

## 7-Day PURE Detox / Metabolic Reset



**CAUTION:** The 7-Day Detox Cleanse is not intended for young children, pregnant or nursing women. For individuals with medical conditions or who are taking prescription medication, DO NOT follow this program without the advice of a licensed physician. If you follow the plan beyond 7 days, you can add a shake for Lunch or Dinner on Cleanse days (days 13, 14, 21, 22, 27). Feeling satisfied and not feeling hungry is critical to the success of the plan. DO NOT follow this plan beyond 28 days. Cycle a 28 day detox every 60 to 90 days. The 7-Day (one week) detox can be done every 30 days. If you feel light headed dizzy or nausea, feel free to consume a shake. Do not ignore these feelings.

### Plan Introduction

We live in a toxic world and our bodies are bombarded with chemicals and other potentially harmful substances on a regular basis. These environmental toxins are often in the food we eat, the water we drink, and the air we breathe. They are also found in most of the commercial products we use daily. Our bodies are designed to deal with and eliminate these toxic substances; however, we can become encumbered by them, which puts a heavy burden on our innate systems of elimination. Ultimately, over time these toxins take a toll on our health leading to low energy levels, extra body weight, and feelings of malaise and brain fog.

The average person also consumes far too much processed foods and added sugar. Sugar is hidden in places you would least expect it. The average American consumes an estimated 77 to 88 pounds of sugar every year. This is the equivalent of nearly 5 ½ full size candy bars every single day. Most people do not realize most packaged and processed foods contain added sugar. It is doubtful the typical person would lay out 5 to 6 full size candy bars every day and say to themselves, "I'm going to eat these and not worry about their impact on my health." Yet, most of us consume this much sugar every single day. Over 90% of the sugar we consume comes from processed and packaged foods and not from candy and desserts. Furthermore, the typical person consumes almost 200 lbs. of refined flour and cereal products annually. Too much sugar and refined carbohydrates contribute to weight gain and poor health.

The 7-Day PURE Detox program was developed to assist your body in ridding itself of these environmental toxins and waste, avoid processed foods, added sugars, and refined flour and to change your focus to eating whole foods. During your 7-Day journey, as you give your body a break from your typical eating patterns, your energy levels will soar, you will find new found mental clarity and focus, and you will likely shed a few extra pounds along the way.

In preparation for the 7-Day program, it is important to have your pantry and refrigerator stocked with healthy foods. Be prepared to shop prior to your cleanse with fresh fruits and vegetables. Whole grains and plant-based protein can be kept dry and stored in air tight containers. Animal protein (preferably free range, grass fed, and hormone free) can be purchased fresh or frozen and stored appropriately. Here is a Food Guide to help you prepare a shopping list. Review the Daily Calendar before preparing your shopping list to better prepare for food quantities to be purchased. Meals are highlighted in green on the Daily Calendar.

