

# Living Clean in a Dirty World

Nutritional Support  
For Healthy  
Detoxification



*Dakway* Naturals  
Nature's Health Solutions



**Introduction:**

These days we are forced to accept that we all live in a dirty world. Our bodies are exposed to toxins from the air we breathe, the foods we eat, the medications we consume, and from our own metabolic activity. Out of the more than 100,000 commercially used chemicals, more than 25,000 (25%) are known to be hazardous to human health. Biopsies of human fat cells show elevated levels of toxins such as styrene, 1,4-dichlorobenzene (e.g. moth balls, house deodorizers), and xylene (e.g. gasoline, paints). Many of these detected chemicals are known to disrupt hormones and contribute to many chronic health problems.

The human body comes equipped with an advanced detoxification system designed to neutralize toxic compounds into safe byproducts to be eliminated through our sweat, urine, and stool. However, as our toxic exposure continues to grow, the burden on these typically effective body processes can become overwhelming. Dr. Gittins' 21-Day Detox Bundle is a safe and effective method of assisting your body in clearing these unwanted toxins and supporting your overall health.

**This program is not recommended for individuals less than 18 years of age unless modified and prescribed by a medical practitioner.**

*\*This booklet has not been evaluated by the Food and Drug Administration. This booklet is not intended to diagnose, treat, cure, or prevent any disease. It is written solely for informational and educational purposes. Please consult your healthcare professional for your specific needs.*

## Your Personal Health Contract:

The most important part of this program is your commitment to the process. When first undertaking a nutritional detoxification program, you may initially feel enthusiastic and dedicated to becoming a healthier, more vital person. However, it is easy to start feeling restricted by the food choices or disheartened because results are not immediate. At these times, it is important to remember why you first decided to dedicate yourself to this process.

**There are many reasons people choose to detoxify. What are your reasons?**

- I am starting a weight loss program or am looking to “clean up” my eating habits
- I notice I feel tired/fatigued frequently
- I want to improve my mood
- I live/work in an environment where I am exposed to industrial chemicals/pollutants
- I have been diagnosed with food allergies or suspect I have undiagnosed food allergies
- I regularly experience uncomfortable gastrointestinal symptoms (e.g. constipation, gas, loose stools)
- I want to promote overall health and disease prevention
- I want to look and feel better

**Any other reasons? Please list below:**

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The items checked and listed above are your goals that will help motivate you during discouraging times. Share your goals with a friend or family member who will be encouraging and supportive of your goals and give them a copy of this page.

***I commit myself to Dr. Gittins' 21-Day Detox Bundle for \_\_\_\_\_ weeks. I will follow the guidelines to the best of my ability and will use the information packet and my healthcare provider as resources. I will be successful in improving my health and detoxifying my body.***

\_\_\_\_\_  
(Patient Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Witness Signature)

\_\_\_\_\_  
(Date)

## How Does Detox Work?

Detoxification is not only important to rid your body of environmental toxins such as pollutants and pesticides, but also necessary to clear your body of the potentially toxic byproducts of its own metabolism. You may have heard of misleading detoxes or cleanses which focus on fasting for long periods of time or ingesting bizarre super-powered concoctions. Do not be fooled: Detoxification is a complex process that requires many essential nutrients. In addition to properly neutralizing toxins, you must follow a clean, low-allergen diet that is rich in vitamins, minerals, and antioxidants.

Elimination of toxins depends on the following two detoxification phases that occur in the liver:

Phase 1: In the first phase, specific enzymes metabolize toxins in one of two ways. The toxins are either converted to water-soluble forms that can be excreted by the kidneys (urine) or the toxins are converted to their “activated” forms which can then be conjugated in phase 2 and excreted.

**Necessary nutrients: B vitamins, vitamin C, vitamin E, antioxidants, molybdenum**

Phase 2: In phase two, the activated toxins from the first phase are conjugated (combined) with water-soluble compounds, allowing the toxin to be safely eliminated from the body.

**Necessary nutrients: Sulfur compounds, glycine, glutathione, taurine, cysteine**

Toxins may accumulate in the body if either of the phases is deficient or imbalanced. For efficient neutralization and elimination, it is essential that phase 1 and 2 operate in balance and that all the required nutrients are present.



