

CHEF STACEY



THE GLOW UP

A Guide to Detoxing & Resetting Your Body, Mind & Spirit

POWERED BY SIMPLY PURE

Medical disclaimer

This cleanse is intended for general informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment or before starting the cleanse.

Introduction

My experience:

Last December 2022, I decided to do a 3 day liquid cleanse because I felt sluggish, was experiencing brain fog and felt like I needed an overall reset on my body. I've been a plant based chef and nutritionist for over 2 decades and this was my first time successfully completing a 3 day liquid cleanse. In the past, I've attempted to complete a 3 day liquid cleanse, but I just didn't have the willpower to not eat. The hunger pangs would come, my discipline would go right out the window and I would eat something. But I knew that by completing the cleanse this time, not only would I reset my mind and body on a cellular level, but it would allow me to achieve a level of discipline that I've never achieved before. This was important to me. Needless to say the cleanse was successful and I ended up doing 4 days instead of 3. I would've gone longer, but I was losing too much weight, and losing weight was not my goal. I lost 4 lbs in 2 days!

After I completed the cleanse, I felt amazing. My mind was sharper, skin clearer and I felt lighter, not just in my physical body, but in my spirit. I felt happier and more peaceful. I'm excited for you to experience the results of a liquid cleanse. Was it easy? No, it wasn't easy. There were times when I craved chewing food and I also experienced mild headaches and some fatigue. But these were just normal signs that my body was detoxing. I was able to alleviate the signs by consuming more liquid, resting if needed, and listening to my body. This is also where the discipline kicked in. Mind over matter. In this book, I am going to show you a simple and effective way to do a liquid cleanse so you can get the results you want to renew your mind, body and spirit. Now let's get to it!

Part 1

What is a liquid cleanse?

A liquid cleanse also known as a liquid fast, is a type of cleanse where a person consumes only liquids for a set period of time, usually for one to seven days. No solid food is consumed during a liquid cleanse. The liquids consumed can include fresh pressed juices, herbal teas, broths, and water. The idea behind a liquid cleanse is to give the digestive system a break from processing solid foods, allowing the body to focus on cleansing and healing. By consuming only liquids, the body does not have to work as hard to digest food, freeing up energy for other processes, such as detoxification and repair. A liquid cleanse can help to eliminate toxins from the body, making it easier for the body to process and excrete waste. I use the terms liquid cleanse and liquid fast interchangeably throughout the book.

Part 2

What are the physical and emotional benefits of liquid fasting?

Physical Benefits:

1. **Improved Digestion:** Liquid fasting gives the digestive system a break, allowing it to rest and repair. This helps to improve digestive function and reduce symptoms such as bloating, constipation, and indigestion.
2. **Detoxification:** Liquid fasting helps the body eliminate toxins more efficiently, making it easier for the body to process and excrete waste. This helps support the liver and other organs involved in detoxification.
3. **Weight Loss:** Liquid fasting can lead to weight loss by reducing calorie intake. This helps reset the appetite and reduce cravings for unhealthy foods. I understand that like me, some people may not want to lose weight. It is possible to consume 2,000-2,500 calories per day on the liquid cleanse. In order to consume this amount of calories, you would have to drink about 8-9 - 32 oz. juices per day and mostly fruit based juices.
4. **Increased Energy:** Liquid fasting frees up energy for other processes in the body, such as detoxification and repair. This leads to increased energy levels and mental clarity.
5. **Improved immune function:** Fasting has been found to boost the immune system, which can help prevent illness and disease.

Emotional Benefits:

1. **Mindfulness:** Liquid fasting provides an opportunity to be more aware of what we eat and how we feel. This helps to cultivate a greater sense of well being and promotes healthier eating habits.
2. **Stress Reduction:** Liquid fasting helps reduce stress on the body, which can have a positive impact on mental and emotional wellbeing. It can help promote relaxation and reduce feelings of anxiety.
3. **Increased Focus:** Liquid fasting can improve mental clarity and focus, because the body is not expending as much energy on digestion. This helps increase productivity and concentration.
4. **Greater self-discipline:** Liquid fasting requires a significant amount of commitment.
5. **Improved mood:** Fasting has been shown to increase the production of endorphins, which can improve mood and reduce anxiety and depression.

