

2 - 5 - 30 Summer Cleanse Schedule Menu

Week One: Begin the Detox!

Menu and Schedule for the Two Days is the same

Good News: you will not be cooking for 2 whole days!

There will be food preparation and lots of it on the first day. On the second day you will be almost on a holiday from the kitchen.

For me that is always a good thing especially in the summer.



2 Nights Before 2 Day Cleanse:

- Soak Quinoa. See instructions here: [Sprouting Quinoa](#)
- Make sure you have everything on your shopping list to make it a fun, easy weekend.

Evening Meal Before 2 Day Cleanse

- **Dinner: Eat a big salad (optional but recommended)**
Eating a lighter, smaller meal for dinner is better for digestion and will help you sleep deeper.
- Soak [Almonds](#) and [Pumpkin Seeds](#). See instructions here: [SPROUTING NUTS & SEEDS](#)

Saturday and Sunday

The menu is the same for Saturday and Sunday.

If you think you will run out of some of the food items then stock up on Saturday. You may have underestimated how much watermelon you needed. Better to have too much than not enough. If you have more watermelon than you need, no problem just eat it for breakfast next week.

First thing in the morning: Best time to wake is between 6 am and 8 am.

To support your body's need to cleanse in the morning:

- Practice deep breathing to draw in more oxygen and help the body cleanse.
- Brush your teeth and tongue with water (tongue scrapping will be helpful in ridding the body of any toxins that accumulated overnight).
- Have a shower.



- Do exercise suited to your body type. Exercise before breakfast helps with weight loss.

Drink 2-3 cups of pure warm water or room temperature. No cold water. Drink as much as feels good. If you feel nauseous do not continue to drink.

Why and What happens we drink water first:

- It is important that the water has nothing in it so that it passes through right away. If it contains anything at all, it will stay in your stomach up to one hour.
- The water cleanses, flushing out all that is in your digestive system and kidney and bladder.
- Drink warm or hot water as it is gentler on the empty stomach.

Read more: [What do you Drink or Eat First Thing in the Morning?](#)

Breakfast:

'All the Watermelon You Can Eat'.

- Always wash the exterior of the watermelon before slicing to remove any bacteria on the surface.
- Before eating a piece that has been in the fridge, pull it out long enough for it to go to room temperature. This maximizes its nutrient absorption.
- Store cut up watermelon in the fridge. Watermelons retain more nutritional value after cut and stored in the fridge than most other produce.
- To see how to cut up lots of watermelon for easy eating watch me do it in this video: [Picking and Cutting a Perfect Watermelon](#)



Mid-morning Snack (1 – 2 hours after breakfast):

Summer Detox Smoothie

Eat your smoothie; chew it to produce that alkaline saliva for great digestion.

Watch these two videos for inspiration:

[Diana's Green Smoothie with a Difference](#)

[3 Minute Green Smoothie](#) by Randy

Half an hour before lunch: Drink one cup of Lemon water.

Lunch at noon:

[Watermelon Juice](#) or a Plate of Watermelon.

Summer Lunch Detox Salad

Eat Your Lunch:

1. Start with watermelon. You eat it first because it digests fast.
2. Then eat you **Summer Lunch Detox Salad**.

It is important that you do it in this order for maximum nutrition and to keep your digestive system happy. We do not want the food to be fighting with each other. 😊



Remember to chew your food well for more nutrition.

Half hour before snack: Drink 1 cup of Cumin/Coriander/Fennel Tea.

Mid Afternoon Snack (3 pm):

Choose between these two (I do recommend you go for the juice if you can):

- **Arugula Summer Detox Juice** Drink a glass of vegetable juice. Eat your vegetable juice; do not gulp it.
- Plate of Veg: celery sticks, carrot sticks and romaine lettuce leaves. Simply cut up a whole plate full and eat as much all you want. 😊



Half hour before dinner: Drink 1 cup of Cumin/Coriander/Fennel Tea.

5 pm Dinner:

First Course:

Plate of Watermelon.

Main Course:

Summer Detox Dinner Salad with almonds/pumpkin seeds and **Creamy Tahini Salad Dressing**.

Eating a salad by chewing it well can take longer than half chewing it. You can produce 2 gallons of saliva a day if you chew your food well and that means it is will be digested!

7 pm Evening Snack (1 ½ - 2 hours after dinner):

Small Bowl of cherries = 1 handful.



Don't eat after 7:30 P.M.

Evening beverage: Drink 1 cup of Cumin/Coriander/Fennel Tea.

One - Two hours before bedtime:

Detox Evening Foot Bath

In the evening do a warm foot bath with 1/2 cup of Epsom salt dissolved in the water. The sulfates in Epsom salt help pull out toxins and heavy metals from the cells, easing muscle pain and helping the body to eliminate harmful substances.

Get eight hours of sleep tonight. Best to be in bed by 10 pm....11 pm at the latest.



Water is of vital importance in creating and maintaining proper pH. Your body is 70% water, so it needs to be replenished consistently all day long. Did you know that the body loses 2.5 liters of water every day just from normal bodily functions?

You will notice that there is not as much drinking of water as one would think on a detox. This is because you are filling up on very watery foods like watermelon, fruit, greens and other salad vegetables.

When I did a 5 week detox at the clinic, I did not drink any water during the watermelon cycle.

You will probably have to use the bathroom quite a lot over the weekend. Your stools should be well-formed, not loose. There are enough nutrients and calories so you should feel you have enough energy to go for a walk.

Note: All the meals and snacks are alkaline forming and food combined.

For acid/alkaline balance there is a complete lesson with all the charts **Balance Your Body** for only \$4.99. Click here: [Balance Your Body](#) for more information.

You can find a whole chapter on Food Combining in '[Green Means Lean](#)' e-book for \$14.95. It is very important for weight loss and cleansing.

There are [Online Classes](#) on both of these principles: [Acid/Alkaline Balance](#) and [Food Combining](#). We will be doing more detoxing classes so watch for upcoming ones.