

Fast Track Detox Program Meal Plan

Breakfast Suggestions

- Detox Shake*
- 4-6 oz clean, grilled or broiled lean protein (organic chicken, wild caught coldwater fish, grass-fed beef) with sliced tomatoes and avocado(1/2 of a small one)
- Leftover grilled chicken breast or wild-caught salmon from dinner and side of fresh mixed berries (1/2-1 cup)
- ½ cup organic, gluten-free oatmeal topped with 2 Tbsp chopped walnuts and side of 4-6 oz uncured, nitrate-free turkey sausage.
- Stir-fried cooked brown rice(1/2 cup), leftover veggies and 4-6 oz diced chicken in 1-2 Tbsp olive or coconut oil

Lunch Suggestions

- JJ's Favorite Salad Fixins* with Basic Vinaigrette Dressing*, topped with 4-6 ounces fresh salmon
- Newport Beach Blueberry Chicken Salad*
- JJ's Easy Lentil Soup* and green salad
- Bunless turkey burger with Cole Slaw Asian Style*
- 4-6 oz sliced grilled grass fed beef steak and ½ cup black beans tossed over organic spinach greens with 1-2 Tbsp Basic Vinaigrette Dressing.

Dinner Suggestions

- 4-6 oz sliced turkey breast with Roasted Brussels sprouts* and ½ cup brown rice
- Broiled halibut with Sauteed Kale and Garlic* and ½ cup baked sweet potato
- Flank steak* with steamed asparagus and sliced heirloom tomatoes drizzled with olive oil and balsamic vinegar
- Spaghetti Squash "Pasta" w/Meat Sauce* and green salad
- Grilled chicken breast with ½ cup brown rice and steamed broccoli tossed with olive oil

Snacks

- 1 serving low glycemic fruit + 10-20 raw, organic nuts or 1-2 tbsp raw nut butter(not peanuts)
- Brown rice cake smeared with 1-2 Tbsp guacamole
- Raw celery filled with 1-2 Tbsp raw almond butter
- Raw veggies (celery, broccoli, cauliflower) with hummus dip

Breakfast Recipes

Detox Shake (1 Serving)

2 scoops combined total of OL Medical Prescribed Nutrition and Pure Clear Detox Powder*

1 TBSP OL Medical Up Your Fiber

1 cup of frozen fruit-we recommend organic berries

1 cup of water

Optional! Add some healthy fat: 1 tbsp organic nut butter (not peanut), ¼ cup light coconut milk (replace ¼ cup of water), 1 tbsp freshly ground flaxseed meal, 1 tbsp Cod Liver oil or Udo's Oil Blend

Blend. Add ice and blend again to desired thickness

*Use the amounts below that are recommended per your detoxification category each week of the cleanse

*Men and athletic women can use three scoops of combined shake mix to raise total protein to 30 or more grams per serving, with the additional scoop coming from Prescribed Nutrition Shake you will need to purchase an additional Prescribed Nutrition if you choose to do this.

Instructions:

Week 1

All detoxifiers: 1 shake consisting of 2 scoops Prescribed Nutrition, **NO** ClearDetox Powder

Week 2

Gentle Detoxifiers: 1 shake consisting of 1 scoop Prescribed Nutrition, 1 scoop ClearDetox

Moderate Detoxifiers: 1 shake consisting of 1 scoop Prescribed Nutrition, 1 scoop ClearDetox

Advanced Detoxifiers** : 2 shakes, each with 1 scoop Prescribed Nutrition, 1 scoop ClearDetox

** *Advanced Detoxifiers will need to purchase the Advanced Cleanse package to have enough product to replace 2 meals a day with Detox Shakes*

Week 3

Gentle Detoxifiers: 1 shake consisting of 1 scoop Prescribed Nutrition, 1 scoop ClearDetox

Moderate Detoxifiers: 2 shakes, each with 1 scoop Prescribed Nutrition, 1 scoop ClearDetox

Advanced Detoxifiers: 2 shakes, each with 2 scoops ClearDetox

Week 4

Move into maintenance!

Lunch Recipes

JJ's Favorite Salad Fixins'

The list below includes some of my favorite salad ingredients that I like to have on hand so that I never have to stifle my creative urges! Be sure to throw in as many vegetables and as many different colors as possible to pack in the nutrition and flavor. I put an asterisk* by the items that you can go crazy with!

Pink grapefruit segments
Red, yellow and green peppers*
Capers
Olives
Artichoke hearts
Hearts of palm
Nuts: pecans, walnuts, almonds, pine nuts
Radishes*
Shredded Cabbage*
Apples or Japanese pear apples
Leftover roasted veggies *
Thinly sliced red onions*
Diced scallions*
Shredded carrots*
Legumes (black beans, garbanzos, etc)
Avocado
Fresh basil*
Pomegranate seeds
Lightly steamed, al dente chilled fresh asparagus*
Baby spinach*
Mixed baby lettuces and herbs*
Romaine hearts*
Celery*
Sundried tomatoes (packed in olive oil)
Cucumber*
Mushrooms*
Fresh Beets
Radicchio*
Endive*

Basic Vinaigrette Salad Dressing (Makes 2/3 cup)

2 tbsp + 1 tsp vinegar (balsamic, red wine, champagne, etc)
½ cup extra virgin olive oil
½ tsp each of sea salt and cracked black pepper
1 minced garlic clove
1 bunch of chopped fresh herbs
Whisk all ingredients together.

