

# Accelerator Week

## MORNING

START TIME IS FLEXIBLE

- 8AM: 1c warm water + 2 Capsules Clean Digestive
- 8:15AM: Coffee Enema
- 8:45 AM: **DETOX DRINK**: 1 Tbsp Fiber Formula, Filtered Water ( 300-500mL), 1 Tbsp Olive Oil, 20 Drops Bio Cell Salts (or 1 tablespoon electrolyte drink)
- 9AM: 1 scoop Amino Acid powder + Green Juice
- 10AM : Detox tea
- 11AM: Clean Greens - 3 Capsules

## NOON

- 12PM: **DETOX DRINK**
- 1PM: Greens Juice
- 1PM: 2 Capsules Clean Digestive
- 1:30PM: Filtered Water
- 1:45PM: Teas (steep 1tbsp in 500mL water)
- 3PM: Clean Greens - 3 Capsules

## EVENING

- 4PM DETOX DRINK** Plus 1/2 Scoop Clean Aminos
- 4:30PM Filtered Water
- 5PM: 500mL Soup + 2 Capsules Clean Digestive
- 5PM: Greens Juice + 3 Capsules Clean Greens
- 5-8PM: Teas (steep 1 tbsp in 500mL water)

### BEFORE BED:

- 2 Capsules Probiotics, Clean Bowels (1-2 as needed for daily bowel movements)

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5



*"YOUR MIND IS A POWERFUL THING. WHEN YOU FILTER IT WITH POSITIVE THOUGHTS, YOUR LIFE WILL START TO CHANGE."*  
 — BUDDHA



# SOUP RECIPES DURING 5 DAY CLEANSE

You are allowed to have 2 cups each day (around 4pm) of home made vegetable soups, from the below recipes (plus the additional recipes emailed upon request)

## CELERY AND/OR CARROT

### INGREDIENTS

- 1 tbsp. Coconut Oil
- 6 stalks Celery, and/or 6 carrots
- 1 Garlic (cloves, minced)
- 2 cups organic vegetable broth
- 1/2 tsp. Sea Salt

### INSTRUCTIONS

1. Steam celery and/or carrots until soft. Add minced raw garlic, broth, coconut oil and sea salt to blender
2. Add to pot, warm up to desired temperature.

### ADDITIONAL SPICES (if desired)

- 1/2 tsp. Cumin
- 1/2 tsp. Turmeric
- Sea Salt

## BUTTERNUT SQUASH

### INGREDIENTS

- 1/2 Butternut Squash
- 1/2 tsp. Cinnamon
- 1 tbsp. Extra Virgin Olive Oil (divided)
- 1/2 tbsp. Ginger (grated)
- 2 cups Organic Vegetable Broth
- 1 tsp. Sea Salt (divided)
- 1/16 tsp. Cayenne Pepper

### INSTRUCTIONS

1. Put squash into steamer approx 20 minutes, until soft.
2. Cut open and use a spoon to carve out the flesh and set aside. Discard the skin.
3. Place a large pot over medium heat, add in vegetable broth, cooked squash, sea salt and cayenne pepper. Reduce heat to a simmer.
4. Transfer soup to a blender or use an immersion blender to puree until the soup reaches a smooth, thick consistency.



*Foods Are Most Nutrient Dense When Raw,  
Juiced or Steamed*