



THE 14-DAY FOOD DETOX

**BANISH BLOAT,
BOOST ENERGY
AND BANISH
STARVATION
CLEANSES
FOREVER WITH
THIS TWO-WEEK
PLAN THAT
LEVERAGES
REAL FOOD AS
YOUR INTERNAL
DETERGENT.**

CLEANSES SOUND APPEALING, WE'LL GIVE YOU THAT.

But while the thought of rapid weight loss and ridding your body of circulating toxins seems magical and healing, fact is you may be doing more harm than good. Here's why.

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SOCIETY HAS DONE A GREAT JOB

of convincing us that we are walking toxic dumps — our systems replete with scary elements from non-organic foods, environmental pollution, artificial additives and sundry chemical compounds. These undesirable toxins wreak havoc on our health, bodyweight and energy levels, and the only definitive solution for expelling them is a cleanse. Right? Meh — not so much. To date, there is no scientific research that supports the efficacy of a purging cleanse, and moreover there's no data that reveals that these supposed lawless "toxins" even exist. True, a cleanse may help some people feel better initially — especially if their diet was filled with processed, high-calorie foods — and some people may experience a rapid drop in scale weight, but both these benefits are temporary.

Most cleanses or detox diets essentially starve your body of the essential nutrients and calories it needs, eliminating nearly all food groups and relegating you to handfuls of supplements, oddball drinks, laxative teas or even enemas. But no matter who you are, after a few days of severe calorie restriction, your energy will tank and fatigue will set in.

As for the weight loss, sorry to say it's all water: When you eliminate carbs from your diet, your body releases the intercellular water that is used to metabolize those calories, hence you drop a few pounds. However, continued calorie restriction means eventual catabolism — in which your body uses your muscles for fuel — so while you might finish a cleanse weighing less, you're probably still carrying around the same amount of body fat but now have less muscle, causing a drop in metabolism.

AU NATUREL

Fortunately, these kinds of cleanses are an unnecessary experience because you were born with two corporeal cleansing tools — your liver and your kidneys. Your liver converts toxins like alcohol, heavy metals and medications into harmless substances. Those substances then travel to your kidneys, which filter your blood, remove wastes and expel them as urine. Frequent urination means you're effectively detoxing yourself on the reg — no nasty beverages required.

That being said, you can help your organs function at their best, and a number of foods, herbs and spices have been shown to assist your liver and kidneys in doing their jobs. (See the "Superstar Sustenance" sidebar, Pages 94.) This two-week meal plan is replete with these foodstuffs, and these purifying recipes will make you feel lighter, healthier and more energetic than ever.

TURMERIC CHICKEN FARRO SOUP

MAKES 8 servings (1 serving = 1.5 cups)

INGREDIENTS

- 1 **tbsp olive oil**
- 1 **medium white onion, diced**
- 4 **large carrots, peeled and cubed**
- 4 **large celery stalks, diced**
- 4 **cups cooked chicken breast, chopped or shredded**
- 4 **cups low-sodium chicken broth**
- 1½ **cups kale, roughly chopped**
- ¼ **cup fresh parsley**
- 2 **tsp ground turmeric**
- 1 **cup dry farro**
- ½ **tsp ground black pepper, or to taste**
- 1 **tsp salt, or to taste**

DIRECTIONS

Heat oil in a large pot over medium-high heat. Add onions, carrots and celery and season with salt and pepper. Saute until softened, about 5 minutes. Add remaining ingredients, except farro, and bring to a boil. Rinse farro, then add to soup and return to a boil. Reduce heat to a simmer, cover and cook until farro is tender, about 15 minutes. Add salt and pepper (to taste) and serve.

Nutrition Facts (per serving):

calories 356, fat 8 g, protein 42 g, sodium 176 mg, carbs 27 g, fiber 6 g, sugar 3 g

GRILLED ARTICHOKEs

MAKES 2 servings

INGREDIENTS

- 2 **large artichokes**
- 2 **tbsp lemon juice**
- 1 **tbsp olive oil**
- salt and pepper, to taste**

DIRECTIONS

Trim ends off artichokes and then slice in half lengthwise. Fill a large bowl with cold water and add lemon juice. Place artichokes in water to prevent browning. Bring a large pot of water to a boil and preheat the grill. Add artichokes to boiling water and cook 15 minutes. Drain and set aside. Brush artichokes with olive oil and season with salt and pepper (to taste). Place artichokes facedown on grill and cook until lightly charred, 5 to 10 minutes.