Part 3

How do I prepare for a liquid cleanse?

Proper preparation for a liquid fast is crucial to the success of your fast. Being prepared will ensure adequate nutrition, and mentally and emotionally prepare you with ease for the fasting experience. Without proper preparation, a liquid cleanse may not provide the desired benefits. Here are a few tips to make sure you experience ease into your transition.

1. **Choose the Right Time:** Choosing the right time to do a liquid fast depends on several factors, including your overall health, lifestyle, and schedule. In my opinion, the best time to do a cleanse is whenever the seasons start to change. This will prepare your body and mind for the new season and reduce the risk of getting sick. When I did my cleanse last December, I was preparing for the winter. I chose to do my cleanse during the middle of my work week because I tend to eat less during the week than on the weekends. I suggest choosing a week when your workload is lighter and you are more likely to experience less stress. Also, consider choosing a time when you have a support system in place, such as friends or family members who can offer emotional support and encouragement.
2. **Gradually Reduce Solid Food Intake:** One of the most important steps in preparing for a liquid fast is to gradually reduce heavy solid food intake in the days leading up to the

fast. Avoid processed and junk foods, even if they are plant-based. This will help ease the body into the fast and reduce the likelihood of side effects such as headaches, dizziness, or nausea. I recommend to start reducing heavy food intake at least three days before the fast and focus on consuming easily digestible whole foods such as fruits and vegetables. I've included recipes and a sample menu at the end of this book to help prepare for the cleanse.

3. **Choose the Right Liquids:** When planning a liquid fast, it is important to choose the right liquids to consume during the fast. This includes fresh pressed fruit and vegetable juices, herbal teas, vegetable broths, and water. It is important to choose high-quality liquids that are free from additives, preservatives, and sugars. Freshly made fresh pressed juices are the best options as they provide a high concentration of vitamins, minerals, and enzymes.
4. **Stock Up on Supplies and Liquid Meals:** To ensure a successful and stress-free cleanse, it is important to stock up on supplies before the cleanse begins. This includes a blender or juicer, high-quality fruits and vegetables, herbal teas, broths, and high quality water. Planning is essential to the success of your cleanse. Trust me, you don't want to figure out what to consume during the middle of your cleanse. Take a few hours to prep the majority of your liquid meals before you start the cleanse. Have your liquid meals readily available so when the hunger pang kicks in you are not tempted to break the fast.
5. **Document your Journey:** I highly recommend having a journal or notepad to document any physical or emotional changes during the cleanse, as well as any insights or reflections that arise. I've included a few journal prompts at the end of this book to help with the process.
6. **Drink plenty of water:** Start drinking the necessary amount of water a few days before the fast if possible. The recommended amount of water to consume is half of your body weight in ounces. For example, if you weigh 200 lbs., the proper amount of water to consume daily is 100 oz ($200/2 = 100$). Note, there are 128 oz. in a gallon. This may seem like A LOT of water, and it is, but it is necessary for the proper hydration of your body. I'll be repeating the importance of drinking water throughout the book, so no, it's not a typo :)
7. **Get plenty of rest:** Getting enough rest before the fast can help you feel more energized and mentally prepared.
8. **This liquid cleanse is free of alcohol, caffeine, animal products and processed foods.** If you consume any combination of these things you may experience symptoms including mild headaches, insomnia, nervousness and/or fatigue. No need to worry. These symptoms should subside after a day or so.

Part 4

What do I do while on the 3 day liquid cleanse?

