

**PLAN A**  
**BEGINNER'S CLEANSE**

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## PLAN A: BEGINNER'S CLEANSE

**Smoothies, some steamed/cooked veggies and animal protein, and healthy carbs—an effective cleanse**

7-DAY PLAN: DAY 1			
Menu	Recipe Pg#	Ate	Modified
<b>AM Upon Wakening</b>			
16 to 32 oz. water with 1 tbsp fresh lemon juice; then wait 15 min.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Breakfast</b>			
Wild smoothie - or green smoothie		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Lunch</b>			
Lentil Salad & Side Salad		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Dinner</b>			
Cabbage Soup		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
Oxygen Colon cleanse		<input type="checkbox"/>	<input type="checkbox"/>

Supplements suggested with your program: The supplements will help cleanse your body of fatty build-up and decrease sugar cravings. Take between meals for a green energy lift that will carry through the day.

- ✓ Take Quantum Greens Mix Capsules or 1 tsp. of good quality green powder or E3Live® mixed in water or juice) and 4 digestive enzymes 30 minutes before each meal; these are designed to be taken on a daily basis and especially during a cleanse.
- ✓ The enzymes will maximize digestion and assimilation of all foods and nutrients.
- ✓ Add green powder or rice protein to your morning smoothie and vegetable juice.
- ✓ Vitamin C supplementation helps during withdrawal by supporting adrenal glands. As a stress-reducer, several grams more of vitamins can be taken over the course of the day.
- ✓ If you need a snack, see the list of alkalizing snacks on page 67.
- ✓ Performing an overnight colon cleanse will eliminate the previous night's meal the following day, preventing the formation of toxins in the bowel.

## PLAN A: DAY 2

**Smoothies, some steamed/cooked veggies and animal protein, and healthy carbs—an effective cleanse**

7-DAY PLAN: DAY 2			
Menu	Recipe Pg#	Ate	Modified
<b>AM Upon Wakening</b>			
16 to 32 oz. water with 1 tbsp fresh lemon juice; then wait 15 min.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Breakfast</b>			
Wild smoothie - or green smoothie		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Lunch</b>			
Chinese Cabbage Salad		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Dinner</b>			
Lentil Stew		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
Oxygen Colon cleanse		<input type="checkbox"/>	<input type="checkbox"/>

Supplements suggested with your program: The supplements will help cleanse your body of fatty build-up and decrease sugar cravings. Take between meals for a green energy lift that will carry through the day.

- ✓ Take Quantum Greens Mix Capsules or 1 tsp. of good quality green powder or E3Live® (mixed in water or juice) and 4 digestive enzymes 30 minutes before each meal; these are designed to be taken on a daily basis and especially during a cleanse.
- ✓ The enzymes will maximize digestion and assimilation of all foods and nutrients.
- ✓ Add green powder or rice protein to your morning smoothie and vegetable juice.
- ✓ Vitamin C supplementation helps during withdrawal by supporting adrenal glands. As a stress-reducer, several grams more of vitamins can be taken over the course of the day.
- ✓ If you need a snack, see the list of alkalizing snacks on page 67.
- ✓ Performing an overnight colon cleanse will eliminate the previous night's meal the following day, preventing the formation of toxins in the bowel.

## PLAN A: DAY 3

**Smoothies, some steamed/cooked veggies and animal protein, and healthy carbs—an effective cleanse**

7-DAY PLAN: DAY 3			
Menu	Recipe Pg#	Ate	Modified
<b>AM Upon Wakening</b>			
16 to 32 oz. water with 1 tbsp fresh lemon juice; then wait 15 min.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Breakfast</b>			
Wild smoothie - or green smoothie		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Lunch</b>			
Shaved Fennel Salad with Lemon Oil		<input type="checkbox"/>	<input type="checkbox"/>
3 oz of cold water fish (mackerel, salmon, or sardine)			
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Dinner</b>			
Grilled Marinated Vegetables with baked yam or sweet potato (1 cup)		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
Oxygen Colon cleanse		<input type="checkbox"/>	<input type="checkbox"/>

Supplements suggested with your program: The supplements will help cleanse your body of fatty build-up and decrease sugar cravings. Take between meals for a green energy lift that will carry through the day.

