

Day 1

2 cups of coffee (8 oz per cup). Limit sugar to 1 packet and cream or milk to 1 tsp per cup.

2 cups of raw or cooked green leafy vegetables (such as spinach, collard greens, kale, Swiss chard, arugula, lettuce, celery)

1 cup of freshly squeezed lemonade with no more than 1 tbsp of sugar

10 grams of psyllium husk (1 tbsp of psyllium husk powder added to water or lemonade; or try a bowl of psyllium-enriched cereal with no more than ½ cup of low-fat, reduced-fat, fat-free, skim, or soy milk)

4 servings of fruit: 1 medium apple, 1 medium banana, 1 medium pear, ⅔ cup of blueberries, ½ cup of raspberries, ½ cup of strawberries, etc.

One 6-oz low-fat or fat-free yogurt *without* “fruit on the bottom.” Add your own fresh fruit if you like.

1 medium-size (2 cups) green garden salad, vegetables only—no bacon bits, croutons, eggs, etc.—plus 3 tbsp of fat-free or low-fat dressing

1 cup of cooked beans, chickpeas, lentils, or other legumes (but no baked beans)

1½ cups of cooked brown rice (measured after cooking)

Unlimited plain water (seltzer water is an option). Be sure to drink 1 cup of water before each meal.

EXERCISE

40 minutes of cardio

NOTE: Always try to drink 1 cup of water before eating each meal. Water is important not just for flushing out the kidneys and helping to eliminate toxins from your body, but it helps make you feel full on less food. Drinking water before eating helps take up some of the limited space in the stomach and causes expansion. When you eat solid food after drinking water, the

stomach has less room to expand and sends a signal to the brain that you are full, cutting off your drive to eat more.

You might not be able to do 40 minutes of consecutive cardio exercise, and that's just fine. Go ahead and break it up into segments. You might do 20 minutes, take a rest, and then do the second 20 minutes. You can break it up and do it anytime throughout the day. Just make sure to get in a total of 40 minutes of cardio work. As you build your endurance, you'll be able to do more exercise continuously until you can do the entire 40-minute period at one time.

S.M.A.R.T.E.R. Choice Box

PSYLLIUM

Plantago psyllium is a plant native to West Pakistan and India. The stalks of the plant contain tiny seeds that are also called psyllium. These seeds are covered by husks, the part of the plant that is used in foods such as psyllium-fortified cereals. This husk is important because it is a source of water-soluble fiber, the kind of fiber that you also find in common grains such as oat and barley. Psyllium, however, is a more potent fiber source. The effect of soluble fiber in 1 tablespoon of psyllium is equal to 14 tablespoons of oat bran. Psyllium mops up various toxins and helps to clear them out.

Psyllium is also part of the “soluble fiber” food category that can help lower cholesterol, according to the American Heart Association. Most recommend a maximum daily dosage of 10 grams. Psyllium has long been used as a chief ingredient in “bulk laxatives.” It can be purchased and used in powder form. There are some side effects, however, that you should be aware of when taking psyllium. They include but aren’t limited to difficulty swallowing; frequent bowel movements; gas; skin irritation, rash, or itching; and intestinal blockage.

Never take psyllium dry but instead mix it with 6–8 ounces of liquid, preferably water.

Day 2

2 cups of coffee (8 oz per cup). Limit sugar to 1 packet and cream or milk to 1 tsp per cup.

2 scrambled eggs or egg whites ($\frac{1}{4}$ cup of chopped vegetables optional)

1 cup of freshly squeezed juice

3 servings of fruit: 1 medium apple, 1 medium banana, 1 medium pear, $\frac{1}{2}$ cup of blueberries, $\frac{1}{2}$ cup of raspberries, $\frac{1}{2}$ cup of strawberries, etc.