## Detox Diet Rules

The goal of the detoxification diet is to avoid the most common food allergens as well as foods high in preservatives, pesticides, and other chemicals. Eating these foods will trigger inflammatory reactions, add to your toxic burden, and interfere with proper elimination of toxins. At the end of your detoxification program, your healthcare provider will discuss with you a method of reintroducing (challenging) the foods you have been avoiding to help identify food intolerances.

1. Avoid common food allergens such as gluten, dairy, soy, corn, shellfish, peanuts, and eggs. Your healthcare provider may also advise that you avoid nightshade vegetables and citrus fruits.
2. Eat fresh, whole foods – the foods that most resemble their form in nature. Focus on whole fruits and vegetables instead of juices and consume whole grain products. Try to eat organic produce and organic, free-range animal products whenever possible.
3. Drink 8-10 (8 ounce) glasses of purified water per day. This is essential for flushing waste products and toxins out of your system. Avoid flavored waters and products with added sugars or sweeteners.
4. Completely eliminate refined sugars and hydrogenated oils (e.g. margarine). These foods are pro-inflammatory and will greatly interfere with the detoxification process. Artificial sweeteners (e.g. aspartame, sucralose, saccharin) should also be avoided.
5. Avoid MSG (monosodium glutamate), artificial colorings and flavorings, sulfites, and other preservatives.
6. Avoid caffeine and alcohol.
7. Other dietary guidelines (*to be filled in by healthcare provider*):

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# The Clean Detoxification Dietary Guidelines

(What to Eat and What Not to Eat)

FOOD GROUP	ALLOWED FOODS	AVOID THESE
<b>Protein Foods</b>	Chicken, turkey, lamb, dried peas, lentils, legumes, wild salmon, mackerel, sardines, trout, halibut	Beef, pork, cold cuts, frankfurter, sausage, canned meat, tuna, eggs, egg substitutes, egg whites, shark, shellfish, swordfish, soy products (e.g. beans, milk, sauce, tofu, etc.)
<b>Dairy Products</b>	Dairy substitutes only: rice, almond, coconut, cashew milks	Milk, cheese, cottage cheese, yogurt, ice cream, cream, non-dairy creamers, soy milk
<b>Grains/Starches</b>	Sweet potato, arrowroot, tapioca, rice, buckwheat, millet, quinoa, amaranth, tea	Corn (all products containing corn), gluten grains (e.g. wheat, barley, rye, spelt, kamut), white potato, oats
<b>Vegetables</b>	All vegetables (fresh, frozen, or juiced) except for nightshade	Creamed vegetables, nightshades (e.g. potatoes, bell peppers, tomatoes, eggplant)
<b>Fruits</b>	Fresh, frozen, water-packed fruit, diluted fruit juice	Undiluted fruit juice, fruit drinks, cocktails, tomatoes, strawberries, citrus fruits (e.g. orange, lemon, lime, grapefruit)
<b>Soup</b>	Vegetable-based broths, vegetable soups, chili soups made with turkey or chicken	Canned or creamed soups containing gluten grains/flours Avoid high-salt soups
<b>Beverages</b>	Pure water, herbal teas (non-citrus, non-strawberry)	Milk, dairy-based drinks, coffee, black tea, cocoa/chocolate, alcohol, soft drinks, sweetened drinks, citrus or strawberry drinks
<b>Fats/Oils</b>	Olive, sesame, walnut, flax, avocado, coconut oil	Margarine, shortening, commercial salad dressing containing trans fats, butter, mayonnaise
<b>Nuts/Seeds</b>	Almond, cashew, flax seed, walnut, pecans, pumpkin seed, sunflower seed, coconut Nut butters/oils/flours made from above	Peanuts, pistachios Nut butters/oils/flours made from above
<b>Sweeteners</b>	Xylitol, brown rice syrup, fruit sweeteners, stevia, pure maple syrup Limit to 2 tsp. per day	Brown sugar, honey, molasses, corn syrup, all artificial sweeteners (e.g. sucralose, saccharin, aspartame, etc.), all refined sugars

## Products for Dr. Gittins' 21-Day Detox Bundle

The foundation for Dr. Gittins' 21-Day Detox Bundle is based on the **BioCleanse Plus Powders** and **Capsules**. These products were specifically formulated to support the Phase 1 and Phase 2 detoxification processes described earlier while also providing general nutritional support.



