

A close-up photograph of a stack of four sliced mushrooms, likely portobello caps, resting on a light-colored wooden surface. The mushrooms are sliced horizontally, showing their gills and the hollowed-out centers. The lighting is warm and focused on the stack, with a soft shadow cast to the left.

WINTER 5-DAY
detox

for beginners

handbook



Welcome to the ***Winter 5-Day Detox for Beginners!***

If you've never detoxed before, rest assured – you are in good hands.

I'm committed to your detox success, and I want you to have a great experience this week. The best way to do that is to read through this guide from beginning to end.

If you have questions, feel free to email me at gwhite@healthcoachnw.com or post a question to the Facebook group.

It's going to be a great week!

DETOX QUICK TIPS



- Read this guide – there's a lot of great information that will help you have a successful (and possibly even fun) detox.
- Set aside 3-4 hours before the detox so you can have time to go shopping and do prep work for your recipes. You'll find the detox goes much more smoothly if you have healthy snacks prepped and ready to go in the fridge. You can also do the chopping in advance for many of the recipes so that dinner comes together quickly when you get home from work.
- Commit to the process and do the best you can – this isn't about being perfect, but rather about learning your own habits and giving your body a break.
- Find a cleanse buddy with whom you can share the cooking duties. You can each do half of the cooking and then share the food to make things a little easier.

PREPARATION CHECKLIST

- Read this *Winter 5-Day Detox for Beginners User Guide*
- Read through the *Winter 5-Day Detox for Beginners Recipes* – this includes your suggested recipes and snack ideas
- Read through the *Supplemental Recipes*
- Review and complete the *Winter 5-Day Detox for Beginners Shopping List*, making any adjustments needed for supplemental recipes
- Schedule a specific time to go grocery shopping
- Schedule time to do meal prep work in the kitchen
- Read the “Eating Out Guide” (it has tips for how to eat out without blowing the detox guidelines)
- Review the “Bonus Tips for Deepening Your Detox” document



● ● ● WHAT IS A DETOX, ANYWAY?

By definition, a *detox* is a process by which the body gets rid of poisonous substances. A food-based detox is basically an opportunity to remove known toxins and “bad foods” from our diet for a pre-determined amount of time. The *Winter 5-Day Detox for Beginners* works through the process of taking out the bad foods and adding in good foods.

● ● ● WHAT CAN I EAT DURING THE DETOX?

To make the process easier for you, I've provided the *Winter Detox Suggested Recipes* as well as *Supplemental Recipes* to ensure that you have plenty to eat during the 5 days. As these are just suggested recipes, please know you don't need to eat them exactly as written and you can tailor each day to your personal preference. However, it's there for you if you need it.

Our goal is to have a focus on good whole grains, proteins and vegetables, while staying away from alcohol, gluten, corn, soy, dairy, sugar, and artificial sweeteners.

We'll eat foods that nourish us and increase our bodies' natural detox processes. We'll also slow down our hectic lives as much as we can and pay attention to our eating habits so we can begin to learn about our relationship with food and what we can do to make some positive changes.

I encourage you to put a strong focus on all the delicious foods you *can* eat during the next few days, as opposed to what you can't eat. Keep your focus on all the delicious foods that are available to you!





WHAT TO EXPECT DURING YOUR DETOX

Please keep in mind that each person detoxes a little bit differently and each time you detox you may have a different experience. The goals of this week are threefold: 1) to take all processed food out of your diet, 2) to add in whole grains and vegetables in order to increase fiber intake, and 3) to help you recognize the habits you have that aren't supporting your health.

During your detox, you may experience the following:

- Better digestion
- Clearer skin
- Fatigue and low levels of energy, especially the first few days
- Lots and lots of energy, especially at the end and in the days after the detox
- Emotional release at unexpected times
- Feeling heavier some days, and feeling lighter other days
- Some mood swings, which will be related to toxins being in your bloodstream
- Food cravings, especially for "bad" foods you know you aren't supposed to have this week
- Constipation and/or diarrhea
- Personal insights into your eating habits
- Improved sleep
- Weight loss
- And a number of other things not listed here





