

LHI 28-Day Cleanse for Clarity Program Overview

Congratulations, on the decision to prioritize your health and cleanse your colon! All disease starts in the colon, and over time depending on your diet and lifestyle your colon needs a cleanse to promote optimum health.

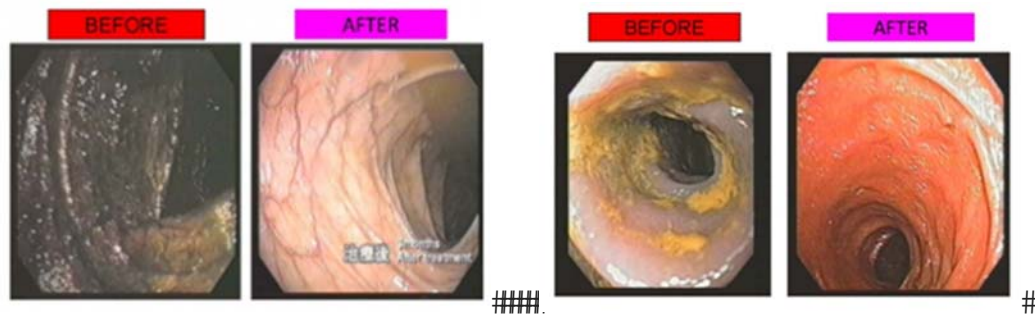
Whether you're feeling bloated, want to lose a few pounds, or want to exchange ongoing fatigue for more energy, or reduce food cravings this cleanse will give you a reset to get back into healing eating habits, Lori's herbal cleanse is a powerful solution.

Lori created this cleanse after studying many methods and experimenting herself. Using herbal products that are made in the Denver metro area, she developed a cleanse that has brought improved health, weight loss and happiness to many clients.

Most clients start with Lori's cleanse before starting the exercise of goal setting, because the cleanse will clear your mind, improve fuzzy thinking and bring you clarity. You'll identify foods that are toxic for you, and you will understand how to connect with your body and learn to listen to it.

Lori personally works with you during your cleanse in weekly Zoom meetings. Your emotional "stuff" will bubble up during your cleanse and she guides you through exercises to release them. This is something you won't get when you buy a cleanse packet at the local health food store!

Lori has used high alkaline water since 2010. This is something that will potentially double your results on the cleanse. Denver-area clients can pick up 2.5 gallon containers throughout their cleanse. The alkaline water along with clean eating contributed to the before and after images you see below (90 days). In addition to improving cleanse results, the high alkaline water is effective for reducing symptoms of arthritis, gout, and other acidic diseases and conditions. Acidity is the breeding ground for disease. The water also fights free-radicals (cancer causing). The high alkaline water brings PH balance back into your system. If you are not in Denver, ask Lori for additional information on the high alkaline water—it cannot be purchased in stores.



Starting your cleanse

Be sure to review the food list and have everything you need before you begin. The daily meal plan gives you any recipes you need for each meal.

Review the supplement schedule – this is a critical element to a successful cleanse.

BE CONSISTENT with your meals and supplements.

Be KIND to yourself – and prioritize your commitment to this 28-day mind and body cleanse.

Check in with your mindset – If you think this is going to be a pain in the ass—it will be! Write down your goals for why you're doing this. Keep focused on positive thoughts and the kind reward you are giving to your body that processes all the unhealthy things you consume, deals with skipped meals, go-go-go schedule and all the stress encounter. Lori will send you affirmations to use during the cleanse to keep you focused on “what you want.”

NO coffee, alcohol, or sugar of any kind during the cleanse (that includes honey, stevia and chocolate). You'll find it's not as difficult to give up as you may think. Have a talk with yourself and keep your mind positive.

Stay off the scale! – Lori will send you a tracking sheet. On day one, or the day before you begin, weigh and take your measurements. Then on day 29, after completing the cleanse weigh and measure again and send your results to Lori before your final call. (Your clothes will provide progress reports for you from week to week.) Weight loss is a side benefit and is not intended to be the focus on the cleanse. However, depending on your level of health you may lose 10-20 pounds during the cleanse.

What to expect on your cleanse

As we are all individuals what you experience may be different than other clients. Typically, the first 2-3 days are reported to be the hardest per Lori's clients as you begin to detox from the foods you've been eating. This is normal. If you experience anything that is uncomfortable and causes you concern, call or text Lori at 720-346-4640 (this is rare!)

Most clients report feeling much better after the third day, calm appears, their clothes are fitting more loosely and they find it easier to stay on the plan.

Bowel Movements – this is a colon cleanse. You should expect to be eliminating 2-3 times a day.

Exercise – walking is fine. Yoga or energy exercises like Tai Chi are perfect. If you want to lift weights and do cardio, a shorter or lighter workout is appropriate. This is time to rest your body, not push it.