- ✓ Take Quantum Greens Mix Capsules or 1 tsp. of good quality green powder or E3Live® mixed in water or juice) and 4 digestive enzymes 30 minutes before each meal; these are designed to be taken on a daily basis and especially during a cleanse.
- ✓ The enzymes will maximize digestion and assimilation of all foods and nutrients.
- ✓ Add green powder or rice protein to your morning smoothie and vegetable juice.
- ✓ Vitamin C supplementation helps during withdrawal by supporting adrenal glands. As a stress-reducer, several grams more of vitamins can be taken over the course of the day.
- ✓ If you need a snack, see the list of alkalizing snacks on page 67.
- ✓ Performing an overnight colon cleanse will eliminate the previous night's meal the following day, preventing the formation of toxins in the bowel.

## PLAN A: DAY 4

**Smoothies, some steamed/cooked veggies and animal protein, and healthy carbs—an effective cleanse**

7-DAY PLAN: DAY 4			
Menu	Recipe Pg#	Ate	Modified
<b>AM Upon Wakening</b>			
16 to 32 oz. water with 1 tbsp fresh lemon juice; then wait 15 min.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Breakfast</b>			
Wild smoothie - or green smoothie		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Lunch</b>			
Greek Salad		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Dinner</b>			
Cabbage soup		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
Oxygen Colon cleanse		<input type="checkbox"/>	<input type="checkbox"/>

Supplements suggested with your program: The supplements will help cleanse your body of fatty build-up and decrease sugar cravings. Take between meals for a green energy lift that will carry through the day.

- ✓ Take Quantum Greens Mix Capsules or 1 tsp. of good quality green powder or E3Live® mixed in water or juice) and 4 digestive enzymes 30 minutes before each meal; these are designed to be taken on a daily basis and especially during a cleanse.
- ✓ The enzymes will maximize digestion and assimilation of all foods and nutrients.
- ✓ Add green powder or rice protein to your morning smoothie and vegetable juice.
- ✓ Vitamin C supplementation helps during withdrawal by supporting adrenal glands. As a stress-reducer, several grams more of vitamins can be taken over the course of the day.
- ✓ If you need a snack, see the list of alkalizing snacks on page 67.
- ✓ Performing an overnight colon cleanse will eliminate the previous night's meal the following day, preventing the formation of toxins in the bowel.

## PLAN A: DAY 5

**Smoothies, some steamed/cooked veggies and animal protein, and healthy carbs—an effective cleanse**

7-DAY PLAN: DAY 5			
Menu	Recipe Pg#	Ate	Modified
<b>AM Upon Wakening</b>			
16 to 32 oz. water with 1 tbsp fresh lemon juice; then wait 15 min.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Breakfast</b>			
Wild smoothie - or green smoothie		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal tea (dandelion leaf, nettle, rose hip, chamomile)		<input type="checkbox"/>	<input type="checkbox"/>
<b>Lunch</b>			
Garden Salad		<input type="checkbox"/>	<input type="checkbox"/>
Honey Mustard Dressing		<input type="checkbox"/>	<input type="checkbox"/>
Add a handful of pumpkin seeds, walnut, or sunflower seeds		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Dinner</b>			
Lentil salad & Steam Green		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
Oxygen Colon cleanse		<input type="checkbox"/>	<input type="checkbox"/>

Supplements suggested with your program: The supplements will help cleanse your body of fatty build-up and decrease sugar cravings. Take between meals for a green energy lift that will carry through the day.