GENERAL DETOX GUIDELINES

- Take the opportunity to become really mindful of your habits this week. How often do you want to reach for a piece of candy? Are you looking for a snack because you're truly hungry or because you want a distraction from your work? The key to changing your "bad" health habits is to become aware of them first.
- Remember to drink plenty of water. Your goal is to drink $\frac{1}{2}$ your body weight in ounces each day. For example, if you weigh 140 lbs, your goal would be to consume 70 ounces of water each day. Consume herbal teas to stay warm. You can flavor your water with lemon, cucumber, or even a bunch of basil popped into a pitcher and covered with water.
- Try to keep your meals mindful. The idea for this program is to give your digestion a break by taking out foods that are harder for your body to assimilate. Keeping an eye on portions will make it even easier for your system to digest your foods. However, be sure to eat enough so you are satisfied and not hungry. No point in starving yourself!
- Sit down and enjoy your meals. Turn off the TV, radio, phone and computer, and put down the newspaper. Inhale deeply 5-8 times before each meal. Put down your fork between bites. Chew your food at least 42 times. If you can't do this at every meal, then focus on doing this really well for one meal each day.
- Be sure to focus on your body and your own self-care for the week. This is a great chance for you to turn your energies inward rather than focusing on taking care of spouses, children, colleagues, and other people in your life.
- Recognize that it's winter and it may be quite cold outside! This may cause you to be hungrier than you would be during a spring or summer detox, and that's okay. Pay attention to what your body needs from you and don't restrict the amount you eat if you truly feel hungry.
- Keep taking all medications as prescribed by your doctor. If you have any questions about medications or if you have special medical needs, please clear this program with your doctor before participating.
- Try to limit the amount of work you do during the week of the detox. This doesn't mean you have to take a week off, but skip after-work events if possible in favor of giving your body and mind a rest.

- Modify your exercise for the week by focusing on taking walks outdoors, stretching, and trying lower impact forms of exercise like yoga and Pilates. If you absolutely need to do more, try to lessen the amount of exercise you get. For example, instead of running 5 miles at an 8-minute-mile pace, jog 3 miles at a leisurely 10-minute-mile pace. Check out yoga studios in your area – many of them offer a free class or first week. If you end up doing an intense workout, compensate by drinking extra water and snacking on high protein items like chia seeds, walnuts and almonds, and organic chicken or turkey slices.
- Listen to your body. If you are hungry, eat something. If you're thirsty, drink something. If you're sleepy, take a nap. It's amazing how much we can learn from our bodies and our cravings once we start to listen.
- Make an effort to eat at home for as many of the meals as possible, and to pack food with you if you know you won't be home for most of the day. If you do need to eat out, order dishes that have a lot of veggies and some lean protein. Ask for a double serving of vegetables to replace the white potatoes and rice that often accompany dinner entrees. Of course, you'll want to steer clear of dishes with heavy sauces and anything fried. Refer to the "Eating Out Guide" for more tips and advice on what to order when eating out.
- Be sure to get enough essential fatty acids (EFAs) during your cleanse. You can have olive oil, avocado, wild-caught salmon, coconut butter, coconut milk, coconut cream, ghee, pretty much all nuts (except no peanuts), flax seed, pumpkin seeds, sesame seeds, etc. Eating EFAs with each meal will help you feel full and will keep you satisfied longer.
- Finally, remember to ask for help if you need it!





DAILY PROTOCOL

This daily protocol is a guide for how your days should be structured during the detox. If something doesn't work for you, then just do your best. In addition, there are bonus detox steps you can take to increase the benefits of this process.

The *Winter Detox Suggested Recipes* includes all the recipes you'll need to make this week's meals. Refer to this handbook to get ideas on what to eat each day for breakfast, lunch and dinner.

WAKE UP:

- 12 oz. warm or hot water with juice of half a lemon

BREAKFAST:

- Green or herbal tea
- Morning meal
- 8 oz. filtered water between meals

MID-MORNING:

- Snack (if needed): a handful of soaked almonds, an apple with almond butter, miso soup, black bean dip with carrots, etc.
- A cup of Nettle or Dandelion tea (this is a bonus step – both Dandelion and Nettle help your liver clear out toxins. Skip this step if you are pregnant or nursing)

MID-DAY:

- Lunch
- 8 oz. filtered water between meals

LATE AFTERNOON SNACK:

- Dandelion or Nettle tea (bonus step)
- Snack as needed: a handful of almonds, an apple with almond butter, fresh olives, miso soup, etc.
- Go outdoors for a walk if you can – this is a great cure for the mid-afternoon energy slump. If the weather is bad, turn on some music and dance around for a bit – anything to get you up and moving.

