Jumpstart Your Health!

We’ve all been there, you are starting a new diet and you just want it to start working quickly! You don’t want to wait the typical 2-4 weeks to start seeing any kind of results? You want them NOW! You wish you could erase what you have been consuming over the past few months or years and have a fresh start. A system reboot for your body, if you will.

When you begin feeding your body the nutrients that it needs, it slowly starts ridding your body of the preservatives, toxins, and other oxidants that have accumulated in your body simply by a reallocation of calories coming from healthier food choices. Only once your body is clean and detoxed does it start to reap the rewards of those healthy nutrients.

Created by Renowned Author Thomas DeLauer

Thomas DeLauer is a well-known fitness author and coach that is most noted for his transformation from an unhealthy corporate employee to healthy athlete and the creator of organic programs designed to reduce inflammation and get YOU healthy!
Processed and Modified Foods
Have Made it Tough for us to Lose Weight...
Even AFTER we Stop Eating Them.

Over the past few years, there has been so much awareness regarding the food that we eat, and how much we are consuming in the way of GMOs, pesticides, and other chemicals. It has been happening for quite some time now and unfortunately, many of our bodies are infested with these chemicals leaving us unable to absorb many of the healthy foods that we do eat.

Look at it this way. You’re essentially in a negative balance of healthy nutrients and antioxidants in your body. And in order to have your diet be effective, you must first get out of the negative balance of healthy nutrients. Getting out of the negative balance is not a fun task; if you’re going to make the changes to your diet, you want them to be having an effect as soon as possible. It would be like starting a business $10k in debt. It wouldn’t be fun to make up that $10k, the fun would start after that has been made up. The purpose of this simple cleanse is to help you “hit the reset button” on your body and begin your diet raring to go and in a position where your body will reap maximum benefit.

It is VERY Important that you Read Through the ENTIRE protocol, and at the end there is a SPECIAL OFFER for my clients that go through the entire program, so please be sure to read entirely!
Before we Start…

3 Must-Dos!

This program will break down the next seven days with various tips, proper supplementation, and of course, the DIET to get you jumpstarted to a fit and healthy life!

Must Do #1: Water!

As we help our body find a new set point, it is key that we do not disrupt the mineral balance of the body all too much. So, for the sake of the 1-week cleanse, utilize one kind of Spring Water from the store.

For example: If you choose Arrowhead Spring Water, do not deviate from that one brand. In fact, try to stock up for the entire week while you’re buying it at the store so that your chances of having an identical mineral content are the same. This is to help the body develop homeostasis as quickly and easily as possible.

How Much Water: We are going to get in a strong habit of drinking plenty of water. The positive attributes of drinking water are almost endless, but for the sake of this cleanse, it is going to help expedite the removal of toxins inhibiting you from losing weight.

Follow this simple rule for the sake of this cleanse:
For Every 1LB of bodyweight, consume 0.75oz of water. For example: If you weight 150lbs, then you would consume 112.5 oz, which is a bit less than a gallon. A general rule of thumb is that if your urine is still yellow and hasn’t become pale yellow to clear, you could afford to drink more.

Consuming water in this fashion is going to satisfy your hunger as well, which will help you with the fasting portion of this cleanse as well. If you strongly feel like you are consuming too much water, than back it off a bit, and be sure to add a bit of salt here and there if you do not get it from your natural diet.
Must Do #2 Fasted Lemon Water:

Yep, you heard that right. Bitter, sour lemon water first thing in the morning, and unfortunately, no sweeteners to make it into a scrumptious lemonade, but the benefits outweigh the temporary tartness!

Lemon contains an antioxidant called D-Limonene (larger amounts found in the peel of the lemon) which has been shown to generate an increase in specific liver enzymes that lead to the detoxification of the liver. Since your liver has worked hard to filter many of the chemicals and toxins over the years, starting with a way to detoxify and “reset” the liver is the greatest way to start your body cleanse.