- ✓ Take Quantum Greens Mix Capsules or 1 tsp. of good quality green powder or E3Live® mixed in water or juice) and 4 digestive enzymes 30 minutes before each meal; these are designed to be taken on a daily basis and especially during a cleanse.
- ✓ The enzymes will maximize digestion and assimilation of all foods and nutrients.
- ✓ Add green powder or rice protein to your morning smoothie and vegetable juice.
- ✓ Vitamin C supplementation helps during withdrawal by supporting adrenal glands. As a stress-reducer, several grams more of vitamins can be taken over the course of the day.
- ✓ If you need a snack, see the list of alkalizing snacks on page 67.
- ✓ Performing an overnight colon cleanse will eliminate the previous night's meal the following day, preventing the formation of toxins in the bowel.

## PLAN A: DAY 6

**Smoothies, some steamed/cooked veggies and animal protein, and healthy carbs—an effective cleanse**

7-DAY PLAN: DAY 6			
Menu	Recipe Pg#	Ate	Modified
<b>AM Upon Wakening</b>			
16 to 32 oz. water with 1 tbsp fresh lemon juice; then wait 15 min.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Breakfast</b>			
Wild smoothie - or green smoothie		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Lunch</b>			
Shaved Fennel Salad with Lemon Oil or any salad		<input type="checkbox"/>	<input type="checkbox"/>
3 oz. wild fish (salmon,macherel, sardine or organic chicken)		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Dinner</b>			
Ginger Miso Soup		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
Oxygen Colon cleanse		<input type="checkbox"/>	<input type="checkbox"/>

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- ✓ Take Quantum Greens Mix Capsules or 1 tsp. of good quality green powder or E3Live® mixed in water or juice) and 4 digestive enzymes 30 minutes before each meal; these are designed to be taken on a daily basis and especially during a cleanse.
- ✓ The enzymes will maximize digestion and assimilation of all foods and nutrients.
- ✓ Add green powder or rice protein to your morning smoothie and vegetable juice.
- ✓ Vitamin C supplementation helps during withdrawal by supporting adrenal glands. As a stress-reducer, several grams more of vitamins can be taken over the course of the day.
- ✓ If you need a snack, see the list of alkalizing snacks on page 67.
- ✓ Performing an overnight colon cleanse will eliminate the previous night's meal the following day, preventing the formation of toxins in the bowel.

## PLAN A: DAY 7

**Smoothies, some steamed/cooked veggies and animal protein, and healthy carbs—an effective cleanse**

7-DAY PLAN: DAY 7			
Menu	Recipe Pg#	Ate	Modified
<b>AM Upon Wakening</b>			
16 to 32 oz. water with 1 tbsp fresh lemon juice; then wait 15 min.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Breakfast</b>			
Wild smoothie - or green smoothie		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Lunch</b>			
Classic Coleslaw (no need for animal protein)		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
<b>Dinner</b>			
Cabbage Soup or Lentil Stew or Steam Green		<input type="checkbox"/>	<input type="checkbox"/>
<b>Snack</b>			
Herbal Tea Dandelion leaf, nettle, rose hip or green tea.		<input type="checkbox"/>	<input type="checkbox"/>
Oxygen Colon cleanse		<input type="checkbox"/>	<input type="checkbox"/>

Supplements suggested with your program: The supplements will help cleanse your body of fatty build-up and decrease sugar cravings. Take between meals for a green energy lift that will carry through the day.

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- ✓ The enzymes will maximize digestion and assimilation of all foods and nutrients.
- ✓ Add green powder or rice protein to your morning smoothie and vegetable juice.
- ✓ Vitamin C supplementation helps during withdrawal by supporting adrenal glands. As a stress-reducer, several grams more of vitamins can be taken over the course of the day.
- ✓ If you need a snack, see the list of alkalizing snacks on page 67.
- ✓ Performing an overnight colon cleanse will eliminate the previous night's meal the following day, preventing the formation of toxins in the bowel.