



Welcome to
WELLNESS

*Your best health
starts here.*

7 Day Cleanse

CLEANSE COMPONENTS





Apple Cider Vinegar

Alkalizes the body and enhances digestion.

Tumeric

Stimulates bile flow and cleanses the liver.

Oil Pulling

Collects fat soluble toxins and removes them from the body.

Green Juice

Supports liver detoxification and provide quality nutrients.

Red Juice

Neutralizes free radicals with rich antioxidants.

Probiotics

Support the microbiome to enhance digestion and elimination.

Citrus

Alkalizes the body and provides Vitamin C for liver function.

Raw Food

Supports digestion with live enzymes and fiber.

Plants

Minimizes stress on the body and maximizes nutrients.

Infrared Sauna

Stimulates detoxification to liberate toxins from body tissues.

Epsom Salts

Draw toxins out of the body with Magnesium Sulfate.

Activated Charcoal

Binds toxins and safely removes them from the body.

Sea Vegetables

Reduce chemical and radioactive toxicity.

Healthy Fat

Supports the cell membrane for exchange of toxins with nutrients.



Here's what you will need for your 7 Day Cleanse. Whenever possible, go organic. I recommend you do all your shopping on "Day Zero", which is the day you will do all your preparation for your 7 Day Cleanse.

Veggies and Greens

- 2 large boxes of mixed greens
- 1 large box of spinach
- 5 heads of green kale
- 1 small head of purple cabbage
- 1 container of alfalfa sprouts
- 4 large cucumbers
- 2 heads of celery (15-17 stalks)
- 10 whole Brussels Sprouts
- 1 head of cauliflower
- 2 red onions
- 3 whole beets
- 1 small container of cherry tomatoes
- 3 pounds of mushrooms (cremini, button, or baby portobellos)
- 1 whole red pepper
- 1 head of garlic (12 cloves)
- 1 can of tomatoes
- 1 jar of unpasteurized sauerkraut
- 15-20 medium to large carrots

Fruits

- 3 avocados
- 2 large limes
- 12 large lemons
- 9 granny smith apples

Spices

- 1 stalk of ginger (4"-6")
- 1 stalk of turmeric (4"-6")
- Fresh parsley (1 large bunch)
- Fresh cilantro (1 large bunch)
- 1 bag of Dulse flakes

Small jars of:

- Oregano
- Cumin
- Chili powder
- Chili flakes
- Cayenne pepper
- Pepper
- Himalayan Sea Salt
- Cinnamon



Nuts and Seeds

- 1 bag of pumpkin seeds (6 Tbsp)
- 1 bag of hemp seeds (1 cup)
- 1 bag of sunflower seeds (6 Tbsp)
- 1 bag of pecans (6 Tbsp)
- 1 small bag of almonds (2 Tbsp)
- 1 small bag of ground almonds (1/3 cup)
- 1 bag of walnuts (2 cups)
- 1 small bag of ground flax (2 Tbsp)



Legumes

- 1 can of chickpeas (1 cup)
- 1 can of black beans
- 1 can of red lentils (1.5 cups)
- 2 containers of vegetable broth (6 cups)



Other

- 1 jar of tahini (1 cup)
- 1 small jar of apple cider vinegar
- 1 small jar of coconut oil
- 1 pack of Nori Paper
- 3 bottles of kombucha (no sugar added)
- 1 large bag of epsom salts
- 1 bottle of activated charcoal capsules
- 1 box of baking soda
- 1 small bottle of peppermint essential oil
- 1 small bottle of lavender essential oil



Fish (optional)

- 3 pieces of wild caught fish

Fish is optional on the 7 Day Cleanse. If you are a meat eater, or if you can't stand the thought of going plant-based for a full week, there's nothing wrong with including fresh, wild-caught fish in your 7 Day Cleanse, on alternating evenings for dinner.

If you plan on incorporating fish into your 7 Day Cleanse, you'll want to scale back your shopping for mushrooms! Fish will often replace stuffed mushrooms on the 7 Day Cleanse meal plan.



