



Good News! With a little help, your body has the ability to detoxify and heal itself.

The Abundant Nutrition Cleansing Diet is an easy to follow 3 week program designed to provide gentle, deeply effective support for your body's cleansing and healing process.

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Look through your whole e-book before you begin your cleanse. That way you will know about all the tools to help you along the way.



The statements herein have not been reviewed by the Food and Drug Administration and are not intended to diagnose treat or cure any illness or disease.

Congratulations. Deciding to do a cleanse, even considering one, is a big step. I am confident that if you follow the Abundant Nutrition Cleansing Diet guidelines, and your own inner wisdom, you will find that you have taken one of the best steps of your life.

This booklet provides easy to follow instructions for a week of preparation, a week of deep cleansing, and a week of reintegrating into a healthy daily-life diet. Each week has a section of the booklet, with instructions and food lists clearly laid out. A nourishing cleanse that supports your body's natural healing ability, Abundant Nutrition cleansers usually find that each week flows naturally into the next. The Abundant Nutrition cleansing Diet gives your body a rest from the foods that stress it and gives your body the vital nutrients it needs to cleanse and detoxify. This is the perfect set-up for an ongoing life of vitality.

You have lots of support tools here too. There are basic recipes, a food diary, an explanation of alkaline eating, and many tips for making your cleanse a total success. Try keeping the food diary for three days before you begin, three days during, and three days after the cleanse. It will help you see where you are and how you've improved.

I believe that our bodies are made to cleanse themselves with the help of the beautiful, natural foods that come to us from the earth. We have only to un-burden and support the process. This simple diet, based on natural healthy foods, is all you really need for a great cleanse. It detoxifies the colon and the liver, cleansing blood and body tissues and rejuvenating your cells. Some people may be interested in enhancing the cleanse program with supplements. If so, you will find notes on that in the beginning of this booklet. While they can enhance the process, especially for repeat cleansers, supplements are not necessary for a wonderful cleanse.

Your job is to follow the Abundant Nutrition Cleanse directions as best you can. If you have any health issues, you may want to consult your health care practitioner before beginning. Each person is unique and bodies respond differently to foods and supplements. Pay close attention to what is right for you at each step. It's OK to back off a little if the cleanse is going too fast; it is also OK to go a little deeper as you are ready.

Thank you for choosing the Abundant Nutrition Cleanse. Cleansing is a time when much deep healing can take place, not just in the physical body, but in the spirit too. I hope that as you take this time to tune into your body, you will find that your inner life is supported and nourished too. I think you will.

Yours in Health,
Marguerite Ogle,

GREAT REASONS TO CLEANSE

1. Detoxify cells and organs
2. Give the body a chance to heal itself
3. Have more energy
4. Feel lighter
5. Mental clarity
6. Establish good self care habits
7. Get a fresh start
8. Rejuvenate the digestive system
9. Feel closer to self—spiritual inspiration
10. The *Best* reason to cleanse is *your* reason, write it here:

Put this list in a place where you can see it and be inspired by it!

A NOTE ABOUT SUPPLEMENTS FOR YOUR CLEANSE

The Abundant Nutrition Cleansing Diet is a complete cleanse program that does not require the use of extra supplements. If you follow the dietary guidelines of this cleanse, your body will have a wonderful opportunity to detoxify. You will be amazed at how good you feel. However, many people do enjoy, and sometimes need, the added support of detoxification supplements.

The Abundant Nutrition Cleansing Diet is compatible with any quality cleanse products like those sold in health food stores.

