

7 DAY DETOX

*intermittent fasting
pre-requisite*



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WELCOME, AENPEEPS!

I'm SO excited that you've joined the AENpeeps!

You may be wondering... who are the AENpeeps?! Well, we're a strong group of men and women around the world who understand that food truly heals and we also love the science-y deets behind it! By joining in on the 7 Day Intermittent Fasting Detox, you're now part of the peeps! Welcome!! Learn more about how to get involved and share your journey with other AENpeeps on the "let's get social" page.

Now, moving on to what we're all here for... DETOX! Everyone always wants to know: "what ONE food can I eat in order to detox?!" Truth be told, there ISN'T one food that can do this. And if anyone tells you this, then they are either twisting the truth or don't understand the mechanisms in the body.

DETOX + BEYOND

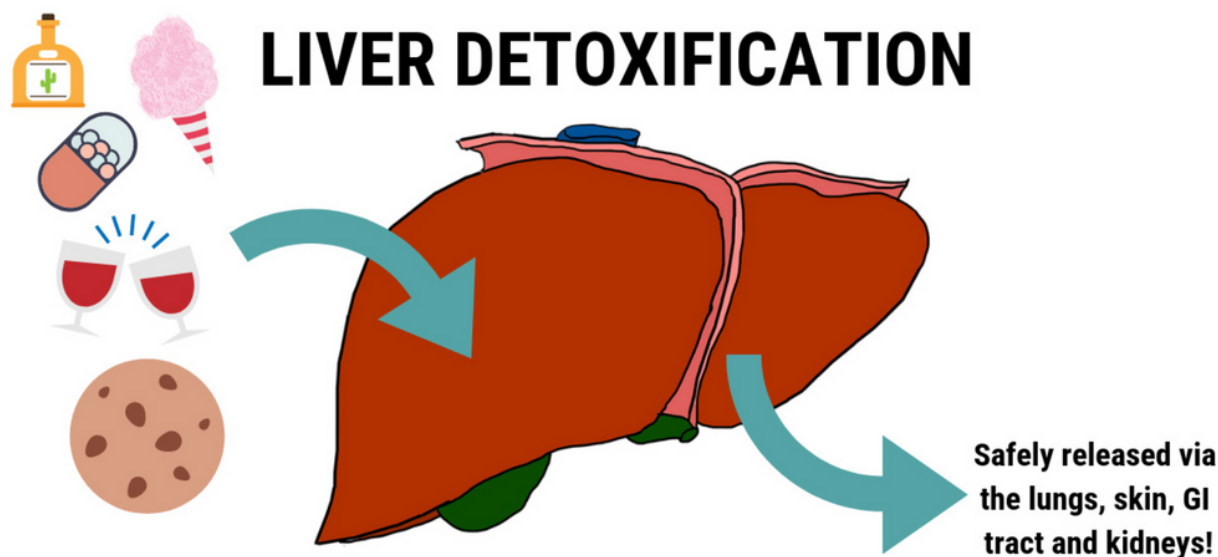
Once you've addressed the toxins in your body (typically after the holiday season or if you're used to eating a diet rich in refined carbohydrates and sugars) THEN you're ready to get started on your Intermittent Fasting journey. This is where the amazing healing powers come into play! If you don't know much about Intermittent Fasting, I recommend you checkout my free Intermittent Fasting 101 playlist on YouTube [HERE](#).

If you start straight away with Intermittent Fasting after all of the holiday indulgences without a

detox first, then your body will have a more difficult time using fat as fuel and you'll likely feel extra hungry and tired as a result. This Intermittent Fasting Detox protocol will help to ease your body back into a state of health, prepare your natural detox pathways and make achieving your goals with the 21 Day Intermittent Fasting Program and Level Up Guide even EASIER. Think of this as a prerequisite for Intermittent Fasting. I can't WAIT to follow along your journey!

Your Nutritionist,
Autumn Bates

WHY DETOX?



THE WHY.

Maybe it's obvious to you why you should detox. But you know me (and if you're new here, then you'll realize this rather quickly!), I like to break down the science and mechanisms of how things work and why so that you can truly understand what's going on in your body. So let's dive into what detoxification is and why it's necessary.

There are many organs in your body that are involved in detoxification, but there's really only one main organ that does all the leg work and that's your liver. Yes, your skin, colon, lungs and kidneys all filter out toxins, but your LIVER is what breaks those toxins down so they can be released in the first place. Processing and removing these toxins is important to help keep your cells healthy so that your cells can do their jobs, such as breaking down fat, boosting your energy levels, rebuilding your muscles, forming brain connections and decreasing your inflammation. Your liver has the job of breaking down many OTC (over the counter) medications, prescription medications, alcohol, trans fats, processed foods, certain sugars and more.(1) This happens in multiple phases.

PHASE 1: CONVERSION

In order for the toxins to safely be released from your body, it first needs to be converted to a “water-soluble” form. This literally means that it can be dissolved in water, making it easier to be released from your GI tract, skin, lungs and kidneys. Your liver only has so many enzymes in order to process these toxins. That’s why it’s important during your Intermittent Fasting Detox to NOT be taking in (or limiting as much as possible as advised by your doctor) any toxins that can clog up the liver and take up precious liver enzyme resources. These include the items that MUST be broken down by the liver. You can check out the “Foods That Prevent Detox” page for more details.

PHASE 2: CONJUGATION

During phase 1 detox, the toxins produce very strong and very bad for you free-radicals. Left unchecked, these free-radicals will destroy your cell membranes and rapidly increase aging in your body.(2) But, the body is incredibly smart and has methods to get around this massive increase in free-radicals. This is where your own very powerful antioxidant (made in-house) comes into play. This antioxidant is called glutathione. Your body naturally makes glutathione, but you can help increase glutathione production by eating cruciferous veggies such as broccoli, cauliflower, Brussels sprouts and bok choy.(3) Turmeric has also been found to help speed up the phase 2 detoxification process.(3) Check out the Warming Roasted Detox Bowl recipe using turmeric, lentils AND detox veggies in the recipes section! Water is also essential to provide the liquid that the toxins will be released in. This phase also includes the pairing of the toxins with a compound in order to safely release it from the body ~ aka conjugation.

PHASE 3: ELIMINATION

This is the phase that is often forgotten about or under-emphasized. But it's just as important as the first two! If you don't properly eliminate the toxins, then they will recirculate back in your blood supply and wreak havoc on your cells. In order to eliminate the toxins out of your GI tract, you need something that will bind to the toxins. This is where fiber comes into play. Getting a MINIMUM of 25-30g of fiber per day will help to bind and remove the toxins that your liver worked so hard on processing. Fiber rich foods include avocado, raspberries, artichoke, broccoli, lentils, kidney beans, split peas, almonds, chia seeds and cacao nibs. Another crucial part of elimination is sweating. Remember, toxins exit via your skin too. That's why sweating every day during your detox is very important. Try taking a hot bath, sauna or fitting in a sweaty workout.



What happens if you don't detox?

Your body naturally detoxes every minute of everyday. You aren't ever turning detox ON or OFF. But if you continue to consume high levels of toxins that the liver is required to breakdown, then eventually the liver will be maxed out. It won't be able to process the toxins as they enter the blood supply. So in order to protect the rest of your body from these toxins, it will start to store the excess toxins on the outside of the liver in the form of fat. This is an adaptive process to protect vital organs like your heart and brain from harmful toxins. If the toxins continue to overload the liver, the liver will continue to store those excess toxins as fat and eventually can lead to a condition known as fatty liver or non-alcoholic fatty liver disease.(4) Once there is a reduced input of toxins, your liver can start taking the available resources to tackle those stored toxins.