1. Drink plenty of water: Staying hydrated with high quality water is crucial during a liquid cleanse. I recommend adding liquid chlorophyll drops to your water for added nutritional benefits. I said it before, and I'll say it again...the proper amount of water to consume on a daily basis is half your body weight in ounces.
2. Try different types of liquids: You can consume various types of liquids, such as fresh pressed vegetable and fruit juices, coconut water, herbal teas and brothy soups. Make sure to avoid any beverages that contain added sugars, caffeine, or alcohol.
3. Rest and relax: Fasting can be challenging on the body, so take this opportunity to rest and relax if you are able. Try meditation, gentle yoga, or other calming activities to help reduce stress. I worked during my fast and because I was busy, I didn't feel the inevitable hunger pang as much. You may have to do the liquid cleanse a couple of times to see what works best for your body.
4. Spend time outdoors: Being in nature can be rejuvenating and can help you feel more grounded. Take a walk in the park, go for a hike, or simply sit outside and enjoy the fresh air.
5. Read and journal: Take this opportunity to reflect on your goals and aspirations. Read books that inspire you, and journal about your thoughts and feelings.
6. Practice self-care: Take care of your body and mind by taking a relaxing bath, getting a massage and reading books that inspire you.
7. Additional cleansing: Doing a saline enema or drinking a cleansing tea like Smooth Move tea helps to release toxins quicker and more effectively from the body thereby reducing hunger pangs and headaches. I recommend doing the additional cleansing at the end of the 1st or 2nd day. I recommend you take the enema in the evening about 2 hours before bedtime. You will have a bowel movement within minutes of taking the enema and after you go to the bathroom once, you may have to go one other time (usually between a 30 - 1 hour window) and the effects will be over. The enema is a mild and effective way to eliminate additional waste that may not have been removed from a regular bowel movement.
8. It is imperative that you drink plenty of water so that you do not become dehydrated.

Part 5

What do I do after completing a liquid fast?

What you do after completing a liquid fast is just as important as the fast itself. These tips will help to avoid any potential digestive issues.

1. **Ease back into solid foods:** Start by consuming light, easy-to-digest foods such as vegetable based soups, steamed vegetables, and fresh fruit. Avoid heavy or processed foods even if they are plant-based. Gradually reintroduce more solid foods over a period of several days.
2. **Chew your food well:** After a liquid fast, your digestive system may need time to adjust to solid foods. It is important to chew your food thoroughly, until it becomes liquid before swallowing to aid in digestion.
3. **Stay hydrated:** Continue to drink plenty of water and other hydrating fluids to maintain proper hydration levels.
4. **Avoid overeating:** After a fast it can be tempting to indulge in large quantities of food, but it is important to listen to your body's hunger and satiety signals and avoid overeating.
5. **Eat nutrient-dense whole foods:** After a fast, your body may be more receptive to nutrient-dense foods, so aim to consume a variety of fruits, vegetables, whole grains, plant-based proteins, and healthy fats. Avoid processed and junk foods, even if they are plant-based.
6. **Celebrate yourself:** Congratulations! You successfully achieved your goal and celebrating yourself after completing a fast is an essential part of the process. It can help you to maintain the benefits of your fast and stay motivated towards your health and wellness goals. Celebrate by reflecting on your experience including what you learned about your body, your relationship with food, and any insights you gained during the fast. Acknowledge the hard work and effort you put into achieving your goal. Treat yourself to a nice plant-based whole foods meal or a fun activity solo or with friends and family.

Part 6

What supplies will I need for my liquid cleanse?

Kitchen equipment:

1. Juicer Types: A masticating juicer and a centrifugal juicer are two different types of juicers that are commonly used for making fresh juices at home.

A masticating juicer, also known as a cold press juicer, works by slowly crushing and squeezing fruits and vegetables to extract the juice. It operates at a low speed, which helps to preserve the nutrients in the juice and reduce oxidation. Masticating juicers are often more expensive than centrifugal juicers, but they produce higher quality juice with more nutrients and a longer shelf life of usually up to 7 days.

A centrifugal juicer uses high-speed spinning blades to chop up fruits and vegetables and separate the juice from the pulp. Centrifugal juicers are typically less expensive than masticating juicers and work quickly, however, they may produce juice that has more pulp and is less nutrient-dense than juice produced by a masticating juicer. The shelf life for these juices is usually shorter, approx 2-3 days.