Some easy to find herbs and supplements known to aid cleansing include:

The LIVER	The COLON
Leafy Greens	Fiber
	Ground Flax Seed
Ginger	Aloe Vera
Ginseng	Cayenne
Turmeric	Goldenseal
Lemon	Vitamin C and other antioxidants
Red Clover	Probiotics
Milk Thistle	
Burdock	
B Vitamins	

Great Ways to Support Detoxification -

- **Exercise:** The value of exercise cannot be overstated. From a cleansers point of view exercise stimulates the detoxification pathways of the body through circulation, respiration, perspiration, lymphatic drainage, and the sympathetic and parasympathetic nervous system. Pilates, gyrotonics, yoga and walking are excellent choices of exercise while cleansing.
- **Enemas:** Many people feel that enemas are essential for a good cleanse. They help remove old waste from the colon. They also stimulate peristalsis. If you have never done an enema, rest assured it is not difficult. Buy a regular water enema bag and follow the instructions. Do not use a pre-mix enema solution.
- **Colonics:** A colonic is a professionally administered hydration and flushing of the colon and large intestine. It is more thorough than an enema. Many people feel that colonics help them get rid of waste that they were unable to expel otherwise.
- **Deep Breathing:** O₂ in, CO₂ out! Deep breathing gets rid of stale air in the lungs and refreshes the body and spirit with new energy.
- **Sauna and Skin Brushing:** The skin is the largest eliminative organ of the body. Both sauna and skin brushing help slough off old skin and open the pores as detox pathways.
- **Meditation:** Many cleansers find that the process of cleansing refines the senses and settles energy. Cleansing time can be a good time to initiate or re-establish a meditative practice in one's life.
- **Life Review:** This is a perfect time to review what is nourishing you and what might be robbing your energy.
- **Sleep:** Sleep is rejuvenation time. You may find that you need more sleep than usual as you cleanse. If you can give yourself this gift, it will aid your cleanse and renew vitality.

Things to Completely Avoid Throughout Your 3 Week Cleanse

Sugar and anything with sugar added

white sugar*, brown sugar, raw sugar, fructose, sucrose, corn syrup, high fructose corn syrup, dextrose, maltose

replace with a little honey or maple syrup

Artificial Sweeteners* – aspartame, splenda

replace with stevia or xylitol

Table Salt* (sodium chloride)

replace with small amount of iodized sea salt, kelp, other pure salts

Trans-fats* – hydrogenated, partially hydrogenated

Anything with ingredients on the label that you can't pronounce

Red Meat

Hard Cheeses

All Processed Foods including: breakfast cereals, processed meat, processed cheese

Junk "Foods" – chips, candy

Carbonated Drinks – especially soda pop

Caffeine – coffee, tea, soda

Chocolate

White Flour

Baked Goods like bread, muffins, pastry

Refined Grains

Fried or Charred Foods

Cow Milk and milk products (other than organic fermented – week 1,3)

Drugs and Cigarettes*

Alcohol

WEEK 1 - SET THE FOUNDATION FOR YOUR CLEANSE

This is the first phase of your cleanse. You might think of it as the warm-up period. Here, the focus is on a basic alkalizing diet; free of overt toxins like trans-fats, soda, junk food, and heavily processed foods, as well as foods that create an overly acidic environment in the body like red meat and milk. See the notes on alkaline eating at the end of this booklet.

You may be letting go of some favorites and habitual foods, so you will want to nourish yourself as much as possible with delicious whole food choices. Try to eat light and bring more raw fruits and vegetables into your diet.

Recommended Food Selections for Week 1 of Your Cleanse

Try for organic – if you don't have organic, use a fruit and vegetable wash

Vegetables – ALL YOU WANT focus on variety and colorful veggies

- Fresh vegetables
- Vegetable juices
- Vegetable broth
- Lightly cooked – steamed, baked, sautéed

Fresh Fruits – no more than 5 per day, fruits are sources of sugar

- Fresh whole fruit
- 100% Fruit Juice – small amounts, dilute with pure water
- Lightly cooked – ex. baked apples, raisins in hot cereal

Grains – up to 3 servings per day

- Millet
- Rice
- Quinoa
- Amaranth
- Buckwheat (kasha)
- Corn (common allergen)
- *Spelt
- *Oats
- *Barley
- *Rye
- *Wheat

*gluten containing

Legumes (beans) up to 3 servings per day

- Lentils
- Dried peas – black eyed
- Azuki beans
- Butter beans
- Garbanzo beans
- Black Beans
- Red Beans
- Soy (common allergen) – use fermented only – tempeh, miso, natto

