2 servings of low sugar fruit per day. Berries (best), green apples, grapefruit, papaya	High sugar fruits such as bananas, cherries, grapes, figs, lychees, mangoes, pineapple, pears, watermelon. Dried fruits, fruit juice
Vegetables	All non-starchy vegetables, eat liberally. Sea vegetables (kelp, nori, dulse). Fermented vegetables (sauerkraut, kim chi) Starchy Vegetables, no more than 1 serving per day. Squash (all types), sweet potatoes, yams, turnips, rutabagas, beets	Corn, nightshade vegetables (tomato, potato, eggplant, peppers of all kinds). Canned vegetables
Animal Protein	Organic or free range lamb, chicken, turkey, duck, wild game, and grass-fed beef	Eggs, factory-farmed meats, processed meats. (cold-cuts, canned meats, sausage, hot dogs)
Fish	Wild caught fish and seafood/shellfish. Small fish such as black cod, herring, sardines, trout	Farmed fish and high-mercury fish. Avoid the large fish such as tuna and swordfish
Grains	Eliminate. Vegetarians may have 1/2 cup of whole grains daily, such as brown rice, quinoa and wild rice Kelp noodles, or Capello's pasta are good substitutes for pasta/noodles. Almond flour and coconut flour are good baking substitutes	All gluten grains & flours including wheat, rice, quinoa, oats, couscous, bread, pasta, pizza, pastries, cereals
Beans	Eliminate. Vegetarians may have 1/2 cup of beans/legumes daily	All beans & pulses (split peas, lentils, legumes). Soy (tofu, tempeh, miso, edamame, soy milk)
Nuts & Seeds	Raw almonds, cashews, walnuts, hazelnuts, brazilnuts, sesame seeds, pumpkin seeds	Peanuts, salted/roasted nuts
Dairy and Dairy Substitutes	Unsweetened almond, rice, hemp & coconut milk. Ghee & butter from grass-fed cows (no more than once a day)	Cows milk, sheep's milk, goat's milk, powdered milk, cheese, cream cheese, cottage cheese, yogurt, non-dairy creamers
Sweeteners	Small amounts of stevia	Refined sugars, added sugars, artificial and natural sweeteners including agave, honey and maple syrup
Beverages	Non-caffeinated green or herbal teas, spring and sparkling water, fresh vegetable juices, bone broth. At most, one daily cup of coffee or caffeinated tea	Alcohol, soda, fruit juices, energy drinks, caffeinated beverages
Fats and Oils	Coconut oil, avocado, sesame, flax, extra virgin olive oil, coconut butter, almond butter	Processed seed and vegetable oils such as canola, sunflower, safflower, corn, soy, margarine or shortening
Vinegars	Apple cider, white wine, red wine, balsamic. Olive oil and fresh squeezed lemon is a great salad dressing	Commercial salad dressings
Herbs, Spices, & Condiments	All herbs and spices. Substitute coconut aminos for soy sauce	Ketchup, relish, BBQ sauce, soy sauce, mayonnaise
Other	Cocoa nibs, unsweetened cocoa powder, 100% raw cacao	Candy, energy bars, protein bars, gluten-free junk food

Tips for a safe and healthy detox

1. Start by drinking more **water to stay hydrated and flush out toxins**. The body is made up of 70 per cent water and needs around **6 to 8 glasses** a day.
2. Cut down on **alcohol** and **caffeinated drinks**, such as coffee, tea and cola. These can all dehydrate the body.
3. Avoid **processed foods**, while eating less **meat, dairy, and sugary foods**. This will give your digestive system a well-earned break.
4. Eat lots of **vegetables and whole fruit**, especially berries, pears, plums and apples. Avoid fruit juices, though, as this will stop you from getting big sugar hits and will keep your energy levels stable.
5. Go for raw nuts, seeds, avocados and pears to get essential **healthy fats**, which will slow down your digestion and give you more energy. Chia seeds are also great because they're easily digested, and full of Omega 3 and protein.
6. **Whole grains**, such as oatmeal and brown rice, are essential to provide fibre and energy during your detox.
7. Add **cottage cheese** to your list of detox essentials, along with **probiotic** yoghurt and drinks. These help to repopulate the bowel with bacteria that aid digestive health and play a role in boosting immunity.
8. If you drink more than four caffeinated drinks a day, gradually cut back for a week or two before detoxing so you don't experience **withdrawal symptoms**, including headaches and irritability.
9. For **protein**, eat more pulses including soy beans, chickpeas and lentils. If you want to eat meat, make sure it's fish or skinned chicken.
10. Eat less **salt**, even if you don't add salt to your meals, many foods are already high in salt.
11. Start the day with **hot water and fresh lemon**, and give your body a little time to wake up before having breakfast. Your digestive system will love you for this.



Relax and minimize stress to get the most out of your detox. When done right, a three day detox will rejuvenate your mind, body, and spirit. To take your health, happiness, and life to a whole new level, or just to get some great health tips, visit me at:

www.farrahmiller.org

Here's to your new, healthy self!

Farrah Miller

Certified-Health Nutrition and Wellness Coach