



# Sample Cleanse Day

## Upon Awakening

- Brush teeth and scrape tongue
- Drink 10 ounces hot/warm, filtered or boiled water

## Breakfast

- MEAL - Drink morning MCTlean Superfood Smoothie along with green tea.
- Sip Lots of warm/hot filtered or boiled water between meals
- Move your Body  
*some form of enjoyable exercise at some point during the day*
- A.M. Shower  
*hot towel scrub in shower, and an almond oil self-massage, towel dry.*
- 10 ounces filtered water 15 minutes before lunch.

## Lunch

- MEAL - Lean protein, cooked veggies, salad with vinaigrette dressing. Dessert is fresh fruit, or one of Karen's gluten-dairy free snacks along with hot water or herb tea with lemon.
- Sip Lots of warm/hot filtered or boiled water between meals
- 3 or 4pm - Optional snack (*see snack list*)
- A nourishing activity or 15 minute rest.
- 10 ounces water filtered or boiled water 15 minutes before dinner.

## Dinner

- MEAL - Eat early. Lean protein, cooked veggies, salad with vinaigrette dressing. Dessert is fresh fruit, or one of Karen's gluten-dairy free snacks, along with hot water or herb tea with lemon.
- Brush teeth, floss and brush tongue! No more food for the day.

## Before Bed

- Sweat it out! Dry skin body brush followed by a 15-20 minute hot epsom salts detoxifying bath or if you prefer, take a steam or sauna.  
*Try for the first three nights and then another three nights during the 14 days.*
- Replenish with 12 ounces of filtered water
- Calm -Magnesium Citrate (optional)  
*2 tsp in 6 ounces water 15 minutes before bed.*

Feel free to continue with your regular supplement routine such as fish oil, multi-vitamin, and probiotics.