Nutrition Facts (per serving):

calories 141, fat 7 g, protein 5 g, sodium 447 mg, carbs 18 g, fiber 9 g, sugar 2 g

GRAPEFRUIT TURMERIC SMOOTHIE

MAKES 1 serving

INGREDIENTS

- 1 **grapefruit, peeled and seeded**
- ½ **tsp turmeric**
- ½ **cup frozen mango**
- 1 **(5.6 ounce) container plain nonfat Greek yogurt**
- 1 **tsp honey**
- ½ **cup nonfat milk of choice, more if needed**

DIRECTIONS

Blend all ingredients until smooth.

Nutrition Facts: calories 310, fat 1 g, protein 25 g, sodium 118 mg, carbs 54 g, fiber 5 g, sugar 42 g



CRUNCHY KALE DETOX SALAD

MAKES 2 servings

INGREDIENTS

- 4 cups kale, chopped
- 2 cups broccoli, chopped
- 2 medium celery stalks, diced
- 1 cup red cabbage, shredded
- 1 cup carrots, shredded
- ¼ cup sliced almonds
- 1 cup cauliflower, chopped
- ½ avocado, diced
- ½ apple, cored and diced
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 2 tbsp fresh parsley, chopped
- ½ tsp sea salt
- ½ tsp ground black pepper

DIRECTIONS

Toss all ingredients in a bowl and enjoy.

Nutrition Facts (per serving):

calories 420, fat 27 g, protein 14 g, sodium 767 mg, carbs 42 g, fiber 16 g, sugar 16 g

PINEAPPLE- CRANBERRY HIBISCUS DETOX SMOOTHIE

MAKES 1 serving

INGREDIENTS

- ¾ cup water
- 1 bag Lipton berry hibiscus tea
- ½ cup frozen cranberries
- ½ cup frozen pineapple chunks
- 1 (5.6 oz) container plain nonfat Greek yogurt
- handful ice

DIRECTIONS

Steep tea 3 minutes in boiling water. Allow tea to cool to room temperature. Add tea and all remaining ingredients to a blender and blend until smooth.

Nutrition Facts: calories 158, fat 1 g, protein 17 g, sodium 59 mg, carbs 23 g, fiber 3 g, sugar 15 g

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UPERSTAR SUSTENANCE

Help your system function at its best by including these food items in your daily regimen.



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1 | APPLES

Pectin, a soluble fiber found in apple peels, indirectly promotes positive kidney health by helping control blood sugar; high blood sugar can have damaging effects on the kidneys. Whole, raw organic apples with untainted peels are your best bet.

2 | ARTICHOKE

Two flavonoids found in artichokes are liver superstars: Cynarin stimulates bile production, aiding in the digestion of fats and absorption of vitamins and minerals, while silymarin protects the liver from free-radical damage.

3 | AVOCADO

Not only do the healthy fats in avocados help increase bile production and improve waste removal, but their high levels of potassium also helps combat fatty liver disease and allows your kidneys to maintain your electrolyte and acid-base balance.

4 | CRANBERRY JUICE

Cranberries contain proanthocyanidins, powerful antioxidants preventing bacteria from attaching to your digestive tract, protecting your kidneys from infection. Eight ounces of juice daily is all you need to reap the benefits.

5 | CRUCIFEROUS VEGGIES

Cruciferous vegetables contain glucosinolates, compounds that enhance the body's ability to neutralize carcinogens, helping prevent cancer. Eat plenty of broccoli, cauliflower, cabbage or Brussels sprouts to combat the big C.

6 | GRAPEFRUIT

Naringin, a powerful flavonoid in grapefruit, may help control inflammation in the body, and a study published in the journal *Life Sciences* found that naringin helps regulate alcohol metabolism to assist with liver health. It is also high in pectin, a fiber which sort of "sticks" to toxins in the blood and eliminates them through urine.



THESE INGREDIENTS OPTIMIZE THE FUNCTION OF YOUR LIVER AND KIDNEYS – YOUR IN-HOUSE CLEANING SYSTEMS.

7 | HIBISCUS

A study published in the journal *Food & Function* found that subjects treated with hibiscus extract for 12 weeks had reduced body fat, lower bodyweight, reduced body mass index and improved liver steatosis (accumulation of fatty tissue in the liver).