WEEK 1
FOOD
SELECTIONS

Week 1 Food Selections Continued

Nuts and Seeds –

Seeds – 1-2 tbs. per day

Chia
Flax
Sesame
Sunflower
Pumpkin

Nuts up to ½ cup per day

Almonds
Walnuts
Hazelnuts
Brazil Nuts
Chestnuts
Peanuts

Dairy— cultured and organic only:
yogurt, kefir, low fat cottage cheese

Eggs – organic: up to 3 times per
week

Organic Fowl

Fish – 3 – 4 servings during the week

Wild Salmon
Halibut
Sardines
Mackerel
Tuna

Fats and Oils – organic cold pressed

Up to 2 Tbs per day.

Flax Oil
Walnut
Olive
Corn
Safflower
Sesame
Coconut Oil (1 TBS)

Beverages

Master Cleanser (see recipes)
Water 8 glasses per day
Vegetable juice
Vegetable broth (see recipes)
Herbal Teas
Fruit Juices – counts as a piece of
fruit, dilute with water

Organic Herbs and Spices –

use liberally—include:
cayenne, turmeric, ginger, angelica,
cilantro

Booster Foods

sea veggies, chlorophyll, wheat grass,
barley grass, mushrooms, garlic, gin-
seng, aloe vera

For cooking:

Canola
MacNut
Coconut
Olive (low heat)

WEEK 2—DEEPENING YOUR CLEANSE

Congratulations of getting to Week 2! This could be one of the most important weeks of your life. Now is the time to go deeper with your cleanse. This week you drop all the most body- challenging foods from your diet, allowing the digestive system rest and free the body to do its cleansing work.

Note that all of the gluten containing grains, as well as corn and soy, are off the suggested list this week. All dairy products and meat (except a little fish if necessary) are out as well. Remember, it is only for one week and your body will thank you immensely for giving it a rest from acidic, congesting foods. The gluten grains, corn, soy, dairy and eggs are all very common allergens. You may not realize that your body is challenged by these foods until you take a break from them.

Recommended Foods for Week 2 of Your Cleanse

Try for organic – if you don't have organic, use a fruit and vegetable wash

This week go for more raw fruits and vegetables—use small servings of grains and legumes for one or two meals

Vegetables – ALL YOU WANT focus on variety and colorful veggies

Fresh vegetables

Vegetable juices

Vegetable broth

Lightly cooked – steamed, baked, sautéed

Beverages

Master Cleanser (see recipes)

Water 8 glasses per day

Vegetable juice

Vegetable broth (see recipes)

Herbal Teas

Fruit Juices – count as a piece of fruit, dilute with water

Fresh Fruits – no more than 6 per day, fruits are sources of sugar

Fresh whole fruit

100% Fruit Juice – small amounts, dilute with water

Lightly cooked –
ex. baked apples

Grains

Millet

Rice

Quinoa

Amaranth

Buckwheat (kasha)

Week 2 foods cont.

Nuts and Seeds –

Seeds – 1-2 tbs. per day

- Chia
- Ground Flax
- Sesame
- Sunflower
- Pumpkin

Nuts up to ½ cup per day

- Almonds
- Walnuts
- Hazelnuts
- Brazil Nuts
- Chestnuts
- Peanuts

Fish – 3 small servings per week for those who feel they need it

- Wild Salmon
- Halibut
- Sardines
- Mackerel
- Tuna

Fats and Oils – organic cold pressed 2 Tbs.

Per day

- Flax Oil
- Walnut
- Olive
- Corn
- Safflower
- Sesame
- Coconut Oil (small amount)

for cooking

- Canola Oil
- MacNut Oil
- Coconut Oil
- Olive (low heat)

WEEK 2
FOOD
SELECTIONS
CONTINUED

Organic Herbs and Spices –

use liberally – include:
cayenne, turmeric, ginger,
angelica, cilantro

Booster Foods

sea veggies, chlorophyll,
wheat grass, barley grass,
mushrooms, garlic, ginseng,
aloe vera

WEEK 3 - MAKING CLEAR AND HEALTHY CHOICES

This week you continue to support your cleansing process with a pure, alkalizing diet. Coming out of the most intense part of the cleanse, this is a perfect time to gently experiment with adding some of foods you let go of in week 2 back to your diet. Increase quantities of food slowly.

