

Helpful Suggestions for Your Cleanse

During the week prior to your cleanse, consider doing some of these things:

- Find a place in your bathroom to easily find your dry brush, tongue scraper, coconut oil for oil pulling and castor oil.
- Begin to cut out processed foods from your diet. Swap out fresh veggies in place of chips and crackers.
- If you regularly consume coffee or other caffeine-containing beverages, wean your caffeine intake slowly. This will prevent caffeine withdrawal headaches. You may want to transition slowly over 3-4 days, longer if necessary. Strongly consider a complete caffeine elimination during your cleanse.
- If you get sugar cravings in the evenings, try eating a small amount of protein instead. It works!
- Consider cleaning out your refrigerator to make room for your whole-food, plant-based meals.

During the weeks of your cleanse, consider doing these things:

- Commit to some quiet time to plan your meals and review the recipes.
- Make your salad dressings first.
- Prep a few snacks like the Mexican Spiced Trail Mix and the Roasted Carrot & Cauliflower Hummus so you'll have something available when you're feeling peckish.
- Add extra veggies, and fruits to fill yourself up. This is not a calorie-restrictive diet. Don't go hungry.
- Drink lots of water.