



Spring Cleanse 3-Day Challenge

1 day to shop and prep.

3 days to relax, replace, replenish, and rejuvenate.

SHOP

To prepare for your three-day cleanse, you will need to gather the following:

Metagenics Phytoganix Organic Superfruit and Green Phytonutrient Powder (OPTIONAL)

1 canister needed of Berry Red Flavor = 30 servings

Calories 20; Fat 0.5; Total Carbohydrate 4; Protein 1; Vitamin C (as ascorbic acid and organic acerola fruit extract) 180 mg; Magnesium 14 mg; Chromium 3 mg

INGREDIENTS:

Organic Fruit Blend: Combination of organic raspberry whole fruit powder, organic lingonberry whole fruit powder, organic sea buckthorn fruit juice powder, organic acerola fruit dry extract, organic blueberry whole fruit powder, organic goji whole fruit powder – 1001 mg.

Organic Vegetable Blend: Organic cabbage leaf powder, organic green bell pepper fruit powder, organic beet root powder, organic carrot root powder, organic spinach leaf powder – 1274 mg.

Organic Fiber Blend: Organic golden flax seed powder and organic inulin – 1656 mg.

Organic Algal and Herbal Combination: organic green tea leaf powder extract, organic spirulina whole plant powder, organic astragalus root powder, organic ginger root powder – 294 mg.

Organic Acacia Gum – 195 mg.

Organic Stevia Leaf Extract – 10 mg.

OTHER INGREDIENTS: Natural organic flavors and organic corn-free maltodextrin

[Get 20% discount by ordering here.](#)

Proteins

Canned sardines or wild caught canned salmon (in olive oil optional)

Canned low-sodium light tuna packed in water (in olive oil optional)

Organic eggs (especially omega-3 eggs)

Organic or kosher turkey and/or chicken breast

Wild caught salmon or halibut filets

Carbs

Artichokes (optional)

Apples (Fuji) or Pears

Asparagus

Baby Greens

Banana

Bib or Romaine Lettuce

Blueberries
Bok Choy
Broccoli
Carrots
Celery
Cherries
Kale
Lemons
Oatmeal (steel cut; not instant) or Ancient Harvest Quinoa (Gluten-Free)
Pomegranate juice (POM)
Rice (Basmati white or brown)
Spinach leaves (fresh)
Sweet Potato or Yam
Watermelon

Fats

Avocados
Flaxseed (organic ground)
Olive Oil (extra virgin)
Olives (black, no vinegar)
Sunflower or Pumpkin Seeds/Pepitas (raw)
Walnuts, pecans, or almonds (raw)

Drinks

Filtered Spring Water
Green Tea

Spices

Cinnamon
Garlic (fresh)
Onion (minced)
Parsley – dry (fresh only if Detox Green Drink Recipe)
Sea Salt
Sweet Leaf Stevia Plus (the only sugar substitute we endorse for a cleanse)

Non-Food Items

Epsom Salts (optional)

PREP

Recipe for Detox Green Drink

1 bag organic baby greens
2 stalks celery, leaves removed (inner stalks)
1/4 organic Fuji apple, peeled
3-4 baby carrots (organic)
¼ cup fresh parsley
filtered water, to taste

Directions: Blend all ingredients until smooth. Drink 8-12oz. immediately or freeze in 4-8oz. servings for future meals

BEGIN DAY ONE

Breakfast

Omelet made with ½ T. extra virgin olive oil, one whole organic omega-3 egg and two added whites (add fresh spinach leaves and minced onion for flavor)

½ cup cooked oatmeal (not instant) or quinoa with cinnamon and stevia optional

¼ cup fresh blueberries or cherries

8-12 oz. filtered spring water (or green tea with lemon)

Mid-Morning Snack

8-12oz. filtered spring water with 2 tsp. Phytoganix added

2T. – ¼ cup raw sunflower or pumpkin seeds, or pepitas

Lunch

4-6 oz. wild canned salmon or sardines packed in olive oil

2 cups organic baby greens, bib or romaine lettuce with ½ tablespoon extra virgin olive oil and freshly squeezed lemon to taste

½ cup avocado or artichoke hearts

3" slice watermelon

8-12oz. filtered spring water (or green tea) with fresh lemon slice

Mid-Afternoon Cleansing

8-12oz. filtered spring water with 2 tsp. Phytoganix added

Dinner

4-6 oz. baked or broiled organic or kosher turkey or chicken breast (seasoned with lemon, garlic, onion, parsley, and sea salt)

1 cup steamed or sautéed asparagus, broccoli, or spinach in a little extra virgin olive oil and garlic

3" slice watermelon

8-12oz. filtered spring water with fresh lemon slice

Dessert

½ pear or Fuji apple

2T. – ¼ cup raw walnuts, pecans, or almond

8-12oz. filtered spring water with fresh lemon slice

BEGIN DAY 2 (mild fast)

Breakfast

8oz. Detox Green Drink (see recipe) WITH:

2 tsp. Phytoganix

2 T. ground flaxseed

Mid-Morning Snack

4oz. Detox Green Drink (see recipe) with 2 tsp. Phytoganix added

Lunch

¼ cup Pomegranate juice with ¾ cup filtered spring water OR

3" slice watermelon

8-12 oz. filtered spring water with 2 tsp. Phytoganix added

Mid-Afternoon Cleansing

4oz. Green tea with lemon (stevia optional)

5PM-Bed (Optional)

Take an Epsom Salt Bath (4 cups in warm water). Soak for 15 minutes. Take a nap, if needed.