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### Food Guide

| PROTEIN<br>Palm-size Portion*   | CARBOHYDRATE<br>1 Handful  | VEGETABLE<br>2 Handfuls  | FRUIT   | FAT<br>1-2 TBSP  | CONSUME FREELY   |
|---|--|--|---|--|--|
| <p>Fresh Fish</p> <p>Poultry (chicken / turkey)</p> <p>Beef (all forms)</p> <p>Beans or Lentils</p> <p>Eggs</p> <p>Tofu</p> <p>Tempeh</p>  <p>*About the size of a deck of cards</p> | <p>Amaranth</p> <p>Barley</p> <p>Buckwheat</p> <p>Bulgur</p> <p>Kamut</p> <p>Millet</p> <p>Oats</p> <p>Quinoa</p> <p>Sweet Potato</p> <p>Rice (brown, red, wild)</p>  <p>About ½ cup</p> | <p>Broccoli</p> <p>Cauliflower</p> <p>Green Beans</p> <p>Brussel Sprouts</p> <p>Dark, Leafy Greens (spinach, collard greens, kale)</p> <p>Mixed Greens (lettuce: romaine, butter, red leaf, green leaf, oak leaf, cilantro)</p> <p>Asparagus</p> <p>Cucumbers</p> <p>Roots (turnip, ginger, carrot, radish, beet)</p> <p>Snap Peas</p> <p>Squash</p> <p>Sweet Peppers (green, yellow, red), onions</p> <p>Any non-starchy vegetable.</p> <p>Mushrooms</p> <p>Choose Organic</p>  | <p>Strawberries 1 cup</p> <p>Blueberries ½ cup</p> <p>Raspberries ½ cup</p> <p>Blackberries ½ cup</p> <p>1 Plum (medium sized)</p> <p>1 Small apple</p> <p>1 Tangerine</p> <p>1 Kiwi fruit (medium sized)</p> <p>Cherries ½ cup</p> <p>Cantaloupe ¾ cup</p> <p>Avoid bananas, oranges and grapes due to their higher sugar content.</p> | <p>Olive Oil</p> <p>Organic Virgin Coconut Oil</p> <p>Flax Oil</p> <p>Hemp Oil</p> <p>Sesame Oil</p> <p>Avocado Oil</p> <p>Organic Butter (not margarine or spread)</p> <p>Avocado</p> <p>Nuts &amp; Seeds (¼ cup per serving)</p> <p>Almonds</p> <p>Cashews</p> <p>Pecans</p> <p>Walnuts</p> <p>Hazel Nuts</p> <p>Brazil Nuts</p> <p>Macadamia</p> <p>Peanuts (legume)</p> <p>Sunflower Seeds</p> <p>Avoid roasted nuts with added oils</p> | <p>Pure Filtered Water</p> <p>Broth (vegetable, chicken, beef)*</p> <p>Herbal Teas (sweeten with stevia; avoid artificial sweeteners)</p> <p>Dill Pickles</p> <p>*Fatigue and muscle aches often associated with calorie restriction is often caused by insufficient sodium in the diet. Broth is a great way to increase sodium intake; however, avoid MSG in some broth products.</p> <hr/> <p style="text-align: center;"><b>WATER</b></p> <p>Adequate water intake is critical to this plan. You <u>MUST</u> consume half your body weight in ounces daily. For example, if you weigh 160 pounds, strive to consume 80 ounces of water each day.</p> |
| <p>Other: Almond, Cashew, or other Nut Milk (choose unsweetened)</p> <p>1 Cup of Cashew Milk = 2 g Fat, 1 g Carbohydrate, 1 g Protein</p>   |  |  |   |  |  |