There are a variety of toxins that our liver has to breakdown everyday. Some of them we have zero control over (such as air pollution) while others we can have complete control over (the food we eat). The goal is to minimize the toxins that we can control in order to allow the liver to more efficiently clean up the toxins that are out of our control.

Considering how common liver conditions are - 80-100 million Americans suffer from fatty liver disease and may not even know it - creating an optimal environment for your liver is something to take seriously.(5)

Just by reading this information, you're already ahead of the game in terms of cleaning up your liver! With the information in this Intermittent Fasting Detox protocol, you'll learn which foods can clog up the liver, what foods support liver detox, additional strategies to help eliminate toxins and MORE! I'm proud of you for making this first initial step on cleansing your body and achieving your wellness goals!

Note: The 7 Day Intermittent Fasting Detox is a great way to support the liver with foods that have been found to boost detox pathways and help the body reboot. There are other forms of detoxification that are much more intensive and involve a variety of specifically timed supplements, usually over a minimum of a 3 month period of time. These are typically tailored to specific experiences and needs such as recent high heavy metal exposure or while removing amalgam fillings. These types of detox protocols must be monitored and administered by a trained functional medicine doctor or naturopath who specializes in supplement supported detoxification.



DISCLAIMER: The author is not a doctor. The information within this eBook is not intended to treat or cure any diseases. The information within this eBook has not been evaluated by the FDA. Make sure to consult your doctor with any dietary, lifestyle, medication and/or supplement changes you decide to make, especially if you are currently taking any prescription or OTC medications, have a history of chronic disease, or are pregnant/breastfeeding.

T.J. was right about walking!
Walking is also a great form of
exercise during the 7 Day IF
Detox! Aim for a minimum of 30
minutes walking per day.

**“Walking is
the best
possible
exercise.
Habituate
yourself to
walk very far.
- Thomas
Jefferson**

”

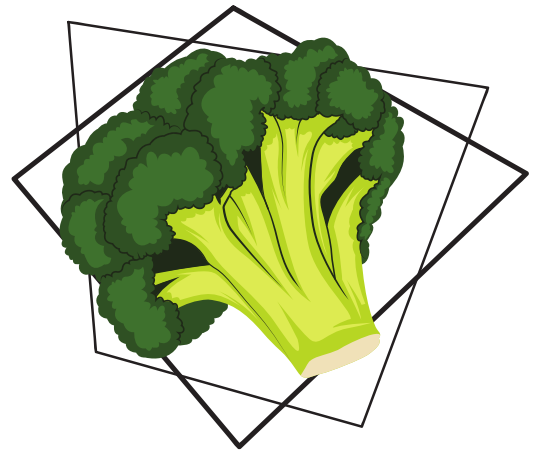
FOODS THAT PROMOTE DETOX

These are the foods that you will want to emphasize throughout the 7 Day Intermittent Fasting Detox. These foods have been found in studies to specifically support the liver or liver detoxification. Try and incorporate these foods as often as possible over the next 7 days either by creating your own recipes or using the recipes listed in the 7 Day Intermittent Fasting Detox. You can also make recipes from the Complete Intermittent Fasting Bundle that utilize these ingredients. Just remember, some of the recipes within the Bundle include small amounts of sugar (in the form of maple syrup or honey). During the next 7 days, stick with the recipes that DON'T use any of the foods that may inhibit detox (see the next section for additional details). Remember, there is no *one* food that detoxes your liver and body. A detox not only incorporates foods that promote phase 1, 2 and 3 detox, it also *removes* foods/practices that prevent liver detoxification. See the foods/items on page 13 for what you should be temporarily removing to promote liver detoxification.

Cruciferous Veggies

Includes: broccoli, cauliflower, kale, Brussels sprouts, cabbage and bok choy.

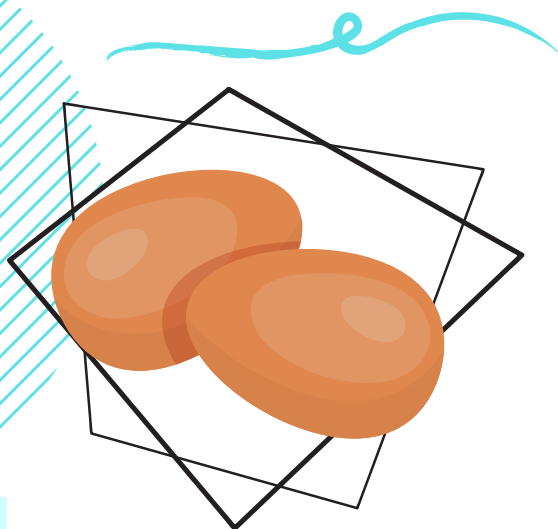
A key component in cruciferous veggies, glucosinolates, has been found to aid in phase 2 liver detox.(7) Plus, the sulfur in these veggies helps support and boost glutathione production in the body. (8)



Eggs

Eggs contain a *crucial* nutrient called choline. Choline is fairly difficult to get from the diet (unless you're eating beef liver on the daily). Thankfully, eggs are an extremely rich source of choline. It's been noted that *liver cell death* and impaired fat metabolism (aka fatty acid oxidation) occurs when humans are deprived of choline. (9)

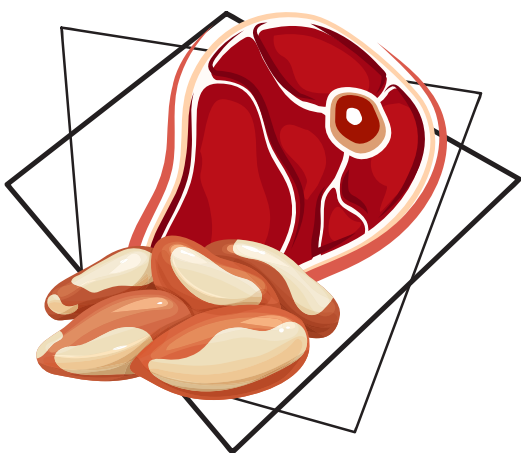
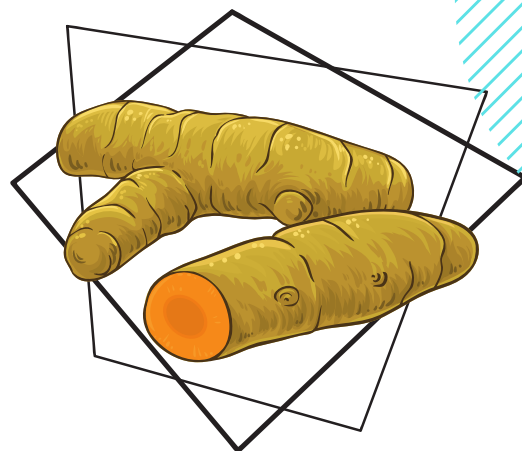
You can get almost all of your daily choline needs with 2-3 eggs per day.



Turmeric

Turmeric is probably the most common detox food that most people are aware of. This spice has been found in numerous studies to help speed up phase 2 of liver detox.(10)

Turmeric is especially useful when paired with either ginger or black pepper, which can help significantly increase your body's absorption of the active compound in turmeric, called curcumin, by 2000%! (11).



