



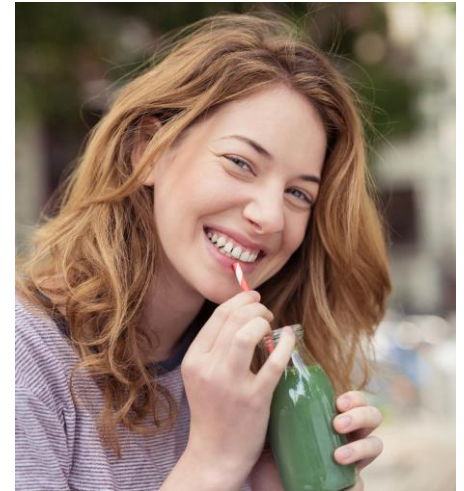
The Detox Project

Cleanse your body,
clear your mind

This challenge is really straight forward. You have a smoothie for breakfast and lunch, your snacks between meals are juices, and you have an Advanced Plan dinner.

There are options to allow for creativity, but you can also follow the recipes shared on MaxLiving.com

Timing	Basic Restart Protocol
Waking	Cell Detox w/24 oz water
7:00 AM	Smoothie (and men's/women's multi)
10:00 AM	Late morning juice
1:00 PM	Smoothie
4:00 PM	Early-afternoon juice
7:00 PM	Advanced plan dinner
Bedtime	Body Detox w/24 oz water



For both the smoothie and the juice, start with a base, pick your add-ins, and don't forget about your supplements.



Smoothie	Juices
<p>Bases: (Choose 1-2 max)</p> <p>Almond milk, coconut milk, water, coconut water. Add ice</p>	<p>Bases: (Choose 1-2 max)</p> <p>Apple, celery, cucumber, spinach, kale</p>
<p>Add-ins (Choose 3 max)</p> <p>Strawberries, blue berries, nut butter, blackberries, raspberries, spinach, romaine, kale, cilantro, avocado</p>	<p>Add-ins (Choose 3 max)</p> <p>Cabbage, celery, chard, ginger, turmeric, lemon, spinach, romaine, kale, cilantro</p>
<p>Supplementation:</p> <p>Grass Fed Whey Protein & Max Greens</p>	<p>Supplementation: *none in the juice</p>

Tips and Tricks: Make 2 servings of smoothie & juice each time you break out the blender / juicer. Put the second serving in a jar and refrigerate. When it's time to consume, shake it up or re-blend.



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Shopping for the challenge is also really simple. Some of the ingredients you will need **HAVE to be organic**. A general rule for organic is anything that comes from an animal and any produce that isn't peeled before eating needs to be organic.

It is usually alright to use conventional produce, as long as you have to remove the outer layer before eating it.



Organic Only			
Granny Smith Apples	Strawberries	Celery	Spinach
Bell Peppers	Cucumbers	Kale	Romaine
Blueberries	Raspberries	Chard	Cilantro
Almond Butter	Cashew butter		
Conventional Approved			
Lemon	Cabbage	Beets*	Turmeric
Ginger			
Approved Protein Choices for Dinner			
Free Range Organic Eggs	Free Range Organic chicken	Free Range Grass Fed Beef	Wild Caught Pacific Fish
Hummus	Black Beans	Chick Peas	

* Beets are high in sugar, and should be used sparingly

This challenge lasts just 10 days! In two weeks, you will see huge changes in your overall health.

This is not a calorie restricted diet that will make you lose weight and starve yourself. This is a metabolic reset challenge that will help your body burn fat efficiently, eliminate toxins, and help reset hormone levels.

Make sure you are incorporating maxT3 at least 3 times per week.