



14 Day Transformation Cleanse

Guidelines & Shopping List

Welcome to the 14 Day Transformation! You will create new habits, lose weight and gain energy with nutrient dense foods from this season's harvest. Visit your local farmer's market for fresh and affordable produce.

Guidelines

- Commit to the program for 2 weeks. You may love this way of eating and choose to go longer.
- Eliminate sugar, alcohol, wheat (gluten), all grains, and casein (dairy).
- Eggs, corn, & soy may be eliminated optional for a more enhanced detoxification.
- Enjoy protein, vegetables, fruits, nuts and seeds
- Eliminate coffee and enjoy organic green tea, instead.
- Schedule personal time for yourself and cancel any unnecessary commitments. These two weeks are all about you!

Shopping List

Detoxifying Bath (or detox with Steams/Saunas daily or as often as possible)

4 quarts of Epsom Salts

- 1 large box of baking soda
- 1 bottle almond oil (Home Health)
- 1 bottle Lavender essential oil
- 1 dry skin body brush or loofah

Grocery List (choose your favorites):

- Wild fish - wild salmon, cod, trout, sole, anchovies, sardines, herring
- Animal protein- free-range organic chicken, turkey, duck, wild game
- Organic cage-free, hormone free eggs (optional)
- Beans, split peas, lentils and legumes
- Organic fresh fruit- all berries, apples, pears, lemons, limes, pomegranates.
- 1 pound raw red beets- for smoothies
- Dairy substitutes- almond milk, cashew milk, hemp milk, coconut milk, rice milk
- Dark leafy greens (kale, spinach) and your favorite assortment of colorful vegetables
- Fresh ginger, garlic, onions, scallions
- Optional: sea vegetables - Kombu or wakame for soups and beans to add minerals and aides in digestion.
- Herbal organic caffeine-free teas (cinnamon, peppermint, ginger), spring and sparkling waters
- Organic green tea- great source of flavonoids
- Extra virgin coconut oil, raw organic coconut oil



Optional Add ons:

___ Tongue scraper to cleanse palette. Removes plaque (heart health) and helps to get rid of food cravings!

___ Metagenics Products- 14 Day Transformation Complete bundle includes Ultra Fora Balance probiotic, Omegagenics EPA/DHA 720 fish oil, D5000 vitamin D, Phytomulti without iron, Perfect protein pea/rice vegan protein, and MCT oil. You may choose to purchase a different 14 Day Transformation bundle. Please visit KMHC.Metagenics.com to place your order. All KMHC clients get 20% off Metagenics orders.

Transformation Smoothie Ingredients:

- ___ MCTlean MCT oil or your favorite MCT oil
- ___ MCT lean vegan protein blend or your favorite vegan blend
- ___ Ground flaxseed - refrigerate or freeze after opening
- ___ Raw cacao Nibs
- ___ Frozen organic mixed berries or any frozen/fresh fruit
- ___ Dark leafy greens such as spinach or kale
- ___ Raw red beets cut up into 1-2 inch pieces.

Optional foods, herbs and spices:

- ___ Spices/Seasonings- tumeric, cayenne pepper, ginger, cumin, coriander, cardamon, sea salt, cinnamon, gomasio sesame seeds, red pepper flakes, chili powder
- ___ Fresh herbs- rosemary, basil, cilantro, mint, thyme
- ___ Raw nuts and seeds: Unsalted almonds, pecans, walnuts, pumpkin seeds, sunflower seeds, cashews, brazil nuts, pine nuts, sesame seeds, hazelnuts
- ___ Nut butters: almond, cashew, natural organic peanut butter is optional

*You will need to buy organic frozen mixed berries, dark leafy greens, raw red beets for the morning Transformation smoothie or enjoy eggs and greens or some type of protein and vegetables for breakfast.

Additional cleanse items can be ordered on line at:

- Karenmalkin.com
- Amazon
- Vitacost
- Thrive Marvet
- KMHC.Metagenics.com for supplements and protein powders

Wild Seafood (great salmon!) and high in Omega 3's www.vitalchoice.com enter Malkin12 for 15% off your first order

Vitamix:

- May purchase with free shipping at karenmalkin.com/Vitamix
- Costco
- Williams Sonoma