



**WHOLE
MEDICINE**



PALEO

3-DAY CLEANSE

WELCOME TO: THE PALEO CLEANSE

Hello friends!

Welcome to our **Paleo 3-Day Cleanse**.

Going grain-free can COMPLETELY change your life. With grain-free living, you won't be counting calories or eating fake foods, that are preservative-packed and filled with chemicals your body doesn't recognize. Instead, you will be eating the right foods for your body in their most natural form, so you feel satisfied and healthy.

If you are looking to feel your best, but have not yet tried out a grain-free or Paleo life, then this plan is for you. Millions of others have tried out a paleo lifestyle and seen the benefits of decreased inflammation, improved digestion, more energy and less pain.

In health,

Dr. Kealy Mann & Dr Chelsey Corrigan
Naturopathic Doctors

PALEO IN A NUTSHELL

A Paleo or grain-free lifestyle is all about having an understanding of your body.

You see, when you eat the wrong foods for your body, inflammation runs rampant and causes a myriad of health issues, including disease and autoimmune disorders. But when you eat properly, the inflammation quickly decelerates and eventually goes away completely (as long as you keep up the lifestyle). Because of that, you may see benefits such as:

- Losing weight naturally
- Natural energy boost
- Radiant skin
- Improved sleep
- Healthy immunity
- Improved Digestion
- Less mood swings

This plan contains real food and delicious meals but does not contain deprivation, pills or quick fixes. It is designed to combat sugar cravings, get your body back into balance and have you feeling and looking AMAZING. Improved health will have a ripple effect on your life – and you'll be amazed at the person you become.

YOU ARE ON THE ROAD TO ACHIEVING THE BEST VERSION OF YOURSELF.
THIS IS OUR GOAL FOR YOU, AND OURSELVES, EVERY DAY.

IS THIS YOU?

Every night, you tell yourself that tomorrow will be better – tomorrow you'll make better food choices, you'll exercise more, and you'll ditch the alcohol or stop smoking. Unfortunately, for most, that “tomorrow” never comes.

We completely understand that, like most, you are extremely busy. You probably have a significant other, children and/or a hectic job. Therefore, making the choice to turn your life around and sticking with it is one of the hardest things to do. BUT, that's exactly what we're going to do. During this plan, you will awaken your senses.

Let's begin – are you ready?

PALEO CLEANSE

DAY 1

Upon Waking

Drink room temperature water with the juice of ½ a lemon (optional - a dash of cayenne pepper).

Breakfast

Breakfast Smoothie (serves 1)

- 1 cup coconut milk
- ½ cup coconut water
- 1 scoop plant based protein powder
- 1 tablespoon chia seeds
- 1 cup blueberries
- ½ avocado
- ½ cup spinach
- Dash of cinnamon

Snack

1 apple with 10 raw almonds.

Lunch (serves 1)

Power Salad

- 2 cups mixed greens
- 1/2 cucumber, chopped and diced
- 2 celery stalks, chopped and diced
- 1 apple, chopped and diced
- ½ avocado
- 1 can salmon, drained (BPA-free & packed in water)
- ¼ cup black olives, (BPA-free can, packed in water)
- Handful of fresh parsley

Dressing:

3 tablespoons Bragg's raw apple cider vinegar
2 tablespoons extra virgin olive oil
Juice from a lemon
Dash of sea salt and pepper to taste

Wash all vegetables and fruits. Chop ingredients. Mix all salad ingredients in a bowl and toss with dressing.

Snack

Eat 1 pear and 10 raw walnuts.

Dinner (serves 2)**Lettuce Wrapped Turkey Burger with Broccoli**

6-8 ounces grass-fed ground turkey
1 tablespoon. chopped parsley
1 small onion, diced
1 tablespoon garlic powder
sea salt and black pepper to taste
2 tablespoons oil*
1 cup broccoli florets
1/8 cup water
2 romaine leaves (optional)

Mix the grass-fed ground turkey with chopped parsley, diced onion, garlic powder, sea salt & pepper in a large bowl and form into two patties.

Place a pan over medium-high heat and add 1 tablespoon oil*, place burgers in the pan and cook on each side for 5 minutes, until cooked through. Once cooked, set burgers aside and add remaining oil* to pan followed by broccoli and 1/8 cup water. Let broccoli cook, stirring occasionally until bright green, about 5 minutes.

Before Bed

Drink one cup of chamomile tea (optional - with stevia or raw honey).

DAY 2

Upon Waking

Drink water with lemon (optional - add raw honey).