**BioCleanse** is two pleasant-tasting, comprehensive cleansing formulas that provide biologically active vitamins and minerals with specialty nutrients to support detoxification. These products are composed of a low-allergen base and serve as a balanced meal supplement during the course of the program.

**BioCleanse Plus Powder** BioCleanse Plus powder is designed to help the body in the elimination of toxins via support of the Phase I and Phase II processes in the liver. The nutrients in BioCleanse Plus were designed to support hepatic clearing while simultaneously promoting optimal digestive processes. BioCleanse Plus powder also functions as a multivitamin designed for detox, ensuring your body has the proper vitamins and minerals to effectively, and in a healthy manner, expel toxins.

**BioCleanse Plus Capsules** BioCleanse Plus capsules work in synergy with the BioCleanse Plus powder to support the clearing of metabolic and xenobiotic toxins by making toxins bond more easily to water soluble molecules to aid in their excretion.

Adequate **dietary fiber** intake is essential during detoxification to support regular movement of the bowels and elimination of toxins via the feces.

**BioLax** is an encapsulated blend of highly soluble fibers to help promote bowel regularity during detox. By gently supporting regular elimination, BioLax helps reduce the build-up of toxins within the digestive tract. BioLax's formula also helps support liver and gall bladder function, which are two organs the body leans on heavily during detoxification.

The 21-Day Detoxification Protocol on the following pages is the recommended product guidelines for **Dr. Gittins' 21-Day Detox Bundle**.

**Days 1-2**

**Day 3**

<b>BioCleanse Plus</b>	<b>BioCleanse Plus Powder</b> <input type="checkbox"/> ½ scoop 2 times/day <input type="checkbox"/> Other _____	<b>BioCleanse Plus Powder</b> <input type="checkbox"/> 1 scoop 2 times/day <input type="checkbox"/> Other _____
<b>BioCleanse Plus Capsules</b>	<b>BioCleanse Plus Capsules</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____	<b>BioCleanse Plus Capsules</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____
<b>Fiber</b>	<b>BioLax</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____	<b>BioLax</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____
<b>Food guidelines</b>	<input type="checkbox"/> Consume 3 meals & 2 snacks from the allowed foods list <input type="checkbox"/> Other _____	<input type="checkbox"/> Consume 3 meals & 1 snack from the allowed foods list <input type="checkbox"/> Other _____

**Days 15-17**

**Days 18-19**

<b>BioCleanse Plus</b>	<b>BioCleanse Plus Powder</b> <input type="checkbox"/> 2 scoops 2 times/day <input type="checkbox"/> Other _____	<b>BioCleanse Plus Powder</b> <input type="checkbox"/> 1 scoop 2 times/day <input type="checkbox"/> Other _____
<b>BioCleanse Plus Capsules</b>	<b>BioCleanse Plus Capsules</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____	<b>BioCleanse Plus Capsules</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____
<b>Fiber</b>	<b>BioLax</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____	<b>BioLax</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____
<b>Food guidelines</b>	<input type="checkbox"/> Consume 2 meals & 2 snacks from the allowed foods list <input type="checkbox"/> Other _____	<input type="checkbox"/> Consume 3 meals & 1 snack from the allowed foods list <input type="checkbox"/> Other _____

**Days 4-5**

**Days 6-14**

<b>BioCleanse Plus</b>	<b>BioCleanse Plus Powder</b> <input type="checkbox"/> 2 scoops 2 times/day <input type="checkbox"/> Other _____	<b>BioCleanse Plus Powder</b> <input type="checkbox"/> 2 scoops 3 times/day <input type="checkbox"/> Other _____
<b>BioCleanse Plus Capsules</b>	<b>BioCleanse Plus Capsules</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____	<b>BioCleanse Plus Capsules</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____
<b>Fiber</b>	<b>BioLax</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____	<b>BioLax</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____
<b>Food guidelines</b>	<input type="checkbox"/> Consume 2 meals & 2 snacks from the allowed foods list <input type="checkbox"/> Other _____	<input type="checkbox"/> Consume 1 meal & 1 snack from the allowed foods list <input type="checkbox"/> Other _____

