

A primary goal of this program is to give your body a break from the myriad of daily insults — not only the toxins we ingest, but the foods we eat too commonly and the ones that are difficult to digest and process. It's a gentle and powerful program, but it can feel overwhelming at first. If cooking feels like a challenge, shop at the start with your restrictions in mind, try different recipes, and plan meals a few days or a week at a time. Here's an example week to get you started. Remember: no gluten, dairy, corn, soy, egg, peanut, or sugar.

	Breakfast	Lunch	Dinner
Day 1	Puffed rice or gluten-free oat cereal with unsweetened coconut milk and fresh fruit.	Turkey roll-ups with peach or nectarine and rice crackers.	Rosemary red soup and a fresh garden salad with your daily dressing.
Day 2	Rice cake with almond butter and fresh berries.	Rosemary red soup (leftover) and an apple with nut butter.	Baked salmon with pineapple salsa, spinach salad, and brown rice.
Day 3	Rice toast with nut butter and a fresh fruit mix: apples, berries, pears, kiwi.	Salmon salad (use leftover salmon) on chopped lettuce with rice crackers.	Vegetable kabobs over brown rice.
Day 4	Toasted grain cereal (millet, rice, and quinoa) with nut butter and rice milk.	Vegetable kabobs (leftover) over chopped lettuce with apple.	Cashew drizzle over rice fettuccine noodles, sprinkled with sesame seeds, and steamed chard.
Day 5	Your daily cleanse smoothie, blended with berries or half a banana.	Rice fettuccine noodles with cashew drizzle (leftover) and a pear.	Turkey chili with beets in vinaigrette over chopped lettuce.
Day 6	Sunny millet with peaches.	Turkey chili (leftover) with rice crackers and a fresh garden salad.	Carrot ginger soup with steamed kale.
Day 7	Gluten-free (clean) toast with nut butter and a fresh fruit mix: apples, berries, pears, kiwi.	Carrot ginger soup (leftover) over brown rice with beets in vinaigrette (leftover).	Rainbow trout poached in herbs, quinoa pilaf, and a French beet and onion salad.

Cook once, eat twice. This week is built on leftovers on purpose — soups and chilis get better on day two, and having tomorrow's lunch already made is how you stay on the program on a busy day. Named dishes come from the cleanse recipe collection; if you don't have a recipe, ask us. And don't skip your morning drink, daily dressing, and smoothie — they run alongside everything on this page.