## 7-Day PURE Detox / Metabolic Reset

### Daily Calendar

| Day |         | Early Morning  | Breakfast   | Lunch   | Mid-Afternoon   | Dinner  | Evening  |
|-----|---------|--|---|---|---|---|--|
| 1   | Cleanse | 15-30 min. prior to breakfast<br><br>2 to 3 capsules Metabolic ONE, 16 oz. Water with 1 svg. GPS Hydrate, Organic Sulfur 1 scoop (or 3 capsules), 2 capsules Probiotic | 1 scoop Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin; Daily Build ½ oz. (or 2 capsules)<br><br>1 svg. Pure Café, or 1 svg. Energy, 1 small fruit, Optional: 1 oz. of any superfruit juice (all if desired)                                   | 15-30 min. prior to lunch<br>2 to 3 capsules Metabolic ONE capsules, 16 oz. Water<br><br>1 svg. GPS Hydrate, 1 non-starchy vegetable with 1 Tbsp. real butter or other fat of choice (i.e. ½ avocado) | 1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water; Daily Build ½ oz. (or 2 capsules)<br><br>1 small fruit or vegetable of choice; Optional: 1 oz. of any superfruit juice (all if desired)  | 1 scoop Greens, 16 oz. Water, 1 Tbsp. Mila<br><br>Broth (vegetable, chicken or beef): add 1 Tbsp. of Coconut Oil to your broth, if desired, 1 non-starchy vegetable (with 1 Tbsp. real butter or other fat of choice) | 1 svg. Cleanse (liquid or capsule), 1-2 capsules MelaTrim with water<br><br>Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile)<br><br>CalciuMK+                                   |
|     |         | 15-30 min. prior to breakfast<br><br>2 to 3 capsules Metabolic ONE, 16 oz. Water with 1 svg. GPS Hydrate, Organic Sulfur 1 scoop (or 3 capsules), 2 capsules Probiotic | 1 scoop Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin; Daily Build ½ oz. (or 2 capsules)<br><br>1 svg. Pure Café, or 1 svg. Energy; 1 small fruit, Optional: 1 oz. of any superfruit juice (all if desired)                                   | 15-30 min. prior to lunch<br>2 to 3 capsules Metabolic ONE capsules, 16 oz. Water<br><br>1 svg. GPS Hydrate, 1 non-starchy vegetable with 1 Tbsp. real butter or other fat of choice (i.e. ½ avocado) | 1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water; Daily Build ½ oz. (or 2 capsules)<br><br>1 small fruit or vegetable of choice; Optional: 1 oz. of any superfruit juice (all if desired)  | 1 scoop Greens, 16 oz. Water, 1 Tbsp. Mila<br><br>Broth (vegetable, chicken or beef); add 1 Tbsp. of Coconut Oil to your broth, if desired, 1 non-starchy vegetable (with 1 Tbsp. real butter or other fat of choice) | 1 svg. Cleanse (liquid or capsule), 1-2 capsules MelaTrim with water<br><br>Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile)<br><br>CalciuMK+                                   |
| 3   | Shake   | 15-30 min. prior to breakfast<br><br>2 to 3 capsules Metabolic ONE, 16 oz. Water with 1 svg. GPS Hydrate, Organic Sulfur 1 scoop (or 3 capsules), 2 capsules Probiotic | 1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin, ½ oz. or 2 capsules Daily Build<br><br>1 small fruit, 1 non-starchy vegetable (1 Tbsp. real butter or other fat)<br>Optional: 1 oz. of any superfruit juice (all if desired)            | 15-30 min. prior to lunch<br>2 to 3 capsules Metabolic ONE capsules, 16 oz. Water<br><br>1 svg. GPS Hydrate, 1 non-starchy vegetable with 1 Tbsp. real butter or other fat of choice (i.e. ½ avocado) | 1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water, ½ oz. (or 2 capsules) Daily Build, 1 small fruit, 1 non-starchy vegetable (1 Tbsp. real butter or other fat)<br><br>Optional: 1 oz. of any superfruit juice (all if desired)   | 1 Matcha Vegan Shake* mixed with 8 oz. of almond or cashew milk (unsweetened)<br><br>8 oz. of Water (separate from shake)<br><br>Herbal tea of choice, if desired   | 1 serving of Cleanse (liquid or capsule), 1-2 capsules MelaTrim with water<br><br>Broth (vegetable, chicken or beef), add 1 Tbsp. of coconut oil or choice of herbal tea (i.e. chamomile)<br><br>CalciuMK+ |
