

Daily Protocol

# color blocks WINTER v2 Phase 1 Daily ProtocolStart reducing sugars and proteins. All protein should be clean proteins only.

## Upon Rising

* Stretch, sigh, deep breathing, *Replenish* yourself
* Hydrate with lemon and purified water
* Drink the lemon and olive oil cocktail or filtered water with lemon
* Dry brush or hot towel scrub
* Exercise in whatever way feels appropriate
* Take a probiotic and Vitamin C or Ester C

## Breakfast

* Cup of green tea (limit to two cups per day, if caffeinated)
* Breakfast option of your choice

## Mid-morning

* Hydrate
* Take a standing forward bend or walk break
* Smoothie or snack of your choice

## Lunch

* Hydrate with water with lemon
* Optional: detox tea (smooth move, nettle, or dandelion)
* Lunch option of your choice

## Afternoon

* Hydrate
* Snack option of your choice:
* Detox tea or green tea

## Before Dinner

* *Replenish* yourself
* Green drink (optional), water with lemon

## Dinner

* Dinner option of your choice

## Before Bed

* Toxin Eliminator Bath
* Take 2 tbsp. ground flax or chia seeds in 6 oz. water to help stimulate morning elimination. (Only recommended if you are experiencing constipation.)
* Gratitude – for 2 minutes, name all the things you are grateful for
* Journal about your energy level/notes

**** Phase 2 Daily Protocol
No animal protein

## Upon Rising

* Stretch, sigh, deep breathing, *Replenish* yourself
* Lemon and olive oil cocktail or filtered water with lemon
* Dry brush or hot towel scrub
* Exercise in whatever way that feels appropriate
* Take a probiotic and Vitamin C or Ester C

## Breakfast

* Green tea (limit two cups per day, if caffeinated)
* Breakfast option of your choice

## Mid-morning

* Hydrate with lemon water
* Take a standing forward bend break if at work
* Smoothie or snack of your choice

## Lunch

* Lunch option of your choice
* Optional: detox tea

## Afternoon

* Hydrate
* Smoothie or snack of your choice
* Detox tea

## Before Dinner

* *Replenish* yourself
* Green drink or smoothie (optional)

## Dinner (remember no nightshades or corn)

* Dinner option of your choice

## Before Bed

* Toxin Eliminator Bath
* Take 2 tbsp. ground flax or chia seeds in 6 oz. water to help stimulate morning elimination. (Only recommended if you are experiencing constipation.)
* Gratitude – for 2 minutes, name all the things you are grateful for
* Journal about your energy level/notes

# color blocks WINTER v2 Phase 3 Daily Protocol Start adding back animal proteins, dairy and gluten SLOWLY.

## Upon Rising

* Stretch, sigh, deep breathing, *Replenish* yourself
* Hydrate with filtered water with lemon
* Dry brush or hot towel scrub
* Exercise in whatever way that feels appropriate
* Take probiotic and Vitamin C or Ester C

## Breakfast

* Green tea (limit two cups per day, if caffeinated)
* Breakfast option of your choice

## Mid-morning

* Hydrate
* Take a standing forward bend or walk break if at work (or even if not)
* Smoothie or snack of your choice

## Lunch

* Lunch option of your choice
* Optional: detox tea

## Afternoon

* Hydrate
* Smoothie or snack of your choice
* Optional: detox tea

## Before Dinner

* *Replenish* yourself
* Green drink or smoothie (optional)

## Dinner

* Dinner option of your choice

## Before Bed

* Toxin Eliminator Bath
* Take 2 tbsp. ground flax or chia seeds in 6 oz. water to help stimulate morning elimination. (Only recommended if you are experiencing constipation.)
* Gratitude – for 2 minutes, name all the things you are grateful for.