Here’s what you’re going to do:

• Juice 1 Large Lemon
• Cut remaining Lemon into Small Chunks
• Place Juice, Seeds, and Remaining Chunks and Peels into a Glass of Luke Warm Water
• Let the Lemon Water Sit for 10 Minutes
• Do NOT add any sweeteners UNLESS it is Raw, Organic, Local Honey

By consuming this drink on an empty stomach, first thing in the morning, you are ensuring the maximum detoxification effect on the liver, but you are also enhancing the weight loss benefits of something called pectin that lemons contain. Pectin has a small satiating effect, which will allow you to feel fuller for a longer period of time. Lemon on an empty stomach will also help to lower mucus production in the body, which means that you have more nutrient absorption of the healthy foods that you do consume when starting your diet.
Must Do #3: Apple Cider Vinegar 2x Per Day

One of the most important parts of hitting the reset button on your body is to help reach a healthy pH balance. The ideal pH of a human is about 7.4 (which is just a tiny bit on the alkaline side above neutral). With many of the foods that we have consumed over time, more than likely, our pH level will be on the acidic side. This is not a good start for a weight loss or muscle-toning program. Our goal is to achieve a clean slate to work with, so utilizing apple cider vinegar with some meals will help balance the pH within the body.

Apple cider vinegar is also known to purify the blood and also aid in detoxifying the liver and removing bad cholesterol. This is mostly due to it’s powerful enzymes that break down that cholesterol within the blood.

Apple cider vinegar will also aid in digestion and make certain that you are flushing out the toxins and some build-up within the digestive system. This will allow you to absorb more of those organic, healthy nutrients when you start dieting.

Here’s What You’re Going to Do:

• Use Raw, Unfiltered Apple Cider Vinegar (if it doesn’t have a cloudy residue, it’s not unfiltered.)
• Use Two Tablespoons of Apple Cider Vinegar Diluted with 8oz of Water 2-3x per day with Meals
• You can also mix Apple Cider Vinegar with the Lemon Water from the Fasted AM Drink

Benefits of Apple Cider Vinegar

• Helps Grow Healthy Intestinal Bacteria
• Wards off Some Bad and Potentially Harmful Bacteria
• Lowers Blood Sugar Which can Aid in Diabetes
• Helps with Weight Loss by Increasing Feelings of Satiety
• Helps Lower Cholesterol and Lower Blood Pressure
• May Help Slow the Growth of Some Tumors
Must Do #4: Don’t Get Rid of Protein like Other Fasts!

By semi-fasting, you trigger responses in your body that tell your brain that it is okay to release hormones that help you burn fat. However, this is done in a unique way in which we incorporate certain foods into the diet in certain increments.

NOTE: YOU WILL ONLY SEMI-FAST FOR DAYS 1-3 BEFORE ADDING MORE FOOD… So hang in there!

We want to let the water do much of the work throughout the cleansing phase of the diet. This way, your body will be ready to absorb the vast amount of nutrients you provide it in the coming weeks.

Although we do not want the body to sacrifice muscle mass in an attempt to create energy, we do want to help support an alkaline state in the body (which is much more muscle sparing than an acidic state in the first place). We can do this by keeping the body in a slightly fasted state, and only feeding it highly alkaline, clean, organic foods when we do eat. Since we want to achieve ease of digestion through this period, it is critical that we limit our protein intake. We are not going to entirely disregard protein altogether, but we are going to limit it quite extensively and the protein that we will consume will be easily digested. I would recommend simple cage free, organic eggs in terms of protein, for the reason that from a bulk standpoint, it is easy to digest.

You will consume approximately <0.25g protein per LB of bodyweight during this cleanse. Remember you will only be eating a couple of meals during this cleanse, so it’s not much.
Some Notes on the Diet for Days 1 - 3

Days 1-3 are the fasting portion of the cleanse. And it comes down to allowing the digestive tract to almost fully empty before eating and keeping the meals extremely fibrous and antioxidant rich to support the proliferation of good gut bacteria.

During the fasting phase for the first 1-3 days you will eat 2x per day with one small snack mid day that can be replaced with the juice listed below but still

A Few Rules Before Starting!

- Be sure to review the ENTIRE program first, so that you can identify the meals, and also determine if the cardio portion is right for you or not.

- Eat Breakfast After your Fasted Lemon Water and after Fasted Cardio (optional)

- Breakfast Should be 20-30 minutes or More after Lemon Water

- Breakfast must be ALL Organic (because your body is much more sensitive to what you eat first thing in the AM) and you should make an honest attempt to eat ALL organic throughout the entire program.