8 | KALE

Kale is packed with glucosinolates, which aid in your body's natural detox processes. A recent study published in the journal *Molecular Nutrition & Food Research* also found that isothiocyanates help increase urinary excretion of metabolites of the toxic chemicals found in tobacco — great news for smokers or those subjected to secondhand smoke.

9 | NUTS

Nuts contain HDL cholesterol, which your liver uses to remove the bad cholesterol (LDL) from your system and reduce inflammation. Bonus: A study published in *The American Journal of Clinical Nutrition* found that women who eat nuts regularly tend to have lower bodyweight and lower risk of obesity.

10 | PARSLEY

Studies show that parsley may help reduce the formation of kidney stones by decreasing the amount of calcium in urine, increasing urinary pH and reducing urinary protein excretion. Sprinkle parsley overtop any protein, grain or veggie.

11 | TURMERIC

The antioxidant capabilities of turmeric help the liver process metabolic wastes and protects it from toxins. It helps promote digestion, relieving gas by acting as an antispasmodic and reducing inflammation in the digestive tract. The curcumin in turmeric also stimulates the gallbladder to make bile, in turn improving liver function.

12 | WATER

Your kidneys are reliant on water to eliminate wastes, so drink plenty of water every day. Keep an eye on your urine color throughout the day to gauge your intake: Colorless to light yellow means you're doing a great job; darker yellow means you need to step it up.

THE 14-DAY FOOD DETOX MEAL PLAN

Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Breakfast 3 eggs + 1 slice toasted Ezekiel bread + 1 tbsp nut butter + ½ grapefruit</p> <p>Lunch 4 oz grilled chicken breast + ½ cup cooked brown rice + 1 cup steamed mixed veggies + ¼ cup diced avocado</p> <p>Dinner 4 oz baked/ broiled salmon + 1 handful roasted asparagus + 4 oz sweet potato</p> <p>Snack Pineapple-Cranberry Hibiscus Detox Smoothie*</p> <hr/> <p>Calories 1,302 Fat 44 g Protein 119 g Sodium 561 mg Carbs 111 g Fiber 20 g Sugar 36 g</p>	<p>Breakfast <u>Overnight Oats:</u> Combine ½ cup plain nonfat Greek yogurt + ½ scoop vanilla or chocolate protein powder + ½ cup dry oats + splash milk + dash cinnamon + dash salt. Cover and refrigerate overnight. In the morning, stir and add milk (if desired) or heat in microwave. Top with ¼ cup cranberries.</p> <p>Lunch <u>Kale Chicken Salad:</u> 2 cups chopped kale + 3 oz diced chicken breast + 1 tbsp dried cranberries + 1 tbsp chopped walnuts + ½ apple, cored and diced + 2 tsp olive oil + 1 tsp balsamic vinegar + salt/pepper (to taste)</p> <p>Dinner 4 oz cooked ground turkey breast + ¼ cup black beans + ½ cup cooked brown rice + ¼ cup diced avocado + chopped lettuce and tomato</p> <p>Snack <u>Snack Mix:</u> 10 walnuts + 1 cup plain popcorn + 6 dried dates or