**Days 20-21**

<b>BioCleanse Plus</b>	<b>BioCleanse Plus Powder</b> <input type="checkbox"/> ½ scoop 2 times/day <input type="checkbox"/> Other _____
<b>BioCleanse Plus Capsules</b>	<b>BioCleanse Plus Capsules</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____
<b>Fiber</b>	<b>BioLax</b> <input type="checkbox"/> 2 caps 2 times/day <input type="checkbox"/> Other _____
<b>Food guidelines</b>	<input type="checkbox"/> Consume 3 meals & 2 snacks from the allowed foods list <input type="checkbox"/> Other _____

## Additional Daily Nutrition Support:

### Greens

In addition to providing a great source of vitamins, minerals, and antioxidants, green leafy vegetables and grasses can help support healthy body pH balance. The human body functions best when a slightly alkaline (basic) environment is maintained. Unfortunately, many Western diets are high in acid-producing foods that may increase the risk of disease.

**Ultra Greens pH** provides vegetables, enzymes, grasses, and blue-green algae in a delicious, fruit-flavored powdered beverage.

1 scoop 1 time/day

Other \_\_\_\_\_

### Omega-3 Fatty Acids

An essential component of successful detoxification is rebuilding healthy cells and tissues. Polyunsaturated omega-3 fatty acids are necessary to rebuild healthy cell membranes. While on the detoxification program, you will be burning unhealthy fats as a fuel source. It is important to replace these unhealthy fats with healthy fats. Healthy cell structure and function is dependent on an optimal dietary intake of essential fatty acids from good fats and oils.

**EPA/DHA Essentials** provides enteric-coated capsules containing concentrated omega-3s from cold water fish.

1 cap 2 times/day

Other \_\_\_\_\_

For vegan and vegetarian patients, consider flax seed or vegan DHA.

Specify \_\_\_\_\_

## Meal Ideas:

### Breakfast

Amaranth cereal (¾ c.), pecans (¼ c.), mixed berries (½ c.), *optional* pure maple syrup (2 tsp.)

Buckwheat pancakes (2) w/ blueberries (½ c.), cashew butter (2 Tbsp.), *optional* pure maple syrup (1 tsp.)

Millet cereal (1 c.), almond milk (1 c.), medium pear (1)

Apple walnut muffin (1), quinoa flakes (1)

### Lunch

Sliced turkey (3 oz.) on toasted rice bread (2 slices), lettuce, onion, and mustard

Green bean and chickpea salad (2 c.)

Quinoa salad w/ mixed vegetables (2 c.)

Taco salad w/ chicken, avocado, green onions, cilantro, chopped lettuce, and black beans (2 c.)

Hearty turkey salad (2 c.)

Baked halibut (3 oz.), green salad (1 c.)

### Dinner

Baked wild salmon (3 oz.), brown rice (1 c.), steamed asparagus (6 spears)

Stir-fry w/ chicken, olive oil, ginger, garlic, onions, and cilantro (1 c.) over brown rice (1 c.)

Grilled chicken (3 oz.), cilantro-lime pesto over buckwheat pasta (1 c.)

Pan-fried tilapia (3 oz.), steamed broccoli (1 c.), roasted red garlic potatoes (¾ c.)

Lamb stew w/ lentils, carrots, garlic, parsley (2 c.)

Herb-baked chicken, sautéed green beans (1 c.), small sweet potato fries (10)

### Snack Ideas

Medium pear or apple (1), almonds (10)

Brown rice cake, almond butter (2 Tbsp.)

Carrot and celery sticks, hummus (½ c.)

Apple sauce (¾ c.) mixed with chopped walnuts (¼ c.), cinnamon (1 tsp.)