Journal – Keep a journal during the cleanse. Your “stuff” will come up. This is time to tune in and see what your body is telling you. You'll receive clarity and direction while on the cleanse. You may get an answer to something you've been waiting for—and it may or may not be the one you expected. Just be open to receive. If you get really crabby (it happens) and stuck, contact Lori to do a release exercise. This cleanse is a beautiful journey, focus is critical, do not attempt to bulldoze through it and ignore what's showing up.

Meals – If you prefer to have a salad at lunch and warm meal in the evening, it is fine to switch. If you make any food substitutions – they must be on the list. You're investing time, money and effort to do this.

Smoothies – Use Lori's smoothies every morning and for snacks in the morning or afternoon. These will give you such a powerful boost as they are full of vitamins, nutrients and have many health benefits.

DO NOT add stevia, honey, or other things to the smoothie recipes!

Supplements – Follow the supplement protocol carefully throughout the program.

Follow the daily meal plans: 21-days, followed by experimentation the last week to see how your body handles grains and dairy. This is the time to really watch what happened to your tummy, mind and energy level after eating.

One of the biggest benefits of this cleanse, and the reason Lori created it the way she did, is that the food plan is one you can continue to use after the program. Many clients find they prefer to stay on this program and add in Lori's FREE Day once a week going forward (ask Lori for details).

To Your Health!

Coach Lori - The Success Whisperer



LHI 28-Day Cleanse for Clarity Food Plan

Using the Meal Plan

The meal plans from day 1-21 can be interchanged to your specifications/likes. They are provided to give you a sense of how to plan your daily intake.

The ONLY days where you must eat as directed is after the cleanse, days 22-28. This is where we will reintroduce gluten and dairy to see how your body responds to them.

Day 22-23 you will include gluten

Day 24-25 you will eat the cleanse plan

Day 26-27 you will include dairy

Breakfast

Drink one cup of Lori's Power Cleanse Green Smoothies

You can drink more smoothie during the day if you get hungry.

Remember to take your supplements daily as directed

Enter your meals on your food journal and include how you are feeling physically and emotionally.

Lunch

Lunch includes lean protein and veggies

Enter your meals on your food journal and include how you are feeling physically and emotionally.

Snack

A snack is provided if needed mid-afternoon. However, the snack is not required.

Enter your meals on your food journal and include how you are feeling physically and emotionally.

Dinner

Dinner will consist of a large salad. It's okay to eat 3-4 cups of salad in a large bowl.

Enter your meals on your food journal and include how you are feeling physically and emotionally.

Add any comments at the end of the day about what you are noticing about your body: focus, and energy, etc.

LHI 28-Day Cleanse for Clarity Food List

Foods to Use

Whole Vegetables

Asparagus
Avocado
Broccoli
Brussel sprouts
Cabbage
Carrots
Celery
Garlic
Green beans
Kale (red or green)
Onion
Parsley
Peas
Red leaf lettuce
Romaine lettuce
Spinach
Sprouts
Swiss Chard
Turnip
Squash (yellow, zucchini)

Fruit

Fresh and frozen berries

Non-Dairy

Almond milk unsweetened
Coconut milk
Coconut butter

Oils and Fats

Avocado
Coconut
Almond oil
Coconut oil
Extra Virgin Olive Oil
Sunflower oil
Walnut oil

Legumes

Lentils
Quinoa 1-2 times per week

Protein

Halibut
Mackerel
Pike
Salmon
Sardines
Trout
Tuna
Beef - grass fed
Buffalo
Duck
Elk
Lamb
Organic chicken
Organic eggs
Organic turkey
Venison

Seeds/Nuts

Almonds
Hazlenuts
Pecans
Pine
Pinon
Pistachio
Pumpkin seeds
Sesame
Sesame seeds
Sunflower seeds
Walnuts
Almond butter
Tahini

Spices

All spices
All herbs
Sea salt
Bragg liquid aminos
Miso
Stone-ground mustard

Avoid Foods

Vegetables

Beets
Corn
Potatoes
Sweet potatoes
Yams

Fruit

All fruit except berries

Dairy

Butter
Cheese
Cottage Cheese
Cream
Ice cream
Milk
Non-dairy creamers
Yogurt

Breads/Grains

All breads & crackers
Barley
Buckwheat
Millet
Oats
Rice
Rye
Spelt
Wheat

Oils and Fats

Butter
Canola oil
Salad dressings
Mayonnaise

Legumes

All beans

Protein

Cold cuts
Ham
Hot dogs
Non-organic meat
Pickled fish
Sausages
Smoked meats

Vegetable Proteins

Soybean products
Soy sauce
Soybean oil

Seeds/Nuts

Peanuts
Peanut butter

Condiments

Chocolate
Ketchup
Relish
Soy sauce
Barbecue sauce

Sweeteners

Agave nectar
Artificial sweeteners
Cane juice
Corn syrup
Honey
Maple syrup
Splenda
Sucanat
Sugar

Avoid

Alcohol, beans, caffeine, dairy, fruit (except berries) gluten, mushrooms and other high mold foods, potatoes, sugar (all kinds, glucose, dextrose, fructose and honey), rice, soy, vinegar and other fermented products (read labels for added yeast), soda pop, fruit juice, energy drinks.