- Be Sure to consume adequate amounts of Water

- Absolutely No GLUTEN, grains, starches or DAIRY

- No Vitamins Until we start day 4! We are ridding the body of supplements until that time

- If you feel dizzy, or weak, give yourself a bit of honey or blueberries as a first measure of action. As with any program, if you feel exceptionally dizzy or weak, contact a health professional.

- Although you will feel a bit calorie deprived, the process of your body cleansing is occurring and the struggle will dissipate after day 2.
Day #1: So it Begins…

Breakfast: Start with the Lemon Water and Apple Cider Vinegar!!

- Small Portion of Protein about the size of your first. Organic Eggs, Chicken, or Turkey
- Organic Blueberries and Strawberries **4oz for every 50lbs of bodyweight!** I know it sounds like a lot, but this is for GOOD REASON!
- 2 Stalks of Asparagus for Every 50lbs of Bodyweight – **This is to ensure that your kidneys get flushed of excess calcium so that magnesium stores in the body can do their magic.**
- 1 Tbsp of Organic Coconut Oil (Extra Virgin if Possible) to mobilize fat stores within the body, this gives you extra energy and burns a bit of fat in the process!
- 1 Tbsp of Organic Local Honey, preferably on the berries – **This helps with allergens within your body and lessens the immune response.**
- ½ Tsp of Cayenne pepper to stimulate the metabolism to process the impurities and reduce inflammation.

Lunch/Snack (About 4-6 Hours Later):

- Organic Kale (roughly about 1 cup, but can go as high as 2.5 cups)
- Easily Digestible source of PROTEIN, about **HALF** the size of your fist this meal.
- Juice from 1 Lemon
- 1 Tbsp Organic Coconut Oil (Again, likely on the protein source)
- ½ tsp of Cayenne Pepper sprinkled on protein OR Kale

Alternative Lunch/Snack

This is in the way of a Juice… If you do not have a juicer, mix all into a BLENDER with about 8oz of purified spring or distilled water!

**TAKE A DIGESTIVE ENZYME IF YOU DON’T USE A BLENDER**

- Juice of 2x Carrots (organic), 1x Small Knuckle of Ginger Root, Juice of 2x Cucumbers (Organic), 1/2 – 1 Cup Organic Baby Kale (blends easier), 1 tsp Turmeric root, ½ Tsp Cayenne Pepper.
- Still consume the HALF of a FIST sized portion of protein (organic)

Dinner

- **No Protein with this Meal**
- Organic Blueberries and/or Strawberries at 4oz per 50lbs of bodyweight AGAIN
- ½ Cup of Raw, Shredded Cabbage. This is for probiotic effect.
- 1 Tbsp Organic Coconut Oil
- Juice from 1x Organic Carrot
- Juice of 1 Small Knuckle of Ginger
- Juice of 1 Beet
- 1 Tsp of Turmeric
- Apple Cider Vinegar Before BEDTIME!
Day #2: YOU CAN DO THIS!

Breakfast: Don’t Forget the Lemon Water and Apple Cider Vinegar!

- Small Portion of Protein about the size of your first. Organic Eggs, Chicken, or Turkey
- Organic Blueberries and Strawberries 4oz for every 50lbs of bodyweight! I know it sounds like a lot, but this is for GOOD REASON!
- 2 Stalks of Asparagus for Every 50lbs of Bodyweight – This is to ensure that your kidneys get flushed of excess calcium so that magnesium stores in the body can do their magic.
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- ½ Tsp of Cayenne pepper to stimulate the metabolism to process the impurities and reduce inflammation.

Lunch/Snack (About 4-6 Hours Later):

- Organic Kale (roughly about 1 cup, but can go as high as 2.5 cups)
- Easily Digestible source of PROTEIN, about HALF the size of your fist this meal.
- Juice from 1 Lemon
- 1 Tbsp Organic Coconut Oil (Again, likely on the protein source)
- ½ tsp of Cayenne Pepper sprinkled on protein OR Kale

Alternative Lunch/Snack

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- Still consume the HALF of a FIST sized portion of protein (organic)

Dinner

- No Protein with this Meal
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- ½ Cup of Raw, Shredded Cabbage. This is for probiotic effect.
- 1 Tbsp Organic Coconut Oil
- Juice from 1x Organic Carrot
- Juice of 1 Small Knuckle of Ginger
- Juice of 1 Beet
- 1 Tsp of Turmeric
- Apple Cider Vinegar before Bedtime
Day #3: Almost time to introduce a bit more food 😊

Breakfast: Don’t Forget the Lemon Water and Apple Cider Vinegar!