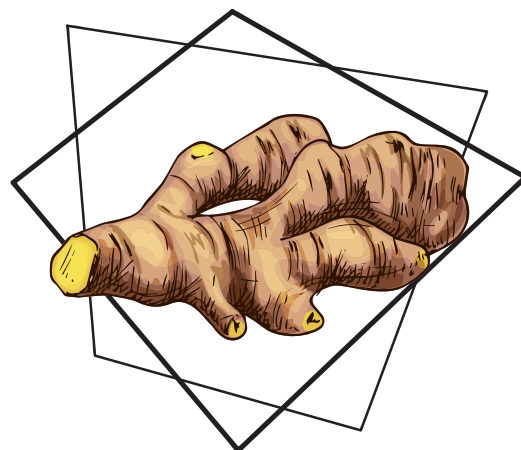
Brazil Nuts + Grass-fed Beef

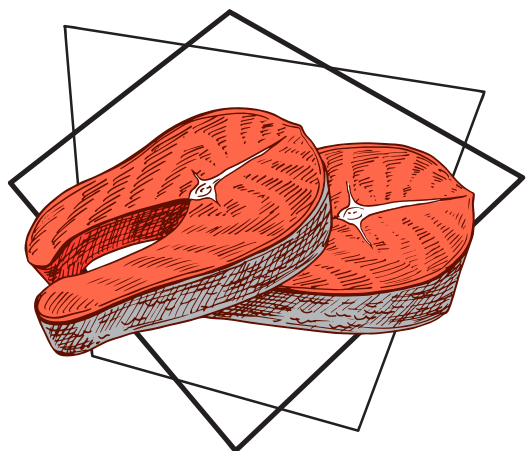
Both brazil nuts and beef are great sources of selenium. Selenium has been found to help boost glutathione (the antioxidant made by our body) production, which is crucial to phase 2 detox. (10)

Other sources of selenium include eggs, pork, turkey, lamb and chicken. You only need 2-3 Brazil nuts a day to reach your daily selenium needs, so try adding these into your smoothie!

Ginger

Ginger works well with turmeric in enhancing liver detoxification. (10) Ginger also acts as a natural prokinetic (12), meaning it's particularly useful for boosting the Migrating Motor Complex (MMC), improving gut health and preventing bloating. You'll learn *much* more of the details for enhancing the MMC in the [21 Day IF Program](#) and [Level Up Guide](#).





Salmon + Tuna

Salmon and tuna (as well as other fatty fish) are rich sources of omega-3 fatty acids, namely DHA and EPA. Specifically DHA has been found to help prevent NASH (non-alcoholic steatohepatitis), a form of severe liver disease.

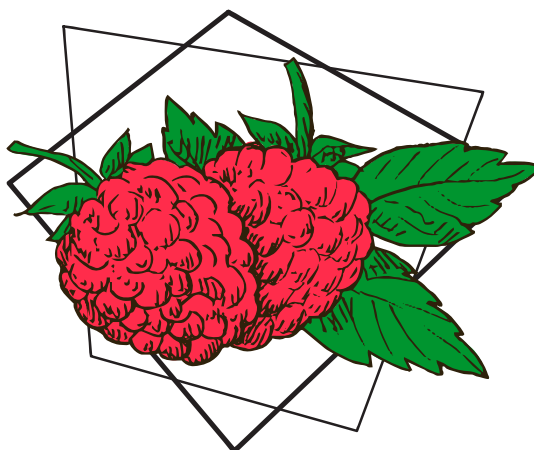
(13) Not to mention, the already well documented brain health and memory improvement benefits of DHA. (14)



Fiber Rich Whole Foods

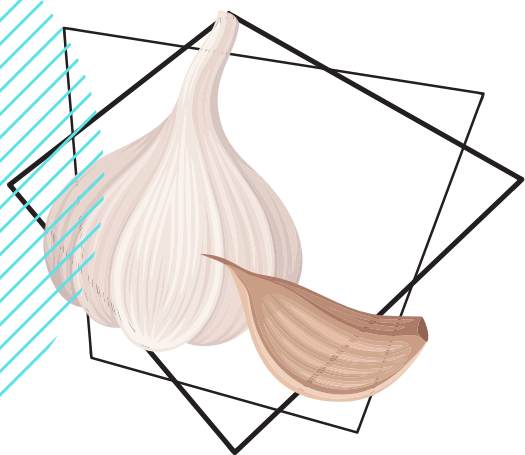
Fiber is crucial for the elimination aspect of detoxification. After the liver has processed the toxins, a good amount is released back into the colon to be removed via a bowel movement. Fiber helps to grab on to those toxins so that it can be safely removed.

Fiber rich foods include raspberries, artichoke, avocado, chia seeds, cacao nibs, flax seeds, split peas, lentils and Brussels sprouts.



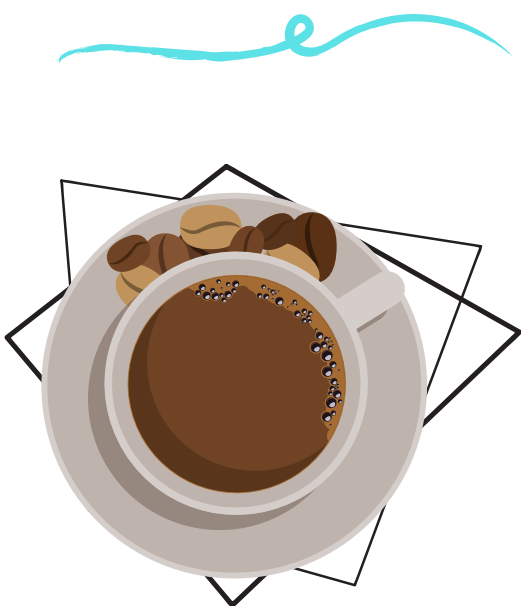
Garlic + Onions

Both garlic and onions have been found to support glutathione production. (10) Not to mention, garlic has consistently been studied as a powerful anti-bacterial, including against some antibiotic resistant strains. (15) These immune supporting benefits are greatly reduced when garlic is cooked, so try having chopped raw garlic in your salad dressing for maximum benefits (and flavor!).



Almonds, Pumpkin Seeds, Bone Broth + Animal Proteins

Each of these food items contain the amino acid glycine which is used during phase 2 detox for the "conjugation" process. (10) You can top your salads with almonds and pumpkin seeds or use bone broth as the base of your Reviving Detox Soup.



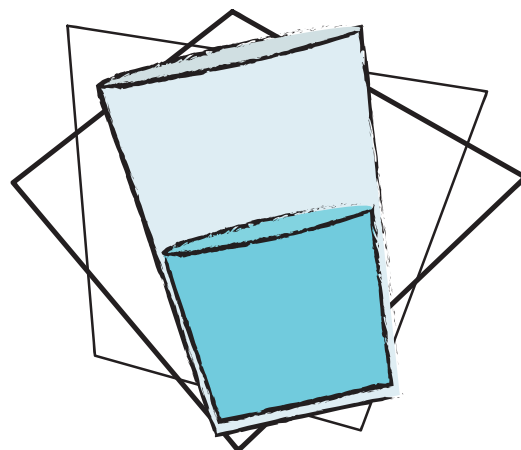
Coffee + Tea

Coffee and tea are incredible sources of antioxidants in the human diet. Experimental studies show that drinking coffee helps to reduce fat accumulation in the liver (16) and reduces the risk of liver cirrhosis (17). With both tea and coffee, the exact mechanism of liver protection is unclear, but is likely attributed to the huge variety of antioxidants available in both. (10) Stick to 1-2 cups per day before 2pm (or 12 pm if you're sensitive to caffeine).



Water

Water aids in the elimination process of liver detoxification. As noted, major elimination pathways include through sweat, urine and bowel movements. Water aids in all three by providing the medium necessary to eliminate! Plus, as you increase your fiber intake, it's crucial to also increase your water intake, otherwise you'll likely end up constipated. Aim for half your body weight in ounces per day.

