

Clean Food
CRUSH

21
DAY
**SUGAR
DETOX**



The first week of Detox is VERY strict.

You will see dramatic results when followed as closely as possible.

You may make substitutions per your own preferences, please ask in the group or by email for acceptable substitutions.

The goal is to Detox sugar, reduce cravings, & teach a lifelong love for whole foods.

Weeks 2-3 are a bit more lax- more variety involved

My hope is that you will take your experience and apply it for the rest of your life.

By eliminating processed food & chemicals from our eating; while increasing our intake of fruits & vegetables we will see these

Benefits:

Boosts Immune System

Energy

Hair & Skin health

Anti Aging

Benefits from increased antioxidants

Reduced Disease Risk

Sugar Addiction solved by Clean Eating

Cravings subside dramatically when staying consistent for 3 weeks.

Refined sugar is VERY addictive, the more we eat...the more we WILL eat!

You will not feel hungry all the time! (Eat when you are hungry!)

Week 1 CFC Women's Sugar Detox Plan

MEAL 1 -Banana Pancakes

Banana 1

Hard Boiled Egg/Scrambled, whole 1

Hard Boiled Egg/Scrambled, white 4

You may simply eat as hard boiled eggs, plus additional egg whites & banana.

OR

MEAL 1

Hard Boiled Egg/Scrambled, whole 1

Hard Boiled Egg/Scrambled, white 4

1 Cup Berries of choice

MEAL 2 -White meat or Fish, Green Vegetable & Sweet Potato or Brown Rice

White Meat or fish, skinless—broiled or grilled 4 Oz

Green Vegetable, boiled or grilled ½ C

Sweet Potato, baked or Brown Rice ¼ C

MEAL 3 -SPINACH SALAD

Baby Spinach Leaves 3 C

Carrots, shredded ¼ C

Tomatoes, cherry 7 small

Toss salad with ¼ TBS extra virgin olive oil whisked with fresh squeezed lemon juice, or organic mustard, or a splash of balsamic vinegar

MEAL 4 -White meat or Fish, Green Vegetable & Sweet Potato/ Brown Rice Choice

Chicken Breast or Fish, skinless—broiled or grilled 5 Oz

Green Vegetable ½ C

Sweet Potato, or Brown Rice ¼ C

MEAL 5 -Sirloin OR Salmon & SPINACH SALAD

Sirloin or Salmon, lean cut, fat trimmed, broiled or grilled 3.5 Oz

Egg White, hard boiled 2

Baby Spinach Leaves 3 C

Carrots, shredded ¼ C

Tomatoes, cherry 7 small

Toss salad with ¼ TBS extra virgin olive oil whisked with fresh squeezed lemon juice, or organic mustard, or a splash of balsamic vinegar

Week 1 CFC Men's Sugar Detox Plan

MEAL 1 -Banana Pancakes

Banana 1

Hard Boiled Egg/Scrambled, whole 2

Hard Boiled Egg/Scrambled, white 6

You may simply eat as hard boiled eggs, plus additional egg whites & banana.

OR

MEAL 1

Hard Boiled Egg/Scrambled, whole 2

Hard Boiled Egg/Scrambled, white 6

1 Cup Berries of choice

MEAL 2 -White meat or Fish, Green Vegetable & Sweet Potato or Brown Rice

White Meat or fish, skinless—broiled or grilled 8 Oz

Green Vegetable, boiled or grilled 1 C

Sweet Potato, baked or Brown Rice 1/2 C

MEAL 3 -SPINACH SALAD

Baby Spinach Leaves 3 C

Carrots, shredded ¼ C

Tomatoes, cherry 8 small

Toss salad with 1/2 TBS extra virgin olive oil whisked with fresh squeezed lemon juice, or organic mustard, or a splash of balsamic vinegar

MEAL 4 -White meat or Fish, Green Vegetable & Sweet Potato/ Brown Rice Choice

Chicken Breast or Fish, skinless—broiled or grilled 8 Oz

Green Vegetable 1 C

Sweet Potato, or Brown Rice 1/2 C

MEAL 5 -Sirloin OR Salmon & SPINACH SALAD

Sirloin or Salmon, lean cut, fat trimmed, broiled or grilled 6 Oz

Egg White, hard boiled 4

Baby Spinach Leaves 3 C

Carrots, shredded ¼ C

Tomatoes, cherry 8 small

Toss salad with 1/2 TBS extra virgin olive oil whisked with fresh squeezed lemon juice, or organic mustard, or a splash of balsamic vinegar

Grocery Shopping List Week 1:

Basic Staples:

(You probably already have most of these)

brown rice

cinnamon

vanilla

unrefined coconut oil

extra virgin olive oil

sea salt

kosher salt

black pepper

dried oregano

dried thyme

dried italian herb blend

chili powder

onion powder

paprika

ground cumin powder

granulated garlic powder

dried basil

curry powder

lemon pepper

liquid aminos

apple cider vinegar

rice vinegar

favorite prepared hot sauce-no sugar added(may use 1Tbps for eggs or to place on meat)

dijon mustard

no sugar added natural salsa (may use 1Tbps for eggs or to place on meat)

natural stevia if ABSOLUTELY necessary for coffee or green tea

balsamic vinegar

Weekly Groceries Women:

7 bananas or 7 cups fresh berries
50 eggs (will have lots of extra yolks to serve other family members)
White Meat or fish, skinless—63 oz
Green Vegetable or choice 7 cups
3-4 sweet potatoes OR 3.5 cups cooked Brown Rice
Fresh baby Spinach (42 cups total)
Large bag of pre-shredded carrots
98 small cherry tomatoes
Sirloin or Salmon, lean cut, fat trimmed, broiled or grilled 25 Oz

Weekly Groceries Men:

7 bananas or 7 cups fresh berries
84 eggs (will have lots of extra yolks to serve other family members)
White Meat or fish, skinless—112 oz
Green Vegetable of choice 14 cups
6-7 sweet potatoes OR 7 cups cooked Brown Rice
Fresh baby Spinach (42 cups total)
Large bag of pre-shredded carrots
112 small cherry tomatoes
Sirloin or Salmon, lean cut, fat trimmed, broiled or grilled 42 Oz