



post-cleanse etiquette

Breaking your cleanse!

Tomorrow wake up and follow your morning routine. Water followed by lemon water. Keep hydrating! You know by now how important it is to flush the system and hydrate.

Get out to the market today and buy fresh fruits and veggies. *Don't forget fresh herbs, lemons, limes, avocados, high quality oils (olive), stevia and herbal teas.*

Your first meal should consist of up to 3 kinds of fresh, seasonal fruit. Melon is the only fruit that does not combine well with anything else. If you choose rock melon, eat it alone. For clients who were heavy meat eaters prior to this cleanse substitute coconut water for fruit on the first morning.

Think raw, green, yummy salad for **lunch** adding as many water-containing veggies as you wish (no beans, nuts or seeds here, no animal protein yet please.....). Use a simple olive oil, sea salt and fresh lemon juice dressing. You may also add in avocado. Breaking your cleanse is similar to preparing for the cleanse. Ease your body back into eating. **Don't forget to chew, chew, chew!!!!**

If you are hungry in the afternoon, try a vegan or vegetarian VEGGIE soup (again, no beans) or another salad. Think simplicity. Keep it light.

Think of **dinner** just like lunch, however, you can add cooked veggies if you desire.

On day two you can add in some healthy whole grains: brown rice, quinoa, millet or buckwheat.

Animal proteins, beans and dairy can be added in around the 3rd day, slowly. **Fish is lighter than meat, so you might want to start there.** Alcohol, coffee, refined sugars, sweeteners, processed foods and fake baked goods can follow....in small amounts, if at all.

As far as those cleanse enhancers, maybe you want to pick one or two to continue with?

Chewing is a must. Be conscious of it.

Exercise is also non-negotiable and if you do not have a routine already, now is the time to implement one and STICK to it.

It is time to embrace the space of "feeding yourself at a higher level". You are too good for JUNK - at least most of the time! ☺

If possible, add one thing into your diet going forward that you did not do before. Perhaps that's eating raw veggies at least once a day.

Slow, sustainable change. Learn into it.