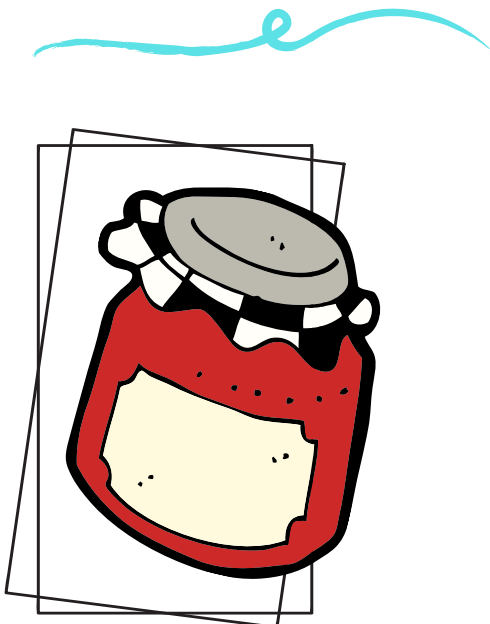


FOODS THAT INHIBIT DETOX

Having these foods/ingredients won't necessarily harm your liver, rather when too many of these items are used at once (without a break), it could *overwhelm* the liver. Taking a break from the foods that constantly require your liver to break them down can provide the much needed rest for one of the body's major organs. If you are currently using any medications, whether it be prescription or OTC, make sure to discuss with your doctor about how to utilize the Detox with your current prescription usage and protocol.

Alcohol

This is probably the most obvious food/drink that requires the liver to break it down. The liver is the primary location for ethanol (alcohol) breakdown. Excessive alcohol consumption can lead to a variety of liver problems, the first of which is steatosis, aka fatty deposits in your liver cells. (18) Steatosis can even develop after one day of heavy drinking, categorized as 4-5 drinks in 2 hours or less. (18) Thankfully, once you stop drinking and allow your liver to process the ethanol, steatosis has been noted to be highly reversible. (18)



Fructose Rich Foods

Includes: many conventional baked goods, soda, sweetened coffees, sweetened cocktails, high fructose corn syrup, honey, jams, jellies and anything with added sugar.

Fructose (one of the simple forms of sugar) has been found to increase the risk of multiple liver diseases as well as impair liver fat breakdown.

(19)

Sucrose Rich Foods

Sucrose is the general "table sugar" and is in most foods that contain any amount of added sugar. Since fructose makes up half of sucrose, it makes sense why it could be a problem for the liver. In fact, studies found that "a diet with high levels of fructose, sucrose, and of trans fats not only increases obesity, but also leads to significant fatty liver disease with scar tissue".

(20)



Conventional Baked Goods + Fried Foods

Most conventional baked foods and fried foods have one big thing in common: trans fats. And just like what we've learned with sucrose rich foods, trans fats have been found to lead to liver disease and scarring. (20)

With conventional baked goods and fried foods, trans fats are used as a cheap and convenient fat option. You'll typically find trans fats in bulk baked foods such as muffins or some breads as well as fried foods at many fast food restaurants.

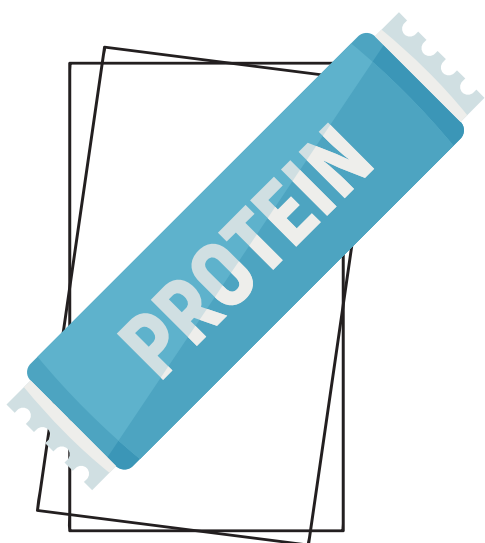


Maple Syrup

Although maple syrup is not high in fructose (like honey), it's still mostly made up of sucrose.

Remember, sucrose is 50:50 glucose and fructose, making maple syrup a source of fructose. Throughout the 7 Day IF Detox, added sugars in general are removed to help focus on stabilizing blood glucose levels and reducing sugar cravings. This will set you up for success going into the 21 Day IF Program and Level Up Guide.





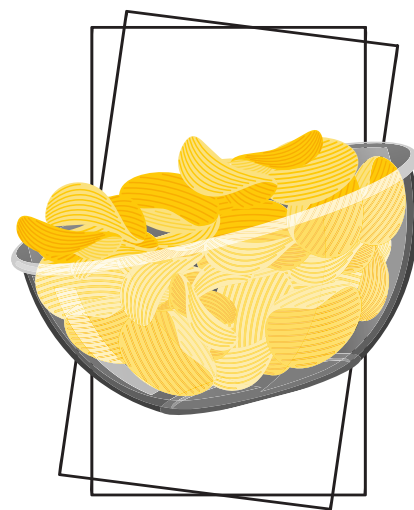
"Fake" Sugars

"Fake" or non-nutritive sweeteners, such as sugar alcohols, aspartame, stevia and monk fruit have been found in some people to increase sugar cravings and hunger levels.(21) Although these sugars may not necessarily effect the liver, utilizing these on the daily will not help you acheive your overall wellness goals. For this reason, we're also eliminating non-nutritive sweeteners during the 7 Day IF Detox (don't worry, some of these sweeteners will be coming back in small amounts!). These sweeteners can typically be found in many protein bars, snack food items or low calorie ice creams.



Chips, Crackers, Rice Cakes + Bread

Although not necessarily inhibiting detox, these contain highly processed starchy carbohydrates that can send your blood glucose (and therefore your hunger levels) on a wild ride. Remember, one of the main objectives with the 7 Day Intermittent Fasting Detox is to prep your body to ease into IF. Having these highly refined ingredients that spur hunger and spike the storing hormone insulin will make utilizing IF harder, not easier. So clearing your system for the next 7 days of these foods will not only make the transition to IF easier, it'll also allow your body to more easily utilize fat as fuel by helping to reduce the secretion of the storing hormone insulin.



WHAT ABOUT MEAT + DAIRY?

A common misconception with the 7 Day Intermittent Fasting Detox is that you need to avoid dairy and meat. This couldn't be further from the truth. In fact, high quality dairy and meat sources contain incredible nutrients needed to support liver detoxification. Grass-fed beef contains omega-3 fatty acids that help to reduce inflammation while full-fat, grass-fed and unsweetened dairy products contribute to the amino acids necessary for phase 2 detox.(10) Quality really matters when it comes to dairy and meat products. If you choose to use animal based proteins or dairy products make sure it has the following:

Chicken and Turkey: organic, pasture raised

Eggs: organic, pasture raised

Beef: grass-fed, grass-finished, organic

Fish: wild caught (Safe Catch* is a great, low mercury brand!)

Dairy: grass-fed, organic, unsweetened



This is not an exhaustive list of your various meat and dairy options. For a more complete list of serving sizes and protein options that will best suit your goals, head over to page 17 of the Level Up Guide.

As you'll note in the 7 Day Intermittent Fasting Detox recipes, you have the option to choose the protein that you prefer. Whether that's plant or animal-based, it's important to always focus on the quality of the protein itself.



Where are the deets on Intermittent Fasting?!