Breakfast

Eggs on the Quick (makes 6 servings)

1 tablespoon extra virgin olive oil
6 free-range organic eggs
2 cups raw spinach, chopped
2 sweet peppers, chopped
1 yellow onion, chopped
1 cup raw asparagus, chopped
Sea salt and black pepper to taste

Preheat your oven to 350°F. Prepare your vegetables: Chop all the vegetables into small pieces. Add one tablespoon olive oil to a pan and sauté the peppers, onions and asparagus. Sauté for 5-7 minutes or until the vegetables soften. Then add the spinach and sauté for an additional 2 minutes.

€ Combine your ingredients: Pour the eggs and egg whites into a bowl and mix the sautéed vegetables. Fill each muffin tin with the egg and veggie mixture.

Bake your muffins: Bake for 20-25 minutes or until fully cooked.

*Make sure to never buy non-stick. You can look for glass muffin pans, but they are hard to find. You can also use parchment muffin liners made by PaperChef

Snack

Eat 2 figs stuffed with almond butter dusted with cinnamon.

Lunch (serves 1)

Chicken Delight

2 cups mixed greens

½ avocado

1 red pepper, chopped and diced

1/2 cucumber, chopped and diced

6 cherry tomatoes, sliced in half

4 ounces, grilled and diced chicken

1 orange, peeled and cut into segments

Combine all the ingredients into a bowl. Chop all the ingredients. Peel the orange and then cut into segments. Top with sliced chicken and avocado.

Snack

Eat 1 apple with 2 tablespoons of almond butter.

Dinner (serves 2)

Delicious Cleanse Wrappers

Romaine, butter lettuce, green cabbage or collard leaves (rinsed)

2 large carrots, peeled and sliced thin or grated

½ red onion, minced

1 avocado, mashed

2 chicken breasts, cooked and cut into strips

2tsp coconut oil or olive oil

Sea salt and pepper to taste

Lay out your greens on a plate to the side. Lightly sauté carrots, and red onion. Place some filling in each of lettuce leaves and drizzle lime juice over top, if desired.

Before Bed

Drink one cup of chamomile tea (optional - with stevia or raw honey).

DAY 3

Upon Waking

Drink water with lemon.

Breakfast

Digestion Kefir Pear Smoothie

2 pears
1 scoop plant based protein powder
1/2 cucumber
1/4 cup coconut milk kefir, dairy free yogurt, or avocado
Juice of 1 lime
1/2 inch piece of ginger
1/2 cup water
Ice: optional
Stevia or honey to taste – optional

Snack

2 dates with 2 tablespoons tahini

Lunch (serves 1)

Salad Delight

2 cups of mixed greens
1/4 cup shredded cabbage (omit if difficult to digest)
1/4 cup sunflower seeds
1/2 avocado, cut into chunks
1 tablespoon lemon juice
1 can sardines or tuna (BPA-free and packed in water)

Dressing

4 tablespoons extra virgin olive oil
1 tablespoon honey
1/4 teaspoon sea salt
1/4 teaspoon fresh ground black pepper

Place mixed greens in a large salad bowl, chop the cabbage, avocado chunks and add ¼ cup of sunflower seeds. Top with the dressing or simply use olive oil and lemon. Toss thoroughly. Top with protein.

Snack

Snack mix: 2 Tablespoons shredded coconut, 2 tablespoons almonds, 2 tablespoons raw cacao nibs

Dinner (serves 2)

Paleo Liver Cleanse Salad

4 cups mixed greens

1 carrot, grated

1 cucumber, chopped and diced

1 medium radish, sliced thin

2 salmon filets or 2 cans of salmon, (BPA-free and packed in water)

½ bunch parsley, chopped

½ bunch cilantro, chopped

½ avocado, sliced

juice of a lemon

Sea salt and pepper to taste

Chop your vegetables. Cook the salmon for 15 to 18 minutes in an oven at 425° F. Add cooked salmon or canned salmon to a bowl with ingredients. Top with avocado and lemon, balsamic vinegar and sea salt and pepper.

Before Bed

Drink chamomile tea with lemon and raw honey.

HELPFUL TIPS

- Start a journal to document this amazing process.
- Ensure all your meals have protein, healthy fats and nutrient dense carbohydrates to stabilize your blood sugar.
- Regular bowel movements are important for proper detoxification. Make sure you are taking a good probiotic and practice deep breathing while you are eating.
- Chew each bite 30 times.
- Sweat daily. Plan 20 min to focus on speed walk intervals; cycling, swimming, yoga and/or strength training.

GET PREPARED

- Clean out the processed foods in your home.
- Look at the meals on this plan and prep your shopping list.
- Get support.
- Ask your friend to do this cleanse with you – accountability leads to greater success and makes the process much more fun!
- Set a goal and write it down where you see it every day. Try a Post-it note on your bathroom mirror.
- Remember to have fun, laugh more, love more & commit to your wellbeing.
- Incorporate five minutes into your day to simply stop and reflect; appreciate your life.