Try for organic – if you don't have organic, use a fruit and vegetable wash

WEEK 3 FOOD SELECTIONS

Vegetables – ALL YOU WANT focus on variety and colorful veggies

Fresh vegetables

Vegetable juices

Vegetable broth

Lightly cooked – steamed, baked, sautéed

Fresh Fruits – no more than 5 per day, fruits are sources of sugar

Fresh whole fruit

100% Fruit Juice – small amounts, dilute with water

Lightly cooked – ex. baked apples, raisins in hot cereal

Grains

Millet

Rice

Quinoa

Amaranth

Buckwheat (kasha)

Continue to monitor the effect of these grains. They are healthful but can be irritating for some people:

Corn (common allergen – always get organic only- no GMO)

*Oats

*Barley

*Rye

*Wheat

*Spelt

*gluten containing

Legumes (beans)

Lentils

Dried peas – black eyed

Aduki beans

Butter beans

Garbanzo beans

Black Beans

Red Beans

Soy (common allergen) – use fermented only – tempeh, miso

Even fermented soy could be an allergen for you – watch the effect

Week 3 cont.

Nuts and Seeds –

Seeds – 1-2 tbs. per day

- Chia
- Flax
- Sesame
- Sunflower
- Pumpkin

Nuts up to ½ cup per day

- Almonds
- Walnuts
- Hazelnuts
- Brazil Nuts
- Chestnuts
- Peanuts

Dairy – cultured and organic only: yogurt, kefir
low fat cottage cheese

Eggs – organic: up to 3 times per week

Monitor the effect of dairy products – introduce slowly and eat sparingly

Organic/Wild Fowl

Fish – 3 small servings during the week

- Wild Salmon
- Halibut
- Sardines
- Mackerel
- Tuna

Fats and Oils – organic cold pressed 2 Tbs. Per day

- Flax Oil
- Walnut
- Olive
- Corn
- Safflower
- Sesame
- Coconut Oil (small amount)

for cooking

- Canola Oil
- Mac Nut Oil
- Coconut Oil

WEEK 3
FOOD
SELECTIONS
CONTINUED

Week 3 of your cleanse can be one of the most instructive parts of the cleanse process. Here are a few notes for finishing your cleanse in a way that honors the work you have done so far, and helps you use this week to listen to your body.

Week 3 is a gradual return to the week 1 diet, which included some foods that are potential allergens. It is very important that you reintroduce these foods to your body slowly. Ideally you will wait 24 hrs between adding each new kind of food. For example, you could have an egg and then wait 24 hrs before returning wheat to your diet. This gives you an opportunity to watch your body's response.

Some common signs of allergic response to food include:

- Headache
- Fatigue
- Nausea
- Constipation/diarrhea
- Dizziness
- Excess mucus in sinuses and throat
- Skin disruptions

There are many more ways that food allergy symptoms may appear. The important thing is to notice what might be triggering an unusual response in you.

*If a food does create a challenge for you as you are coming off the cleanse, you will want to leave that food out of your diet until you have completed investigating your response to other foods. Wait until your symptoms have subsided before testing a new food.

One week (week 2) is not long enough to clear your body of a food allergy, but the week 3 introductions can show you what you want to work on.

Keeping a food diary during this week would be very revealing and helpful in planning a vital life.

HELPFUL RECIPES

RECIPES

The Master Cleanse Lemonade:

mix together and drink:

- 2 tbsp organic lemon (about 1/2 lemon)
- 2 tbsp of pure grade B maple syrup
- 1/10 tsp cayenne pepper
- 12 oz of purified water (room temp or warmer)

Note that the maple syrup is a source of minerals but also sugar. If you are still eating regular meals, even if they are small, you should reduce the amount of maple syrup by at least half.

Vegetable Broth

All veggies should be organic or washed with a vegetable wash. Using the following recipe as a guide, you can use any vegetables you like.