Excellent question! If you start Intermittent Fasting (IF) immediately after loading up on sugar, processed foods and alcohol, your body will be in a bit of a shock. At this point the body is used to riding the unstable blood glucose and energy levels that can result from a higher carb/sugar diet. When sugar levels are more unstable, it causes hunger (or more accurately "hanger") to occur more frequently, making incorporating Intermittent Fasting extremely difficult. One huge perk of the 7 Day Intermittent Fasting Detox is that it focuses on removing added sugars. By first addressing the liver and therefore the added sugars, we can work toward more stable blood glucose levels and eating satiating foods that prevent hunger. This helps to pave the way for easily incorporating Intermittent Fasting while first giving the liver a break to clean up those toxins and the body time to adjust to foods that reduce hunger and boost fat burning. Remember, consider the 7 Day Intermittent Fasting Detox a prerequisite to IF.

[*Affiliate Disclosure Link](#)

WHEN SHOULD YOU DETOX?

The 7 Day Intermittent Fasting Detox is a great way to reset and reboot. The foods promoted in the Detox support satiety, reduce sugar content and provide incredible sources of antioxidants. You can return to the Detox whenever you feel that you need to reboot, but here are some examples of times when you might want to revisit the Detox:

- ✓ after the holidays
- ✓ after a particularly indulgent weekend or vacation
- ✓ after higher levels of fast food intake
- ✓ after higher sugar intake (baked goods, cake, etc)
- ✓ whenever you feel that you need to reset

It's important to note that the 7 Day Intermittent Fasting Detox is designed to be used as a stepping stone to continue on with your wellness journey, NOT as a crutch to put you in an endless cycle of indulging in sweets and then detoxing. Once you have completed the 7 Day Intermittent Fasting Detox, you can continue on your wellness journey with the [21 Day Intermittent Fasting Program](#) and the [Level Up Guide](#) to build upon your success with the 7 Day Intermittent Fasting Detox. Each of the programs introduce you to a new set of protocols, recipes and strategies to layer on the habits you've formed and help make your experience further tailored to your lifestyle, needs and goals.



Some yummy Detox meal inspo!

LET'S GET SOCIAL

You can continue learning and nerding out over Nutrition with me and the rest of the AENpeeps through Facebook, YouTube, Instagram and the weekly newsletter! Check out the details and stay in the loop below!

YouTube

Get your weekly dose of nerdy nutrition deets on the Autumn Elle Nutrition YouTube Channel.

Head over [HERE](#) to stay in the loop.



Instagram

Share your journey by tagging your photos with the hashtags [#AENpeeps](#). This also helps to keep you accountable for achieving your goals! You can follow me for nutrition tips and inspo [@autumnelle_nutrition](#).



Weekly Newsletter

Stay in the loop with your weekly Monday nutrition newsletter! Get the deets on upcoming challenges, new recipes, insider tips and more!

Head over [HERE](#) to subscribe.



Facebook Group

This is where you can share your experience, nerd out with other AENpeeps and have an impact on future Programs, content and cookbooks that I release through your input! In fact, the AENpeeps had a direct impact on what I created for THIS eBook!



Join the AENpeeps [HERE](#)!

THE DETOX





10 DETOX COMMANDMENTS

Over the next 7 days, you will be using the below 10 “Detox Commandments” to cleanse your liver and help remove those built up toxins. You may want to print this page out and put it somewhere that you’ll see everyday as a reminder. I’ve also provided recipes utilizing the detox promoting foods. Feel free to create your own recipes using foods from the list as well!

1: REMOVE

REMOVE foods that block up the liver: see the Foods That Inhibit Detox page for what to remove during this time.

2: ADD

ADD foods that promote liver detoxification: see the Foods That Promote Detox page for what to add back into your meals during this time.

3: DRINK

DRINK at least half your body weight in ounces per day. For example, if you weigh 140lb, then you will aim for 70 ounces of water per day. Drink an additional 10-16 oz. after a workout.

4: INCLUDE

INCLUDE electrolytes. This is needed for the enzymes in your liver and other hormones. Add a pinch (about 1/8 tsp.) of Celtic Sea Salt* to your morning glass of water to receive electrolytes. Learn more about sea salt perks [HERE](#).

5: MOVE

Everyday, aim for at least 30 minutes of walking (as long as you don't have an injury that doesn't allow for walking). This helps to stimulate your GI tract and remove the toxins from your colon. I recommend limiting high intensity interval training to 2-3x per week.

6: SWEAT

Remember how one of the main elimination pathways is via the skin? Well, we've got to get you SWEATING in order to achieve that! You can sweat by sitting in a sauna, taking a hot bath, going on a brisk walk or doing an intense exercise. Whatever it is, it's important to sweat everyday!

7: LISTEN

LISTEN to your body. Detoxing takes energy. If you aren't feeling like the workout you had planned, then skip it and just relax! This is your week to focus on what your body needs. Listen to it and it will tell you.

8: SLEEP

The unsung hero. A lot of magic happens when you sleep. This is where a lot of the restorative action happens. Make sure that you get deep, full sleep during this time. To naturally boost the sleep hormone, melatonin, try shutting off all electronics at least 30-60 minutes before bed. The light from your phone, TV, laptop and Kindle can trick your brain into thinking it's daytime and make it more difficult to get deep, high quality sleep. Try reading, taking a bath, going for an evening walk or stretching before bed instead of using your phone or watching TV.

9: RECRUIT

It's a whole lot easier to make changes when you have friends and family by your side. Have them join in on this Detox Protocol so you can do it together!

10: JOURNAL

Change is incremental. Most change doesn't happen in just one minute, one hour or one day. That can make it tricky to know how things are going and what changes are working for you. Use the Detox Journal on page 23 to track your progress.

[*Affiliate Disclosure Link](#)

A DAY OF DETOXING

Each person's day of detoxing will look different, depending on your work and sleep schedule. But here's an example of a typical day of detoxing that implements the 10 Detox Commandments so you can determine how to incorporate the 7 Day Intermittent Fasting Detox into your schedule.

6am: wake up, hydrate + sweat

16 oz. water + 1/8 tsp. Celtic Sea Salt. Next up, morning 30 minute walk and sweaty workout, followed by a hot cup of Keto Coffee and another 16 oz. of water.

9am: 1st meal

Greek Yogurt Parfait sounds delish! (Note: If you're coming back to the Detox after using the 21 Day IF Program, you may incorporate Intermittent Fasting.)

11am: mid-morning walk + hydrate

Another 16 oz. down!

1pm: 2nd meal

Time to crack open the Mediterranean Artichoke Heart Salad!

3:30pm: afternoon walk + hydrate

Sneaking in 10 more minutes of movement while sipping on the Golden Turmeric Latte and some extra water.

6pm: 3rd meal + journal/reflect

Making my fave ~ Moroccan Detox Bake! Now time to fill out my Detox Journal.

9pm: no tech time!

Remember, sleep is crucial! Allow your body to naturally wind down and boost the sleep hormone melatonin.

10pm: hit the hay

Time to get those high quality zzz's.

YOUR DETOX JOURNAL

Over the next seven days, keep track of the changes that your body and mind experience. Print this page out for each of the seven days or use your own journal to keep track of the below. Achieving true health and wellness means understanding what your body needs and when. Once you become more aware of what your body is telling you, it becomes a lot easier to respond to your own needs!

MY DETOX GOAL:

DATE:

TODAY I FEEL:

OF BM'S (BOWEL MOVEMENTS)

WATER INTAKE (OZ. OR CUPS):

HOW I SWEAT TODAY (EXERCISE, WALK, SAUNA, ETC):

RATE THE NEXT 3 ON A SCALE OF 1-10 (10 BEING THE BEST):

SLEEP: _____

ENERGY: _____

STRESS: _____

ADDITIONAL NOTES:

MEAL PREP

	BREAKFAST	LUNCH	SNACK*	DINNER
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

*SNACK IS OPTIONAL.