Lori Hanson International (LHI) 28-Day Cleanse for Clarity Protocol

Daily Protocol Instructions	AM	Noon	PM
1. Every am 1st - hot water with fresh squeezed lemon			
2. Drink water 6-8 cups per day			
3. Supplements			
Prebiotic Bifido Boost - 1 teaspoon (mix with water)	1		
Saccharomyces Boulardii caps (between meals)	1		1
TAKE THESE WITH FOOD			
*Similase - Digestive Enzyme (take 2 before meals)	2	2	2
Berberine Glucose Support	1	1	1
Magnesium Citrate	1	1	1
*Lauricidin (1/2 scoop)	1	1	1
4. Take brief walk after dinner to help aid digestion			

*Take until bottle is gone

Your Supplements

Berberine Glucose Support

This supplement supports your glucose metabolism, glucose and lipid levels.

Contains Berberine HCl a natural constituent of natural herbs goldenseal, oregon grape

Contains MCT Oil that is known to support:

Better brain and memory function. ...

Energy boost and increased endurance. ...

Weight loss and improved weight management. ...

Lowered cholesterol. ...

Lowered blood sugar levels.

Prebiotic Bifido Boost

This is an advanced Prebiotic - to nourish your intestinal flora

Saccharomyces Boulardii (probiotic)

This is a powerful Probiotic - to support intestinal flora

Magnesium Citrate

This mineral supports over 300 actions. Digestion, muscles, nerves...

Critical for energy production and metabolism

Lauricidin

Supports immune defense

Supports healthy balance of gut bacteria

Helps to maintain healthy levels of yeast

Similase - Digestive Enzymes

Aids in breaking down the food you eat

Turn nutrients into substances that your digestive tract can absorb

Feelings when your needs are satisfied

<p>AFFECTIONATE Compassionate Friendly Loving Open hearted Sympathetic Tender Warm</p> <p>CONFIDENT Empowered Open Proud Safe Secure</p> <p>ENGAGED Absorbed Alert Curious Engrossed Enchanted Entranced Fascinated Interested Intrigued Involved Spellbound Stimulated</p> <p>GRATEFUL Appreciative Moved Thankful Touched</p>	<p>EXCITED Amazed Animated Aroused Astonished Dazzled Eager Energetic Enthusiastic Giddy Invigorated Lively Passionate Surprised Vibrant</p> <p>EXHILARATED Blissful Ecstatic Elated Enthralled Exuberant Radiant Rapturous Thrilled</p> <p>HOPEFUL Expectant Encouraged Optimistic</p> <p>INSPIRED Awed Wonder</p>	<p>JOYFUL Amused Delighted Glad Happy Jubilant Pleased Tickled</p> <p>PEACEFUL Calm Clear headed Comfortable Centered Content Fulfilled Mellow Quiet Relaxed Relieved Satisfied Serene Still Tranquil Trusting</p> <p>REFRESHED Enlivened Rejuvenated Renewed Rested Restored Revived</p>
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Feelings when your needs are NOT satisfied

<p>AFRAID Apprehensive Dread Foreboding Frightened Mistrustful Panicked Petrified Scared Suspicious Terrified Wary Worried</p> <p>ANNOYED Aggravated Dismayed Disgruntled Displeased Exasperated Frustrated Impatient Irritated irked</p> <p>ANGRY Enraged Furious Incensed Indignant Irate Livid Outraged resentful</p> <p>AVERSION Animosity Appalled Contempt Disgusted Dislike Hate Horrified Hostile Repulsed</p>	<p>CONFUSED Ambivalent Baffled Bewildered Dazed Hesitant Lost Mystified Perplexed Puzzled Torn</p> <p>DISCONNECTED Alienated Aloof Apathetic Bored Cold Detached Distant Distracted Indifferent Numb Removed Uninterested Withdrawn</p> <p>DISQUIET Agitated Alarmed Discombobulated Disconcerted Disturbed Perturbed Rattled Restless Shocked Startled Surprised Troubled Turbulent Turmoil Uncomfortable Uneasy Unnerved Unsettled Upset</p>	<p>EMBARRASSED Ashamed Chagrined Flustered Guilty Mortified Self-conscious</p> <p>FATIGUE Beat Burnt out Depleted Exhausted Lethargic Listless Sleepy Tired Weary Worn out</p> <p>PAIN Agony Anguished Bereaved Devastated Grief Heartbroken Hurt Lonely Miserable Regretful Remorseful</p> <p>SAD Depressed Dejected Despair Despondent Disappointed Discouraged Disheartened Forlorn Gloomy Heavy hearted Hopeless Melancholy Unhappy Wretched</p>
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TENSE	VULNERABLE	YEARNING
Anxious Cranky Distressed Distraught Edgy Fidgety Frazzled Irritable Jittery Nervous Overwhelmed Restless Stressed out	Fragile Guarded Helpless Insecure Leery Reserved Sensitive Shaky	Envious Jealous Longing Nostalgic Pining wistful

Lori's Power Smoothies

All recipes make 1 quart. Drink half in am for breakfast, the other half for mid-morning or afternoon snack. You *can* make the night before so you're ready for a busy morning. Will last 2-3 days, remember fresh is best for your body!