- 2 quarts pure water
- 3 medium potatoes, - cut in chunks
- 4 carrots—cubed
- 2 medium onions—in chunks
- 2 cups of greens like kale, cabbage or spinach—chopped
- 1 or two small beets—in chunks
- 3 stalks celery—chopped
- ¼ cup parsley—finely chopped
- 2—3 cloves garlic- minced or pressed

Place all ingredients in a stock pot and simmer for two to three hours. Add the more delicate vegetables, like the greens, later in the cooking process. Strain and drink broth when cooled. Vegetable broth can be stored for a day or two in the refrigerator.

Grains and legumes are an important part of a healthful diet. They provide vitamins and minerals as well as being a source of protein, complex carbohydrates, and fiber. These cook charts will get you started but do explore the many kinds of grains and legumes that are available.

Rinse and strain all grains and legumes before cooking. Bring the water to a boil, add the rinsed grain or bean, cover and simmer on low until done. Cooking in broth or stirring in herbs, spices or ground nuts and seeds after cooking makes these dishes more interesting.

Cook times and the amount of water needed may vary.

Grains - 1 cup dry	Cups of Water	Cook Time
Amaranth	2 1/2	20 minutes
Barley (pearled)	3	55 minutes
Millet	3	25 minutes
Brown Rice	2 1/4	50 minutes
Quinoa	2	20 minutes

Legumes—1 cup dry	Cups of Water	Cook Time
Black Beans	4	1 - 1 1/2 hours
Garbanzo (chick peas)	4	1—3 hours
Great Northern Beans	3 1/2	1 1/2 hours
Brown Lentils	1 1/4	1 hour

Why Alkalize?

When we talk about alkaline foods and alkalizing our blood, what we really mean is that we want to eat foods that make it easy for our bodies to maintain the correct pH (acid/alkaline) balance in our system. There is a narrow range of pH in which the body can function at all, and it works hard to maintain its proper pH levels. For the most part, the body functions best at slightly above neutral pH, which is 7.0. Except for stomach acid, which is very acidic, our bodies like to be slightly alkaline at 7.4. One can think of pH levels like the acidity or alkalinity of a special soup that our cells are swimming in. When the pH is slightly alkaline, where the body likes it, cells and enzyme reactions work at their best.

The theory of eating alkaline goes like this: When the process of breaking down a food creates an acidic condition in the body, the body has to work very hard to buffer the acidic results and the whole system goes on high alert. This can lead to using up proteins and valuable minerals, like calcium, to help buffer the acids and re-establish neutral pH. Evidence is accumulating that acidic conditions in the body are related to inflammatory diseases like heart disease, arthritis, and inflammatory bowel, among many others. This is why healthy eating emphasizes foods that are more alkalizing than acidic in their breakdown.

When we do a cleanse, we focus on eliminating acid forming foods from our diet so the body has a chance to rest, cleanse, and rebuild rather than trying to keep up with acidic challenges. Foods that create an acidic condition in the body, and challenging the body most in terms of maintaining pH balance, include red meats, dairy products, sugar and white flour. You will find a large list of acid/alkaline foods later in this booklet.

Some foods we normally think of as being acidic actually have an alkalizing result in the body- lemon, pineapple and grapefruit for example. In fact most fruits and vegetables are alkalizing. Which is why they are the basis of the Abundant Nutrition Cleanse.

Very Alkaline Forming Foods - pH 8.5 to 9.0

9.0 Lemons, Watermelon

8.5 Agar Agar, Cantaloupe, Cayenne

Dried dates & figs, Kelp, Kudzu root, Limes,
Mango, Melons, Papaya, Parsley, Seedless grapes
(sweet), Watercress, Seaweeds

Asparagus, Endive, Kiwifruit, Fruit juices, Grapes
(sweet), Passion fruit, Pears (sweet), Pineapple,
Raisins, Umeboshi plum, Vegetable juices