EXAMPLE WEEK

MON	BREAKFAST	LUNCH	SNACK*	DINNER
	Greek Yogurt Parfait	Crunchy Broccoli Salad + 4 oz. protein of choice	Golden Turmeric Latte	Warming Roasted Detox Bowl
TUE	BREAKFAST	LUNCH	SNACK*	DINNER
	Detox Scramble	Crunchy Broccoli Salad + 4 oz. protein of choice	AEN Granola	Moroccan Detox Tray Bake
WED	BREAKFAST	LUNCH	SNACK*	DINNER
	Ginger Cacao Superfood Smoothie	Mediterranean Artichoke Heart Salad	AEN Granola	Reviving Detox Soup
THU	BREAKFAST	LUNCH	SNACK*	DINNER
	Chia Brekky Bowl	Reviving Detox Soup	Golden Turmeric Latte	Moroccan Detox Tray Bake
FRI	BREAKFAST	LUNCH	SNACK*	DINNER
	Grain-Free Oatmeal	Mediterranean Artichoke Heart Salad	Golden Turmeric Latte	Warming Roasted Detox Bowl
SAT	BREAKFAST	LUNCH	SNACK*	DINNER
	Grain-Free Oatmeal	Reviving Detox Soup	AEN Granola	Spiced Detox Tajine
SUN	BREAKFAST	LUNCH	SNACK*	DINNER
	Chia Brekky Bowl	Reviving Detox Soup	Golden Turmeric Latte	Spiced Baked Tenders + 1 cup roasted veggies + 1/2 cup sweet potato fries

*SNACK IS OPTIONAL.

GROCERIES FOR YOUR

DETOX WEEK

Using the recipes in the "Recipes" section OR your own recipes using the foods listed on the Foods That Promote Detox page, plan your week out for maximum detox success!

VEGGIES

PROTEINS

FRUIT

FROZEN

PANTRY

MISC.

WHAT'S NEXT?

Now that you've prepped your liver, reduced sugar cravings and started tapping into fat burning mechanisms, it's time to take your results to the *next* level with Intermittent Fasting and The 21 Day Intermittent Fasting Program! With the 21 Day Intermittent Fasting Program, you'll gain access to:



**Brand new recipes, AEN
Nutrient Timing and
restaurant guidelines to ramp
up your results**

**3 week meal-by-meal, step-by-
step deets to tap into fat
burning mechanisms with
Intermittent Fasting**



**3 week total body workout
plan to pair with your
Intermittent Fasting progress**

BUT FIRST, DETOX

Before we get ahead of ourselves and start talking about all of the amazing perks of Intermittent Fasting, remember that it's important to FIRST focus on blood glucose stabilizing foods and reducing sugar cravings. Once you've gone through at least one round of the 7 Day IF Detox, you can move on to the fat burning, gut healing stages of Intermittent Fasting.

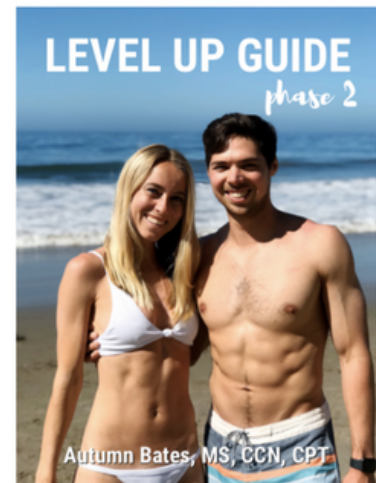
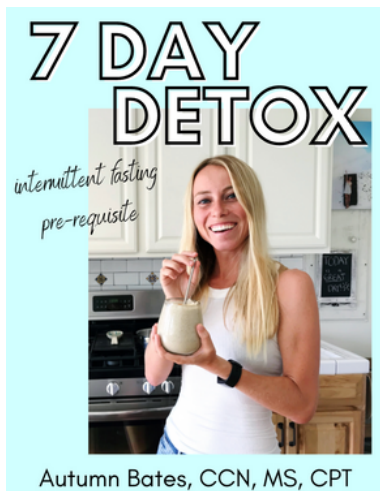
Step 1: Detox
+ Stabilize



Step 2: Burn Fat
+ De-Bloat



Step 3: Ramp Up
Your Results



During the next 7 days, this is a great time to start reading through the protocols, science and guidelines of the 21 Day Intermittent Fasting Program so that you're completely prepared by the end of the Detox.

Looks like you've got some nerding out on nutrition to do!



Grab your 21 Day Intermittent Fasting Program and start reading up HERE.

THE RECIPES



BREAK-FAST + DRINKS

Rise and shine! These meals are perfect for a Detox enhancing breakfast. As a note: any of the caffeinated drinks should be limited to no later than 2pm or 12pm if you're caffeine sensitive.



GRAIN-FREE CINNAMON "OATMEAL"

Serves 2

INGREDIENTS

- 2 Tbsp. walnuts, finely chopped
- 2 Tbsp. almonds, finely chopped
- 2 Tbsp. Flax seeds, ground
- 2 Tbsp. Coconut shreds
- 1 Tbsp. Chia seeds, ground OR whole
- 1/2 tsp. Cinnamon
- Pinch of sea salt
- 1 cup unsweetened coconut milk (from a carton or homemade)
- Optional 1 cup greek yogurt

TOPPINGS:

- 1/2 cup fresh berries
- 1 Tbsp. Cacao nibs

- 01** Combine the walnuts, almonds, flax seeds, chia seeds, coconut shreds, cinnamon and sea salt in a small bowl.
- 02** Heat the coconut milk in a pan over medium heat until simmering. Pour over the "oatmeal" mixture and stir to combine. Allow to sit for 1-2 minute before eating.
- 03** Top with berries and cacao nibs! Optional to stir in 1/2 cup greek yogurt per serving to bump up the protein.



GINGER CACAO SUPERFOOD SMOOTHIE

Serves 1

INGREDIENTS

- 10 oz. coconut milk (from a carton or homemade)
- 1 serving unflavored protein powder
- 1 Tbsp. coconut butter
- 1 tsp. cinnamon
- 1/4 tsp. ground ginger
- 1/8 tsp. ground nutmeg
- 1 Tbsp. almond butter
- 1 Tbsp. chia seeds
- 1/2 frozen banana
- 1 Tbsp. cacao nibs
- Pinch of Celtic Sea Salt

01 Blend until smooth and enjoy!



DETOX SCRAMBLE

Serves 1

INGREDIENTS

- 3 eggs
- 1/4 cup leek or yellow onion, chopped
- 1 cup broccoli, chopped
- 1 tsp. olive oil
- sea salt
- 1 cup arugula
- 1/2 avocado

01 In a pan over medium heat, add the olive oil, leek/onion, broccoli and a pinch of sea salt. Sauté for 3-5 minutes.

02 Add the eggs and gently scramble for 3-5 minutes, or until it has reached the desired doneness. Add arugula, scrambled eggs and avocado to a plate. Optional to serve with an additional pinch of sea salt and side of salsa.



