



the nutrition school

Healthy Real Food Cleanses

Looking to start a cleanse? Here are a few to choose from.

Cleanse Option 1:

BREAKFAST

Scrambled eggs (1 whole omega-3-enriched egg plus 3 egg whites)
1 teaspoon dried basil
1 cup green tea
1 cup water with 1 ounce lemon juice

SNACK

Sliced Granny Smith apple with 1 teaspoon cinnamon
1 cup water with 1 ounce lemon juice

LUNCH

Spinach (cooked or raw); eat as much spinach as you'd like. And have fun dressing the spinach with flavored vinegars, such as fig, raspberry, or orange. Any type of vinegar will do.
4 ounces salmon or halibut (grilled, baked, or broiled) with 1 teaspoon dried spices such as oregano
8 pecan halves
1 cup water with 1 ounce lemon juice

SNACK

Steamed artichoke or 1/2 cup artichoke hearts in water (Monterey Farms makes an easy eat-right-out-of-the-bag variety)
1 cup green tea

DINNER

Large romaine lettuce salad with carrots, tomatoes, and red bell peppers; dress with 1 teaspoon extra virgin olive oil and lemon juice to taste
Steamed asparagus
4 ounces any lean protein (grilled, baked, or broiled) with 1 teaspoon dried spices such as oregano
1 cup water with 1 ounce lemon juice
1 cup blueberries

Cleanse Option 2:

BREAKFAST

Scrambled eggs (1 whole omega-3-enriched egg plus 3 egg whites)
1 cup dandelion root tea
1 cup water with 1 ounce lemon juice

SNACK

Cucumbers, celery
1 cup water with 1 ounce lemon juice

LUNCH

Any greens and 4 ounces lean protein (grilled, baked, or broiled) or vegetarian protein (such as tofu or chickpeas), sprinkled with 1 teaspoon ground flaxseeds or 1 teaspoon olive oil (you may add vinegar to your salad - balsamic and rice vinegars are both delicious)
1 cup water with 1 ounce lemon juice

SNACK

Cucumbers, celery
1 cup green tea

DINNER

Any greens and 4 ounces lean protein (grilled, baked, or broiled) or vegetarian protein (such as tofu or chickpeas), with ¼ avocado or 1 teaspoon olive oil (again, you can add vinegar)
1 cup water with 1 ounce lemon juice
1 cup chamomile tea

Cleanse Option 3:

BREAKFAST

Scrambled eggs (1 whole omega-3-enriched egg plus 3 egg whites)
1 cup water with 1 ounce lemon juice and sprinkle of cayenne

SNACK

1 cup greens juice (no juice added - such as kale, spinach, cucumber, celery, lemon and ginger)
1 cup aloe vera water (no added sugar!)

LUNCH

Kale salad with 4 ounces grilled salmon (or other organic lean protein) with 1 teaspoon olive oil
1 cup water with 1 ounce lemon juice and sprinkle of cayenne

SNACK

Steamed artichoke



1 cup aloe vera water (no added sugar!)
1 cup green tea

DINNER

Roasted fennel

Large spinach salad, red and yellow pepper slices, endive with ¼ avocado or 1
teaspoon olive oil

4 ounces any organic lean protein

1 cup water with 1 ounce lemon juice and sprinkle of cayenne

1 cup chamomile tea