Dinner

½ cup cooked Basmati Rice

½ avocado

1 cup steamed kale, spinach, and/or bok choy with sea salt

8oz. filtered spring water with fresh lemon slice

BEGIN DAY 3

Breakfast

8oz. Detox green Drink WITH:

2 tsp. Phytoganix

2 T. ground flaxseed

Mid-Morning Snack

¼ cup raw, organic sunflower or pumpkin seeds or pepitas

Lunch

4-6 oz. wild caught canned tuna in water or olive oil OR 3-4oz. organic turkey breast

2 cups organic baby greens, bibb or romaine lettuce with ½ tablespoon extra virgin olive oil and freshly squeezed lemon to taste

½ cup avocado or artichoke hearts

3" slice watermelon

8-12oz. filtered spring water (or green tea optional) with fresh lemon slice

Mid-Afternoon Cleanse

8-12oz. filtered water with 2 tsp. Phytoganix added

Dinner

4-6 oz. broiled wild caught salmon or halibut (seasoned with lemon, garlic, onion, parsley, and sea salt)

1 medium sweet potato or yam, baked or broiled
8 black olives (no vinegar)
½ cup fresh blueberries or cherries
8-12oz. filtered spring water with fresh lemon slice

Dessert

½ pear or Fuji apple
2T. raw almonds, pecans, or walnuts
8-12oz. filtered spring water with fresh lemon slice

WHAT'S NEXT?

Keep taking 2 tsp. Phytoganix in water twice daily until canister is finished.

Continue to eat a real, balanced menu. If you are not sure how to do that, refer to our **Circle of Health Food Chart**, which shows portion sizes and food categories, or **Take Action Diet Plan (regular or Gluten-Free)**, which provides one month of real food, portions, menus, tips, and recipes for ideal long-term eating at nutritionalconcepts.com.

Have a happy, healthy day.

Bonnie Minsky MA, MPH, CNS, LDN
Steve Minsky
Nutritional Concepts

EDUCATE

Below is a short list of the items from our menu that promote cleansing and detoxification:

Item	Benefits
Avocado	liver cleansing and blood sugar balance
Bioflavonoids	(white part of rind in citrus fruits; skins of apples and other fruits) free radical fighters, immune boosters, and allergy fighters
Brassica vegetables	(Broccoli, cauliflower, etc.) help detoxify harmful estrogens
Chlorella	natural chelator of heavy metals.
Cranberries	urinary tract health
Fatty Fish	(wild caught only) reduces inflammation
Flax Seed	gastrointestinal tract, cellular fluidity
Ginger	calms nausea or queasy stomach, anti-inflammatory

Lemon	gastrointestinal tract cleansing, yeast-fighting, digestive aid
Onions/Garlic	yeast/pathogen killers, free radical quencher
Pomegranates	liver/kidney cleansing, free radical quencher
Basmati Rice	ph alkalizing, gastrointestinal tract cleansing
Soluble/Insoluble Fiber	gastrointestinal tract cleansing
Tea (green, black)	free radical quencher, anti-inflammatory
Watermelon	natural diuretic
Probiotics	healthy flora that balances the good/bad bacteria in your gastrointestinal tract.
Epsom Salts	(Magnesium Sulfate) - Epsom Salt Baths are soothing, inexpensive and are found at any drug store.
Milk Thistle/Silymarin (herb)	Liver support and cleanser

© Copyright [Nutritional Concepts](#) 2013

Disclaimer: the information contained herein is for research and education purposes only. It is not intended to prescribe treatment.

ABOUT NUTRITIONAL CONCEPTS

From day one, we have dedicated ourselves to bringing optimal health to the individual through changes in diet, nutrients, and lifestyle. Evaluation, education, and prevention is our philosophy. We have never perceived optimal health as "one size fits all." Each of you has a specific genetic blueprint, live in different environmental conditions, and follow very different lifestyles. These are just a few of the factors that separate our nutritional needs from one another.

Our specialty is not having a specialty! We see clients of all ages with every health kind of issue imaginable. We get referrals from physicians who, when asked what we do, say, "I don't really know, but whatever they're doing works." It is not that complicated. Eat the perfect diet for you, the individual, and you will thrive.

ABOUT PLAYWORKS METRO BOSTON

(an official charity of the Boston Marathon to which we are donating)

Playworks reduces bullying, increases student engagement, and gets kids active in school. We help transform recess into a safe, fun and inclusive time where children get their daily dose of physical activity and return to the classroom focused and ready to learn. We have a proven and scalable approach to energizing education in low-income elementary schools and this year will partner with 32 metro Boston schools serving 15,000 students daily. Funds raised by the Playworks Marathon Team will go directly to eliminating the chaos that leads to bullying and creating a more positive school climate. Join our team and recognize the power of play.

www.playworks.org

www.facebook.com/playworksmetroboston

www.twitter.com/playworksboston

www.playworks.org/media/videos/power-of-play