



**21-Day Detox Guide**

**&**

**6 Week Nutrition Plan**

# 21 Day Detox Guide

Created by Dr. Brooke Leverone

Presented by NXPT

## **Benefits of detox:**

1. Reduces inflammation
2. Anti-aging
3. Supports metabolism for improved weight loss
4. Increases fat loss and improves lean muscle mass

## **Principles of detox:**

1. Minimize in
2. Maximize out

**Minimize in:**  
**(For the next 21 days, overly follow these guidelines)**

- **Diet** --> Hypo-allergenic and anti-inflammatory
  - Whole Foods
    - Leafy greens
    - Starchy vegetables: squash, sweet potatoes
    - Fruit (no citrus)
    - Lean meats: chicken, fish, lamb
  - **Avoid:**
    - Coffee
    - Sugar (avoid cane sugar. Stevia, honey, molasses, pure maple ok in small amounts)
    - Alcohol
    - Corn
    - Soy
    - White potatoes
    - Citrus fruit (lemon and lime ok)
    - Gluten
    - Dairy (this means no whey protein)
    - Eggs
    - Tomatoes (if they have arthritis, also avoid eggplant and peppers of any kind)
- **Minimize Toxins**
  - Consume organic foods avoiding pesticides and added hormones
    - All animal products need to be organic
    - As many organic fruits and vegetables as possible
      - Sticking to at least the organic options for the dirty dozen foods from the environmental working group <http://www.ewg.org/foodnews/?qclid=CN6wwJXgi8oCFY17fgod4yUJGO>
  - Minimize toxins in your home. Also referring to the environmental working group for non-toxic versions of house hold cleaners and skin care products.

**Maximize Out:**

**(For the next 21 days, intake as many natural herbs and elements to detox your system, naturally and safely.)**

- Support your body's own pathways for detoxifying:
  - **Liver**
    - See options below for liver support
    - The liver is the responsible for metabolizing and removing every single toxin we are exposed to on a daily basis. So this is important to support when doing a cleanse of any kind.
  - **Gastro-intestinal system**
    - Daily fiber to bind toxins and support daily bowel movements: 1 tbspn ground flax, chia or psyllium husk; plus lots of fruits and vegetables
  - **Kidneys**
    - Drink at least 100oz of water daily
  - **Lymph system** (the draining system of the body)
    - Massages
    - Stretching
    - Exercise and sweating
  - **Skin**
    - Skin brushing/exfoliating
    - Sweating
      - Sauna
      - Exercise
  - **Lungs**
    - Deep breathing exercises

**Liver Support:**

Liver supporting herbs consumed in the form of detox shakes or detox pills.

Ingredients essential for this process include:

Milk Thistle

Dandelion

Artichoke

Burdock root

Methionine

Inositol

Choline

Glycine

B Vitamins

Minerals

## **Products & Tips**

**Products that are great for this:** (Online & through Dr. Leverones office)

- Thorne MediClear SGS protein powder for detox
- Metegenics Detox pills
- pick up a basic liver support formula from the local health food store. The staff at sprouts and whole foods are very well informed about these options.

**My protocol with the Thorne MediClear SGS protein powder:**

\* Requires two tubs of protein powder (Purchase through Dr. Leverones Office)

Days 1- 3: 1 shake/day

Days 4 - 7: 2 shakes/day

Days 8 - 14: 3 shakes/day

Days 15 - 18: 2 shakes/day

Days 19 - 21: 1 shake/day

**Additional Support:**

Fish oils (high omega 3s)

Probiotics (Kombucha, Kefir)

Magnesium 500mg before bed

**Contact Dr. Brooke Leverone** for questions, product orders, and concerns:

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## The NXPT Plan

**OUTLINE:** This food plan is your guide on exactly how to eat to change your body, your energy levels and your life during your Fitness Results Challenge. The goal is to help you to create lifelong habits. This isn't a crash diet or a fast. This is a plan that you can follow, see incredible results, and maintain long term.

**WHAT TO EXPECT:** In the initial body composition test you will receive a complete overview of your lean muscle mass compared to fat mass content. This will provide for you the information needed to find your resting metabolic rate which is how many calories you should be consuming on a daily basis. With this nutrition plan you will need to adjust in terms of your portion size to coincide with your daily caloric intake. Make adjustments where needed to make sure you are seeing results in a healthy way; which means you are always meeting your bodies minimum needs in terms of your daily caloric requirement. Follow the outlines according to your food preferences, portion size, and match it to your caloric needs.

**STEP BY STEP:** Starting with step/page 1 and moving forward, the goal is to keep this simple and manageable. We understand you are busy. But that is not an excuse. For 6 weeks, make your health your #1 priority. Step 1 is the clean out phase; go through the list, throw away what you don't need, and set yourself up for success. Step 2 is the shopping phase; only put food in your home that is going to benefit you and get you closer to your goals. Do not slip something in there for the kids or spouse... You are trying to get healthy so as a result, they don't get ice cream either!