|     |         | 15-30 min prior to breakfast<br>2 to 3 capsules Metabolic ONE, 16 oz. Water 8 oz. of Water, Organic Sulfur 1 scoop (or 3 capsules), 2 capsules Probiotic               | 1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin,<br><br>1 Matcha Vegan Shake* mixed with 8 oz. of almond or cashew milk 1 oz. (or 2 capsules) Daily Build<br><br>1 small fruit, Optional: 1 oz. of any superfruit juice (all if desired) | 15-30 to lunch<br>2 to 3 Metabolic ONE capsules, 16 oz. Water<br><br>1 each Protein, Non-starchy vegetable, Carbohydrate, Fat<br><br>Herbal tea of choice, if desired                                 | 1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, ½ oz. (or 2 capsules) Daily Build 16 oz. Water<br><br>1 small fruit, 1 non-starchy vegetable (with 1 Tbsp. butter or other fat),<br>Optional: 1 oz. of any superfruit juice (all if desired) | 16 oz. Water<br><br>1 each: Protein, Non-starchy vegetable, Carbohydrate, Fat<br><br>Herbal tea of choice, if desired   | 1 serving Cleanse (liquid or capsule), 1-2 capsules MelaTrim with water<br><br>Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile)<br><br>CalciuMK+                                |
| 4   | Meal    | 15-30 min prior to breakfast<br>2 to 3 capsules Metabolic ONE, 16 oz. Water 8 oz. of Water, Organic Sulfur 1 scoop (or 3 capsules), 2 capsules Probiotic               | 1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin,<br><br>1 Matcha Vegan Shake* mixed with 8 oz. of almond or cashew milk 1 oz. (or 2 capsules) Daily Build<br><br>1 small fruit, Optional: 1 oz. of any superfruit juice (all if desired) | 15-30 to lunch<br>2 to 3 Metabolic ONE capsules, 16 oz. Water<br><br>1 each Protein, Non-starchy vegetable, Carbohydrate, Fat<br><br>Herbal tea of choice, if desired                                 | 1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, ½ oz. (or 2 capsules) Daily Build 16 oz. Water<br><br>1 small fruit, 1 non-starchy vegetable (with 1 Tbsp. butter or other fat),<br>Optional: 1 oz. of any superfruit juice (all if desired) | 16 oz. Water<br><br>1 each: Protein, Non-starchy vegetable, Carbohydrate, Fat<br><br>Herbal tea of choice, if desired   | 1 serving Cleanse (liquid or capsule), 1-2 capsules MelaTrim with water<br><br>Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile)<br><br>CalciuMK+                                |
|     |         | 15-30 min prior to breakfast<br>2 to 3 capsules Metabolic ONE, 16 oz. Water 8 oz. of Water, Organic Sulfur 1 scoop (or 3 capsules), 2 capsules Probiotic               | 1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin,<br><br>1 Matcha Vegan Shake* mixed with 8 oz. of almond or cashew milk 1 oz. (or 2 capsules) Daily Build<br><br>1 small fruit, Optional: 1 oz. of any superfruit juice (all if desired) | 15-30 to lunch<br>2 to 3 Metabolic ONE capsules, 16 oz. Water<br><br>1 each Protein, Non-starchy vegetable, Carbohydrate, Fat<br><br>Herbal tea of choice, if desired                                 | 1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, ½ oz. (or 2 capsules) Daily Build 16 oz. Water<br><br>1 small fruit, 1 non-starchy vegetable (with 1 Tbsp. butter or other fat),<br>Optional: 1 oz. of any superfruit juice (all if desired) | 16 oz. Water<br><br>1 each: Protein, Non-starchy vegetable, Carbohydrate, Fat<br><br>Herbal tea of choice, if desired   | 1 serving Cleanse (liquid or capsule), 1-2 capsules MelaTrim with water<br><br>Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile)<br><br>CalciuMK+                                |

