



3-6 DAY

Nourish Cleanse

THE GOOD FEELING LIFE



Overview

Welcome to your very first cleanse in the Good Feeling Membership!!

This cleanse is purposefully designed to be detoxifying and nourishing to your entire body as well as flexible and easy to follow!

I have never believed that we need a bunch of products, powders and supplements to detoxify. In fact, its the opposite! We need wholesome, real earth food and lots of water - how much more simple can it get?

In this cleanse, remember that keeping it simple is key. Foodwise, ALL EARTH FOODS ARE ENCOURAGED.

If it has been grown, picked, harvested - you are encouraged to eat it!

I have outlined the key foods that we want to focus on and the foods that we want to avoid.

The key focus of this cleanse is to give your body a lot of nutrition in in ways that are easy to digest. Easy on the system, giving it a little rest while pumping through large amounts of water and nutrients.

Preparation

There is nothing that you HAVE to do but there are some general tips that will help make this process easier and more effective!

2 days before, cut down on dairy, alcohol and processed foods

Increase water intake in the days leading up to the cleanse.

In the days leading up to the cleanse find lots of meal inspiration and start planning!

- look in the recipe book included in the Detox Space in the Membership Site
- look online for vegan recipes on websites such as the ones listed below.

Websites (click to access)

[Oh She Glows](#)

[Minimalist Baker](#)

[Cookie & Kate](#)

Our Intention

During this cleanse, the goal with your diet is simple: to minimize the workload on your digestive organs while supplying your body with an abundance of nutrients to heal, detoxify and cleanse.



In short - we are consuming lots of liquids & easily digestible food that are high in vitamins & minerals

Cleansing is performed primarily by your body's self-regulated cleansing mechanisms, not just by the nutrients in the foods that you eat. So by being kind to your body, only giving it foods that it wants, you are reducing the stress on your body and leaving it able to cleanse itself.

We support the body in being able to do what it is meant and able to do!

Our intention for this and everyday is to be kind to ourselves, reduce the stress in our bodies and lives. To care for ourselves with love, rest and nutrition.



Cleanse Outline

★ To prepare, make a batch of Kickstart Soup* with the intention of consuming at least 2-3 big bowls per day during the cleanse.

★ In addition to soup, you are encouraged to consume as much liquid as possible in the forms of smoothies, juice, broth, lemon tea etc.

★ Aim to drink 2 litres / .5 gallon or more of the Master Cleanse Drink*

★ Aim to consume at least 3L / .8 gallons of water + Master cleanse drink combined

★ You are allowed solid food at any time - when you choose to have solid food, pick from the New Leaf Recipe Book that is included in this cleanse or any other whole, plant based, vegan meal using the encouraged foods listed above.

★ After consuming the entire batch of Kickstart Soup, your next batch of soup can be any plant-based, vegan soup made from real ingredients. Of course you can make the Kickstart soup again as well! See The New Leaf Recipe book or find your own.

You are "allowed" to eat any earth food at any time. You are encouraged to eat as much soup & liquids as possible with real, whole food in-between

*recipe on last page

Key Foods

(eat as much as you want)

Water

Water is the most important element in cleansing. It is a miracle to the body. When cleansing you will be making an intention of drinking water constantly for the love and care of your body! If you are not drinking enough water, your cleansing will be limited. Aim for 3L / .8G of pure water daily during this cleanse.

Lemon

In addition to being high in vitamin C, lemon is an excellent liver cleanser. Drinking lemon water helps convert toxins into a water-soluble form so they can be easily flushed from the body. Squeeze half a lemon into your first 16 ounces of water in the morning, enjoy it hot or cool.

Garlic

Garlic is a healing herb, powerful antioxidant and a potent natural antibiotic. Garlic also activates liver enzymes that filter toxins and it increases circulation. Garlic is also a chelator - it removes toxic heavy metals from the body. Eating raw garlic by chopping it up and putting it on top of your foods or in your water is the most effective way to get the benefits.

Cayenne

Also called capsicum or red pepper, this herb aids digestion and improves circulation - both of which will significantly help the cleansing process.

Cayenne is especially good for the heart, kidneys, lungs, pancreas, spleen and stomach. If you need some "get up and go," put a half teaspoon of cayenne in a glass of water or add it to your lemon water.

Key Foods

(eat as much as you want)

Dark Leafy Green Vegetables

All dark, leafy green vegetables are packed with chlorophyll, which helps to eliminate toxins (especially heavy metals) and supports the liver. Be sure to choose organic greens - especially spinach, kale, collards, bok choy, beet tops - and eat them raw or lightly steamed. Greens such as watercress and arugula are slightly diuretic and work with the kidneys and liver to flush out toxins. All dark leafy greens are also rich in minerals that will strengthen the internal organs and help the body cleanse more efficiently.