UltraLean Spice Gluco-Support Bar

Banana (1), cashew butter (2 Tbsp.)

## Sample Menu Plan

Days 1-2 & Days 20-21    Day 3 & Days 18-19    Days 4-5 & Days 15-17    Days 6-14

<b>Breakfast:</b> 1 apple-walnut muffin ¼ c. walnuts ½ scoop BioCleanse	<b>Breakfast:</b> Apple sweet potato bake 1 c. rice cereal Slivered almonds 1 scoop BioCleanse	<b>Breakfast:</b> BioRicenog Cleanse (see recipe below)	<b>Breakfast:</b> BioBerry Cleanse (see recipe below)
<b>Snack:</b> 1 banana 2 Tbsp. cashew butter	<b>Snack:</b> 2 celery sticks with almond butter	<b>Snack:</b> Protein/ Glucose Support Bar	<b>Snack:</b> Carrot and celery sticks ¼ c. hummus
<b>Lunch:</b> 2 portobello mushrooms (roasted or pan fried) ½ c. cashew gravy ½ c. quinoa pilaf 1 c. steamed broccoli	<b>Lunch:</b> Taco salad: ½ c. black beans ½ c. brown rice ½ avocado, chopped 1-2 green onions, chopped 1 c. shredded lettuce ¼ c. cilantro, chopped	<b>Lunch:</b> BioTropo Cleanse (see recipe below) 1 c. mixed vegetable salad with vinegar and olive oil	<b>Lunch:</b> BioBanana Cleanse (see recipe below)
<b>Snack:</b> ¼ c. hummus dip ½ c. non-starchy vegetables ½ scoop BioCleanse	<b>Snack:</b> 1 scoop BioCleanse and ½ scoop Ultra Fiber Plus	<b>Snack:</b> 2 celery sticks 2 Tbsp. almond butter 17 grapes 2 scoops BioCleanse	<b>Snack:</b> 2 scoops BioCleanse ½ scoop Ultra Fiber Plus 6 oz. rice or nut milk ½ c. fruit mix blended to desired texture
<b>Dinner:</b> 1 ½ c. mixed green salad ¼ avocado 1 Tbsp. raw sunflower seeds 1 Tbsp. salad dressing (50:50 mix of balsamic vinegar and olive oil) 3 oz. broiled salmon ½ c. cooked peas and onion	<b>Dinner:</b> 3 oz. tilapia ½ c. basmati brown rice ½ baked sweet potato with 1 tsp. maple syrup ½ c. snow peas, sautéed with garlic & oil	<b>Dinner:</b> 1 serving (3 oz. chicken w/ 1 ½ c. vegetables) of hearty chicken salad ½ c. brown rice	<b>Dinner:</b> 1 ½ c. mixed green salad ¼ avocado 1 Tbsp. raw sunflower seeds 1 Tbsp. salad dressing (50:50 mix of balsamic vinegar and olive oil) 3 oz. broiled salmon ½ c. cooked peas and onion

### Cleanse Smoothies (Use organic fruit whenever possible.)

**Banana Cleanse:** Mix 2 scoops BioCleanse Plus powder with 6 oz. rice or nut milk, ½ frozen banana and add water to desired texture.

**Berry Cleanse:** Mix 2 scoops BioCleanse Plus powder with 6 oz. rice or nut milk, ½ cup frozen or fresh berries and add water or ice to desired texture.

**Tropo Cleanse:** Mix 2 scoops BioCleanse Plus powder with 6 oz. rice or nut milk, ½ cup frozen or fresh tropical fruits and add water or ice to desired texture.

**Ricenog Cleanse:** Mix 2 scoops BioCleanse Plus powder with 6 oz. rice milk, 1 tsp. natural vanilla extract, and add water or ice to desired texture. Sprinkle with nutmeg before drinking.