KETO COFFEE

Serves 1

INGREDIENTS

- 12-16 oz. brewed mold-free coffee
- 1/2 Tbsp. grass-fed butter, grass-fed ghee or cacao butter* (for a vegan option - may use less if preferred)
- 1/2 Tbsp. unrefined coconut oil (or less)

01 Combine all ingredients in a blender and blend until frothy.

Note: I only use Purity Coffee. You can get 10% off all your orders (including subscriptions) with my code "autumn" at checkout [HERE](#).*



GOLDEN TURMERIC LATTE

Serves 1

INGREDIENTS

- 8-10 oz. coconut, almond or other nut /seed milk (unsweetened)
- 1/2 Tbsp. grass-fed butter, grass-fed ghee or cacao butter* (for a vegan alternative - may use less if preferred)
- 1/2 Tbsp. unrefined coconut oil (or less)
- 1/2 tsp. ground turmeric
- 1/4 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- pinch of black pepper

01 Heat the coconut milk (or other nut/seed milk) in a pan over medium heat until it has reached desired temperature.

02 Pour the coconut milk and remaining ingredients in a blender. Blend until frothy.

[*Affiliate Disclosure Link](#)

keto

MATCHA

LATTE



KETO MATCHA LATTE

Serves 1

INGREDIENTS

- 12 oz. hot water (be careful while pouring and blending this!)
- 1 tsp. organic matcha powder*
- 1/2 Tbsp. grass-fed butter, grass-fed ghee or cacao butter* (for a vegan alternative - may use less if preferred)
- 1/2 Tbsp. unrefined coconut oil (or less)

- 01** Combine all ingredients in a blender and blend for at least 30 seconds on medium/high until frothy. Make sure to be careful while pouring/blending hot water!



CHIA BREKKY BOWL

Serves 6

INGREDIENTS

- 1/2 cup chia seeds
- 14.5 oz. can full fat coconut milk
- 1 cup unsweetened coconut milk from a carton or homemade
- Optional: 3 servings unsweetened protein powder (or pair with 1/2 cup greek yogurt per serving)
- pinch of sea salt

TOPPINGS (PER SERVING)

- 1/2 serving AEN granola (next page)
- 1/2 - 1 cup berries (blueberries, raspberries, blackberries, strawberries)



- 01** Combine chia seeds, coconut milk (can), coconut milk (carton/homemade), protein powder (if using) and a pinch of sea salt in a medium bowl. Whisk to combine and allow the mixture to sit for at least 30 minutes, stirring occasionally.
- 02** Split the chia pudding into 6 small glass mason jars to use throughout the week. Top with the listed toppings.

[*Affiliate Disclosure Link](#)

AEN GRANOLA

Serves 1

INGREDIENTS

- 1 Tbsp. cacao nibs
- 1 Tbsp. sliced almonds (or favorite nuts)
- 1 Tbsp. pumpkin seeds
- 3 Tbsp. toasted coconut flakes
- 1/4 tsp. cinnamon
- pinch of sea salt

01 Combine all ingredients in a bowl and toss to combine. Feel free to double or triple this recipe for multiple batches of granola.



GREEK YOGURT PARFAIT

Serves 1

INGREDIENTS

- 1 cup greek yogurt (or unsweetened plant-based yogurt + 1 serving unsweetened protein powder for vegan option)
- 1 serving AEN Granola (see above)
- 1 cup berries (blueberries, raspberries, blackberries, strawberries)

01 Combine all ingredients in a bowl and serve. This is a great option to bring with you while on-the-go!

MAIN MEALS

These lunches and dinners optimize for detox promoting ingredients while still providing protein, fat and fiber to keep you satiated. Don't worry too much about the timing of these during the 7 Day IF Detox. After these 7 days, you'll dive deeper into AEN Nutrient Timing in the [21 Day Intermittent Fasting Program](#) and [Level Up Guide](#).



MEDITERRANEAN ARTICHOKE HEART SALAD

Serves 2

INGREDIENTS

- 6 artichoke hearts, quartered
- 1/4 cup sun-dried tomatoes, chopped
- 6 cups arugula OR favorite leafy green
- 2 Tbsp. red onion, diced
- 1 cup cucumbers, peeled and chopped (I love Persian cucumbers for this recipe!)
- 8 oz. favorite cooked protein (eggs, tempeh, lentils, salmon, chicken, etc)
- 1 avocado

DRESSING (SERVES 2)

- 2 Tbsp. olive oil
- 1 Tbsp. dijon mustard
- 1 lemon, juiced

01 Combine all ingredients in a large salad bowl and toss to combine!

REVIVING DETOX SOUP

Serves 2-3

INGREDIENTS

- 1 head broccoli + broccoli stalks
- 1 large yellow onion or leek, diced
- 1 tsp. olive oil
- 4 cups chicken broth or bone broth
- 1/2 tsp. salt
- 1/4 tsp. pepper
- 4 oz. favorite cooked protein per serving



- 01** In a large pot over medium heat, add yellow onion, olive oil and salt. Sauté for 2-3 minutes.
- 02** While the onions cook, chop the broccoli into bite sized pieces. Save the stalk. Using a potato peeler, remove the rough outer skin of the broccoli stalk. Dice the inner stalk up into small chunks.
- 03** Add broccoli and chopped broccoli stalk to the pot. Add chicken broth. Bring to a boil, then reduce to a simmer. Cover. Cook for 20-30 minutes, or until broccoli stalks are tender. Remove from heat. Allow to cool for a few minutes.
- 04** Carefully pour into a blender, add the pepper and blend until smooth. If you like your soup a little creamier, try adding 1 Tbsp. grass fed butter per serving to the blender.
- 05** Pair each serving of soup with 4 oz. of your favorite cooked protein. (ex: roasted chicken, 1/2 cup lentils, tempeh, steak, ground turkey, salmon, etc.)

MOROCCAN DETOX TRAY BAKE

Serves 2

INGREDIENTS

- 2 cups cauliflower, chopped
- 1/2 cup sweet potato, cubed
- 1/2 cup chickpeas
- 8 oz. favorite protein (chicken or tempeh goes well with this)
- 2 carrots, chopped
- 1/2 red onion, diced
- 5 garlic cloves, diced
- 1/4 tsp. ground turmeric
- 1/2 tsp. ground cumin
- 1/4 tsp. paprika
- 1/4 tsp. cinnamon
- 1/4 tsp. sea salt
- Pinch of cayenne
- 1 Tbsp. olive oil
- 3 Tbsp. almonds, chopped
- 1/2 cup fresh parsley, chopped
- 1 lemon, juiced
- 4 Tbsp. greek yogurt OR unsweetened plant-based yogurt



01 Preheat oven to 375. Toss all of the ingredients, except for the almonds, lemon and parsley, together on 1-2 large baking sheets. Bake for 20-30 minutes or until desired crispiness is achieved and protein chosen protein is fully cooked.

02 Serve topped with fresh parsley, chopped almonds, greek yogurt and lemon juice.

WARMING ROASED DETOX BOWL

Serves 1

INGREDIENTS

- 1/2 medium sweet potato, baked
- 1/2 avocado
- 1/4 cup parsley, chopped
- 1 cup broccoli, cauliflower and/or Brussels sprouts, roasted
- 1/2 lemon
- 1 tsp. olive oil
- 1/2 cup turmeric lentils (see recipe below)
- Optional red pepper flakes

TURMERIC LENTILS

Serves 4-6

INGREDIENTS

- 1 cup dried lentils, rinsed
- 3 cups water
- 6 garlic cloves, chopped
- 1 tsp. dried thyme
- 1 bay leaf
- 1 tsp. olive oil
- 1/2 yellow onion, chopped
- 5 tomatoes, chopped OR 1 can of chopped tomatoes
- 1 tsp. ground turmeric
- 1/2 tsp. ground ginger
- 1/4 tsp. coriander
- 1/2 tsp. ground cumin
- Sea salt

01 Combine the sweet potato, avocado, parsley, roasted veggies and lentils on a plate/bowl. Squeeze the lemon and drizzle the olive oil on top. Optional to add a pinch of red pepper flakes!

