

A BUSY PERSON'S

GUIDE TO A 7-DAY CLEANSE



OVERVIEW

This is a quick, easy-to-follow program that will help jumpstart your health goals in just seven days.

The cleanse will last for a full seven days, starting on a Monday and ending on Sunday. This elimination style diet is meant to give the digestive system some extra attention. A well functioning digestive system is the cornerstone to health. This program will start the process of evaluating your system for food intolerances or sensitivities, while breaking unhealthful eating habits (no cookies!). By the end, most will feel more in control over cravings, energized, significantly clearer in the head, and often a few pounds lighter.

This clean eating plan was created in partnership with Dr. Megan Schlick, ND, of [the AdventHealth Whole Health Institute](#) as part of MyHealthKC's ongoing efforts to empower the Kansas City community with resources to live well. For additional health and wellness resources and information, visit [MyHealthKC](#).

FOODS TO ELIMINATE



Many people begin to feel better within a few days of the program. However, you may initially feel worse. Symptoms such as mild headaches, joint aches, or changes in bowel habits can occur. These are usually minor and temporary. Those who rely on daily caffeine or sugar will be more likely to experience these initial minor symptoms. But by the end of the seven days, many people report feeling more energized with less cravings for sugar, and most will notice weight loss.

The following foods are not permitted during the seven-day cleanse:

- All refined sugars, artificial sweeteners, desserts (this includes most chewing gum and mints)
- All dairy, including butter, milk, cheese, sour cream, cream cheese, ice cream, yogurt, half and half/coffee creamer
- Anything with gluten. Gluten is a protein found in wheat, rye, and barley. This includes pasta, bread, crackers, and cereal made from these grains.
- Caffeine
- Alcohol

FOODS TO ENJOY

Organic food is preferred, but not mandatory. Focus on whole and seasonal foods. Shop the outer aisles of your grocery store or visit your local farmer's market. Avoid processed or packaged foods whenever possible.

You're free to enjoy the following foods during the cleanse:

- Any veggie
- Any fruit
- Any nut, seed, legume/bean
- Lean meat such as chicken, turkey or fish
- Grass-fed beef (in moderation)
- Water

EXTRA SUPPORT



TIPS FOR SUCCESS



Tips for Success

- You must plan ahead—having everything on-hand and ready to go will help you stick to the program.
- Adequate sleep and stress reduction are important for the success of your program. Pick a start date where you won't be traveling or have any major social events.
- Drink plenty of water. Set a goal of half your weight in ounces (A 150-pound individual would have a goal of 75 ounces of water daily).
- Find an accountability partner to follow the program with.
- Have 1-2 almost-ready-made or grab-and-go meals thought out and easy to throw together

Additional Support

Herbal and nutritional therapies can boost the cleansing process. But because it is not safe for everyone to take certain herbs and nutrients, those who feel they need a more in-depth cleanse/detox should consult with a provider regarding the best program for them.

For more information or to schedule an appointment, call the AdventHealth Whole Health Institute at 913-632-3550.

EXTRA BOOST



Improving your personal environment can also support your ability to cleanse.

For a more in-depth cleanse, pick any three of the following modifications:

- Avoid ALL scented products ("fragrance" as an ingredient)—including personal-care products, air fresheners, pot-pourri, all perfumes and colognes.
- Avoid ALL fabric softeners, dryer sheets, bleach, and scented detergents.
- Avoid ALL pesticides, fungicides, herbicides, and fertilizers. Pesticides are neurotoxins and can affect you as well as bugs. Find safer, non-toxic approaches to bug and weed control.
- Use only non-toxic cleaning products and personal-care products.
- Drink only filtered water, and avoid drinking out of plastic water bottles.
- Eat organic as often as possible.
- Avoid plastic food storage containers. Instead, store your leftovers in glass jars.
- Open your windows as often as possible. Even in the most polluted cities, the outdoor air has been found to be less toxic than the indoor air.
- Take your shoes off EVERY time you enter your home, and make it a rule that children and guests also take off shoes before walking around your home.

GETTING STARTED



MEAL PLANNING



The weekend before the start of your cleanse:

Plan your menu for the week (or use the included meal schedule). Grocery shop for the entire week, and wash and cut up veggies for the week.