DAY 0

Remove

Caffeine
Sugar
Alcohol

Keep caffeine, sugar and alcohol out of your life throughout the entire 7 Day Cleanse.
Stock up on your groceries on Day 0.
Get ready for an amazing week of healing!!

DAY 1

Morning Elixir

Apple Cider Vinegar Shot

Oral Care

Oil Pulling – swish 1-2 Tbsp of coconut oil for 10-20 minutes

Morning Juice

Green Juice or WTW Power Smoothie

Morning Beverage

Kombucha

Lunch Raw Salad

Green Salad with Tahini

Afternoon Beverage

Lemon Water

Cooked Dinner

Detox Tabbouleh and Black Bean Burgers

Evening Practices

Infrared sauna and Epsom Salt Bath

Evening Supplement

Activated Charcoal



DAY 2

Morning Elixir

Turmeric Shot

Oral Care

Oil Pulling – swish 1-2 Tbsp of coconut oil for 10-20 minutes

Morning Juice

Red Juice or WTW Power Smoothie

Morning Beverage

Ginger Switchel

Lunch Raw Salad

Probiotic Avocado Salad

Afternoon Beverage

Lemon Water

Cooked Dinner

Stuffed Mushrooms (or fish) with Red Lentil Tomato Kale Soup

Evening Practices

Infrared sauna and Epsom Salt Bath

Evening Supplement

Activated Charcoal



DAY 3

Morning Elixir

Apple Cider Vinegar Shot

Oral Care

Oil Pulling – swish 1-2 Tbsp of coconut oil for 10-20 minutes

Morning Juice

Green Juice or WTW Power Smoothie

Morning Beverage

Kombucha

Lunch Raw Salad

Green Salad w/Tahini

Afternoon Beverage

Lemon Water

Cooked Dinner

Detox Tabbouleh and Lentil Walnut Balls

Evening Practices

Infrared sauna and Epsom Salt Bath

Evening Supplement

Activated Charcoal



DAY 4

Morning Elixir

Turmeric Shot

Oral Care

Oil Pulling – swish 1-2 Tbsp of coconut oil for 10-20 minutes

Morning Juice

Red Juice or WTW Power Smoothie

Morning Beverage

Ginger Switchel

Lunch Raw Salad

Probiotic Avocado Salad

Afternoon Beverage

Lemon Water

Cooked Dinner

Red Lentil and Tomato Soup w/Black Bean Burgers

Evening Practices

Infrared sauna and Epsom Salt Bath

Evening Supplement

Activated Charcoal



DAY 5

Morning Elixir

Apple Cider Vinegar Shot

Oral Care

Oil Pulling – swish 1-2 Tbsp of coconut oil for 10-20 minutes

Morning Juice

Green Juice or WTW Power Smoothie

Morning Beverage

Kombucha

Lunch Raw Salad

Green Salad w/Tahini

Afternoon Beverage

Lemon Water

Cooked Dinner

Stuffed Mushrooms (or fish) with Nori Sushi Hand Rolls

Evening Practices

Infrared sauna and Epsom Salt Bath

Evening Supplement

Activated Charcoal



DAY 6

Morning Elixir

Turmeric Shot

Oral Care

Oil Pulling – swish 1-2 Tbsp of coconut oil for 10-20 minutes

Morning Juice

Red Juice or WTW Power Smoothie

Morning Beverage

Ginger Switchel

Lunch Raw Salad

Probiotic Avocado Salad

Afternoon Beverage

Lemon Water

Cooked Dinner

Lentil Walnut Balls with Steamed Cauliflower

Evening Practices

Infrared sauna and Epsom Salt Bath

Evening Supplement

Activated Charcoal



DAY 7

Day 7 is transition day. Now that you've got the hang of things, I recommend you enjoy 1-2 raw meals, perhaps a green smoothie with quality protein, lots of lemon water, 1 cooked meal, and an epsom salt bath.