- Small Portion of Protein about the size of your first. Organic Eggs, Chicken, or Turkey
- Organic Blueberries and Strawberries **4oz for every 50lbs of bodyweight**! I know it sounds like a lot, but this is for GOOD REASON!
- 2 Stalks of Asparagus for Every 50lbs of Bodyweight – **This is to ensure that your kidneys get flushed of excess calcium so that magnesium stores in the body can do their magic.**
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- 1 Tbsp of Organic Local Honey, preferably on the berries – **This helps with allergens within your body and lessens the immune response.**
- ½ Tsp of Cayenne pepper to stimulate the metabolism to process the impurities and reduce inflammation.

Lunch/Snack (About 4-6 Hours Later):

- Organic Kale (roughly about 1 cup, but can go as high as 2.5 cups)
- Easily Digestible source of PROTEIN, about **HALF** the size of your fist this meal.
- Juice from 1 Lemon
- 1 Tbsp Organic Coconut Oil (Again, likely on the protein source)
- ½ tsp of Cayenne Pepper sprinkled on protein OR Kale

Alternative Lunch/Snack

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- Still consume the HALF of a FIST sized portion of protein (organic)

Dinner

- No Protein with this Meal
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- ½ Cup of Raw, Shredded Cabbage. This is for probiotic effect.
- 1 Tbsp Organic Coconut Oil
- Juice from 1x Organic Carrot
- Juice of 1 Small Knuckle of Ginger
- Juice of 1 Beet
- 1 Tsp of Turmeric
- **Apple Cider Vinegar before Bedtime**
Preparing for Days 4-7: Adding Vitamins and More Protein

After 3 days of Semi-Fasting, You will add **ONE TO TWO** more of the same meals from days 1-3 intermittently throughout the day, **SLOWLY** ramping up your metabolism while still eating extremely, extremely clean.

*Stick to the same general foods, but implement 1-2 more of the same meals per day. Add a few more organic cruciferous vegetables such as organic broccoli or organic cauliflower to each meal.*

**Vitamins and Supplements**

**These Vitamins are Taken Beginning on Day 4**

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Dosage</th>
<th>When</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish Oil (1,000mg)</td>
<td>2 Capsule</td>
<td>2x Per Day</td>
<td>Powerful Omega 3 and Anti Aging and Anti-Inflammatory</td>
</tr>
<tr>
<td>Probiotics</td>
<td>1 Capsule</td>
<td>2x Per Day (AM and PM)</td>
<td>Eliminates Intestinal Toxins</td>
</tr>
<tr>
<td>Turmeric Curcumin</td>
<td>500mg</td>
<td>With Each Meal</td>
<td>Powerful Antioxidant and anti-inflammatory. Aids in Nutrient Absorption.</td>
</tr>
<tr>
<td>Dandelion Root Extract</td>
<td>500mg</td>
<td>With Each Meal</td>
<td>Assist in Liver Detoxification and Water Excretion</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>500mg</td>
<td>With Each Meal</td>
<td>Aids in Carbohydrate and Fruit Metabolism.</td>
</tr>
<tr>
<td><strong>Green Drink (Powder)</strong></td>
<td>1 Serving at the END of the program,</td>
<td>You’ll use this right AFTER the 7 Days</td>
<td>You can Get them ordered ahead HERE</td>
</tr>
</tbody>
</table>

*These supplements are just that, a supplement, to a wholesome diet; however, during this time you are using them in a bit larger than normal dose in an effort to enhance the effects of the cleansing diet. Further use of these supplements after the 1-week cleanse is recommended, but at a reduced dosage.*
Organic Reset Button

Day #4: Some Snacks, Vitamins & Cruciferous Veggies

Breakfast: Still doing the Lemon Water and Apple Cider Vinegar!