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|          |                |  |  |   |   |   |  |
|----------|----------------|--|--|---|---|---|--|
| <b>5</b> | <b>Shake</b>   | 15-30 min. prior to breakfast<br><br>2 to 3 capsules Metabolic ONE, 16 oz. Water with 1 svg. GPS Hydrate, Organic Sulfur 1 scoop (or 3 capsules), 2 capsules Probiotic | 1 svg. Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin, ½ oz. or 2 capsules Daily Build<br><br>1 small fruit, 1 non-starchy vegetable (1 Tbsp. real butter or fat of choice)<br>Optional: 1 oz. of any superfruit juice (all if desired) | 15-30 min. prior to lunch<br>2 to 3 capsules Metabolic ONE capsules, 16 oz. Water<br><br>1 svg. GPS Hydrate, 1 non-starchy vegetable with 1 Tbsp. real butter or other fat of choice (i.e. ½ avocado) | 1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water, ½ oz. (or 2 capsules) Daily Build, 1 small fruit, 1 non-starchy vegetable (1 Tbsp. real butter or other fat)<br><br>Optional: 1 oz. of any superfruit juice (all if desired) | 1 Matcha Vegan Shake* mixed with 8 oz. of almond or cashew milk (unsweetened)<br><br>8 oz. of Water (separate from shake)<br><br>Herbal tea of choice, if desired   | 1 serving of Cleanse (liquid or capsule), 1-2 capsules MelaTrim with water<br><br>Broth (vegetable, chicken or beef), add 1 Tbsp. of coconut oil or choice of herbal tea (i.e. chamomile)<br><br>CalciuMK+ |
| <b>6</b> | <b>Cleanse</b> | 15-30 min. prior to breakfast<br><br>2 to 3 capsules Metabolic ONE, 16 oz. Water with 1 svg. GPS Hydrate, Organic Sulfur 1 scoop (or 3 capsules), 2 capsules Probiotic | 1 scoop Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin; Daily Build ½ oz. (or 2 capsules)<br><br>1 svg. Pure Café, or 1 svg. Energy; 1 small fruit, Optional: 1 oz. of any superfruit juice (all if desired)                            | 15-30 min. prior to lunch<br>2 to 3 capsules Metabolic ONE capsules, 16 oz. Water<br><br>1 svg. GPS Hydrate, 1 non-starchy vegetable with 1 Tbsp. real butter or other fat of choice (i.e. ½ avocado) | 1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water; Daily Build ½ oz. (or 2 capsules)<br><br>1 small fruit or vegetable of choice; Optional: 1 oz. of any superfruit juice (all if desired)                                      | 1 scoop Greens, 16 oz. Water, 1 Tbsp. Mila<br><br>Broth (vegetable, chicken or beef); add 1 Tbsp. of Coconut Oil to your broth, if desired, 1 non-starchy vegetable (with 1 Tbsp. real butter or other fat of choice) | 1 svg. Cleanse (liquid or capsule), 1-2 capsules MelaTrim with water<br><br>Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile)<br><br>CalciuMK+                                   |
| <b>7</b> | <b>Cleanse</b> | 15-30 min. prior to breakfast<br><br>2 to 3 capsules Metabolic ONE, 16 oz. Water with 1 svg. GPS Hydrate, Organic Sulfur 1 scoop (or 3 capsules), 2 capsules Probiotic | 1 scoop Greens, 16 oz. Water, 1 Tbsp. Mila, 1-2 oz. GoYin; Daily Build ½ oz. (or 2 capsules)<br><br>1 svg. Pure Café, or 1 svg. Energy; 1 small fruit, Optional: 1 oz. of any superfruit juice (all if desired)                            | 15-30 min. prior to lunch<br>2 to 3 capsules Metabolic ONE capsules, 16 oz. Water<br><br>1 svg. GPS Hydrate, 1 non-starchy vegetable with 1 Tbsp. real butter or other fat of choice (i.e. ½ avocado) | 1-2 oz. GoYin, 1 svg. Organic Sulfur, 1 svg. Energy, 16 oz. Water; Daily Build ½ oz. (or 2 capsules)<br><br>1 small fruit or vegetable of choice; Optional: 1 oz. of any superfruit juice (all if desired)                                      | 1 scoop Greens, 16 oz. Water, 1 Tbsp. Mila<br><br>Broth (vegetable, chicken or beef); add 1 Tbsp. of Coconut Oil to your broth, if desired, 1 non-starchy vegetable (with 1 Tbsp. real butter or other fat of choice) | 1 svg. Cleanse (liquid or capsule), 1-2 capsules MelaTrim with water<br><br>Broth (vegetable, chicken or beef) or choice of herbal tea (i.e. chamomile)<br><br>CalciuMK+                                   |

\*HealthTrim 360 Complete Shake may be substituted for the Matcha Vegan Shake, if preferred.

### Days 8 – 28

| Day 8   | Day 9   | Day 10  | Day 11†   | Day 12 | Day 13  |
|---------|---------|---------|---|--------|---------|
| Shake   | Meal    | Shake   | Meal  | Shake  | Cleanse |
| Day 14  | Day 15  | Day 16  | Day 17  | Day 18 | Day 19  |
| Cleanse | Shake   | Meal    | Cheat Day**   | Shake  | Meal    |
| Day 20  | Day 21  | Day 22  | Day 23  | Day 24 | Day 25  |
| Shake   | Cleanse | Cleanse | Shake   | Meal   | Shake   |
| Day 26  | Day 27  | Day 28  | †Beginning with day 11 we recommend stopping the use of HealthTrim Cleanse. During 28-Day Detox you may use additional HealthTrim cleanse as needed for bowel regularity. |        |         |
| Meal    | Cleanse | Shake   |   |        |         |

\*\*Congratulations! You have successfully followed the program for 16 Days. As a reward, you can eat anything you want this day. A word of caution, do not overdo it.