

2 - 5 - 30 Summer Cleanse Schedule Menu

Week Two: Continuing to Detox!

Menu and Schedule for the Two Days is the same

Evening Meal Before 2 Day Cleanse

Big Salad

By eating a lighter, smaller meal for dinner, will be better for digestion and a deeper sleep.



Night before:

- Soak [Almonds](#) and [Pumpkin Seeds](#). See instructions here: [SPROUTING NUTS & SEEDS](#)
- Make sure you have everything on your shopping list to make it a fun easy weekend.

The Two Days

The menu is the same for both days.

If you think you will run out of some of the food items then stock up during the first day. You may have underestimated how much watermelon you needed. If you have more watermelon then 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 7.

To support the body in its need to cleanse in the morning:

- Practice deep breathing to draw in oxygen and cleanse the air channels of the body.
- Brush your teeth and tongue with water (and scrapping of the tongue 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 is passes through right away and can flush away toxins and prepare your body for more cleansing. If it contains anything at all, it will stay in your stomach up to one hour so that does not work well.

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

Breakfast:

1 large bowl of Watermelon

- Always wash the exterior surface before slicing to remove any bacteria.
- Before eating a piece that has been in the fridge, pull it out long enough for it to go to room temperature.
- Store cut up watermelon in the fridge.
- To see how to cut up lots of watermelon for easy eating watch me do it in [this video](#):



Mid-morning Snack (1/2 hour – 2 hours after watermelon):

Mid-Summer Detox Smoothie

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

Watch this video for inspiration:

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

Drink 1 cup of Fresh Lemon Mint Tea 1/2 hour before lunch.

Lunch:

[Watermelon Juice](#) or a plate of watermelon.

Mid-Summer Lunch Salad with the option to have millet with it.

Eat Your Lunch:

1. Start with watermelon juice or a watermelon plate.
2. Then eat you **Summer Lunch Detox Salad**.

It is important that you eat your watermelon first for maximum nutrition and digestibility. Remember to chew your food well for more nutrition. ☺

Drink 1 cup of Fresh Lemon Mint Tea 1/2 hour before snack.

Mid Afternoon Snack:

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

- **Summer Detox Vegetable Juice** Drink a large 16 ounce glass of vegetable juice. Eat your vegetable juice; do not gulp it.
- Eat celery sticks, cucumber rounds, carrot sticks and romaine lettuce leaves. Simply cut up a whole plate full and eat as much all you want. ☺

During Afternoon: Drink 1 -2 cups of Lemon Mint Tea at room temperature or warm not cold.

Half hour before dinner: Drink 1 cup of Fresh Lemon Mint Tea 1/2 hour before dinner. or 1 cup of Cumin/Coriander/Fennel Tea.

5 pm Dinner:

First Course: Plate of watermelon.

Light Summer Dinner Salad

Main Course: Raw Zucchini Pasta Dinner with Mint Pesto



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):

I Peach sliced in a bowl with a 1 tablespoon Pumpkin seeds.

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

Drink 1 cup of Fresh Mint Tea

OR Drink 1 cup of Cumin/Coriander/Fennel Tea to pacify the hot this quality time of year and improve digestion during evening.

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.

It will assist in pulling out toxins.



Get eight hours of sleep tonight.

Note #1:

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 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 #2: 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/Akaline Balance](#) and [Food Combining](#). We will be doing more detoxing classes so watch for upcoming ones.