**TROUBLE SHOOTING:** There is always room for improvement or modifications. If you find yourself questioning or struggling with something outlined or explained, consult your Trainer and let's work through it and around it. If you have input or insight into recipes, supplementation, substitutes, or methods, please share and lets collaborate. Health, fitness, and wellness is an industry of accumulative experiences, studies, outlooks, and we welcome and encourage knowledge and education.

**HERE WE GO!**

### Instructions

1. Download the app; My Fitness Pal
2. Follow the steps to clean out your junk
3. Pick the foods listed that you enjoy and fit your preference
4. Go shopping weekly for your food and prep according to your Daily Calorie Need
5. DON'T MAKE EXCUES... LETS SPEND 6 WEEKS ON TRACK 100%!

## STEP 1 – CLEAN OUT THE JUNK

The following things need to be removed from your cupboards, fridge and freezer:

- **All processed junk food** - Pretty much anything with more than a couple of ingredients or anything you cannot pronounce is processed and is not part of the plan. This includes wheat products such as bread, biscuits, cakes and pies, instant meals, microwavable snacks and meals, (anything that has a shelf life of more than 1 week)
- **All calorie containing beverages** - No more sodas, throw them out and no more juice. I would rather you eat the fruit than drink the fruit. There is a list of healthy drinks that you can intake other than water.
- **Sugar** - including sucrose, glucose and fructose. Anything ending in "-ose" is a sugar. Check your ingredients.
- **Alcohol** - Yes, the bottle of red wine too that you were "only" drinking because of the antioxidants!
- **White Flour-Based Foods:** Cereal, Crackers, Pretzels, breads, bagels
- **Vegetable oils:** Corn, Cottonseed, Soy, Canola, margarine
- **All Soy products.**

\*It can seem insignificant to leave a few items in the cabinet or refrigerator assuming you will not be tempted later. But play it safe. Use the New Year as an excuse to wipe the slate clean and remove all "baggage" from 2015 and all products that are not going to promote your internal health. The goal with the foods you will be throwing away and the new foods you will be consuming, is your gut health, and your body being in a state to give you the physical results you are striving for.

## THE PROTIEIN / CARBS / FATS TO CHOOSE

**PROTEINS** - You must have one at every meal (every 2-3 hours) buy organic when possible.

- Chicken Breast/Thigh
- Turkey Breast / Ground Turkey
- Grass Fed Ground Meat (Pasture Raised)
- Fish: Cod, Halibut, Herring, Orange Roughy (wild caught)
- Wild Game: Veal, Venison, animal organ
- Eggs: Free Range (not cage free)
- Plain Greek Yogurt
- Raw grass fed Cheese
- Cottage Cheese
- Quinoa
- Soaked/Sprouted Nuts & Seeds

**Carbohydrates** – This is the fuel you need to keep your metabolism going. Consume as much raw living food as possible throughout the day.

- Sweet Potatoes
- Yams
- Rolled Oats
- Organic Corn Tortillas
- Legumes
- **Fruits & Vegetables**

Eggplant	Squash	Broccoli
Asparagus	Spinach	Collard Greens
Lettuce	Zucchini	Brussels Sprouts
Cabbage	Cucumber	Celery
Leafy Greens	Any Bell Peppers	Green Beans
Peas	Tomato	Green beet
Cauliflower	Mushroom	Onions - Green and White
Artichoke	Apples	Avocado
Lemon	Lime	Orange
Grapefruit	Banana	Pineapple
Blueberries	Raspberries	Carrots

**FATS** (this list includes essential fatty acids "EFA's") – For the products from Green Pastures, visit: [GreenPasture.com](http://GreenPasture.com) (Much of your healthy fat content in your diet will come with your protein and other food intake)

- Raw Butter: Green Pasture Products
- Kefir
- GHEE: Green Pasture Products
- Fermented Cod Liver Oil: Green Pasture products
- Fish Oils
- Raw Coconut oil



## TIPS, SUBSTITUTES, & SUPPLEMENTS

### SUPER FOODS TO ADD IN:

- Bone Broth
- Lacto-Fermented Foods (sauerkraut, Kombucha)
- Whey
- Apple Cider Vinegar
- Bee Pollen

### DRINKS other than H2O

- Kombucha
- Raw Coconut Water
- Green / Black Tea
- Proven Nutrition Core
- Beats Kvass

### SUBSTITUTES:

- Natural Sweeteners: Raw Honey, Grade B Maple Syrup, Maple Sugar, Stevia
- Baking: Almond flour, coconut flour
- Bread: Ezekial Bread, Soaked Sour Dough Bread

### SNACKS:

- Epic Bar; Animal Protein bar, organic grass fed.
- Cliff Bar
- Boulder all Natural Chips
- Organic Popcorn; coconut oil / sea salt