EVENING:

- Turn off all media (TV, computer, radio, and even your phone!) at dinner time. Take a few deep breaths before you begin eating.
- Eat enough dinner to satisfy your hunger
- 8 oz. filtered water 30 minutes before and/or after dinner

EVENING SNACK:

- Keep it small and eat an evening snack only if you really need one. Have a small handful of nuts, a slice or two of organic turkey or a pear.
- You can also have a cup of herbal tea to help you wind down for the evening but be aware that this might make you wake up during the night.

BEDTIME:

- Get to bed 15-30 minutes earlier than usual.
- Write a gratitude journal for 15 minutes – simply list all the things you were grateful for or that went well during your day.
- Epsom salt bath – run a hot bath with 1-2 cups Epsom salts and soak for 30 minutes before bed. Epsom salts are great for drawing out toxins, and relaxes your body immensely. You can also add lavender oil to increase relaxation. Try to do this at least twice during the detox week.



COOKING AND PREP-WORK TIPS

1. Set aside 3-4 hours on Saturday or Sunday before you begin the detox so you have enough time to go grocery shopping, familiarize yourself with ingredients and prepare foods to eat later in the week. When you have a refrigerator full of yummy, healthy foods that are ready to go when you get home from work, you'll be much less tempted to stray from the detox food guidelines.
2. Look through the recipes for the week and do as much prep work as you can. Wash and cut vegetables. Set yourself up for success by doing as much work ahead of time as possible. Consider shopping on Saturday and prepping on Sunday if the work feels overwhelming.
3. Pre-cut snacking veggies like celery, carrots, turnips, bell peppers, cucumbers, etc. so you always have something you can just grab out of the fridge. Store them in covered dish with a little water to keep them from drying out. It's a lot easier to make a good choice if you have good choices readily available. You can also blanch some green beans or asparagus by dropping them in a pot of boiling water for 2 minutes, draining, then placing in a bowl with cold water and ice to cool. Once blanched, they'll be ready for snacking right out of the fridge. Dip them in a little tahini, hummus or black bean dip for a quick and nutritious snack.
4. If you're super rushed for time in the mornings, make a large batch of the cinnamon oatmeal to eat through the week. Smoothies are a great grab-and-go option.
5. Make a big pot of greens that are ready to go anytime by setting a pot of water to boil. Once boiling, drop in greens that you've cleaned, pulled off their stems and torn into smaller pieces. Turn off the heat and cover – let sit for 2 minutes. Drain and store – blanched greens will keep for about a week in your fridge. And lots of the suggested recipes this week call for greens!
6. Set up a salad bar in your fridge. Make a double batch of the salad dressing to last you through the 5-day detox. Wash a bunch of lettuce and greens and pre-cut cucumber, celery, radish, carrots, green onion and whatever else you have on hand. You'll be able to build a salad in no time. These foods stay fresh for about 3 days in the fridge when pre-cut.



WHAT TO AVOID AND WHAT TO EAT INSTEAD

The best way to avoid gluten, dairy, and sugar is to read labels. Better yet, if it has a label don't buy it! We want as minimally processed as possible in our food choices. Here are some keys to ingredients that you'll want to avoid during the detox.

GLUTEN

Gluten products to avoid:

- Bread
- Pasta
- Bagels
- Any products with wheat, barley, rye, semolina, durum, triticale, and farro

Alternatives:

- Brown and wild rice
- Quinoa
- Amaranth
- Mary's Gone Crackers – these whole grain crackers are delicious
- Starchy veggies like sweet potatoes, yams, and squash

Please note: Skip the gluten-free aisle of your grocery store – most of the foods there are highly processed and packed with sugar, salt and preservatives. Many of my clients found that they gained a ton of weight when they went gluten-free –and it was because they started eating too many gluten-free packaged foods. For this challenge, simply skip that aisle and focus on fresh, whole foods.

DAIRY

Dairy products to avoid:

- Milk and milk products, including ice cream and whey
- Cheeses, including hard cheese and soft cheeses like cream cheese and cottage cheese
- Sour cream

Alternatives:

- Coconut milk
- Quinoa milk
- Hemp milk
- Almond milk

Ghee is the only dairy option allowed during this 5-day detox.

