# 10-Day Detox Diet

## Your Six Prep Steps
**(Chapter 6)**

### Step 1 – Detox your Kitchen
Clean out your cupboards and refrigerator to eliminate foods you can’t eat during the detox
- Anything that is not a real food (in a box, package, or can)
- Only canned whole foods with a couple ingredients, such as sardines or artichokes are allowed
- Hydrogenated or refined vegetable oils (corn, soybean)
- Foods with sugar in any form (honey, molasses, agave, maple syrup, cane juice, sugar)
- Artificial sweeteners, preservatives, additives, colors, dyes
- All gluten products (bread, pasta, bagels, etc)
- All grains (even gluten-free)
- All dairy (milk, yogurt, cheese)
- All beans

### Step 2 – Gather supplies
Review the meal plan starting on p261 to become familiar with what you can eat and the recipes you can choose from
- Grocery shop – p257-258 provides the list of staples you will need to shop for
- Items needed for optional components beyond the food portion of this detox:
  - p101 – bath supplies
  - p101 – detox journal
  - p103 – supplements
  - p104 – optional testing tools
  - p105 – exercise apparel
  - p105 – water filter and bottle

### Step 3 – Taper off caffeine, alcohol, and sugar
Dr Hyman recommends a two-day prep phase to taper off/eliminate caffeine, alcohol, and sugar
- Two days prior, drink half your usual dose of caffeine; One day prior drink half what you drank the day before and then on the first day of the 10 days, you will drink no caffeine
- How to deal with the decrease in caffeine (p106):
  - Take a nap if you are tired
  - Gentle exercise
  - Drink a lot of water
  - Extra Vitamin C (1,000 mg twice/day)
  - Ibuprofen if necessary (400 mg)
- Stop alcohol cold turkey, as well as sugar and artificially sweetened drinks

### Step 4 – Align your mind and intentions
A big portion of the battle when it comes to doing a cleanse or detox is becoming mentally prepared for what you are about to embark on
- Use your journal to respond to the questions on p107

### Step 5 – Measure yourself
The day before you start the detox, measure your weight, height, waist, hips, thigh circumference, and blood pressure (p108-109)
- Complete the toxicity questionnaire (p5-7)

### Step 6 – Join the Blood Sugar Solution online community
Go to the online community and use the support provided
- www.10daydetox.com/resources
- Reach out to me via phone or email
  - 602-421-4407
  - michele@inspearationalhealth.com
### 10-Day Detox Diet
#### What Your Daily Meals Look Like
(Chapters 20 & 21)

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch – 3 options – Mix &amp; Match</th>
<th>Dinner – 3 options – Mix &amp; Match</th>
<th>Snacks</th>
</tr>
</thead>
</table>
| Detox Shakes (p267-270) | (1) Super Salad Bar w/Protein (p271-273) | (1) Create your own as described in “Cooking the Basics” (p259-261) | **Mid-morning**  
10 to 12 nuts |
|   | (2) Soup w/Protein (p273-276) | | **Mid-afternoon**  
Dip or spread (p317-320) w/fresh vegetables |
|   | (3) Adventure plan (p288-300) | | |
| | | | **Mid-afternoon**  
| | | | Almonds |
| | | | Walnuts |
| | | | Pecans |
| | | | Macadamia nuts |
| | | | **Mid-afternoon**  
| | | | Homemade olive tapenade (317) |
| | | | Tahini dipping sauce (318) |
| | | | Spinach & walnut pesto (318) |
| | | | Sun-dried tomato dip (319) |
| | | | Miso dipping sauce (319) |

- Whole Food Protein Shake (267)
- Kiwi & Chia Seed Smoothie (268)
- Ginger & Cucumber Smoothie (269)
- Spiced Almond Smoothie (269)
- Almond & Strawberry Smoothie (270)
Smoothie Shopping List (1 of each; 5 days)
frozen blueberries          0.5 cup  
frozen cranberries          0.5 cup  
lemon                       1  
raw almond butter           3 T  
pumpkin seeds               1 T  
chia seeds                  10 T 
hemp seeds                  5 T  
raw walnuts                 5  
raw Brazil nuts             2  
avocado                     1  
coconut butter              1 T  
almond milk                 0.5 cup 
kiwi                        1  
lime                        1  
mint leaves                 0.25 cup + 8-10 leaves
spinach                     1 cup  
raw almonds                 0.5 cup  
kale leaves                 3 leaves
ginger root                 1.5 inch

cucumber                   1  
strawberries                0.5 cup  
cinnamon                    0.25 t  
flaxseeds                   1 T