Moderate Alkaline Forming Foods - pH 7.5 to 8.0

8.0 Apples (sweet), Apricots, Alfalfa sprouts,
Arrowroot, flour, Avocados, Bananas (unripe),
Berries, Carrots, Celery, Currants, Dates & figs
(fresh), Garlic, Gooseberry, Grapes (less sweet),
Grapefruit, Guavas, Herbs (leafy green), Lettuce
(leafy green), Nectarine, Peaches (sweet), Pears
(less sweet), Peas (fresh sweet), Persimmon,
Pumpkin (sweet), Sea salt (vegetable), Spinach

7.5 Apples (sour), Bamboo shoots, Beans (fresh green),
Beets, Bell Pepper, Broccoli, Cabbage;Cauli, Carob
, Daikon, Ginger (fresh), Grapes (sour), Kale,
Kohlrabi, Lettuce (pale green), Oranges, Parsnip,
Peaches (less sweet), Peas (less sweet), Potatoes
& skin, Pumpkin (less sweet), Raspberry, Sapote,
Strawberry, Squash, Sweet corn (fresh), Tamari
, Turnip, Vinegar (apple cider)

Slightly Alkaline to Neutral Foods—pH 7.

7.0 Almonds, Artichokes (Jerusalem), Barley-Malt
(sweetener-Bronner), Brown Rice Syrup, Brussel
Sprouts, Cherries, Coconut (fresh), Cucumbers, Egg
plant, Honey (raw), Leeks, Miso, Mushrooms, Okra,
Olives ripe, Onions, Pickles, (home made),
Radish, Sea salt, Spices, Taro, Tomatoes
(sweet), Vinegar (sweet brown rice), Water Chestnut
Amaranth, Artichoke (globe), Chestnuts (dry
roasted), Egg yolks (soft cooked), Essene bread,
Goat's milk and whey (raw), Horseradish,
Mayonnaise (natural), Millet, Olive oil, Quinoa,
Rhubarb, Sesame seeds (whole), Soy beans
(dry), Soy cheese, Soy milk, Sprouted grains,
Tempeh, Tofu, Tomatoes (less sweet), Yeast
(nutritional flakes) Butter (fresh unsalted),
Cream (fresh & raw), Margarine, Milk (raw cow's), Oils (except olive),
Whey (cow's), Yogurt (plain)

Slightly Acid to Neutral pH 7.0

7.0 Barley malt syrup, Barley, Bran, Cashews, Cereals (unrefined with honey-fruit-maple syrup), Cornmeal, Cranberries, Fructose, Honey (pasteurized), Lentils, Macadamias, Maple syrup (unprocessed), Milk (homogenized) and most processed dairy products, Molasses (unsulphured organic), Nutmeg, Mustard, Pistachios, Popcorn & butter (plain), Rice or wheat crackers (unrefined), Rye (grain), Rye bread (organic sprouted), Seeds (pumpkin & sunflower), Walnut, Blueberries, Brazil nuts, Butter (salted), Cheeses (soft and mild), Crackers (unrefined rye), Dried beans (mung, adzuki, pinto, kidney, garbanzo), Dry coconut, Egg whites, Goats milk (homogenized), Olives (pickled), Pecans, Plums, Prunes, Spelt

Moderate Acid - pH 6.0 to 6.5

6.0 Cream of Wheat (unrefined), Fish, Fruit juices with sugar, Maple syrup (processed), Molasses (sulphured), Pickles (commercial), Breads (refined) of corn, oats, rice & rye, Cereals (refined), corn flakes, Shellfish, Wheat germ, Whole Wheat foods, Wine, Yogurt (sweetened)

6.5 Bananas (ripe), Buckwheat, Cheeses (sharp), Corn & rice breads, Egg whole (cooked hard), Ketchup, Mayonnaise, Oats, Pasta (whole grain), Pastry (wholegrain & honey), Peanuts, Potatoes (with no skins), Popcorn (with salt & butter), Rice (basmati), Rice (brown), Soy sauce (commercial), Tapioca, Wheat bread (sprouted organic)

Extremely Acid Forming Foods - pH 5.0 to 5.5

5.0 Artificial sweeteners

5.5 Beef, Carbonated soft drinks & fizzy drinks, Flour (white wheat), Goat, Lamb, Pastries & cakes from white flour, Pork, Sugar (white)

Beer, Brown sugar, Chicken, Deer, Chocolate, Coffee, Custard with white sugar, Jams, Jellies, Liquor, Pasta (white), Rabbit, Semolina, Table salt refined & iodized, Tea black, Turkey, Wheat bread, White rice, White vinegar (processed).