Newport Beach Blueberry Chicken Salad (1 Serving)

4 ounces of cooked chicken breast
2 cups of mixed baby greens
5 cherry tomatoes
½ red bell peppers
Handful of fresh blueberries
Salad dressing: 2 tbsp of extra virgin olive oil, 3 tbsp of freshly squeezed lemon juice, a pinch of fresh garlic.
(Courtesy Daniel Amen, MD, www.amenclinic.com)

JJ's Easy Lentil Soup (Serves 2-3)

1 pound of steamed lentils*
½ pound cooked organic turkey or chicken cut into small cubes
2 cups organic chicken broth
2 tbsp organic extra virgin olive oil
2 cloves garlic, minced
½ cup chopped celery
½ cup diced onion
½-1 tsp sea salt

Combine lentils, ham and chicken broth and start simmering. Sauté garlic in olive oil until just golden, add celery and onion and cook until soft. Add ½-1 tsp sea salt. Add entire mixture to soup and let simmer for 20 minutes.

*If you have a Trader Joe's in town, they sell these in the refrigerator section.

Cole Slaw Asian Style (Serves 4-6)

4 cups bok choy, thinly sliced
½ cup grated red cabbage
2 large carrots, peeled
1 cup snow peas, strings removed and sliced lengthwise
1 large red pepper, julienned into thin 1" strips
1 Tbsp olive oil
1 Tbsp sesame oil
2 Tbsp rice wine vinegar
1 Tbsp wheat-free tamari soy sauce
1 Tbsp black sesame seeds
2 tsp minced fresh ginger
Sea salt to taste

Place sliced bok choy and red cabbage in a large bowl; grate carrot into cabbage mixture. Toss in prepared snow peas and red pepper.

In a small bowl, mix oils, vinegar, tamari soy sauce, black sesame seeds, and ginger. Pour dressing over salad, toss to coat. Season with sea salt to taste.

Dinner Recipes

Roasted Brussels Sprouts with Capers and Walnuts (Serves 4-6)

2 pounds of small Brussels sprouts – cut off stem and cut in half
¼ cup of olive oil
¼ cup of chopped walnuts
1 – 2 tbsp capers
Sea salt to taste

Lightly steam Brussels sprouts until they are al dente, drain off all water and toss with olive oil. Pour onto a baking sheet and sprinkle on walnuts, capers and sea salt. Roast at 400 degrees for approximately 20 minutes, turning once at 10 minutes.

Sauteed Kale and Garlic (Serves 4)

1/4 cup extra virgin olive oil
3 cloves garlic, peeled and very thinly sliced
1 1/4 bunch kale, thick stems trimmed off, well washed, dried and chopped
Generous pinch red pepper flakes
1 tsp sea salt

Freshly cracked black pepper to taste

Heat the olive oil and garlic over high heat until very hot, almost smoking.

Add the kale and cook, stirring rapidly, for about 1 to 2 minutes until the kale turns bright green and wilts slightly. Remove the kale from the heat, and add salt and pepper and toss well to combine.

Serve immediately.

Flank Steak (Serves 2-4)

This marinade is awesome on any red meat! Flank steak is very lean, which means it can be a bit tough, so be sure to marinate it for at least 24 hours to help tenderize and flavor it!

16 ounces of flank steak

1/4 cup balsamic vinegar

1/2 cup low-sodium wheat-free Tamari

2 tbsp Worcestershire sauce

1 tbsp dry mustard

Black pepper

2 minced garlic cloves

Combine all the ingredients and marinate the flank steak for 24 hours. Grill or broil until done to your liking. Slice across the grain in thin slices.

Spaghetti Squash "Pasta" w/Meat Sauce (Serves 2-3)

1 spaghetti squash

1 onion, chopped

1 red bell pepper chopped

2 cloves garlic, minced

2 Tbsp olive oil

1 lb. ground lean grass fed beef or turkey breast

1 large can (23oz) crushed tomatoes

1 small can (4-6oz) tomato paste

2 tbsp fresh chopped basil*

1 tbsp fresh chopped oregano*

Balsamic vinegar or red wine to taste

B+8 *you can use 2 tsp dried Italian seasoning blend in place of both of these.

You can bake or boil the spaghetti squash to get it ready to be your "pasta":

- To bake it: Preheat oven to 375 degrees. Pierce the shell several times with a large fork and place in baking dish. Cook squash approximately 1 hour or until flesh is tender.
- To boil it: Cut squash in half and take out the seeds with a large spoon. Heat a pot of water big enough to hold the squash halves. When the water is boiling, drop the squash in and cook for 15-20 minutes, depending on its size. When a fork goes easily into the flesh, the squash is done.

Whether you bake it or boil it, let it cool for 10 to 20 minutes so it will be easier to handle, before cutting in half (if it wasn't already) and removing the seeds (if you didn't already). Pull a fork lengthwise through the flesh to separate it into long strands.

Meat Sauce: Sauté onion, red pepper and garlic in olive oil, set aside. Brown meat in a separate pan and drain well. Add sautéed onions, peppers and garlic, tomato paste, crushed tomatoes, basil and oregano. Simmer for 1/2 hour. Add balsamic vinegar or red wine to taste.

Serve 2 cup of "pasta" topped with 8 oz. of meat sauce.

Time Saving Option: Use your favorite bottled/canned pasta sauce and add cooked ground meat to it.

Fun Additions: Chopped sundried tomatoes packed in olive oil (drained), sautéed mushrooms, sliced olives, quartered artichoke hearts