I recommend the Nama J2 Cold Pressed Juicer. This is a masticating juicer and I've been using this juicer for over 2 months now. <https://namawell.com/collections/nama-juicers>

2. Kitchen Towels
3. Cutting board
4. Quality sharp knives
5. Peeler and/or vegetable brush
6. White vinegar or natural vegetable/fruit wash for washing produce
7. Compost bin or trash bags for compost
8. Strainer
9. Bowls, containers or ziplock bags for washed produce
10. Airtight glass containers for liquids (I recommend 32 oz mason jars)
11. Journal or notebook

Part 7

What are some ways I can spend less money and save time preparing for my juice cleanse?

Ways to spend less money when juicing:

1. Buy produce in bulk: Purchasing fruits and vegetables in bulk can be more cost-effective than buying them individually. Look for deals at your local farmers market or consider joining a co-op.
2. Use seasonal produce: Seasonal produce is often less expensive and more readily available. Use seasonal fruits and vegetables in your juices to save money. It is best to buy organic produce and fruits that contain seeds. However, buying organic produce can be pricey so purchase what works best for your budget.
3. Grow your own produce: If you have space, consider starting a garden and growing your own produce. You can even consider an indoor produce tower. This can be a great way to save money and ensure that your produce is fresh and organic. My favorite indoor grow tower company is Green Side Up Farm: www.greensideup.farm
4. Use leftover produce: Don't let leftover produce go to waste. Use it in your juices instead of throwing it away.
5. Use cheaper ingredients: Not all ingredients have to be expensive. Incorporate cheaper ingredients such as carrots, lemons, beets, cucumbers, celery and apples into your juices.

Ways to save time when juicing:

1. Plan ahead: Decide which juices and liquids you want to consume and create a menu. Then create a shopping list. This will help you avoid multiple trips to the grocery store. You should only be food shopping one time when preparing for your 3 day liquid cleanse.
2. Wash produce in advance: Wash your fruits and vegetables in advance and store them in airtight containers in the refrigerator. This will save you time when you're ready to make your juice.
3. Use a high-quality juicer: Investing in a high-quality juicer will save you time and effort when juicing. Look for a juicer that can process produce quickly and efficiently.

4. Prepare in bulk: Make large batches of juice and store it in the refrigerator. This will save you time and allow you to enjoy juice throughout the week.
5. Juice in the morning (or the night before if your mornings are hectic): Juicing in the morning (or the night before) can help you start your day on the right foot and save time later in the day.

Part 8

Before The Cleanse Recipes

I included a few recipes for you to try before your liquid cleanse. I know it may seem like a lot of ingredients, but most of these ingredients are the same for every recipe and include items you probably already have at home. If not, it may be time to upgrade your spice pantry :)

Red Lentil and Vegetable Soup

Ingredients:

1 cup red lentils
3 dried bay leaves
4 cups water or low sodium vegetable broth
3 garlic cloves - minced
½ medium onion - diced
1 large carrot - diced
1 large stalk celery - diced
½ cup green beans - cut
1 cup diced tomatoes (fresh or canned)
1 teaspoon cajun seasoning
2 teaspoons Old Bay
1 tablespoon granulated onion
1 tablespoon granulated garlic
1 teaspoon dry basil
2 tablespoons lemon juice
1 tablespoon olive oil
1 ½ tablespoons nutritional yeast - optional
Sea salt to taste
Fresh basil or dill for garnish - chopped

Instructions:

In a colander, rinse red lentils under cool water and set aside. Add 2 tablespoons of olive oil to a large stock pot and saute the garlic and onion for 3 minutes. Add the lentils, bay leaf and

water/vegetable broth to the pot. Bring to a boil, turn down to medium low heat and cook lentils for 20 minutes or until tender. Add the remaining ingredients except the lemon juice and olive oil. Cook for 10 minutes or until vegetables are slightly tender. Turn off heat and stir in lemon juice and 2 teaspoons of olive oil. Garnish with fresh dill or basil. Serve warm

Serves 4.