Morning Mindset Smoothie (easiest to make)

Blend well:

- 3 to 4 leaves of red or green kale
- 3 to 4 leaves of red leaf lettuce (or spinach)
- 1/2 cup blueberries or blackberries or strawberries
- 1 scoop Rice or Paleo protein powder (or 2 Tbsp Chia seed powder)
- 2 cups water

Blue Dew

Blend well:

- 3 to 4 leaves of red or green kale
- 3 to 4 leaves of romaine lettuce or spinach
- 1 cup blueberries
- 1 scoop Rice or Paleo protein powder (or 2 Tbsp Chia seed powder)
- 2 cups of water

It's a Date

Blend well:

- 1 handful of blueberries
- 1 Medjool Dates, pits removed
- 3-4 leaves of red kale
- 2-3 leaves of romaine, red-leaf or butter leaf
- 1 Scoop Rice or Paleo protein powder
- 2 cups water

Raspberry Fresh

Blend well:

- 2 stalks of celery (or 1 handful of spinach leaves)
- 1 cup fresh raspberries
- 1 banana
- 1 scoop Rice or Paleo protein powder (or 2 Tbsp chia seed powder)
- 2 cups water

Lori's Salad in a Blender

Blend well:

5-7 leaves of purple kale, romaine, red leaf or butter leaf lettuce

1 yellow squash

1 zucchini

½ red, orange or yellow pepper

½ avocado (thickner)

2-3 cloves garlic

½ lime (juiced)

2 cups water

Spinach Twist

Blend well:

2 handfuls spinach

½ avocado

½ fresh lime juice

3 cloves garlic

½ red pepper

2 cups water

Add other veggies as desired

Garlic Health Ride – caution makes potent breath!

Blend well:

5-7 leaves of red leaf or romaine lettuce

1 medium zucchini

2-3 cloves of garlic

½ lime (use fork to extract juice)

½ avocado (thickner)

2-3 roma tomatoes

Add ½ red, yellow or orange pepper for sweetner

2 cups water

AFTER your cleanse is complete, you may substitute almond or coconut milk for the water as the base for your smoother.

Week	Before	After
Date		
Weight		
Chest		
Waist		
Hips		
L Arm		
R Arm		
R Thigh		
L Thigh		

To really SEE your results

Take 3 photos before you start:

- 1 - front
- 2 - side
- 3 - back

Day 29 Put on the same clothes:

Take the same 3 photos

- 1 - front
- 2 - side
- 3 - back

What I noticed - Week 1

Sleep

Cravings

How I feel

How my clothes fit

Clarity/Focus

Energy Level

Other

What I noticed - Week 2

Sleep

Cravings

How I feel

How my clothes fit

Clarity/Focus

Energy Level

Other

What I noticed - Week 3

Sleep

Cravings

How I feel

How my clothes fit

Clarity/Focus

Energy Level

Other

What I noticed - Week 4

Sleep

Cravings

How I feel

How my clothes fit

Clarity/Focus

Energy Level

Other

After the Cleanse

What I learned about myself during this cleanse is:

What I will do differently from today forward is:

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 1	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Tempeh w/ fresh salsa			
Time:	1-2 cups steamed vegetables			
Supplements				
Snack	Red cabbage wedges			
Time:	15 raw almonds			
Supplements				
Dinner	Large Mixed Green Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Mixed Green Salad

Romaine or red leaf lettuce
 Carrots
 Zucchini or Yellow Squash
 1-2 roma tomatoes
 Sprinkle with walnut pieces

Dressing:

Olive oil
 Fresh squeezed lemon

Lori's Sassy Salsa

1 ½ cups chopped tomatoes
 2 tsp fresh squeezed lime juice
 2 TBSP minced red bell pepper
 ½ cup fresh cilantro chopped
 ¼ cup olive oil
 1 tsp minced ginger
 1 tsp minced jalapeno's
 1 tsp sea salt

In a blender add bell pepper, cilantro, ginger, jalapeno, sale, lime juice and olive oil. Chop tomatoes and add 1/3. Blend till smooth. Add additional tomatoes and blend to desired thickness. Salsa thickens after 2-3 minutes. Chill for 1 hour and enjoy!