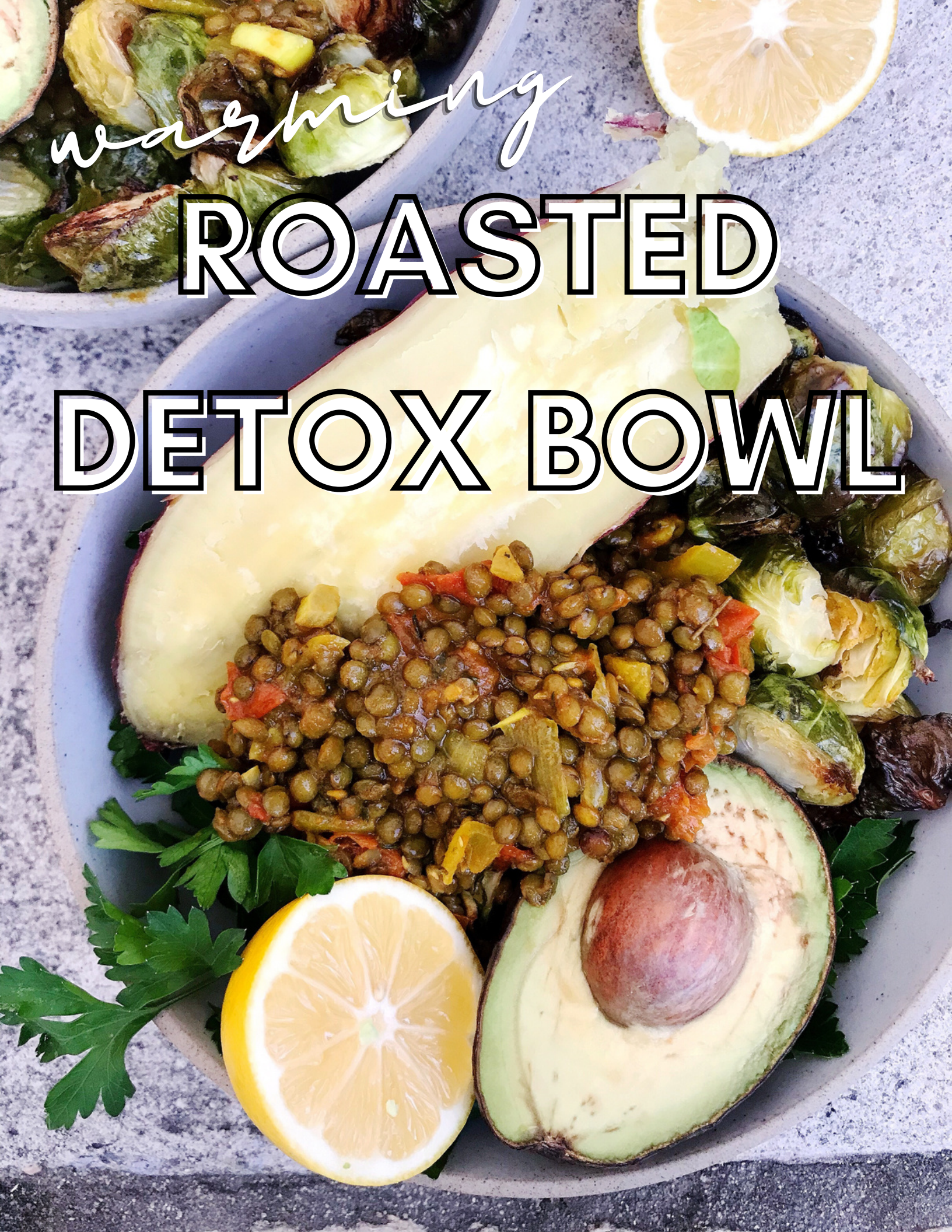
01 In a large pot, add the lentils, water, thyme, bay leaf, 2 of the garlic cloves and a heavy pinch of salt. Bring to a boil then reduce to a simmer. Cover and allow to cook for 25 minutes. Drain any excess liquid and remove the bay leaf.

02 While the lentils cook, heat a pan over medium heat and add olive oil, onions and garlic and sauté for 2 minutes. Add tomatoes, a heavy pinch of salt, turmeric, ginger, coriander and cumin. Turn the heat down to medium low and allow to simmer for 10-15 minutes.

03 If you like your sauce chunky, then you can simply stir the lentils into the tomato sauce at this point. Otherwise, you can first blend the sauce until smooth, then stir the lentils in.

warming

ROASTED DETOX BOWL



SPICED BAKED TENDERS

Serves 3-4

INGREDIENTS

- 1 pound boneless, skinless chicken breast, cut into bite sized cubes (this recipe can also work with firm tofu for a vegan alternative)
- 1/2 cup almond flour
- 1/4 cup coconut flour
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1/2 tsp. dried oregano
- 1/4 tsp. dried thyme
- pinch of cayenne pepper (to taste)
- heavy pinch of black pepper
- heavy pinch of sea salt
- 1 egg, whisked (or about 1/3 cup unsweetened plant-based yogurt for a vegan alternative)
- 1 Tbsp. olive oil



01 Preheat the oven to 425.

02 In a medium sized bowl, combine the almond flour, coconut flour and all spices. Toss to combine. Add the whisked egg to a small bowl OR add the yogurt to a small bowl if using a plant-based option. Line a baking sheet with parchment paper.

03 Dip the chicken (or tofu) in the egg bowl (or plant-based yogurt). Gently shake off excess egg/yogurt. Next, dip the chicken/tofu in the almond flour mixture. Gently shake off excess. Place chicken/tofu on the baking sheet.

04 Once all the chicken/tofu is finished, drizzle with olive oil and bake for 15-20 minutes, or until cooked all the way through. This recipe is great paired with a simple cabbage coleslaw and baked sweet potato fries!

SIMPLE TUNA SALAD

Serves 2

INGREDIENTS

- 10 oz. canned tuna (I prefer the brand Safe Catch*) OR tempeh for vegan option
- 3 Tbsp. organic mayo OR greek yogurt OR plant-based yogurt for vegan option
- 1 Tbsp. dijon mustard
- 1 celery stalk, diced
- 1/4 cup red onion, diced
- salt and pepper to taste

01 Combine all ingredients in a bowl until well mixed. Pair this with a side salad or the Crunchy Broccoli Salad.



CRUNCHY BROCCOLI SALAD

Serves 3-4

INGREDIENTS

- 5 cups broccoli, chopped
- 4-5 Tbsp. organic mayo OR greek yogurt OR plant-based yogurt for vegan option
- 4 Tbsp. sunflower seeds
- 1/2 cup red onion, chopped
- 2 Tbsp. apple cider vinegar
- pinch of sea salt
- optional 1 apple, diced



01 Combine all ingredients in a bowl and toss to combine. Adjust the mayo/greek yogurt and apple cider vinegar amounts to your personal taste preference. You can also add the diced apple for a bit of extra sweetness.

02 Pair with your preferred source of protein for a complete meal. The Simple Tuna Salad, Spiced Baked Tenders or Turmeric Lentils are all great options!

SPICED DETOX TAJINE

Serves 3-4

INGREDIENTS

- 1 pound preferred protein (stewing beef and chicken thighs work well with this recipe) *For a vegan alternative, remove the meat and pair final cooked product with Turmeric Lentils or 4 oz. of cooked tempeh
- 1 large sweet potato, chopped
- 1/2 medium onion, diced
- 1 large head cauliflower, chopped
- 1 tsp. of each: cinnamon, ground cumin, coriander, ground turmeric
- heavy sprinkle of sea salt, black pepper and cayenne pepper



01 Preheat oven to 420.

02 In a tajine or an oven proof clay pot, put the meat down first (if using) and top with half of the seasonings.

03 Next, top the meat with sweet potato, cauliflower and onion. Add the remaining seasonings. Pour in 1/4 cup water. Cover and bake for 2 hours. Allow to cool before serving.

RESOURCES/STUDIES

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