### SUPPLIMENTS:

- Meal Shake: This should be a product that is not just a protein source, but a well-rounded MEAL substitute. It should be between 150-300 Calories, and have NO SOY! This will serve as 1 snack, and your Post-Workout each day.
  - Herbalife Formula 1 Sport: (\$45) Whey based Protein, Certified GMO free, No Artificial flavorings (NXPT)
  - Vega 1: (\$29) Vegan based, Pea protein, Certified Organic (sprouts)
- Additional Muscle Gain: Use a Isolate Protein Supplement to add caloric value and protein content to your daily intake.
  - Iso-100 by Dymatize: (\$75) Isolate Protein, BCAAs, Whey Protein Isolate (GNC, Vitamin Shoppe, Pro Body)
- Fish Oil: Needs to be high in all the following: Omega-3, EPA, DHA, Vitamin D, CLA.
  - WHC UnoCardio 100: (\$44) Amazon
  - The Vitamin Shoppe Omega-3 Fish Oil: (\$15.99) Vitamin Shoppe
  - Ocean Blue Professional Omega-3: (\$12) Amazon
- Fermented Cod Liver Oil: Green Pasture Products (Sprouts, online)

## WEEKLY GROCERY LIST

Buy food 1 week at a time to control shelf life and food preparation simplicity.

### Produce

- Apples
- Bananas
- Avocados
- Bell peppers
- Broccoli ++
- Carrots (baby carrots)
- Celery
- Cucumber
- Greens: Kale, Arugula, Spinach, chard, mixed greens ++
- Mushroom, Portobello
- Sweet potatoes ++
- Tomatoes

### Dairy, Eggs

- Cheese
- Plain Greek yogurt
- Eggs (1-2 dozen)

### Bakery

- Ezekiel bread
- Organic Corn Tortilla

### Meat, Deli, & Seafood (Pick your meat choice of the week)

- Chicken breasts, boneless, skinless
- Salmon, wild
- Turkey breasts, ground
- Ground Meat
- Organ Meat

### Snacks / Pantry

- Oatmeal (rolled oats)
- Peanut butter, almond butter or sunflower seed butter, natural
- Soaked Nuts / Seeds
- Epic Snack Bars
- Cliff Bars

**Super Foods:** (Choose something new each week to try and introduce into your system!)

- Choose from super food list above

**Supplement / Products:** (To ensure maximum MICRO-nutrition, as well as adequate caloric intake, choose a super smoothie product as well as a meal shake product. Here are a list of suggestions)

### **Super Shake:**

- Myo-Greens (GNC)
- Green Superfood (Amazing Grass, Sprouts)
- Raw Fruit superfood (Amazing Grass, Sprouts)

### **Meal Shake:**

- Formula 1 sport (Herbalife; non-gmo, whey based. NXPT)
- Vega 1 (Vegan, pea based. Sprouts)

**Fish Oil:** High in Omega-3, EPA & DHA, and combined with Vitamin D

## **Daily Outline**

**Breakfast:** (within 1 hour of waking up): Intake one option from each category

\*\*if before a workout: intake Meal Shake then consume Meal as post workout.

**Carb:** Oatmeal / Fruit /

**Protein:** Egg(s) / Greek yogurt /

**Fat:** Flax seed / Fish Oil Supplement / Cod Liver Oil

**Snack #1:** Choose one

Meal Shake

Nuts / Seeds

Bar

Fruit

**Snack #2:** Choose One

Raw Veggies (Broccoli, carrots, celery, Etc.)

Nuts / Seeds

**Lunch:** Intake one option from each category

**Carbs:** Sweet Potato / Veggies / Approved bread or tortilla

**Protein:** Chicken / Fish / Ground Turkey / Egg(s) / Greek Yogurt

**Fat:** Fish Oil Supplement / approved oil as Light dressing on your salad

\*\*If you haven't taken your first Meal Shake yet:

\*add it to your lunch for muscle gain

\*Take it as your lunch for Fat Loss

**Snack #3:** Choose Two

Raw Veggies

Fruit

Bar

Nuts / Seeds

Beef Jerky

**Dinner:** This needs to complete your calorie allowance for the day leaving a small gap for an evening snack depending on the timing of your day. Make sure to adjust your serving size based on your caloric needs.

\*\*Choose from each category

**Carbs:** Sweet Potato / Yams / Approved Bread or Tortilla

**\*\*Must have large serving of Vegetables (Kale, Chard, Broccoli, Etc. \*make enough for snack the next day)**

**Protein:** Chicken / Ground Turkey / Fish / Ground Meat / Organ Meat

**Fat:** Fish oil Supplement / approved oil to cook food in

**Snack #4:** Choose one

Greek yogurt with fruit/honey

Apples with peanut butter

Beef Jerky

**Post Workout Fuel:** (your meal shake should be a well-balanced amount of all macro nutrients, and packed with micro nutrients. See a trainer for suggested products. For muscle gain, add a protein isolate to your meal shakes.)

\*\*You should intake 2 of your meal shakes per day. Once as a snack during the day, and once immediately following your workout.

\*\*On non-workout days, intake 2 snacks as meal shakes.