Daily Meal Plan

Breakfast Options

- Blueberry almond butter smoothie
- Homemade oats in a jar
- Hard boiled eggs and a piece of fruit

Mid-morning and Mid-afternoon

Snack Options

- Hummus with sliced veggies of your choice
- Apple with almond/cashew or sunflower seed butter
- Raw or roasted almonds

Lunch Options

- Waldorf chicken salad on a bed of spinach greens

- Salad with chicken and/or fruit
- Leftovers from the night before

Dinner Options

- Chili lime chicken burger
- White chicken chili
- Spaghetti squash with ground meat of choice (ground chicken/turkey or beef)
- Sweet potato crust pizza
- Baked salmon with steamed broccoli
- Baked chicken with raw carrots and hummus

Drink Options

- Water (can add a squeeze of lemon for flavor)

MEAL SCHEDULE



	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
MONDAY	Blueberry almond butter smoothie	Apple with almond butter	Salad with chicken and fruit/veggies	Hummus with veggies	White chicken chili
TUESDAY	Homemade oats in a jar	Handful of almonds	Leftover white chicken chili	Apple with almond butter	Salmon or chicken with broccoli
WEDNESDAY	Hard-boiled eggs with fruit	Handful of blueberries	Leftover white chicken chili	Hummus with veggies	Sweet potato crust pizza
THURSDAY	Hard-boiled eggs with fruit	Handful of blueberries	Leftovers or salad with chicken and fruit/veggies	Hummus with veggies	Salmon or chicken with side of roasted brussels sprouts
FRIDAY	Blueberry almond butter smoothie	Apple with almond butter	Salad with chicken and fruit/veggies	Handful of almonds	Spaghetti squash with ground meat of choice
SATURDAY	Homemade oats in a jar	Handful of almonds	Waldorf chicken salad	Hummus with veggies	Leftover spaghetti squash

GROCERY LIST

The following items are everything you'll need to create the week's worth of recipes outlined in this cleanse.

Be sure to reference your chosen menu to determine protein quantities.



Produce

- Bananas (5, frozen)
- Blueberries (large)
- Brussels sprouts
- Lemons
- Seedless grapes
- 1 bosc pear
- Apples (for snacks, chicken salad)
- 1 large spaghetti squash
- Spinach (enough for salads)
- 2 onions
- 2–3 bell peppers (any colors)
- Avocado
- Limes
- Fresh parsley
- Broccoli
- Cilantro
- Celery
- Baby carrots
- 1 medium sweet potato
- Garlic bulb

Grains, Nuts/Seeds & Legumes

- 32 oz. package gluten free rolled oats
- 8 oz. package chia seeds
- Almond butter
- Almonds (shaved, whole, or both)
- Flaxseed meal
- Chopped walnuts (1/4 cup)
- 2 (14.5 oz.) cans white beans

Etc.

- Organic chicken broth
- Low sodium beef broth
- Garlic
- 15 oz. can diced tomato
- Canned artichoke hearts
- Pesto
- Hummus
- Maple syrup or honey
- 8 oz. can green chili

Optional:

- Chili lime chicken burgers (frozen and raw) at Trader Joe's
- Coconut oil

Protein & Non-Dairy Alternatives

- One dozen eggs
- Rotisserie chicken
- Chicken
- Grass-fed ground beef
- Wild-caught salmon
- Almond or coconut milk unsweetened

Dairy

- Almond milk

Make sure you have:

- Salt
- Pepper
- Cinnamon
- Vanilla extract
- Dried oregano
- Cumin
- Garlic powder
- Olive oil
- Chili powder

RECIPES

Or check out
Trader Joe's for a
frozen cauliflower crust or
butternut squash crust pre-
made, then add desired/
allowed toppings.

Sweet Potato Crust Pizza

Ingredients

- 1 medium sweet potato, peeled
- 2/3 cup gluten free rolled oats
- 1 egg
- 1/2 tsp. salt
- A pinch of garlic powder
- 1 tbsp. olive oil
- Spinach
- Cooked chicken
- 1 can artichoke hearts
- Pesto

Directions

1. Preheat oven to 400°. Pulse the sweet potato and oats in the food processor until fine. Add the egg, garlic powder and salt; pulse again to mix. The mixture should resemble a loose dough or thick batter.
2. Transfer to a parchment lined baking sheet or round pizza pan. Press into crusts and shape with your hands—you can either make two smaller crusts (you'll get more crispy edge surface area) or one larger crust. Crusts should be about 1/4 -1/2 " thick.
3. Bake for 25-30 minutes, until the top is dry to the touch. Remove from oven, let cool, and invert back onto the pan with the dry side facing down. Peel the parchment very gently off the top layer and brush with olive oil. Bake for another 5-10 minutes to get a nice crispy top.
4. Once the crust cools, spread on pesto and top with chicken, spinach, and artichoke. Enjoy!

Homemade Oats in a Jar

Ingredients

- 1/2 cup gluten free rolled oats
- 1/4 cup chia seeds
- 1 cup unsweetened almond or coconut milk
- 1/2 tsp. vanilla extract
- 2 tsp. honey or maple syrup
- 1/4 tsp. cinnamon
- 2 tbsp. shaved almonds
- 1/4 cup fresh blueberries

Directions

1. Combine all ingredients (except for blueberries) and mix well. Pour into an airtight container. Cover with a lid and refrigerate overnight.
2. Serve cold with blueberries.