- Small Portion of Protein about the size of your first. Organic Eggs, Chicken, or Turkey
- Organic Blueberries and Strawberries 4oz for every 50lbs of bodyweight!
- 2 Stalks of Asparagus for Every 50lbs of Bodyweight
- 1 Tbsp of Organic Coconut Oil (Extra Virgin if Possible) to mobilize fat stores within the body, this gives you extra energy and burns a bit of fat in the process!
- 1 Tbsp of Organic Local Honey, preferably on the berries
- ½ Tsp of Cayenne Pepper
- 500mg Turmeric, 500mg Dandelion Root, 500mg Cinnamon, 1x Probiotic, Approx 2000mg Fish Oil

Morning Snack:

- 2oz of Broccoli for every 50lbs of Bodyweight (Cruciferous veggies contain sulfites that help digestion, you can substitute this for cauliflower
- 1 Tbsp of Coconut Oil
- ½ Fist Sized piece of Protein
- 500mg Turmeric, 500mg Dandelion Root, 500mg Cinnamon

Lunch (About 4-6 Hours Later):

- Organic Kale (roughly about 1 cup, but can go as high as 2.5 cups)
- Easily Digestible source of PROTEIN, about HALF the size of your fist this meal.
- Juice from 1 Lemon
- 1 Tbsp Organic Coconut Oil (Again, likely on the protein source)
- ½ tsp of Cayenne Pepper sprinkled on protein OR Kale
- 500mg Turmeric, 500mg Dandelion Root, 500mg Cinnamon

Alternative Lunch/Snack

This is in the way of a Juice… If you do not have a juicer, mix all into a BLENDER with about 8oz of purified spring or distilled water!

TAKE A DIGESTIVE ENZYME IF YOU DON’T USE A BLENDER

- Juice of 2x Carrots (organic), 1x Small Knuckle of Ginger Root, Juice of 2x Cucumbers (Organic), 1/2 – 1 Cup Organic Baby Kale (blends easier), 1 tsp Turmeric root, ½ Tsp Cayenne Pepper.
- Still consume the HALF of a FIST sized portion of protein (organic)

Dinner

- No Protein with this Meal
- Organic Blueberries and/or Strawberries at 4oz per 50lbs of bodyweight AGAIN
- ½ Cup of Raw, Shredded Cabbage. This is for probiotic effect.
- 1 Tbsp Organic Coconut Oil
- Juice from 1x Organic Carrot
- Juice of 1 Small Knuckle of Ginger
- Juice of 1 Beet
- 1 Tsp of Turmeric
- Apple Cider Vinegar before Bedtime
- 500mg Turmeric, 500mg Dandelion Root, 500mg Cinnamon, 2000mg Fish Oil, 1x probiotic
Day #5: Afternoon Snack vs. Morning Snack

Breakfast: Still doing the Lemon Water and Apple Cider Vinegar!

- Small Portion of Protein about the size of your first. Organic Eggs, Chicken, or Turkey
- Organic Blueberries and Strawberries **4oz for every 50lbs of bodyweight**!
- 2 Stalks of Asparagus for Every 50lbs of Bodyweight
- 1 Tbsp of Organic Coconut Oil (Extra Virgin if Possible) to mobilize fat stores within the body, this gives you extra energy and burns a bit of fat in the process!
- 1 Tbsp of Organic Local Honey, preferably on the berries
- ½ Tsp of Cayenne Pepper
- 500mg Turmeric, 500mg Dandelion Root, 500mg Cinnamon, 1x Probiotic, Approx 2000mg Fish Oil

Lunch (About 4-6 Hours Later):

- Organic Kale (roughly about 1 cup, but can go as high as 2.5 cups)
- Easily Digestible source of PROTEIN, about **HALF** the size of your fist this meal.
- Juice from 1 Lemon
- 1 Tbsp Organic Coconut Oil (Again, likely on the protein source)
- ½ tsp of Cayenne Pepper sprinkled on protein OR Kale
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Alternative Lunch/Snack

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- Still consume the **HALF** of a FIST sized portion of protein (organic)

Afternoon Snack:

- 2oz of Broccoli for every 50lbs of Bodyweight (Cruciferous veggies contain sulfites that help digestion, you can substitute this for cauliflower
- 1 Tbsp of Coconut Oil
- ½ Fist Sized piece of Protein
- 500mg Turmeric, 500mg Dandelion Root, 500mg Cinnamon

Dinner

- No Protein with this Meal
- Organic Blueberries and/or Strawberries at 4oz per 50lbs of bodyweight AGAIN
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- 1 Tbsp Organic Coconut Oil
- Juice from 1x Organic Carrot
- Juice of 1 Small Knuckle of Ginger
- Juice of 1 Beet
- 1 Tsp of Turmeric
- **Apple Cider Vinegar before Bedtime**
- 500mg Turmeric, 500mg Dandelion Root, 500mg Cinnamon, 2000mg Fish Oil, 1x probiotic
Day #6: The Exact Same as Day 5

Breakfast: Still doing the Lemon Water and Apple Cider Vinegar!