You may reintroduce some healthy foods which may have otherwise been eliminated during the 7 day cleanse, such as fruits, organic chicken, grass fed beef, organic dairy or nut milks, and, if you desire, healthy oils such as extra virgin olive oil. Reintroduce some of your favourite foods gradually as your body will have adapted to a leaner and cleaner intake over the past 7 days. Just make sure they are core plan or advanced plan approved!

Hold off until Day 8 (after your cleanse, completely) before reintroducing any caffeine, alcohol or sugar. We still recommend that you minimize these in your regular diet as they are inflammatory in nature.

Recipes

Apple Cider Vinegar Shot

On an empty stomach, shoot back 1-2 Tablespoons of raw unfiltered apple cider vinegar.

If you find this too difficult on your stomach, try this variation:

Apple Cider Elixir Recipe (1-2 servings)

- 1-2 Tablespoons organic apple cider vinegar
- 1 Tablespoon lemon juice
- 1 teaspoon cinnamon
- 2 cups boiling water

Optional to taste: Liquid stevia or 1 Tablespoon raw organic honey

Stir ingredients together and sip this drink steaming, warm or cool, depending on your taste in the morning or before bed.

Turmeric Shot

- 1 Tbsp fresh grated (or juiced) turmeric
- 1-2 Tbsp fresh squeezed lemon juice
- Pinch of cayenne pepper (optional)

Directions

Blend all ingredients and mix well. Shoot back on an empty stomach.



Green Juice

6-8 Kale leaves or 2 cups of spinach
1 cucumber
4 celery stalks
2 green apples
½ lemon peeled
1 inch piece of fresh root ginger

Directions

If you don't have a juicer, seek out a similar blend of ingredients in a raw, cold pressed organic juice from the health food store. (We recommend Lil Organic Kitchen). You can also use a green powder mixed with water (like our Maximized Living Greens).

Red Juice

1 small beet, topped, rinsed and peeled
5-6 medium or large carrots
1 small or medium green apple
1 inch piece of fresh root ginger
Add a sprinkling of cinnamon when you consume.

Directions

If you don't have a juicer, seek out a similar blend of ingredients in a raw, cold pressed organic juice from the health food store. (We recommend Lil Organic Kitchen). You can also use a green powder mixed with water (like our Maximized Living Greens).

WTW Power Smoothie

1 ½ cup-2 cup unsweetened coconut or almond milk
¼ cup of frozen organic blueberries
1 scoop Maximized Living Whey or Plant protein
1 scoop Maximized Living greens

Directions

Blend together frozen blueberries with coconut/almond milk until blueberries are well blended.

Add powders and just mix until blended.

Variations: fresh or frozen strawberries or raspberries



Green Salad with Tahini

- 2-4 cups of organic mixed greens
- 2-3 raw Brussels sprouts, shredded
- 2 Tbsp raw pumpkin seeds
- ¼ avocado, sliced
- ¼ small red onion, sliced thin
- 2 Tbsp raw organic pecans
- 1/3 – ½ cup of soaked and sprouted chickpeas, black beans, lentils (or a combination)
- 1 Tbsp of dulse flakes (optional)

Dressing:

- ½ cup tahini, juice of 1 lemon, salt, pepper, 1-2 garlic gloves
- Dilute with water if necessary
- Optional: Add in thinly sliced radish, shredded purple or green cabbage, sliced bell peppers and/or cucumbers

Probiotic Avocado Salad

- 2-4 cups of organic kale, chopped, with the thick stems removed
- 2 Tbsp raw sunflower seeds
- 1 Tbsp soaked raw sliced almonds
- 1/3 to ½ cup of shredded purple cabbage
- ¼ cup alfalfa sprouts
- 1/3 – ½ cup of soaked and sprouted chickpeas, black beans, lentils (or a combination)
- 2-4 Tbsp sauerkraut
- 1 sheet of nori paper, sliced into smaller pieces

Dressing:

- Mashed avocado, lime juice, pepper, chili flakes, garlic
- Massage dressing into the kale and let it sit for at least 5 minutes (up to 12 hours!). Add other ingredients and toss.