Or Google a
chia seed pudding
recipe if you want
to mix things up.

Blueberry Almond Butter Smoothie

Ingredients

- 1½ cups frozen banana
- 1/2 cup frozen blueberries
- 1 tbsp. almond butter
- 3/4 cup unsweetened almond or coconut milk
- 1 tbsp. flaxseed meal
- 1 tbsp. chia seed

Directions

1. Add ingredients to a high-speed blender and blend on high until creamy and smooth.
2. If it has trouble blending, add a bit more almond milk. Then taste and adjust flavor as needed.
3. Store leftovers in the refrigerator up to 2 days, though best when fresh.





RECIPES



White Chicken Chili

Ingredients

- 2 (14.5 ounce) cans white beans
- 1 tbsp. olive oil or coconut oil
- 2 medium poblano peppers, chopped/ or 7-8 ounces of canned green chili
- 1 large onion, chopped
- 4 garlic cloves, minced
- Salt + pepper
- 1 tbsp. ground cumin
- 1 ½ tsp. chili powder
- 4-6 cups of chicken broth
- 2 limes, juiced
- 1 rotisserie chicken, skin removed and meat shredded
- ¼ cup chopped cilantro leaves
- Avocado, for topping

Directions

1. Drain and rinse the canned white beans.
2. In a medium bowl, mash half of the beans with a potato masher until chunky or blend in a food processor with a bit of chicken broth. Reserve the beans until needed.
3. Add the oil to a large soup pot (or Dutch oven) heat it over medium-high heat.
4. Add the peppers or green chili, onions, and garlic and sauté until soft and fragrant, about 5-10 minutes. Season the veggies with salt and pepper, to taste.
5. Add the cumin and chili powder and continue to sauté for 1 more minute.
6. Stir in the chicken stock, and lime juice and bring to a simmer.
7. Add the beans and continue to simmer for 20 more minutes.
8. After 20 minutes of simmering, taste for seasoning, and adjust if necessary. Stir in the shredded rotisserie chicken and cilantro and simmer until heated through, about 5 more minutes.
9. You can let simmer on low heat for 3-4 hours.

RECIPES



Waldorf Chicken Salad

Ingredients

- 1 medium apple, diced
- 1 rib celery, diced
- 1 cup cooked chicken breast, diced
- 1/4 cup walnuts, chopped
- 2 tbsp. fresh lemon juice
- 3 tbsp. olive oil
- Salt & pepper to taste
- Optional: substitute orange juice for lemon juice, add diced jicama, add 2 tbsp dried cranberries, add fresh minced dill

Directions

1. Combine all ingredients in a medium mixing bowl. Eat!

Spaghetti Squash Casserole

Ingredients

- 1 tbsp. olive oil
- 1 small onion, chopped
- 1 pound ground chicken, turkey or grassfed beef
- 1/4 cup low sodium beef broth
- 2 cloves garlic, crushed
- 2 tbsp. dried oregano
- 15 oz. can diced tomato
- 1 large spaghetti squash
- Fresh parsley

Directions

1. Preheat oven to 400 degrees. Cut squash in half lengthwise and scoop out seeds. Drizzle with olive oil and season with salt. Place squash cut-side down and roast until tender, about 45-50 minutes. Use a fork to scrape out "spaghetti."
2. Preheat a large non-stick skillet over medium heat with the olive oil. Add the onion and cook for 3 - 5 minutes until softened. Add the beef and cook for 5 - 6 minutes until cooked through.
3. Add the beef broth, oregano, garlic and canned tomatoes to the pan and simmer for 5 minutes. Add the squash to the meat mixture and heat thoroughly.
4. Season with salt and pepper and serve with parsley.

AFTER THE CLEANSE



RESOURCES

Continuing Your Nutritional Education

AdventHealth offers additional resources and support to assist you in achieving your nutritional health goals. We offer ongoing **classes and events** focusing on nutrition, with topics that educate you on how to improve your overall health through food.

For more information on classes and events click [here](#).

Additionally, the AdventHealth Whole Health Institute offers a natural and holistic treatment approach for conditions such as:

- Weight management
- Digestive disorders (IBS, IBD, chronic constipation)
- Skin conditions (acne, eczema, psoriasis, rashes)
- Hormonal imbalances
- Cancer (complementing treatment)

And specialty testing for the following:

- Food intolerance
- Hormone levels
- Nutrient levels
- Comprehensive digestive analysis

Looking for a more in-depth cleanse?

Dr. Megan Schlick, ND, of the AdventHealth Whole Health Institute can customize a cleanse program specific to your health care goals.

For more information on the AdventHealth Whole Health Institute visit us [here](#).