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 2	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Cooked Lentils w/lemon			
Time:	1-2 cups raw/cooked veggies			
Supplements				
Snack	4-5 celery sticks with			
Time:	almond butter			
Supplements				
Dinner	Large Spinach Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Spinach Salad

- 1.5-2 cups fresh Spinach
- 1-2 roma tomatoes
- Sprinkle with sliced almonds

Dressing:

- Olive oil
- Fresh squeezed lemon

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 3	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Stir Fry with Tempeh			
Time:				
Supplements				
Snack	1 boiled egg			
Time:	Sliced carrots & celery			
Supplements				
Dinner	Large Mixed Green Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Stir Fry

Add 1 Tbsp Coconut Oil to frying pan
 Add 1/2 medium onion and 3 cloves garlic and saute 2-3 mins
 Add 2-3 large sliced carrots
 Add 1-2 cups broccoli crowns
 Add 1 cup fresh brussel spouts cut in half
 Cook for 5-7 minutes until starting to soften
 Add 1/2 orange, red or yellow pepper and cook 4-5 more minute or until al dente (vegetables still have crunch)

Add pre-cooked chicken, turkey if desired and blend.

Mixed Green Salad

Romaine or red leaf lettuce
 Carrots
 Zucchini or Yellow Squash
 1-2 roma tomatoes
 Sprinkle with sliced almonds

Dressing:

Olive oil
 Fresh squeezed lemon or lime

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 4	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Huge bowl of Steamed Veggies			
Time:	broccoli, asparagus, spinach, carrots, zucchini			
Supplements				
Snack	Rice Protein Shake			
Time:				
Supplements				
Dinner	Large Spinach Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Protein Shake

- 1 serving Rice or Whey protein
- 1 cup almond milk
- 1 Tbsp almond butter

Spinach Salad

- 1.5-2 cups fresh Spinach
- 1 hard boiled egg
- 1-2 roma tomatoes
- Sprinkle with sliced almonds

Dressing:

- Olive oil
- Fresh squeezed lemon

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 5	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Cooked Lentils			
Time:	Steamed broccoli/cauliflower			
Supplements	Cashew sauce			
Snack				
Time:	Red cabbage wedges			
Supplements	15 raw almonds			
Dinner	Large Mixed Green Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Mixed Green Salad

Romaine or red leaf lettuce
 Carrots
 Turnips
 Red pepper
 1-2 roma tomatoes
 Sprinkle with sliced walnuts or pine nuts

Dressing:

Olive oil
 Fresh squeezed lemon or lime

Cashew Sauce

1 cup whole raw cashews (or roasted with salt)
 2 cup boiling water
 2 tsp salt
 ½ tsp garlic powder
 ¼ cup fresh chives
 2 Tbsp fresh lemon juice (optional) for hollandaise flavor

Place whole cashews in blender with ½ cup of boiling water, salt and garlic powder (and lemon juice if desired). Blend until smooth. Add remaining boiling water and pulse to mix. Add additional cashews if desired to thicken sauce (sauce will thicken upon standing). Garnish with chives.

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 6	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Tempeh with lemon			
Time:	Steamed brussel sprouts			
Supplements				
Snack	Sliced carrots & celery			
Time:	Red Cabbage wedge			
Supplements				
Dinner	Large Spinach Berry Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Spinach Salad

1.5-2 cups fresh Spinach
 1/2 cup fresh raspberries or strawberries
 Sprinkle with sliced almonds if desired

Dressing:

Olive oil

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 7	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	2 hard boiled eggs			
Time:	Steamed mixed veggies			
Supplements	Cashew sauce			
	1 cup quinoa			
Snack	Red cabbage wedges			
Time:	Sliced turnips			
Supplements				
Dinner	Large Green Salad with			
Time:	hard boiled eggs			
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Mixed Green Salad with Tuna

- Romaine lettuce
- Carrots
- Zucchini or Yellow Squash
- Add 1/2 cup tuna chunks
- 1-2 roma tomatoes
- Sprinkle with sliced almonds

Dressing:

- Olive oil
- Fresh squeezed lemon or lime

Cashew Sauce

- 1 cup whole raw cashews (or roasted with salt)
 - 2 cup boiling water
 - 2 tsp salt
 - 1/2 tsp garlic powder
 - 1/4 cup fresh chives
 - 2 Tbsp fresh lemon juice (optional) for hollandaise flavor
- Place whole cashews in blender with 1/2 cup of boiling water, salt and garlic powder (and lemon juice if desired). Blend until smooth. Add remaining boiling water and pulse to mix. Add additional cashews if desired to thicken sauce (sauce will thicken upon standing). Garnish with chives.

