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## 10 Day Food List

### Unlimited Foods

**Serving Size ½ cup Try to get at least 13-15 servings a day.**

**We recommend consume at least half your total vegetables raw, other may be steamed or stir-fry for 4-5 minutes on low heat.**

Artichokes Asparagus Avocados Bamboo Shoots Bean Sprouts Broccoli Bell Pepper Brussel Sprouts Cabbages Celery Chives Cucumbers Garlic	Green Beans Green leafy vegetable: beet greens, bok choy, chard, collards, endive, lettuce, mustard greens, spinach, kale Horseradish Leeks Olives Parsley Pimentos Radishes Rutabagas Squash –yellow, acorn, butternut, spaghetti, zucchini Turnips Water chestnuts
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### Protein

**Average serving size is 3 ounces (size of a deck of cards or palm of your hand)**

**2-3 Servings a Day**

**\*Broiled, Baked, Roast, Poach – No Cured, Smoked, or Cold cuts**

Cold-Water Fish – Salmon, Tuna, Herring, etc. Eggs (organic or free-range) Chicken Turkey
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### **\*LIMIT THE FOLLOWING\***

#### Nuts and Seeds

**Average serving size is ¼ cup for nuts**

**and 1 tablespoon for seeds**

**No more then 1-2 Servings a Day**

Nuts – Raw and unsalted Almonds Walnuts Cashews	Seeds – Flaxseeds Chia Seeds Pumpkin Seeds
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#### Miscellaneous/oils

**Serving size is 1 teaspoon**

**No more than 3-4 Servings a Day**

Oils: Healthy Cold Pressed Olive, Flaxseed, Sesame, Macadamia, Coconut Butter: Organic grass fed Dressing oil/cider vinegar Only
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**Congratulations on completing your 10 day battle against sugar!  
You may now add in the following foods to your food list:**

We recommend at this time adding in Green 1<sup>st</sup> if you find that you are not able to Consume the 13-15 serving recommended servings of vegetables a daily.

**Add-ons for Unlimited Foods**

**Serving Size ½ cup Try to get at least 13-15 servings a day**

**We recommend consume at least half your total vegetables raw, others may be steamed or stir-fry for 4-5 minutes on low heat**

Beets Carrots Cauliflower Eggplant Endive Fennel Hearts of Palm Jalapeno Onions Mushrooms Water Chestnuts Tomatoes	<b>*Limit starchy vegetables &amp; pseudo grains to ½ cup 3 servings a day*</b> Turnips Parsnips Plantains Lentils Green beans Chickpeas Pumpkin Lima Beans Sweet Potatoes Quinoa
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**Add-on for Protein**

**Average serving size is 3 ounces , 2-3 Servings a Day**

**\*Broiled, Baked, Roast, Poach – No Cured, Smoked, or Cold cuts**

Lean Beef Game Meats
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**Add-on Non- Dairy Milk Limited Use**

Unsweetened Coconut Milk Unsweetened Hemp Milk Unsweetened Almond Milk
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**Add-on Flour**

Coconut Flour
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**Please use the PH Chart to reference food PH values to balance your meals daily**



### What will the next 28 days be like?

1. Follow eating guidelines that focus on whole, unprocessed food containing more veggies and lean protein. Please use the food list provided.
2. Avoid refined carbohydrates, artificial sweeteners, sugar, chemical additives, processed meats, fried foods, caffeine, soft drinks, gluten, and dairy. Also avoid foods containing yeast or foods that promote yeast overgrowth; examples include, mushrooms, cold cuts, commercially prepared condiments, peanuts, and alcoholic beverages.
3. Take a simple protocol of any supplements you maybe currently taking.
4. Drink at least half your body weight in ounces of water each day.
5. Eat 5-7 small meals each day. Incorporate shakes as suggested. Try to eat every two to three hours and remember, breakfast is always a shake!
6. Eliminate fruit. ☺ We know this may be difficult, but the results will be rewarding. During the 28 days of this cleanse, you will be eliminating fruit completely. Too much fruit will spike your blood sugar and may cause your body to slow down the healing process and the elimination of excess body fat. This is especially true for insulin-resistant patients.

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### Program Products

1. **OptiCleanse GHI : 3 – 5 Shakes a Day As Meal Replacements & as Snacks**  
**2 level scoops mixed with 10-12 oz of water (use More water for desired consistency)**
  - a. A dietary supplement designed to promote GI function and balanced detoxification. It also addresses hepatic function. And this product is vegan, its protein source is a pea protein!
2. **Prosynbiotic : 1 Cap 3 times a Day**
  - a. A comprehensive A Prebiotic and Probiotic formula designed to help maintain a healthy Gut environment, support bowel consistency and regularity; as well as, improve nutrient digestion and absorption.
3. **Drainage : 6 drops daily just before Bed**
  - a. This combines homeopathic liver “drainers” with homeopathic remedies that are known to support excretory function. Drainage focuses on the liver, kidney, and colon functions while addressing symptoms associated with toxicity.
4. **Boswelia Complex : 1 Tab 3 times a Day**
  - a. Combines Boswelia, Celery seed, Ginger, and Turmeric to maintain and support healthy joints, circulation, and response to environmental stresses.