Lemon Water

- 16-24 oz filtered water
- Juice of ½ to 1 whole fresh lemon

Directions

Add lemon to water. Mix well and enjoy.



Ginger Switchel

2 Tbsp apple cider vinegar
1 Tsp grated fresh ginger
1 cup water
½ lemon
Liquid pure stevia, to taste

Directions

Combine all ingredients in a jar or glass. (If using fresh ginger, strain through a fine sieve or cheesecloth if you are not juicing it.)
Cover and refrigerate at least 2 hours and up to a day.
Shake or stir before serving. You may also pour this recipe over ice with soda water, if desired.

Red Lentil Tomato Kale Soup (makes 2 meals)

1 Tsp coconut oil
2 large garlic cloves
Minced 1 onion
Diced 3 celery stalks
Diced 1 Tsp ground cumin
2 Tsp chili powder
14 oz canned diced tomatoes
5-6 cups vegetable broth (more if desired)
1 cup red lentils, rinsed and drained
2 hands full of torn kale or spinach
Salt and pepper, to taste

Directions

In a large pot, sauté the onion and garlic in oil for about 5-6 minutes over medium heat. Add in the celery and sauté for a few minutes more. Stir in the spices (cumin, chili powder). Stir in the can of tomatoes (including juice), broth, and lentils. Bring to a boil, reduce heat, and then simmer, uncovered, for about 20-25 minutes, until lentils are tender and fluffy. Stir in kale or spinach and season to taste adding more spices if you wish.



Black Bean Burgers (yield: 2 meals)

- 15 oz canned black beans
- 1 Tbsp dried oregano
- 2 cloves of garlic, minced
- ¼ red onion finely chopped
- Salt and pepper, to taste
- 1 Tbsp coconut oil

Directions

In a medium sized mixing bowl, add black beans and mash with a fork. Add in spices and onion and mix well. Form into 6 patties and set aside. In a skillet, heat coconut oil over medium heat. Once the skillet is hot, cook burgers until browned (about 5 minutes) on each side.

Detox Tabbouleh (yield: 2 meals)

- ½ large cauliflower, leaves removed
- 1 1/2 cups cherry tomatoes, sliced
- ½ cup fresh parsley, minced
- ¾ cup finely chopped celery
- 1/3 cup cilantro, minced
- 2 green onions thinly sliced
- 2 Tbsp hulled hemp seeds
- Salt and pepper, to taste

Dressing

Juice of one whole lemon

Directions:

Grate cauliflower on a cheese grater. Mix all ingredients in a bowl.
Top with juice of a whole lemon and salt and pepper to taste.

Stuffed Mushrooms (yield: 2 meals)

- 1 ½ lbs mushrooms
- ¼ cup fresh parsley roughly chopped
- 1 small red bell pepper finely chopped (reserve a little for serving)
- 1 small red onion, finely chopped
- 2 cloves garlic, finely minced
- ¾ cup walnuts, roughly chopped
- 1 cup baby spinach, roughly chopped
- Salt and pepper to taste
- 1-2 Tbsp coconut oil
- 2-3 Tbsp vegetable broth (cntd. on next page)



Stuffed Mushrooms cntd.

Directions

Preheat oven to 375 degrees F.

Remove the stems from the mushrooms, set aside to dice and add to the filling. Brush with coconut oil.

Place in the oven stem side up and bake for 8-10 minutes.

In a medium pan, over medium-high heat, add 2-3 Tbsp of vegetable btoh and 1 Tbsp of coconut oil, to saute the onion and bell pepper, for approximately 3 minutes until they start to get tender.

Add in the parsley, finely chopped mushroom stems anad chopped walnuts. Cook another 2-3 minutes.

Add in chopped baby spinach and allow it to wilt. Salt and pepper to taste.

