

Fall 2-5-30 Healthy Diet

Detox, Weight Loss and Strengthen

Week One: Detox, Alkalize and Strengthen

Menu and Schedule for the Two Days is the same

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 more fun all weekend.
- Soak lentils.

Two hours before bedtime:

Drink 1 cup of [Warming Ginger Spice Tea](#)

At bed time take a few minutes lying in your bed to practice belly breathing. [Simple Method For Breathing More Deeply](#). You will sleep deeper too.

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.

First thing in the morning:

Lay in bed for an extra few minutes practicing belly breathing.

After brushing teeth

- [Drink 2-3 cups of pure warm water](#). No cold water. Drink warm or hot water as it is gentler on the empty stomach.

This helps you to have a morning bowel movement and flushes out toxins.

Drink as much as feels good. If you feel nauseous do not continue to drink.

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

Wait 15 minutes:

Drink 1 cup [Warm Lemon Water](#) [Lemon Water \(AKA Sugar-free Lemon Aid\)](#)

Breakfast:

Immune Booster Green Smoothie

Drink 1 or 2 cups [Calli tea](#) or [Warming Ginger Spice Tea](#).

Mid-morning Snack:

If you are hungry finish your smoothie.

Drink 1 cup Warm Lemon Water half an hour before lunch.

Lunch: Carb Meal

Starter: 1/2 Grapefruit

Followed by few pieces of celery with 1/2 an avocado

Main Course:

Quinoa with Fall Vegetable Stew

Order to do it (for super efficiency):

1. Cook Quinoa and remember to rinse first.
2. Cook lentils for dinner tonight.
3. Cut up vegetables for stew and start cooking it.
4. Eat starter.
5. Finish cooking Quinoa, lentils and stew.
6. Now sit down and eat your filling, warming meal.

Good news! You have made enough quinoa for tomorrow's lunch and the next days too.

Drink 1 cup of Fortune Delight tea or lemon water half an hour before snack.

Mid Afternoon Snack:

Choose between these two:

- Drink a large 16 ounce glass of **Immune Booster Vegetable Juice.**

OR

- Vegetable Snack: eat celery sticks, radishes and carrot sticks. Simply cut up a whole plate full and eat as much all you want. 😊

Drink 1 cup Warm Lemon Water or cleansing Fortune Delight tea before dinner.

Dinner: Protein Meal

Starter:

1/2 Grapefruit

First Course:

Fall Crunchy Salad

With Warm Tahini Salad Dressing

Second Course:

Fall Immune Boosting Red Lentil Soup

Order to do it (for super efficiency):

1. First eat starter of grapefruit.
2. Make salad and dressing.
3. Prepare Lentil Soup.
4. While it is cooking, eat salad.
5. Finish preparing soup.
6. Now sit down and eat your filling, warming soup.

Good news! You have made enough Lentil Soup for tomorrow's lunch.

If you have way more than 2 servings, right away as soon as it is room temperature put a serving in a jar and freeze for next week. Make sure you do not fill the jar up to the top. Leave 1/4 of it empty.

After the meal you may have 1 cup of Fennel or Fortune Delight tea for digestion and cleansing.

One hour after dinner and One hour before evening snack:

Drink 1 cup of Warming Ginger Spice Tea

Evening Snack (2 hours after dinner):

Spicy Pear with Pumpkin Seeds

Two hours before bedtime:

Drink 1 cup of Warming Ginger Spice Tea with nutmeg.

Before going to sleep:

Have a Detox Evening Bath

In the evening take a warm bath with 1-2 cups of Epsom salt dissolved in the water. The sulfates in Epsom salt help flush toxins and heavy metals from the cells, easing muscle pain and helping the body to eliminate harmful substances. Your skin is a highly porous membrane and adding the right minerals to your bathwater triggers a process called reverse osmosis, which actually pulls salt out of your body, and harmful toxins along with it.

At bed time take a few minutes lying in your bed to practice belly breathing.

In the autumn we want to take extra care of nourishing ourselves on all levels and keep grounded as the winter winds blow in.

- Try to get to bed as early as possible. Get 7 - 8 hours of sleep tonight.
- Give yourself a quick foot massage before going to bed.

At bed time take a few minutes lying in your bed to practice belly breathing. [Simple Method For Breathing More Deeply](#). You will sleep deeper too.

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 \$2.99. 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.

Also on the menu are Breathing, Exercise, Relaxation and Sunlight.

- **Exercise is alkaline forming** as long as it is moderate exercise. It has a cleansing effect on the body flushing out acidic waste. Exercise that is done past the point of exhaustion can create and acid build up from the lactic acid. When you are acidic and exercise you will feel worse do to the excessive acid in the tissues. Acid and toxins do build up without exercise.
- **Blood alkalizes when you breathe out carbon dioxide.** Breathing in increases acidity. That is why an outward sigh feels so good. A balance between oxygen and carbon dioxide is required for the body to function properly. **Relax by finding quiet time or meditating increases alkaline levels in the body.** Stressed, anger and negative thoughts can increase the levels of acid in our body. When we are happy, relaxed and positive, we reduce our acid levels.
- **“Sunlight effects the levels of acid within the body as well.** An alkaline chemistry is enhanced by the presence of full spectrum sunlight. The opposite is true in the absence of sunlight. Darkness creates acid build-up within bodily tissues. The effects compromise the immune system, skin vitality, vitamin D production, and more.” Kris A. Pletschke <http://healquest.com/xg/asp/gx/BodyPhStrategies2.htm>