- Small Portion of Protein about the size of your first. Organic Eggs, Chicken, or Turkey
- Organic Blueberries and Strawberries 4oz for every 50lbs of bodyweight!
- 2 Stalks of Asparagus for every 50lbs of bodyweight
- 1 Tbsp of Organic Coconut Oil (Extra Virgin if Possible) to mobilize fat stores within the body, this gives you extra energy and burns a bit of fat in the process!
- 1 Tbsp of Organic Local Honey, preferably on the berries
- ½ Tsp of Cayenne Pepper
- 500mg Turmeric, 500mg Dandelion Root, 500mg Cinnamon, 1x Probiotic, Approx 2000mg Fish Oil

Lunch (About 4-6 Hours Later):

- Organic Kale (roughly about 1 cup, but can go as high as 2.5 cups)
- Easily Digestible source of PROTEIN, about half the size of your fist this meal.
- Juice from 1 Lemon
- 1 Tbsp Organic Coconut Oil (Again, likely on the protein source)
- ½ tsp of Cayenne Pepper sprinkled on protein or kale
- 500mg Turmeric, 500mg Dandelion Root, 500mg Cinnamon

Alternative Lunch/Snack

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- Still consume the HALF of a FIST sized portion of protein (organic)

Afternoon Snack:

- 2oz of Broccoli for every 50lbs of bodyweight (Cruciferous veggies contain sulfites that help digestion, you can substitute this for cauliflower)
- 1 Tbsp of Coconut Oil
- ½ Fist Sized piece of Protein
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Dinner

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- 1 Tbsp Organic Coconut Oil
- Juice from 1x Organic Carrot
- Juice of 1 Small Knuckle of Ginger
- Juice of 1 Beet
- 1 Tsp of Turmeric
- Apple Cider Vinegar before Bedtime
- 500mg Turmeric, 500mg Dandelion Root, 500mg Cinnamon, 2000mg Fish Oil, 1x probiotic
Day #7: Back to Morning Snack for the VERY LAST DAY

Breakfast: Still doing the Lemon Water and Apple Cider Vinegar!

- Small Portion of Protein about the size of your first. Organic Eggs, Chicken, or Turkey
- Organic Blueberries and Strawberries **4oz for every 50lbs of bodyweight!**
- 2 Stalks of Asparagus for Every 50lbs of Bodyweight
- 1 Tbsp of Organic Coconut Oil (Extra Virgin if Possible) to mobilize fat stores within the body, this gives you extra energy and burns a bit of fat in the process!
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Lunch (About 4-6 Hours Later):

- Organic Kale (roughly about 1 cup, but can go as high as 2.5 cups)
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- Juice of 1 Beet
- 1 Tsp of Turmeric
- **Apple Cider Vinegar before Bedtime**
- 500mg Turmeric, 500mg Dandelion Root, 500mg Cinnamon, 2000mg Fish Oil, 1x probiotic
Tip 7: Optional (But Recommended) Fasted Cardio

For those that are looking to enhance the effect of the reset button cleanse, you are welcome to implement 30 minutes of fasted cardio (AFTER your lemon water.) This will help to excrete toxins through your sweat and expedite the cleansing process as well.

It is very important that if you feel light headed or sick during your cardio, to discontinue it during the initial 3-day cleansing period. You will be in a calorie deficit and it may just be too hard on your body.

Immediately after completing your fasted cardio, consume your breakfast meal as indicated above.

*Option in lieu of cardio is to sit in a dry sauna or steam room for 10-15 minutes after your lemon water.
Clean, Clear, and Ready to Make Progress!

You can now begin slowly introducing organic foods into your body, including some starches. I generally recommend remaining gluten free in an attempt to increase nutrient absorption and eliminate the effects of a swollen or “leaky” gut (inflammation that makes the intestines leak).