SUGAR

Sugar products to avoid:

- Sugar, candy, sweets, baked goods
- Cane sugar (organic, natural, dehydrated, etc. included)
- Corn syrup, brown rice syrup, barley syrup
- Alcohol – yes, this includes beer, wine, and hard liquor

Alternatives:

- Natural sweeteners used sparingly like honey, dates and maple syrup

RED MEAT AND PORK

We will be avoiding red meat and pork during the detox to give our digestive system a much-needed rest.

Alternatives:

- Lean proteins such as:
 - Chicken
 - Turkey
 - Wild-caught cold-water fish
 - Beans and lentils



GENERAL GUIDELINES FOR FOODS TO ENJOY

Proteins

- Lean proteins like chicken, turkey, wild-caught cold-water fish and beans. Bonus points for choosing grass-fed, pastured and organic meats.

Fruits & Vegetables

- Fruits are a great choice during this detox. Berries are extra helpful because they are packed full of antioxidants and have a low glycemic load.
- Vegetables are fair game in this detox program. Try to eat a wide variety, and choose leafy greens at least once a day.
- Add fresh herbs like cilantro, parsley and dill to your meals as they increase the flavor profile and also have a lot of detoxifying properties.
- Skip potatoes and potato products, EXCEPT yams and sweet potatoes.

Whole Grains

- Look for whole grains like brown rice, black rice, quinoa, millet and amaranth.
- Keep your eye out for ancient grains like spelt, barley, and faro – although these are whole grains, they also contain gluten, which we are avoiding.

Essential Fatty Acids

- Healthy fats like avocado, fatty fish, lean proteins, olive oil, coconut oil, and nuts and seeds.

Beverages

- Water is your primary drink for the week. Aim to get ½ your body weight in ounces per day. You can add things like lemon, lime, or orange slices, frozen berries, cucumber slices, or even herbs like parsley, cilantro and basil to make your own “spa” water.
- Sparkling water as long as it doesn't have added sugars (check the label).
- Herbal teas, especially dandelion or nettle, as they support liver function.



THE IMPORTANCE OF ELIMINATION DURING THE DETOX

Your body eliminates toxins in 4 ways:

- Sweating
- Breathing
- Urination
- Bowel movements

This makes it really important for you to maximize your ability to adequately get rid of the toxins your body is mobilizing. If you do not properly eliminate daily, you may experience increased fatigue, brain fog, headaches and flu-like symptoms.

To avoid sabotaging your detoxing efforts, here are a few suggestions:

- Drink enough water that you are urinating frequently. If your urine is not light in color, drink more water. Your urine should have a light straw color.
- Do activities such as yoga to enhance sweat.
- If you have access to a sauna... great! If your schedule permits, try using it daily for 10 to 20 minutes as tolerated. It has been shown that sauna therapy increases the excretion of heavy metals and fat-soluble chemicals from the body. Be sure to drink plenty of water before, during and after the sauna, and replenish with some electrolytes.
- If you are chronically ill or take medication, be sure to get your doctor's permission before using this program and especially before starting sauna therapy. When your physician has cleared you, start slowly and gradually increase time as tolerated.
- You should be having bowel movements daily; otherwise, you reabsorb the toxins in your gut. If you are not having daily BMs, reach out to me or try some Smooth Move tea.



DAILY CHECKLISTS

DAY 1

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

DAY 2

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

DAY 3

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

DAY 4

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

DAY 5

- Drank lots of water
- Was more conscious about moving throughout the day
- Was more mindful of my eating habits
- Practiced gratitude
- Stuck to the meal guidelines
- Went to bed early

Disclaimer: This information is being provided to you for educational and informational purposes only. It is being provided to educate you about how to take care of your body and as a self-help tool for your own use so that you can reach your own health goals. It is not intended to treat or cure any specific illness and is not to replace the guidance provided by your own medical practitioner. This information is to be used at your own risk based on your own judgment. If you suspect you have a medical problem, I urge you to take appropriate action by seeking medical attention.

This detox and the information provided within have been carefully tested and crafted, and are a core part of my business. As a courtesy to me, the amount of work I've put in, and your fellow detoxers, please do not share these materials with anyone.