apricots + 5 multigrain crackers</p> <hr/> <p>Calories 1,374 Fat 52 g Protein 112 g Sodium 631 mg Carbs 132 g Fiber 26 g Sugar 55 g</p>	<p>Breakfast 2 hard-boiled eggs + 1 multigrain 100-calorie English muffin + ¼ cup diced avocado + salt/pepper (to taste)</p> <p>Lunch 4 oz cooked ground turkey breast + ¼ cup black beans + ½ cup cooked brown rice + ¼ cup diced avocado + chopped lettuce and tomato</p> <p>Dinner Turmeric Chicken Farro Soup*</p> <p>Snack 2 rice cakes + 2 tbsp nut butter</p> <hr/> <p>Calories 1,341 Fat 51 g Protein 113 g Sodium 1,014 mg Carbs 110 g Fiber 25 g Sugar 10 g</p>	<p>Breakfast 2 scrambled eggs + ¼ avocado + 1 slice Ezekiel bread + ½ grapefruit</p> <p>Lunch Kale Chicken Salad (See Tuesday Lunch)</p> <p>Dinner Turmeric Chicken Farro Soup*</p> <p>Snack 1 slice Ezekiel toast + 2 tbsp hummus + 1 sliced hard-boiled egg + salt/pepper (to taste)</p> <hr/> <p>Calories 1,329 Fat 55 g Protein 115 g Sodium 787 mg Carbs 96 g Fiber 22 g Sugar 24 g</p>	<p>Breakfast <u>Blueberry Almond Muesli Bowl:</u> Mix 1 scoop vanilla protein powder with ½ cup ice cold water. In a bowl, combine protein mixture with ½ cup dry oatmeal and 1 tsp honey. Allow to sit 15 minutes. Top with 1 tbsp almond butter, ½ apple (sliced), ¼ cup blueberries, 1 tsp dried cranberries and 1 tsp flaxseeds.</p> <p>Lunch <u>Tricolor Quinoa Salad:</u> 1 cup cooked tricolor quinoa + ¼ cup sliced sweet bell peppers + ¼ cup sliced cucumbers + ¼ cup chopped fresh parsley + 2 tbsp light vinaigrette dressing + 3 oz grilled chicken breast</p> <p>Dinner 4 oz grilled chicken + ½ cup brown rice + 1 cup steamed broccoli</p> <p>Snack 1 scoop protein powder mixed + water/nonfat milk + 1 small apple</p> <hr/> <p>Calories 1,394 Fat 32 g Protein 124 g Sodium 684 mg Carbs 161 g Fiber 29 g Sugar 50 g</p>	<p>Breakfast Grapefruit Turmeric Smoothie*</p> <p>Lunch <u>Broccoli and Chicken Wrap:</u> Combine 3 oz diced cooked chicken breast + 1 tbsp plain nonfat Greek yogurt + ¼ cup chopped steamed broccoli + 1 cup chopped romaine lettuce + salt/pepper (to taste). Spread 1 tbsp pesto on a low-calorie whole-wheat wrap. Add chicken mixture, fold in sides and roll up.</p> <p>Dinner Tricolor Quinoa Salad (See Friday Lunch)</p> <p>Snack 1 (5.6 oz) container plain nonfat Greek yogurt + ½ cup diced pineapple (fresh or canned) + 2 tbsp chopped walnuts</p> <hr/> <p>Calories 1,315 Fat 36 g Protein 120 g Sodium 1,074 mg Carbs 143 Fiber 28 g Sugar 64 g</p>	<p>Breakfast 2 Kodiak Cakes chocolate chip frozen waffles (toasted) + 2 tbsp nut butter</p> <p>Lunch 4 oz grilled chicken + ½ cup brown rice + 1 cup steamed broccoli</p> <p>Dinner 3 oz baked or broiled salmon + 1 cup steamed broccoli + 4 oz baked sweet potato + Grilled Artichokes*</p> <p>Snack 2 Babybel cheese rounds + ½ grapefruit</p> <hr/> <p>Calories 1,403 Fat 72 g Protein 87 g Sodium 982 mg Carbs 113 g Fiber 22 g Sugar 21 g</p>