Helpful Kitchen Tools

Salad spinner, vegetable peeler, vegetable steamer, cutting board, non-aluminum pans, pots with lids that fit, sharp knives, storage containers (glass is best)

A little more pricey but worth the investment: juicer, blender, food processor
pressure cooker

Think ahead about your day – cook ahead, save leftovers

Eat enough! (but don't over-eat - leave some room)

Keep your blood sugar steady. Think Abundance -lots of vegetables and fruit, use complex carbohydrates like whole grains and legumes for steady energy, some clean protein, and some healthy fats . Water is very cleansing and helps you feel full.

Shopping:

- ⌘ Make a list - remember to take it!
- ⌘ Try for organic, especially the top “dirty dozen” (see list)
- ⌘ Buy and use fruit and veggie wash
- ⌘ Shop the perimeter of the store, this is where the fresh and real foods usually are.
- ⌘ Shop Natural: Health Food stores, Farmers Markets, Grow Your Own

Read labels

stay away from sugar, corn syrup, high fructose, hydrogenated fats (trans fats), artificial ingredients, things you can't pronounce, highly processed foods like processed cheeses and meats and refined flours.

Make shopping pleasant - go someplace you like to shop, go when you have time and you are not too hungry.

On the go:

- ⌘ Plan ahead is best – take what you need
- ⌘ Try the deli dept. in the market, or a juice bar. Avoid fast food

Restaurants:

- ⌘ Plan where you will get a meal out (don't wait until hunger strikes)
- ⌘ Ask to make replacements, deletions, healthy additions
examples: exchange refried beans for black beans, add vegetables, order vegetables from the side menu, ask for olive oil and lemon for your salad or veggies.
- ⌘ Drop one fatty thing, like the meat or the cheese—beware the salad dressing!



Food Diary

A food diary is an excellent tool for raising your awareness of what you eat, how you eat, and why you eat. The emotional and environmental context in which we eat is as important as what we eat, so be sure to make note of those as well. There is also a place on page 2 where you can record any notes you have about the specific effects of foods eaten.

Keeping a food diary for *at least 3 days* is recommended. Print as many of the following two pages as you need.

Morning

Food and Drink

8 am : 1 bowl of steel cut oats with 1 tbs. maple syrup and 1 tsp. Coconut oil

Half banana and 3/4 cup rice milk. Rooibos Tea

10 am Snack : 1 orange

Where, Why, and How I Felt

A pretty morning. I ate alone in the kitchen. I felt happy and ready to start the day.

Snack time—looking forward to lunch

How I Felt After I Ate

I felt fine but I got hungry soon after. Seems like I always get hungry faster when I eat oats.

Use the Next Few Pages to Record Your Own Food Diary.



Food Diary— Date Begun: _____

Morning
Food and Drink

Where, Why, and How I Felt:

Afternoon
Food and Drink:

Where, Why, and How I Felt:



Food Diary

Evening
Food and Drink

Where, Why, and How I Felt:

Notes on the Effects of Food I Ate Today

Marguerite Ogle M.S.

The Abundant Nutrition Cleansing Diet

compassionatewellness.com

Finishing a cleanse is the beginning of a new cycle of life. You are refreshed and your body is stronger. Now it's time to continue and build upon the healthful patterns that you have created over the past few weeks!

If you start to feel yourself slipping back to unhealthy ways, take a few days and keep food diary. Just that much attention can help you get back on track.

I would be very happy to work with you personally. You can find out more about my wellness and cleanse coaching at CompassionateWellness.com where you will also find:

- ☞ **Natural Wellness Coaching Information**
- ☞ **The Compassionate Wellness Newsletter**
- ☞ **Marguerite's Pilates and Fitness Newsletter**
- ☞ **Healthy Living Tips**
- ☞ **Links to Wonderful Products and Services**

Live Well!

Marguerite

Marguerite Ogle