This cleanse has helped you hit the reset button on your body so that you can maximize your results with your weight loss journey or muscle building goals. In fact, any particular goal that you are aiming to achieve with your body is going to be that much easier to reach with a clean system to work with. This is only the beginning, but ridding your body of the harmful substances is a tremendous start to making a positive, anti-aging change in your body, and the mental clarity and effects that stem are just additional positive by-products of cleansing your body.

You’ve worked hard. You’ve shown you have the discipline to get your body to where you want it to be and I have one more recommendation for you. It’s one I love and think you will too... and most importantly, it will keep you on track!

It’s called Athletic Greens.

One scoop of delicious tasting Athletic Greens contains 10-12 servings of organic fruits and vegetables. That means you'll receive alkaline, RAW, and extremely dense organic fruits and vegetables all in under 30 seconds of time.

This is nature’s bounty, a careful selection of the highest quality, highest efficacy super foods on the planet, naturally packed with goodness. These ingredients are freeze-dried to preserve their molecular structure. They are then cold-milled (hot-milling damages enzymes and nutrients) and blended gently into the formula.
Nutrient-Dense, Natural Extracts, Herbs, and Antioxidants:
They are extracted from high quality, raw foods, providing naturally occurring antioxidants, herbs, and phytonutrients. As I just mentioned, you will receive all of this in just ONE serving of Athletic Greens that contains the antioxidant equivalent of 10-12 servings of fruit and vegetables.

Pre and Pro Biotics, Naturally Occurring Digestive Enzymes:
These ingredients help your gut function properly, thereby letting you absorb nutrients better.

Here are just a few of the AMAZING reasons why I LOVE this stuff!!!

Reason #1 - Phenomenal Nutritional Insurance
Nature loves Variety! Athletic Greens is packed with 75 specially selected natural ingredients in optimal amounts. Athletic Greens makes it easy to avoid nutrient deficiencies and optimize total body health.

Reason #2 – Energy
Boost your absorption of nutrients and feel the difference. Athletic Greens contains whole food sourced ingredients in their natural form, with co-factors and enzymes intact that are recognized as nutrients and absorbed by the body.

Reason #3 - Alkalinity
Athletic Greens is massively alkaline forming, with more than 8 grams of nutrient dense RAW green superfoods per serving.
Reason #4 - Absorption

**Athletic Greens** is packed with digestive enzymes, prebiotics and probiotics that all work together to improve digestion and gastrointestinal function.

Reason #5 - Protection and Immunity

**Athletic Greens** is full of plants, fruits, herbs and mushrooms to detoxify and protect – each serving provides the antioxidant equivalent of between 10 – 12 servings of fruit and vegetables.

The best reason of ALL is...

**It tastes AMAZING!**

I understand that sometimes the worst tasting food supplements are the best for our health! It's hard to eat or drink something that doesn't taste good!

Especially on a daily basis!

**Athletic Greens** does such a great job at masking the taste of the supplements, especially that pesky Spirulina!

But here is the TRULY great part....

I have teamed up with **Athletic Greens** to offer my new clients like you an EXCLUSIVE discount.

You won’t find this discount anywhere other than right here!
Take a second and click here to see the exclusive discount I’ve setup for all my clients of the 7-Day Reboot.

Click here and give Athletic Greens a try today.

This truly is one of the best tips that I can give. Don’t lose the results that you have worked so hard already to achieve. Click here and give Athletic Greens a try today.

Oh, and if you’re wanting to continue along this process with my Organic Health Protocol 6-Week Program, you can pick that up here.

Learn a bit more about the 6-Week Program Below....
It’s a special price for the clients of mine that have gone through the 7-Day Reboot.

This is a 6-Week Program designed to help you remove inflammatory foods from your diet and introduce the right foods at the right time of day. You will need your Athletic Greens for this diet as well, as they are an integral part!

**Get The 6-Week Organic Health Protocol with Thomas by Clicking Here**

To get the best results, continue to eat organic and reintroduce foods slowly into your diet to avoid a harsh rebound of water retention. Exercise can be reintroduced at a more heavy volume upon the cessation of this cleanse as well.

Remember, to get lean and healthy, its quality over quantity, always.

Thank you and Stay Down to Earth!

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