INGREDIENTS LIKE KALE, TURMERIC, AVOCADO AND GRAPEFRUIT MAKE FOR A COLORFUL—AND DETOXIFYING—MEAL PLAN.





Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Breakfast Pineapple-Cranberry Hibiscus Detox Smoothie*</p> <p>Lunch 3 oz grilled salmon + 1 cup steamed broccoli + 4 oz baked sweet potato + Grilled Artichokes*</p> <p>Dinner Tricolor Quinoa Salad (See Week 1 Friday Lunch)</p> <p>Snack 2 rice cakes + 2 tbsp nut butter</p> <hr/> <p>Calories 1,317 Fat 47 g Protein 90 g, Sodium 1,133 mg Carbs 135 g Fiber 27 g Sugar 32 g</p>	<p>Breakfast 3-egg omelet + ½ cup broccoli + ¼ cup diced avocado + 1 slice Ezekiel toast</p> <p>Lunch 4 oz grilled chicken breast + ½ cup cooked brown rice + 1 cup steamed mixed veggies + ¼ cup diced avocado</p> <p>Dinner 4 oz grilled sirloin steak + 4 oz sweet potato + 1 handful roasted asparagus</p> <p>Snack 1 scoop protein powder + water/ nonfat milk + 1 medium apple</p> <hr/> <p>Calories 1,320 Fat 46 g Protein 122 g Sodium 628 mg Carbs 106 g Fiber 26 g Sugar 31 g</p>	<p>Breakfast Overnight Oats (See Week 1 Tuesday Breakfast)</p> <p>Lunch Broccoli and Chicken Wrap (See Week 1 Saturday Lunch)</p> <p>Dinner 4 oz grilled sirloin steak + 4 oz sweet potato + 1 handful roasted asparagus</p> <p>Snack Grapefruit Turmeric Smoothie*</p> <hr/> <p>Calories 1,308 Fat 33 g Protein 129 g Sodium 894 mg Carbs 139 g Fiber 30 g Sugar 62 g</p>	<p>Breakfast 2 Kodiak Cakes chocolate chip frozen waffles (toasted) + 2 tbsp nut butter</p> <p>Lunch Crunchy Kale Detox Salad*</p> <p>Dinner 4 oz grilled chicken + ½ cup brown rice + 1 cup steamed broccoli</p> <p>Snack 2 Babybel cheese rounds + ½ grapefruit</p> <hr/> <p>Calories 1,387 Fat 75 g Protein 84 g Sodium 1,212 mg Carbs 112 g Fiber 25 g Sugar 28 g</p>	<p>Breakfast 3 scrambled eggs + ¼ avocado + 1 slice Ezekiel bread + ½ grapefruit</p> <p>Lunch 4 oz grilled chicken + ¾ cup brown rice + 1 cup steamed broccoli</p> <p>Dinner 4 oz baked/ broiled salmon + 1 handful roasted asparagus + 4 oz sweet potato</p> <p>Snack 1 (5.6 oz) container plain nonfat Greek yogurt + ½ cup diced pineapple (fresh or canned) + 2 tbsp walnuts</p> <hr/> <p>Calories 1,338 Fat 45 g Protein 119 g Sodium 561 mg Carbs 115 g Fiber 40 g Sugar 34 g</p>	<p>Breakfast 2 hard-boiled eggs + 1 multigrain 100-calorie English muffin + ¼ cup diced avocado + salt/pepper (to taste)</p> <p>Lunch Crunchy Kale Detox Salad*</p> <p>Dinner 4 oz baked or broiled salmon + 1 handful roasted asparagus + 4 oz sweet potato</p> <p>Snack Snack Mix (See Week 1 Tuesday Snack)</p> <hr/> <p>Calories 1,303 Fat 62 g Protein 70 g Sodium 1,349 mg Carbs 139 g Fiber 37 g Sugar 58 g</p>	<p>Breakfast Pineapple-Cranberry Hibiscus Detox Smoothie*</p> <p>Lunch 2 slices Ezekiel toast + 1 tbsp pesto + 4 oz grilled chicken + 1 slice mozzarella cheese</p> <p>Dinner 4 oz grilled sirloin steak + ½ cup brown rice + 1 cup steamed broccoli + 1 serving Grilled Artichokes*</p> <p>Snack 1 small apple + 1 tbsp nut butter</p> <hr/> <p>Calories 1,368 Fat 47 g Protein 115 g Sodium 1,177 mg Carbs 124 g Fiber 27 g Sugar 35 g</p>

TOXIC FOODS

While most foods reported to be toxic generally lack the scientific research to back those claims, there are harmful substances lurking in your fridge and pantry. Here are some of the top contenders.

ADDED SUGAR | Not only are added sugars empty calories, but they also contribute to obesity, Type 2 diabetes, cancer and even heart disease. Aim for foods with single-digit sugars on food labels and no added sugar in the ingredient list.

MERCURY | Mercury is a naturally occurring metal. However, large fish can absorb it into their bodies where it converts to methylmercury, a highly toxic substance. Avoid fish that are high in mercury content like tuna, mackerel, shark, swordfish and tilefish.

REFINED OILS | Oils made from corn, sunflowers, safflowers, soybeans and cottonseed are high in omega-6 fatty acids, and while you do need some omega-6s in your diet, too many can cause inflammation and increase your risk of cancer and heart disease.

TRANS FATS | These man-made fats have been shown to increase the risk of chronic conditions such as heart disease and high blood pressure by increasing bad cholesterol (LDL) and reducing good cholesterol (HDL). The good news is that the Food and Drug Administration no longer includes trans fats as a food "generally recognized as safe" and food manufacturers have pretty much phased them out.

ALCOHOL | When you drink alcohol, your liver stops everything it's doing to process it, including fat metabolism. Alcohol also causes dehydration, putting a strain on your kidneys and limiting your ability to eliminate toxins. ☞



Your body sees alcohol as a poison!