## Food Reintroduction:

After completion of the recommended elimination phase, you can begin reintroducing foods to assess for sensitivity reactions. Remember, potential allergens must be reintroduced one at a time to isolate any problematic foods. Consume three servings of the first potentially allergenic food on the first day and record symptoms for the next three days while following the low-allergy dietary guidelines outlined in this book and record any symptoms. If you react to the first serving of the reintroduced food do not eat the second or third serving. Then begin the process again with the next allergen. Reintroduction can be done in any order and should be monitored by your healthcare provider. You may want to use a chart, similar to the one on the following page, in order to keep track of any symptoms.

### What to look for:

- Gastrointestinal symptoms or disc
- Skin itchiness, rash, or redness
- Muscle, joint, or back pain
- Fatigue or brain fog
- Headaches
- Difficulty concentrating
- Moodiness or extreme behavior



Day 1 Allergen Intro	Day 2 Symptoms	Day 3 Symptoms	Day 4 Symptoms
<b>Gluten</b> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
<b>Dairy</b> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
<b>Eggs</b> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
<b>Corn</b> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
<b>Soy</b> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
<b>Nightshade vegetables</b> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
<b>Food coloring/ preservatives</b> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
<b>Other</b> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			
<b>Other</b> <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3			



## Quickie Kitchen Ideas:

1. Always have a bag or two of frozen, cooked chicken or individually frozen, plain fish fillets in the freezer for a quick addition to a meal.
2. Have an assortment of plain canned beans in the cupboard, or if you prefer to have fresh beans for your recipes (fresh is always better), wash and soak dried beans in a pot of water overnight.
3. Buy precut veggies or cut them up in advance and store them in a container in the fridge.
4. Keep a variety of frozen fruit such as berries, peeled bananas (cut into quarters before freezing) and tropical fruits in the freezer.
5. Buy precut and bagged wild green salad mixes and spinach.
6. Have a bottle of your favorite homemade salad dressing made with quality cold-pressed oils and herbs on hand in the fridge.
7. Plan ahead. Take a few minutes in the evening to prepare lunch and snacks for the next day.
8. Make extra dinner to pack for a quick and hearty lunch the next day or as a carry-over for the next evening.



## Clean Sample Recipes

### Black Bean Soup

2 cups cooked black beans or lentils	½ onion, chopped
2 small carrots, chopped	1 stalk celery, chopped
2 cloves garlic, minced	4 cups broth or water
2 tablespoons olive oil	1 teaspoon cumin
1 teaspoon coriander	Cilantro, chopped
Salt and pepper to taste	

In a large skillet, sauté onion over medium heat until translucent. Add carrot, celery, and garlic and cook for an additional 3 minutes. Add cumin and coriander, and cook for an additional minute. Add cooked black beans (or lentils) and broth. Bring soup to a boil and then simmer for 15 minutes. Reserve 1 cup of soup. Blend remaining soup in the blender. Mix the reserved soup and blended soup together and add salt and pepper to taste. Serve soup in a bowl topped with cilantro. Enjoy!

*Hint: Lentils are a quick and easy bean to make on the stove. For every 1 cup of dried beans, add 3 cups of water or broth. Bring water to a boil and then simmer for 45 minutes. Add salt, pepper, and spices. Enjoy!*

### Herbed Baked Chicken

3 ½ pound whole chicken, washed	1 small onion
1 teaspoon rosemary	3 garlic cloves, smashed
1 ½ teaspoon extra virgin olive oil	2 carrots, sliced
2 celery sticks, sliced	Salt and pepper
4 small parsnips, scrubbed and chopped	

Preheat oven to 350°.

Season inside of chicken liberally with salt and pepper. Sprinkle ½ teaspoon rosemary and 2 garlic cloves inside the cavity. Tie legs together. Place chicken on a double sheet of heavy-duty aluminum foil approximately 24" long. Brush olive oil all over outside of chicken. Rub skin with remaining garlic, salt, pepper, and rosemary. Scatter vegetables around chicken. Season vegetables with salt and pepper and sprinkle with water. Fold over foil and pinch to seal both ends, leaving a tented package (to keep in moisture while cooking). Place chicken in a roasting pan and then in oven for 50-60 minutes until internal temperature measures 165° by a meat thermometer. Insert the thermometer near the inner thigh area near the breast about ½-2", but do not touch the bone.