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 8	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Tempeh			
Time:	1-2 cups steamed broccoli			
Supplements				
Snack	Red cabbage wedges			
Time:	15 raw walnuts			
Supplements				
Dinner	Large Mixed Green Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Mixed Green Salad

- Romaine or red leaf lettuce
- Carrots
- Zucchini or Yellow Squash
- 1/2 avocado
- 1-2 roma tomatoes
- Sprinkle with walnut pieces

Dressing:

- Olive oil
- Fresh squeezed lemon or lime

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 9	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Cooked lentils			
Time:	Steamed spinach			
Supplements				
Snack	Rice Protein Shake			
Time:				
Supplements				
Dinner	Large Spinach Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Spinach Salad

- 1.5-2 cups fresh Spinach
- 2 slices boiled turkey
- 1/2 orange pepper
- 1-2 roma tomatoes
- Sprinkle with sliced almonds

Dressing:

- Olive oil
- Fresh squeezed lemon

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 10	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Cooked lentils			
Time:	Steamed spinach			
Supplements				
Snack	Rice Protein Shake			
Time:				
Supplements				
Dinner	Large Mixed Green Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Protein Shake

- 1 serving Rice or Whey protein
- 1 cup almond milk
- 1 Tbsp almond butter

Mixed Green Salad

- Romaine or red leaf lettuce
- Carrots
- Turnips
- Red pepper
- 1-2 roma tomatoes
- Sprinkle with sliced walnuts or pine nuts

Dressing:

- Olive oil
- Fresh squeezed lemon or lime

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 11	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Cooked quinoa			
Time:	1-2 cups steamed vegetables			
Supplements				
Snack	Celery sticks			
Time:	Almond butter			
Supplements				
Dinner	Large Green Salad with			
Time:	hard boiled eggs			
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Mixed Green Salad with Tuna

- Romaine lettuce
- Carrots
- Zucchini or Yellow Squash
- Add 1/2 cup tuna chunks
- 1-2 roma tomatoes
- Sprinkle with sliced almonds

Dressing:

- Olive oil
- Fresh squeezed lemon or lime

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 12	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Cooked quonia			
Time:	Cooked red kale			
Supplements				
Snack	Rice Protein shake			
Time:				
Supplements				
Dinner	Large Greek Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Greek Salad

- Romaine Lettuce
- Red onions
- Kalamata olives
- Shredded carrots
- Sliced cucumber
- 2 roma tomatoes

Dressing:

- Olive oil
- 1/2 fresh squeezed lemon

Cooked Red Kale

- Add 1 Tbsp Coconut oil to fry pan
- Add 1/2 onion and 2-3 cloves garlic and saute for 2-3 mins.
- Add 1-2 bunches of kale into cut 2 inches slices a little at a time
- After all kale is in pan, let cook 2-3 minutes
- Add 1/2 red or orange sliced pepper
- Add 1-2 Tbsp Bragg Liquid Aminos
- Cook 3-5 more minutes. Do not over cook

Protein Shake

- 1 serving Rice or Whey protein
- 1 cup almond milk
- 1 Tbsp almond butter

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 13	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Grilled Tempeh			
Time:	Steamed asparagus			
Supplements	Cashew sauce			
	1 cup quinoa			
Snack	Raw veggies			
Time:	15 walnuts			
Supplements				
Dinner	Large Green Salad with			
Time:	Hard boiled eggs			
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Mixed Green Salad with Tuna

Romaine lettuce
 Carrots
 Zucchini or Yellow Squash
 Add 1/2 cup tuna chunks
 1-2 roma tomatoes
 Sprinkle with sliced almonds

Dressing:

Olive oil
 Fresh
 squeezed
 lemon or lime

Cashew Sauce

1 cup whole raw cashews (or roasted with salt)
 2 cup boiling water
 2 tsp salt
 1/2 tsp garlic powder
 1/4 cup fresh chives
 2 Tbsp fresh lemon juice (optional) for hollandaise flavor

Place whole cashews in blender with 1/2 cup of boiling water, salt and garlic powder (and lemon juice if desired). Blend until smooth. Add remaining boiling water and pulse to mix. Add additional cashews if desired to thicken sauce (sauce will thicken upon standing). Garnish with chives.

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 14	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Acorn squash			
Time:	Cooked quinoa			
Supplements				
Snack	Raw veggies			
Time:	Nut butter			
Supplements				
Dinner	Large Spinach Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Spinach Salad

- 1.5-2 cups fresh Spinach
- 2 slices boiled turkey
- 1/2 orange pepper
- 1-2 roma tomatoes
- Sprinkle with sliced almonds

Dressing:

- Olive oil
- Fresh squeezed lemon

Acorn Squash

- Cut squash in half and remove seeds
- Sprinkle each half with cinnamon
- Place both halves in 8x12 pan with 1/4 inch water
- Bake at 375 for 45 minutes or until soft

Tuna Salad

- 1 cup fresh tuna
- 3-4 romaine or spinach leaves
- Drizzle with olive oil and fresh lemon

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 15	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Grilled tempeh			
Time:	Cooked red kale			
Supplements				
Snack	Red cabbage wedges			
Time:	Sliced turnips			
Supplements				
Dinner	Large Greek Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Greek Salad