No-Crab Salad

Ingredients:

2 ½ cups chickpeas or shredded jackfruit
¾ tablespoons granulated onion
¾ tablespoons granulated garlic
¼ teaspoon black pepper
⅛ teaspoon Creole Seasoning
½ teaspoon sea salt
1 tablespoon mustard
1 teaspoon Old Bay
¼ cup red bell pepper - small dice
2 tablespoons fresh dill
2 tablespoons fresh basil
½ cup vegan mayo
2 teaspoons nutritional yeast - optional

Instructions:

Drain and shred the jackfruit in a bowl and set aside. Add remaining ingredients and mix well. Serve with gluten free bread, on a bed of lettuce or with crackers.

Serves 4.

Nourish Bowl

Ingredients:

1 cup quinoa or brown rice – cooked according to package instructions (will make approx. 2 ½ cups after cooking)
2 tablespoons avocado oil
1 can garbanzo beans – drained and rinsed
¼ cup onion – minced
3 cloves fresh garlic minced
1 cup fresh kale – chopped

1/2 cup cherry tomatoes – halved
1/2 cup cucumber - sliced
1/2 avocado – cubed
2 teaspoons coconut aminos
2 teaspoons nutritional yeast
1 teaspoon chili powder
1 teaspoon apple cider vinegar
Fresh cilantro or basil – optional (but damn good lol)
Hemp seeds - optional (great source of protein)

Instructions:

Heat oil over medium heat. Add onion and garlic and sauté for 2 minutes. Add garbanzo beans, kale, coconut aminos, nutritional yeast, chili powder and apple cider vinegar. Saute until kale is slightly tender. While cooking, add water if necessary to soften kale. Set mixture aside.

In a bowl, layer cooked quinoa, kale and garbanzo bean mixture, cherry tomatoes, cucumber and fresh avocado. Garnish with fresh cilantro or basil and hemp seeds.

Serves 2.

Part 9

The Cleanse Recipes

During the cleanse I consumed on average 3 - 32 oz. jars of fresh juice and 2 - 32 oz. jars of drinking water per day. I also consumed 16 oz. of vegetable broth every night for dinner and 32 oz. coconut water over the course of the 3 days. There are no limits to the amount of liquid you can consume on your liquid cleanse. Your meals are replaced by juices, water and broth so if you feel hungry, grab a drink.

Here are a few essential items for your liquid cleanse recipes. I like these items because they are easily accessible and serve as a base for tasty liquid meals :

Lemon
Cucumber
Apple
Pineapple
Any greens such as: Kale, Spinach and Lettuce
Carrots
Beets
Ginger
Turmeric
Watermelon
Low or no sodium vegetable broth
Coconut water
Liquid chlorophyll

Fresh Juice - Golden Goddess

Ingredients:

2 cups fresh pineapple - peeled and chopped
2 inch piece fresh turmeric
1 inch piece fresh ginger
¼ cup coconut water
½ fresh lemon juice
Cayenne or black pepper - optional

Instructions:

Wash all the produce. Place the ginger, turmeric and lemon in the juicer then add the pineapple last. Strain juice mixture through a sieve or strainer. Add the coconut water to the juice. You can also add a dash of cayenne or black pepper. Mix well and store in an airtight glass container.

Yields approximately 16 oz.

Fresh Juice - Liquid Courage

Ingredients:

1 bunch kale - (do not remove stems)
1 small bunch romaine lettuce
4 stalks celery
1 lemon or large lime - peeled
1 cucumber
1 inch piece of ginger
2 granny smith apples - optional

Instructions:

Wash all of the produce. Place all ingredients in a juicer. Strain the juice using a sieve or strainer. Keep juice in glass airtight containers.

Yields approximately 18 oz.

The Reviver

Ingredients:

1 medium beet
4 stalks celery
4 carrots
1 granny smith apple
1 inch piece of ginger

Instructions:

Wash all of the produce. Place all ingredients in a juicer. Strain the juice using a sieve or strainer. Keep juice in glass airtight containers.

Yields approx 16 oz.