Remove the mushrooms from the oven, pour off any water that accumulates in the mushrooms. Spoon the filling into the mushrooms and bake for an additional 10 – 12 minutes. Top with fresh, raw diced red bell peppers and serve warm.

Lentil Walnut Balls (yield: 2 meals)

½ cup uncooked lentils

1 cup walnut halves finely chopped

2 teaspoons coconut oil

2 heaping cups of finely chopped cremini mushrooms

3 large cloves of garlic, minced

1 cup kale, finely chopped, stems removed

½ tsp dried oregano

1 Tbsp lemon juice

2 Tbsp ground flax plus 3 Tbsp water

1/3 cup ground almonds

Sea salt to taste

Freshly ground black pepper, to taste

Directions

Add lentils in a medium pot along with 2 ¼ cup water. Bring to a boil and then reduce heat to medium. Simmer for about 20 minutes uncovered, adding more water if the lentils dry out. Once the lentils are tender to the fork, remove from heat and mash with a potato masher into a coarse paste with some lentil pieces still intact. Set aside.

Heat oven to 350 degrees F.

Lentil Walnut Balls recipe cntd. on next page



Lentil Walnut Balls Continued

In a very large skillet, add the oil along with the finely chopped mushrooms and garlic. Season with salt. Saute over medium-high heat for about 7-9 minutes, until most of the water cooks off. Then add the kale, walnuts, herbs and lemon juice. Stir until combined and continue cooking for another few minutes until the kale is wilted. Remove from heat and stir in the mashed lentils when ready.

In a small bowl, whisk together the ground flax and water. Stir for 10 seconds and then immediately pour into the skillet mixture. Stir to combine. Stir in the ground almond flour until combined. Season with salt and pepper to taste. The mixture should be fairly moist and sticky. If it is way too sticky, add a bit more ground almonds. If it is too dry, add another Tbsp of water.

Line a baking sheet with parchment paper. Shape lentil mixture into balls and pack tightly with your hands so they hold together. Place on baking sheet an inch or so apart. Repeat for the rest. If the mixture is too hot to handle, let it cool for a bit first and then proceed. Bake the lentil balls at 350 degrees F for 15 minutes. Remove from oven, gently flip over, and bake for another 10-13 minutes, until golden and firm on the exterior.

Steamed Cauliflower

½ large cauliflower
Parsley and cilantro to taste
Lime juice

Directions:

Steam chopped cauliflower until tender.
Add lime juice, parsley and cilantro.
Toss together and serve.



OIL PULLING

What You Need

Organic Coconut Oil
Peppermint essential oil (optional)

Directions

Put 1-2 Tbsp of pure unrefined coconut oil in your mouth.
Optional: Add 1-2 drops of peppermint essential oil.
Swish around gently in your mouth for 20 minutes. Tip: do this while you are in the shower!
Immediately afterwards, dispose of the oil, rinse your mouth out with warm water.
Brush your teeth as normal.

EPSOM SALT BATH

What You Need

1-2 cups of epsom salts
10 drops lavender essential oil (optional)
1 cup baking soda (optional)

Directions

Add all to a hot bath and soak for 20 minutes.
Drink plenty of water while you are in the tub.



INFRARED SAUNA

If you do not own your own infrared sauna, identify a spa or facility in your area that offers the use of their infrared sauna on a per-minute basis, or with a weekly membership. Spend up to 45 minutes per day in the infrared sauna, up to 140°.

If you do not have or can not locate an infrared sauna, use any other sauna, or even a steam room. Although the infrared sauna is most effective for detox, the most vital piece of this practice is that you are sweating for 20–45 minutes per day.

ACTIVATED CHARCOAL

Activated charcoal works like a magnet to attract toxins and release them from your bodies. Consume 2–3 activated charcoal tablets or capsules before bed, always (and most importantly) at least 2 hours after your last meal. Do not take activated charcoal within 1 hour of other supplements or any medications.