- Romaine Lettuce
- Red onions
- Kalamata olives
- Shredded carrots
- Sliced cucumber
- 2 roma tomatoes

Dressing:

- Olive oil
- 1/2 fresh squeezed lemon

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 16	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Cooked Quinoa			
Time:	Cooked collard greens/kale			
Supplements				
Snack	Rice Protein shake			
Time:				
Supplements				
Dinner	Large Mixed Green Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Protein Shake

- 1 serving Rice or Whey protein
- 1 cup almond milk
- 1 Tbsp almond butter

Mixed Green Salad

- Romaine or red leaf lettuce
- Carrots
- Turnips
- Red pepper
- 1-2 roma tomatoes
- Sprinkle with sliced walnuts or pine nuts

Dressing:

- Olive oil
- Fresh squeezed lemon or lime

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 17	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Acorn squash			
Time:	Cooked lentils			
Supplements	Steamed spinach			
Snack	Fresh blueberries			
Time:	15 almonds			
Supplements				
Dinner	Large Green Salad with			
Time:	hard boiled eggs			
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Acorn Squash

Cut squash in half and remove seeds
 Sprinkle each half with cinnamon
 Place both halves in 8x12 pan with 1/4 inch water
 Bake at 375 for 45 minutes or until soft

Mixed Green Salad with Tuna

Romaine lettuce
 Carrots
 Zucchini or Yellow Squash
 Add 1/2 cup tuna chunks
 1-2 roma tomatoes
 Sprinkle with sliced almonds

Dressing:

Olive oil
 Fresh squeezed lemon or lime

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 18	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Stir fry with tempeh			
Time:				
Supplements				
Snack	Raw veggies			
Time:	Nut butter			
Supplements				
Dinner	Lrg Spinach Raspberry Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Stir Fry

Add 1 Tbsp Coconut Oil to frying pan
 Add 1/2 medium onion and 3 cloves garlic and saute 2-3 mins
 Add 2-3 large sliced carrots
 Add 1-2 cups broccoli crowns
 Add 1 cup fresh brussel spouts cut in half
 Cook for 5-7 minutes until starting to soften
 Add 1/2 orange, red or yellow pepper and cook 4-5 more minute or until al dente (vegetables still have crunch)

Add pre-cooked chicken, turkey if desired and blend.

Spinach Raspberry Salad

1.5-2 cups fresh Spinach
 1/1 cup raspberries
 Sprinkle with sliced almonds if desired

Dressing:

Drizzle with olive oil
 Fresh squeezed lemon

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 19	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Tempeh w/ fresh salsa			
Time:	1-2 cups steamed vegetables			
Supplements				
Snack	Red cabbage wedges			
Time:	15 raw almonds			
Supplements				
Dinner	Large Mixed Green Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Mixed Green Salad

- Romaine or red leaf lettuce
- Carrots
- Zucchini or Yellow Squash
- 1-2 roma tomatoes
- Sprinkle with walnut pieces

Dressing:

- Olive oil
- Fresh squeezed lemon

Lori's Sassy Salsa

- 1 ½ cups chopped tomatoes
- 2 tsp fresh squeezed lime juice
- 2 TBSP minced red bell pepper
- ½ cup fresh cilantro chopped
- ¼ cup olive oil
- 1 tsp minced ginger
- 1 tsp minced jalapeno's
- 1 tsp sea salt

In a blender add bell pepper, cilantro, ginger, jalapeno, sale, lime juice and olive oil. Chop tomatoes and add 1/3. Blend till smooth. Add additional tomatoes and blend to desired thickness. Salsa thickens after 2-3 minutes. Chill for 1 hour and enjoy!

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 20	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Cooked lentils			
Time:	Cooked red kale			
Supplements				
Snack	Protein shake			
Time:				
Supplements				
Dinner	Mixed Green Salad with			
Time:	Hard boiled eggs			
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Mixed Green Salad

- Romaine or red leaf lettuce
- Carrots
- Zucchini or Yellow Squash
- 1-2 roma tomatoes
- Add 1/2 cup tuna
- Sprinkle with sliced almonds

Protein Shake

- 1 serving Rice or Whey protein
- 1 cup almond milk
- 1 cup mixed berries

Dressing:

- Olive oil
- Fresh squeezed lemon or lime

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 21	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Grilled Tempeh			
Time:	Quinoa			
Supplements	Steamed brussels sprouts			
Snack	Raw veggies			
Time:	1 hard boiled egg			
Supplements				
Dinner	Large Greek Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Greek Salad

- Romaine Lettuce
- Red onions
- Kalamata olives
- Shredded carrots
- Sliced cucumber
- 2 roma tomatoes

Dressing:

- Olive oil
- 1/2 fresh squeezed lemon

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 22	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:	1 Ezekial English Muffin			
Supplements	Almond butter			
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Mixed veggies with Tempeh			
Time:	Brown rice			
Supplements				
Snack	Green smoothie			
Time:				
Supplements				
Dinner	Large Mixed Green Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Mixed Green Salad