Homemade Vegetable Broth

This vegetable broth includes several ingredients and is rich in flavor. Leftover vegetable scraps are great to use in this recipe. The broth takes almost an hour to prepare, so if you are in a pinch for time a great alternative is to combine the Better Than Bouillon Vegetable Broth paste with hot water.

www.betterthanbouillon.com

Ingredients:

1/4 cup fresh garlic - roughly chopped
1/4 cup (or approximately 2 inches) - fresh ginger peeled and roughly chopped
1 onion - cut in medium pieces
1 large roma tomato
4 carrots - cut in medium pieces
3 celery ribs - cut in medium pieces
1 red apple - cut in medium pieces
2 tablespoons lemon juice
1 tablespoon rice vinegar
5 cups water
1/4 cup low sodium soy sauce (you can use coconut aminos for a soy free version)
0.5 oz dry shiitake mushrooms
2x2 inch piece of kombu or 3 dried nori seaweed sheets - optional
2 tablespoons miso paste - optional (this will make the broth a little saltier)

Instructions:

Place all the ingredients in a stock pot. Bring to a boil, turn down the heat and allow to simmer for 45 minutes. Strain the vegetables from the broth. The broth can be consumed immediately

or refrigerated in an airtight container. If you do not consume all of the broth you can also pour into an ice tray and store in the freezer until you are ready to use again.

Part 10

After The Cleanse Recipes

When you are finished with your liquid cleanse and start to introduce solid food back into your lifestyle, it is important to not eat heavy foods. The best foods to consume are fruits and raw veggies for the first 3 days after your liquid cleanse.

Tropical Fruit Bowl with Tahini Sauce

Ingredients (for the fruit salad):

1 banana - sliced
1 apple - diced
½ cup fresh mango - diced
½ cup fresh strawberries - sliced
2 tablespoons raisins or cranberries
1 tablespoon shredded coconut

Ingredients (for the tahini sauce):

2 tablespoons raw tahini
¼ cup dates - pitted and soaked in hot water for 10 minutes or until soft
½ teaspoon cinnamon
⅓ cup water

Instructions:

Combine the ingredients for the fruit salad and mix well in a bowl.

In a blender, blend the ingredients for the tahini sauce. Pour the sauce over the fruit salad. Mix well and serve.

Serves 2.

Cauliflower Couscous Salad

Ingredients:

1 small head cauliflower
½ cup extra virgin olive oil or avocado oil

¼ cup fresh lemon juice
1 small bunch fresh parsley - chopped
½ pint sweet cherry tomatoes - halved
½ cup cucumbers - medium diced
1 tablespoon fresh garlic - minced
¼ cup kalamata olives - pitted and halved
1 ½ teaspoons ground turmeric
½ teaspoon cumin
½ teaspoon coriander
½ teaspoon sea salt - or to taste
⅛ teaspoon black pepper

Instructions:

Chop cauliflower small, a food processor is preferred because you want the cauliflower to resemble the consistency of couscous. Place chopped cauliflower in a bowl and add the remaining ingredients. Mix well. Serve with raw hummus and/or crackers of your choice.

Serves 4.

Zucchini Noodles with Cashew Alfredo

Ingredients:

1 ½ cups water
¼ cup fresh lemon juice
6 cloves garlic
½ cup nutritional yeast
1 tablespoons sea salt
2 cups raw cashews (soaked 8 hours and rinsed)
2 medium zucchini
Veggies (optional): cherry tomatoes, red bell peppers, fresh basil, spinach, marinated mushrooms

Instructions:

Place all ingredients except the zucchini, in a high speed blender and blend well. If you have a spiralizer, you can use that to make the zucchini noodles. If you don't have a spiralizer, grab your peeler and peel strips of the zucchini to make flat fettuccine style noodles. Pour cashew alfredo sauce over the noodles and top with your favorite veggies. Serve immediately.

Serves 2.

*Yields 4 cups of cashew alfredo sauce.