Whole, Fresh Fruits & Vegetables

In addition to the above key elements of the cleanse, any and ALL earth foods will give you nutrients, fibre and general detoxification. If you don't like the foods listed above, feel free to omit and bring in other earth foods.

Simple Grains

Unless you have a sensitivity to something specific, feel free to enjoy simple grains such as rice (any type), buckwheat, barley, oats, rye, bulgur, freekah, and quinoa (technically a seed).

KEEP IT SIMPLE

Eat earth food as close to it's original form as you can. Aim for unprocessed, whole food that is without additives such as artificial flavours, highly processed oils and sugars, food dye or preservatives.

Example Days

Morning

Big cup of warm lemon
water / master cleanse drink
Smoothie

Snack

Master cleanse drink
Bowl of Kickstarter Soup

Lunch

Bowl of Kickstarter Soup
Green salad with fresh veggies
Master cleanse drink

Snack

Smoothie
Water

Dinner

Quinoa bowl with fresh
veggies, tahini dressing and
raw almonds
Soup
Water

Snack

Apple
Chia Pudding
Calming Tea

Morning

Big cup of warm lemon
water / master cleanse drink
Basic Banana Boatmeal (in
recipe document)

Snack

Warm Master cleanse
drink
Bowl of plant based soup

Lunch

Bowl of Kickstarter Soup
Master cleanse drink

Snack

Soup
Water

Dinner

Chickpea Spinach One-Pot
Meal
Soup
Water

Snack

Tea
Apple
Master Cleanse Drink

High Quality Ingredients

Quality Ingredients and Flavours

When making food in regular life or in this cleanse - I will encourage you to always use quality ingredients and chose carefully the type of sugars, salts, flours and seasonings you use. This high quality means that you are getting all of the nutrition out of the foods you eat.

You can add things like salt, sweeteners or seasonings for flavour, just pay attention and choose real, high quality. Below are the ingredients that I encourage you to use.

Salt

Himalayan, Celtic rock salt or other natural sea salts.

Sea salts retain their natural essential minerals that occur in the sea while providing an excellent taste. White table salt has been highly processed, and has toxic additives such as fluoride, aluminum derivatives and potassium iodide.

Sugar

Honey, real maple syrup, coconut sugar, raw organic cane sugar and stevia.

Avoid processed white sugar, corn syrup, artificial sweeteners such as sucralose (Splenda) and aspartame. Xylitol is a natural sugar alcohol but is processed and chemically made so use with caution if you must.

Flour

Oat, coconut, buckwheat, spelt, organic sprouted grain wheat, quinoa, chickpea to name a few.

White wheat flour has no nutritional value and is more harmful to your body than good. I recommend avoiding white wheat on the cleanse.

High Quality Ingredients

Seasonings / Flavour enhancers

In cooking: dried and fresh herbs such as oregano, basil, thyme, tarragon, sage, rosemary, dill, mint, cilantro, parsley, chives and bay leaves.

Other great flavour enhancers are garlic, ginger, onion, lemon, lime, leeks, chili peppers, cayenne, cumin, coriander, fennel, nutmeg, sesame seeds, pepper, caraway, anise and allspice.

For baking or sweet treats I recommend vanilla, cinnamon, nutmeg and coconut to name a few.

Flavour is the key to eating healthy and enjoying your food. I add herbs and seasonings to everything, I add vanilla to things like oatmeal, pancakes and smoothies to enhance flavour and to help give my brain the signals of satisfaction.

Oils / Fats

Earth fats are good for you and don't make you fat!

Eat fats from all raw nuts, seeds, avocado, chia seeds, flaxseeds and olives.

Oils I encourage are coconut, olive, sesame, walnut, flaxseed, grapeseed, hazel, avocado and peanut. Use coconut oil for cooking instead of butter and coconut milk instead of dairy milk or cream.

Using a highly processed, highly heated oil such as canola ruins your good efforts and adds stress to your body by making your food hard to digest and understand by your body. Fat is essential and not to be avoided, choose the right types and eat all you want.



Cooking & Preparing

I always encourage lots of raw fruits, nuts, seeds and vegetables in our diet however I also believe in eating cooked food.

I encourage steaming, simmering, baking and cooking whenever it feels right. Also, depending on the season that you are currently in, you will feel drawn and need to certain foods and in the fall and winter we are drawn to warm, cooked meals more than in the summer.

For the sake of this cleanse I will give you a guideline on how to best maintain the nutrients in your food when you cook it.

Steaming

Lightly steaming is a great way to unlock the nutrients in vegetables without killing them from heat. I encourage steaming veggies such as potatoes, beans, carrots, asparagus, Brussels sprouts or whatever else you like.

