# THE POST-CLEANSE COOL-DOWN

Eating guidelines after the cleanse

Commit to keeping a clean diet after the cleanse to continue on your way to better health and wellness.

### 1-2 DAYS AFTER

#### **SLOWLY INTRODUCE:**

- Raw, Cooked Or Steamed Vegetables
- Fresh, Low-Sugar Fruits (Apples, Pears & Berries)
- Blended Soups & Broths
- Good Fats: Avocado, Olive Oil & Raw, Unsalted Nuts & Seeds
- Eggs
- Legumes & Whole Grains
- Light Animal Proteins: Fish (Wild Salmon, Small White Fish) & Chicken (4-6oz)

#### MAINTAIN A CLEAN DIET BY AVOIDING:

- Dairy
- Red Meat
- White Powders ~ Flour, Sugar, Salt
- Caffeine, Alcohol & Nicotine

#### **INCREASE CONSUMPTION OF:**

- Water
- Herbal Teas & Fresh Juices

## 2-4 DAYS AFTER

- Continue to eat lots of whole vegetables & fruits
- Avoid dairy (except eggs), red meat & white powders
- Increase lean proteins & good fat
- Continue to avoid caffeine & alcohol
- Drink lots of water, herbal tea & fresh juices
- Be mindful of portion sizes

# AND FINALLY... 3 MONTHS AFTER

Reassess your health & repeat CAN CAN Cleanse Winter, Spring, Summer and Fall!



