

your 10-DAY detox challenge!

FOR THE NEXT 10-DAYS APPLY
THESE PRINCIPLES TO YOUR
DAILY LIFE



The way to GO!



This plan will help you become less swollen, clean up your body and get more energy. You can do it after periods where you have unbalanced your food-intake, for example after holidays. OR you can include it as your nutrition lifestyle FOREVER!!

1 - Daily WATER to drink: your body weight x 0.05ml

*Drink only before or after eating (not during)

*Can add fresh lemon to your water.

2 - Consume 70-80% of foods that are alkali-forming and life giving:

green and yellow veggies, almonds, avocados, lemons, limes, sprouted nuts and beans, seeds, grains, etc.

3 - Eat Omega 3 and 6 (we might consider to get a supplement)

*Ex.: avocado, nuts, pumpkin and sunflower seeds, flaxseed and olive oil

4 - Eat comfortable amounts of foods: listen to your body and stop when it had enough, or eat more if it needs.

5 - Eat slowly and relaxed.

6 - If possible: eat organic.

7 - All foods has to be wholesome = natural

*Learn to read the labels of the products you get: less products the better, and think you want them as close to nature as possible.

Ideal food pyramid of each meal:

70% live foods

10% plant based proteins
(or quality fish, or eggs)

10% good carbs

10% quality oils

The NOs...



This one might be the toughest part, and mostly mindset-related because acid addictions are frequently some of our favorite things such as a morning cup of coffee. Regularly indulging in these can lead to inflammation that triggers conditions such as arthritis, irritable bowel syndrome, allergies and much more. A diet that promotes over-acidification of the blood and tissues allows for a terrain that is conducive to the growth of the great decomposers of cells and tissues in the human body.

1 - Avoid eating food after 8pm.

2 - Don't eat processed, trans or hydrogenated fats.

3 - Eliminate or reduce the animal protein:

*If reduced, we will keep it only to eggs (1/day máx) and fresh fish (good quality and the size of your palm)

*Combine it with green veggies or salad, without carbs.

4 - Don't eat dairy products (no cow milk, no cheese, no chocolate)

*you can make your own almond milk easily, or get an organic one with only natural ingredients and nothing artificial neither sweeteners.

5 - Eliminate the acid addictions: no coffee, no tea, no fruit juices (yes to smoothies with the full fruit in it), no processed drinks, no soda, no white foods (wheat flour, white rice, etc.), no vinager...

The EXTRA's



but MANDATORY!!

Just because detoxifying our bodies from this modern world can't never rely only on food, so it will happen as its best when we get a mix of all the good habits in.

1 - MOVE as much as you can: avoid living in a box.

*go for a walk, take the stairs, stay active and move as many muscles of your body as you can daily!

2 - x3 times a week: 30 minutes of aerobic exercise

(run, walk, spinning class, swimming...)

*at your Zone 2 of intensity (RPE 4)

3 - Daily: 5 minutes of breathwork to boost your energy.

*try this video: the breath of fire

4 - x3 times a week: be under the sun for 10-30 minutes, with 70% of your body in contact with the sun rays.

*You'll get your vitamin D to have strong bones, good energy and better sleep.

5 - Optional (but highly recommend it by science): do 20-30 minutes of rebounding each day

*Ex: jump on a rebounder, or with a jumping rope.

EXAMPLE of a detox-day!

BREAKFAST			
Plate distribution	Option 1	Option 2	Option 3
Living foods 70%	Tomatoe, cucumber / 1 apple	Paprika, ruccula / strawberries	Forest fruits, banana, mango
Protein 10%	Egg (x1)	Orange lentils pancakes	Egg (x1)
Carbs	1 slice of organic linseed bread	Hummus	Oats (homemade pancakes / porridge)
Quality oils 10%	Add olive oil to the veggies	Avocado	peanut butter

LUNCH			
Plate distribution	Option 1	Option 2	Option 3
Living foods 70%	Green leaves salad, germinates, kimchi	Broccoli / kale, paprika, onion (sauteéd)	ruccula, spinachs, tomatoe, avocado, germinates
Protein 10%	Chickpeas	Tempeh	Lentils
Carbs	Quinoa/barley	sweet potatoes	Whole-grain rice (brown) / quinoa
Quality oils 10%	Olive oil, avocado	Linseed, sesam seeds	olive oil

EXAMPLE of a detox-day!

DINNER			
Plate distribution	Option 1	Option 2	Option 3
Living foods 70%	Green and yellow zucchini, paprika, onions, mushroom	Spinach, asparagus, mushroom, lettuce	Veggies purée (not too much cooked)
Protein 10%	Salmon	Black beans + legg	White fish
Carbs	not for dinner yet		
Quality oils 10%	Olive oil	Sunflower, pumpkin seeds, olive oil	Linseed seeds

LIST of some of the allowed foods

LIVING FOODS:

- broccoli
- cauliflower
- cucumber
- avocado
- nuts (almonds, hazelnuts, walnuts...)
- seeds (pumpkin, sunflower, linseed, sesam)
- ruccula
- kale
- spinach
- tomatoe
- onion
- carrots
- paprika
- zucchini
- germinated (soy sprouted, lentils sprouted...)

PROTEINS (go more plant-based than animal):

- chickpeas
- lentils
- black beans
- soy beans
- tempeh
- eggs (keep it to 1 per portion)
- quality fresh fish (hammour, red snapper, sea bass, sea bream, salmon)

GOOD CARBS:

- whole grains
- barley
- quinoa
- integral rice
- black rice
- sweet potatoes
- beans (they also are a source of good carbs)

GOOD FATS:

- olive oil
- coconut oil (good for cooking)
- flaxseed
- all kinds of seeds
- nuts
- avocado
- peanut butter