1 large-size (3 cups) green garden salad with watercress; vegetables only—no bacon bits, croutons, eggs, etc.—plus 3 tbsp of fat-free or low-fat dressing

2 cups of green leafy vegetables (such as spinach, collard greens, kale, Swiss chard, arugula, lettuce, celery)

1 cup of vegetable juice from the cooked vegetables

1 cup of cooked brown rice (measured after cooking)

EXERCISE

40 minutes of cardio

NOTE: Use your servings of fruit strategically. Eat them to fill the “holes” between the meals—snacks. Also, try eating fruit with the skin. The skin makes you chew longer, which means you’ll eat it more slowly. The skin also contains lots of the nutrients such as fiber.

Day 3

2 cups of coffee (8 oz per cup). Limit sugar to 1 packet and cream or milk to 1 tsp per cup.

One 6-oz low-fat or fat-free yogurt *without* “fruit on the bottom.” Add your own fresh fruit if you like.

3 servings of fruit: 1 medium apple, 1 medium banana, 1 medium pear, ½ cup of blueberries, ½ cup of raspberries, ½ cup of strawberries, etc.

2 cups of green leafy vegetables (such as spinach, collard greens, kale, Swiss chard, arugula, lettuce, celery)

1 cup of freshly squeezed lemonade (with no more than 1 tbsp of sugar)

10 grams of psyllium husk (1 tbsp of psyllium husk powder added to water or lemonade; or try a bowl of psyllium-enriched cereal with no more than ½ cup of low-fat, reduced-fat, fat-free, skim, or soy milk)

1 medium-size (2 cups) green garden salad, vegetables only—no bacon bits, croutons, eggs, etc.—plus 3 tbsp of fat-free or low-fat dressing

1 cup of cooked beans, chickpeas, lentils, or other legumes (but no baked beans)

1 cup of cabbage soup (see recipe on page 184)

Unlimited plain water. Be sure to drink 1 cup of water before each meal.

EXERCISE

40 minutes of cardio

Day 4

FRUIT/VEGGIE DAY

Unlimited fruit of any kind (at least 3 servings)

1 cup of green tea or regular tea

1 large-size (3 cups) green garden salad; add garlic, and you can also add 3 oz of walnuts, Brazil nuts, cashew nuts, almonds, or sunflower seeds; no other toppings other than vegetables; 3 tbsp of fat-free or low-fat dressing

1 cup of freshly squeezed carrot juice (substitution allowed: freshly squeezed pear, apple, or orange juice)

10 grams of psyllium husk (1 tablespoon of psyllium husk powder added to water or lemonade; or try a bowl of psyllium-enriched cereal with no more than ½ cup of low-fat, reduced-fat, fat-free, skim, or soy milk)

2 cups of cooked brown rice (measured after cooking)

1 cup of cabbage soup (see recipe on page 184)

2 servings of cooked or raw vegetables

Unlimited plain water

EXERCISE

Rest day

Your body needs time to recover and strengthen. A rest day is designed to give you that time. If you still feel the need for a period of timed physical activity, however, try to do something such as playing tennis, walking around your neighborhood, playing basketball, or swimming. Try an activity that will give you the benefit of burning calories but is also fun and doesn't feel as if it's an "exercise chore."

NOTE: This day is meant to be a fruits and vegetables day only with the exception of 2 cups of cooked brown rice. You're also allowed to have 3 tbsp

(continued)

of low-fat or fat-free dressing per salad. This will be the last day of detox. Resist the urge to add other foods because it's important to keep this day as pure as possible. There will be plenty of opportunity in future modules for you to have many of the foods that weren't included in this module.

• KICKIN' CABBAGE SOUP •

SERVES 4

1 tablespoon oil	3 medium carrots, sliced
2 medium onions, diced	1 ham hock
1 medium green cabbage, cored and shredded	3 tablespoon wine vinegar
1¼ quart chicken broth	½ teaspoon sage
3 small potatoes, cubed	½ teaspoon thyme
	Salt and pepper to taste

In a large pot, heat the oil and cook the onions, stirring occasionally, until softened (about 10 minutes). Add the cabbage and cook, stirring occasionally, about 15 minutes. Add the chicken broth, potatoes, carrots, ham hock, vinegar, sage, and thyme. Cover and simmer the soup for 50 minutes. Remove from heat and add salt and pepper as desired. Chill for 8 hours, then skim the fat from the top of the soup. Reheat and serve.