Baking

You can bake or roast veggies if you'd like. When possible, I recommend baking on a lower heat for longer when cleansing. The hotter the oven, the more nutrients are lost. Make sure you are not burning the food.

Frying

I would not recommend deep frying in this cleanse. The high heat and large volume of oil in the food will not compliment your cleansing. If you want to pan-fry something, go ahead and use one of the oils mentioned above. Make sure you are not burning the food.

Blender/Food Processor

I always recommend using a blender and food processor. These help to break down the food to make digestion easier on the body. Use a blender or food processor whenever you want!

Cooking & Preparing

Juicing

Juicing is highly recommended. Juicing yourself or buying fresh pressed juice is a great idea on this cleanse and at any time! Drink whatever combinations you are called to and if it's organic and fresh pressed - fruit juices contain a lot of nutrients so don't worry if you don't like green juice!

Dehydrating

Dehydrating is a great thing to do on a cleanse. If you like dehydrating fruit, veggies or other foods - it is encouraged! Dehydrating food maintains all of its nutrients.



What To Eliminate

During this cleanse, I recommend that you eliminate:

- animal products*
- processed, packaged foods
- white processed sugar
- highly processed oils, sugars and flours
- alcohol
- using a microwave
- fake sugars, food preservatives, chemicals and dyes.
- excessive caffeine (I allow one cup of coffee or caffeinated tea per day)
- anything that your body is sensitive to

* If you feel that you need animal protein, you must focus on high quality (organic, local, wild) chicken, turkey or fish. I strongly suggest eliminating red meat and dairy.

Can I eat...

Bread - If you really want to, you can eat bread if it doesn't bother your digestive system. Look for whole, sprouted grain and with ingredients that you understand.

Pasta - I suggest minimizing pasta because of its processed nature. Cleansing is more efficient with only whole foods. If you must, choose organic and SIMPLE ingredients.

Alcohol in cooking - I suggest avoiding alcohol all together.

Honey - Because honey is not vegan, some people avoid it. If you normally use honey and want to use a little, you have my blessing. Use unpasteurized, high quality, local (if possible) honey.

Chocolate - I LOVE chocolate and have enjoyed a little on a cleanse. Its very important that it is dark (60% or more), vegan and has ingredients that you recognize. Enjoy in moderation.

FAQ

How long should I do this cleanse?

If you are new, aim for 3 days. If you are experienced with cleansing or a whole food diet, aim for 5-7 days.

You could go as long as you want as this cleanse is 100% safe!

What about medications?

Do not go off medications without speaking to your doctor first however, I recommend omitting or reducing medications that you can safely do so such as Advil, Tylenol, allergy medication etc.

What happens if I eat something that I shouldn't?

Forgive yourself, let go, move on. This is about incrementally getting healthier. If this happens I suggest resuming the cleanse with your next meal and knowing that you are still making progress!

Additional Cleansing

For more, do the following as often as feels right to you:

Saunas

Yoga

Deep breathing practices

Herbal colon cleansing products

Colon hydrotherapy

Exercise

Loofa in the shower/bath



Key Recipes

You are "allowed" to find recipes on your own that are plant-based and vegan. For tons of approved recipes, download the [New Leaf Recipe Book](#) in the Detox Space in the Membership site!

Master Cleanse Drink

2 tablespoons fresh-squeezed lemon juice (about 1/2 a lemon)
2 tablespoons pure dark maple syrup.
1/10 teaspoon or a pinch cayenne pepper (more to taste)
8 to 12 ounces of purified or spring water.

Feel free to add more or less of the ingredients. Once you have the idea, you don't need to measure each time.
I don't measure anymore.

Kickstarter Soup

Feel free to take out or add in ingredients to suit your taste.

Adjust any quantities as needed as well

Ingredients

- 1 medium sweet potato, peeled and cut into 1" cubes
- 3 carrots, peeled and sliced
- 5 stalks celery, diced
- 2 zucchini, sliced
- 1 large yellow onion, diced
- 1-3 cloves garlic, minced
- 1 tsp fresh ginger
- 1 tsp Himalayan sea salt, more or less to taste
- 1/2 teaspoon black pepper
- 1/2 teaspoon cayenne
- 1 teaspoon paprika
- 1 bay leaf
- 1/2 cup dried navy beans, chickpeas or black beans
- 4 cups vegetable broth organic, low-sodium
- 2 tablespoons extra-virgin olive oil

Instructions

- 1) Add olive oil, Himalayan salt, celery, zucchini, ginger, carrots, garlic and onion to a pan and cook on medium stirring often until they start to soften, about 20min.
- 1) Add all ingredients (including onion mixture) to a large pot
- 2) Cover, and simmer until veggies are tender and beans soften, approximately 2 hours.
- 3) Stir every 15-20 minutes to prevent sticking.

