

TRANSITIONING FROM CLEANSE TO SOLIDS

Coming off the liquid cleanse is just as important as the cleanse itself.

During the fast, digestion and enzyme production slows down. Because of these changes, food must be reintroduced slowly.

DAY 6 & 7 SCHEDULE (AFTER 5 DAY DETOX)

MORNING

- 1. Enema or Colonic** You should have a bowel movement in the morning. If not, have an enema or colonic to help move the bowels.
- 2. Detox Drinks + 1/2 scoop Clean Aminos-** followed by 1 cup water
- 3. Clean Green-** 3 daily with any meal until bottle complete
- 4. Probiotics** - 1 capsule daily with or without food
- 5. Greens Juice, Green tea, Vegetable Soup Plus** - 2 Clean Digestion Capsules

NOON/DINNER/EVENING:

6. lightly steamed vegetables and/or vegetable mineral broth, and/ or vegetable soups. PLUS small piece of protein (fish, organic tofu only) *Plus 2 Clean Digestion capsules*
7. Fresh vegetable salad & Baked tofu, tempeh.
Plus 2 Clean Digestion Capsules.

BEDTIME:

8. **Probiotic** - 1 Capsule
9. **Clean Bowels** - 1 Capsule (if needed for regular/daily bowel movement)
10. **Complete Mineral Complex** - 2 capsules

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