*Hint: Serve the roasted chicken with cashew gravy, brown rice, and a fresh green salad. Leftover chicken can be saved for quick dinners during the week and added to soups and salads.*

### Indian Pan-Fried Tilapia

4 tilapia fillets	2 tablespoons olive oil
1 teaspoon turmeric	½ teaspoon powdered ginger
¼ teaspoon coriander	Pinch of clove
Pinch of cinnamon	Sea salt

Wash and dry tilapia fillets. Mix turmeric, ginger, coriander, clove, and cinnamon together in a small bowl. Rub spice onto fish. Sprinkle fish with sea salt. In a large skillet, heat olive oil on medium heat. After oil is heated, place fish seasoned side down in skillet. Cook for 4 minutes and then turn fish over. Cook fish for an additional 3 minutes or until center of fillet is opaque.

*Hint: This recipe can be used for any fish fillet. Increase the cook time based on the thickness of the fillet.*

### Quinoa Pilaf

1 small carrot, diced	½ cup kale, chopped
½ small yellow onion, diced	1 clove garlic, finely chopped
1 teaspoon olive oil	½ cup dry quinoa
2 cups chicken or vegetable broth	1 teaspoon dried basil or thyme
2 tablespoons sliced almonds	

Place quinoa in a fine-mesh strainer and rinse under running water until the water runs clear. Add quinoa, broth, and seasoning to a saucepan and bring to a boil. Reduce the heat to low, cover and simmer until water is absorbed (approximately 20 minutes). In a large skillet, sauté the carrot, kale, onion, and garlic in the oil just until soft (add kale last). Add vegetables to quinoa and top with almonds.

*Hint: Any grain can be cooked in broth to add additional flavor. Try this pilaf with organic basmati brown rice.*

### Apple Sweet Potato Bake

2 apples, thinly sliced	Fresh ginger, 1 inch peeled and grated
2 teaspoons ground cinnamon	¼ teaspoon clove
Pinch of nutmeg	Apple juice or water
Olive oil	
1 large sweet potato or yam, peeled and sliced	

Preheat oven to 350°. Mix cinnamon, clove, and nutmeg into a small bowl. Brush a 9"x13" oven-safe dish with olive oil. Place a thin layer of apple on the bottom of the dish and a thin layer of sweet potato. Sprinkle ⅓ of the spice mixture and ginger over the top. Continue layering the apple, sweet potato, and spices until all ingredients have been incorporated. Sprinkle top of casserole with water or apple juice. Place dish in oven and bake for 30 minutes or until potatoes and apples are tender and juices are bubbling. Let cool.

## Frequently Asked Questions:

### **1. What should I do if I travel?**

The BioGenesis BioCleanse powders mix well in water to provide a nutrient-dense breakfast or snack while traveling. Simply store two scoops of BioCleanse in a small storage plastic bag or a container with a lid.

### **2. How does a food with multiple ingredients (e.g. lasagna) figure into my daily eating goals?**

During the detoxification program, it is best to avoid multiple ingredient dishes unless you cook them yourself from ingredients in the allowed food list. This is especially important during the first three weeks of the program, as certain ingredients, such as wheat-based pasta and cheese, are foods that should be avoided during the elimination diet.

### **3. What should I do on special occasions such as birthdays and holidays?**

During the detoxification phase, it is very important to stay within the eating guidelines to accomplish the elimination phase of avoiding common food allergens and sensitivities. It is a good idea to plan your program after major holidays or away from other special occasions that may tempt you to stray from your diet.

### **4. Will I be hungry on this program?**

Most participants on this program do not experience hunger. If hungry, you may be missing some meals or snacks. It is important to eat three main meals and two or three snacks every day and combine foods appropriately to control blood sugar. The program is planned to include several meals/snacks per day to keep your metabolism functioning normally.

### **5. Should I stop taking my prescription medications during this program?**

You should not stop any medications unless instructed by your healthcare provider. During detoxification, your healthcare provider may monitor and adjust the dosage of your medications to compensate for a reduced half-life of your medication if it is necessary. Please make your healthcare provider aware of any medications you are consuming before starting this program.

### **Notes:**

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