- Romaine or red leaf lettuce
- Carrots
- Zucchini or Yellow Squash
- 1-2 roma tomatoes
- Sprinkle with walnut pieces

Dressing:

- Olive oil
- Fresh squeezed lemon or lime

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 23	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:	1 Ezekial English Muffin			
Supplements	Almond butter			
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Cooked lentils			
Time:	Quinoa			
Supplements	Steamed brussels sprouts			
Snack	Fresh veggies			
Time:	15 walnuts			
Supplements				
Dinner	Large Spinach Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Spinach Salad

- 1.5-2 cups fresh Spinach
- 1 hard boiled egg
- 1/2 orange pepper
- 1-2 roma tomatoes
- Sprinkle with sliced almonds

Dressing:

- Olive oil
- Fresh squeezed lemon

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 24	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Tempeh w/ fresh salsa			
Time:	1-2 cups steamed vegetables			
Supplements				
Snack	Red cabbage wedges			
Time:	15 raw almonds			
Supplements				
Dinner	Lrg Spinach Raspberry Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Spinach Raspberry Salad

1.5-2 cups fresh Spinach
 1/1 cup raspberries
 Sprinkle with sliced almonds if desired

Dressing:

Drizzle with olive oil
 Fresh squeezed lemon

Lori's Sassy Salsa

1 ½ cups chopped tomatoes
 2 tsp fresh squeezed lime juice
 2 TBSP minced red bell pepper
 ½ cup fresh cilantro chopped
 ¼ cup olive oil
 1 tsp minced ginger
 1 tsp minced jalapeno's
 1 tsp sea salt

In a blender add bell pepper, cilantro, ginger, jalapeno, salt, lime juice and olive oil. Chop tomatoes and add 1/3. Blend till smooth. Add additional tomatoes and blend to desired thickness. Salsa thickens after 2-3 minutes. Chill for 1 hour and enjoy!

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 25	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Cooked Quinoa			
Time:	1-2 cups raw/cooked veggies			
Supplements				
Snack	4-5 celery sticks with			
Time:	almond butter			
Supplements				
Dinner	Large Mixed Green Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Mixed Green Salad

- Romaine or red leaf lettuce
- Carrots
- Zucchini or Yellow Squash
- 1-2 roma tomatoes
- Sprinkle with walnut pieces

Dressing:

- Olive oil
- Fresh squeezed lemon or lime

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 26	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:	Milk			
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Grilled Tempeh			
Time:	Steamed broccoli			
Supplements				
Snack	Red cabbage wedge			
Time:	2 mozerella cheese sticks			
Supplements				
Dinner	Large Green Chicken Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Mixed Green Salad

- Romaine or red leaf lettuce
- Carrots
- Zucchini or Yellow Squash
- 1/2 cup grilled chicken slides
- 1-2 roma tomatoes
- Sprinkle with walnut pieces

Dressing:

- Olive oil
- Fresh squeezed lemon or lime

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 27	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:	Milk			
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Grilled Tempeh			
Time:	Steamed brussels sprouts			
Supplements				
Snack	Fresh berries			
Time:	Rice Protein shake			
Supplements				
Dinner	Large Greek Salad with Feta			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Greek Salad

- Romaine Lettuce
- Red onions
- Kalamata olives
- Shredded carrots
- Sliced cucumber
- 2 roma tomatoes
- top with feta cheese

Dressing:

- Olive oil
- 1/2 fresh squeezed lemon

LHI 28-Day Cleanse for Clarity Meal Plan

Date: _____

How am I feeling?

Day 28	Plan	Actual	Physically	Emotionally?
Supplements				
Breakfast	Power Cleanse Smoothie			
Time:				
Supplements				
Snack	Power Cleanse Smoothie			
Time:				
Supplements				
Lunch	Stir Fry with Quinoa			
Time:				
Supplements				
Snack	Sliced carrots & celery			
Time:	Nut butter			
Supplements				
Dinner	Large Mixed Green Salad			
Time:				
Supplements				
# Water?				
Supplements				

Additional Comments or observations today:

Stir Fry

Add 1 Tbsp Coconut Oil to frying pan
 Add 1/2 medium onion and 3 cloves garlic and saute 2-3 mins
 Add 2-3 large sliced carrots
 Add 1-2 cups broccoli crowns
 Add 1 cup fresh brussel spouts cut in half
 Cook for 5-7 minutes until starting to soften
 Add 1/2 orange, red or yellow pepper and cook 4-5 more minute or until al dente (vegetables still have crunch)

Add pre-cooked chicken, turkey if desired and blend.

Mixed Green Salad

Romaine or red leaf lettuce
 Carrots
 Zucchini or Yellow Squash
 1-2 roma tomatoes
 Sprinkle with sliced almonds

Dressing:

Olive oil
 Fresh squeezed lemon or lime