Part 11

Sample Menu

Below is a sample menu of what to eat before, during and after your liquid cleanse. If you are local in Las Vegas, you can also order weekly meal prep meals directly from our website: www.simplypurelv.com

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
Breakfast: Fruit Smoothie or Fruit Salad	Breakfast: Raw or cooked oatmeal with fruit	Breakfast: Watermelon Juice or fresh juices and water	Breakfast: Watermelon Juice or fresh juices and water	Breakfast: Watermelon juice or fresh juices and water	Breakfast: Fresh fruit (only choose 1-2 fruits i.e. grapes, cherries, apples)	Breakfast: Tropical fruit salad with tahini sauce
Lunch: Nourish "Buddah" Bowl	Lunch: Red Lentil and Vegetable Soup with Avocado Toast	Lunch: Fresh pressed juices and chlorophyll water	Lunch: Fresh pressed juices and chlorophyll water *Make Smooth Move Tea to drink in the evening	Lunch: Fresh juices and chlorophyll water	Lunch: Simple salad with fresh veggies only	Lunch: Jackfruit crab salad with sliced avocado
Dinner: Heart of Palm Crab Cakes with Dill Remoulade and Salad	Dinner: Super Salad with beans, quinoa and mixed vegetables	Dinner: Vegetable broth and herbal tea	Dinner: Vegetable broth and herbal tea	Dinner: Vegetable broth and herbal tea	Dinner: Steamed vegetables with brown rice or quinoa	Dinner: Zucchini fettuccine alfredo with cashew cream sauce
Water, water, water	Water, water, water	*Saline enema after dinner	*Drink Smooth Move Tea 1 hour after dinner	Journal and Reflection	Water, water, water	Water, water, water

Part 12

Additional Tips

1. Water, water and more water - Your body and brain are approximately 75% water. This is why it is important to drink plenty of water, to make sure your body and brain are functioning at the maximum potential.

Consuming half of your body weight in ounces per day is the rule of thumb. For example, if you weigh 200 lbs., you should consume at least 100 oz of water per day. (note: 1 gallon of water is 128 oz.)

2. Liquid Chlorophyll - I often add liquid chlorophyll to my water to increase the amount of nutrients that my body receives. Chlorophyll is a natural supplement that is derived from the green pigment found in plants. It is typically extracted from the leaves of green plants such as spinach, parsley and alfalfa. It plays a vital role in photosynthesis by absorbing light energy and converting it into chemical energy. Chlorophyll is often used as a dietary supplement because it is rich in nutrients and antioxidants that are beneficial for human health. It is also believed to have detoxifying properties, promotes healthy digestion, improves skin health and could potentially reduce the risk of certain chronic diseases.

<https://worldorganiccorp.com/> - Liquid Chlorophyll

3. For enhanced cleansing: On the 1st day of the liquid cleanse (in the evening) I gave myself an enema and on the 2nd day (in the evening) I drank Smooth Move Tea. This helps to eliminate waste faster and more effectively. Please note, you can expect to have a bowel movement approx. 5-7 hours after you drink the Smooth Move Tea.

www.fleetlabs.com - Enema

www.traditionalmedicinals.com - Smooth Move Tea

Part 13

Journal reflections:

1. How do I feel physically? Am I experiencing any discomfort or pain?
2. How do I feel emotionally? Do I feel proud of myself for completing the fast, or do I feel guilty for breaking it early?
3. What did I learn from this experience? Did I gain any insights into my relationship with food or my body?
4. Will I continue to incorporate fasting into my lifestyle, or was this a one-time experience?
5. How did my fast affect my energy levels, mood, and overall health?
6. Did I achieve the goals I set for myself before starting the fast?
7. How can I maintain the benefits of the fast going forward?
8. Did I experience any changes in my appetite or food cravings during or after the fast?



Chef Stacey Dougan is a globally revered plant-based chef, who has successfully combined the art of culinary vegan cuisine with the mastery of entrepreneurship. A vegan chef for over 22 years, Chef Stacey was the founder and Executive chef of Simply Pure Vegan Cafe, the second plant-based restaurant to open in Las Vegas. Her impressive culinary background includes training with James Beard award winning chefs and creating meals for celebrity clients such as President Bill Clinton, New Jersey State Senator Cory Booker and artists Usher and Erykah Badu. Chef Stacey is also a culinary trained raw and living foods nutritionist, creating recipes designed for optimum health. Chef Stacey recently launched her new Simply Pure plant-based food truck and continues to create unique recipes that are satisfying and nutritious.

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