



Your Guide To Lisa's 1 Day Detox



As the seasons change, it is the perfect time re-evaluate our habits and cleanse body, mind and spirit. This 1 Day Detox is about helping you “**get back on track**” with your health and wellness goals. Choose one special day this month and devote it to your health. Here’s how.....

Elimination Diet

During the 1 Day Detox you will eliminate the following foods and ingredients from your diet: **Coffee (reduce to 1 cup), Sugar, Alcohol, Gluten, Dairy and Processed Foods**. If you eat meat, choose organic and grass-fed.

Morning

Upon Waking: Drink 8 ounces of warm lemon water. Mix 8 ounces warm (not hot!) water with half a lemon (freshly squeezed) to hydrate your body and stimulate digestion.

Meditate: Set yourself up for success and quiet your mind with a 10-minute meditation. To settle yourself before you begin, take 10 deep cleansing breaths. Not sure how to meditate? Try the [Calm](#) app, which has a timer and guided meditations.

Breakfast: Energizing Green Smoothie.



Energizing Green Smoothie

A delicious combination of eye-opening tart green apples and hydrating veggies. To make this drink even greener (more powerful), try increasing the green leafy veggies or throwing in a fistful of cleansing parsley.

Ingredients:

- 1/4 avocado
- 1 green apple or pear
- 1 cucumber
- 1 handful of romaine, or spinach or a combination
- 1-2 T hemp seeds (this gives you a good dose of vegan protein)
- 1 T flax seeds, ground
- Coconut water or filtered water
- Ice

Instructions:

1. Blend ingredients in a high-powered blender
2. Enjoy!

Mid-morning: Enjoy a cup of matcha green tea and a handful of raw, unsalted almonds. The healthy fats and protein will calm any cravings, and the matcha tea will give you a calm alertness for the rest of the day.

Carrot Ginger Soup



Afternoon

Lunch: Carrot Ginger Soup and Simple Green Salad. Dress your salad, with olive oil, lemon, salt and pepper.

Ingredients:

- 2 T olive oil
- 1 onion, diced
- 8 carrots, sliced
- 5 cups vegetable stock
- 2 tbsp. fresh ginger, minced
- Salt and pepper to taste

Instructions:

1. In a large saucepan, melt butter over medium heat. Add onions and sauté for 10 minutes until translucent. Add carrots and broth and bring to a simmer.
2. Cook the soup for 30-40 minutes until the carrots are tender. Add the fresh ginger to the soup.
3. Puree soup in blender.

Exercise: Go for a light 20-minute walk outside after lunch, try a yoga class, or exercise as usual if you feel like you have great energy.

Mid-afternoon snack: If you're hungry, eat a half cup of grapes and 1- brazil nut. Or, have apple slices with almond butter. Enjoy a cup of herbal tea.



Roasted Chicken with Brussels Sprouts and Sweet Potato

Evening

Dinner: Roasted Chicken with Brussels Sprouts and Sweet Potato

Ingredients:

- 1 lb chicken thighs or breast
 - 1 sweet potato, chopped in to 1 inch pieces
 - Brussels sprouts, halved
 - 1 apple, chopped into 1 inch pieces
 - 1 red onion, chopped
 - olive oil
 - 2-3 cloves garlic
 - 5 sprigs rosemary
 - salt and pepper to taste
3. Chop sweet potatoes, brussels sprouts, red onion and apple, spread on a sheet pan (lined with parchment) with 2 tablespoons olive oil, salt and pepper. Stir to coat vegetables in oil.
 4. Place chicken in a separate pan (this allows the chicken and vegetables to both roast without the vegetables being steamed in the chicken's juices).

Instructions:

1. Place chicken in a large bowl. Combine 1/3 cup olive oil, garlic, rosemary, salt and pepper and stir around until chicken is coated. Marinate for one hour in the refrigerator, up to overnight.
2. Preheat oven to 425 degrees.
5. Place the sheet pan with veggies on the top rack and the sheet pan with chicken on the bottom rack. Roast for 30-40 minutes until veggies are browned.
6. Move chicken to the top rack of the oven and switch to broiler. Broil the chicken for about 5 minutes until skin browned and crispy.

Relax: To aid your body in releasing toxins, unwind with a hot epsom salt bath. Add 2 cups of epsom salts to hot bath water. Add a couple of drops of lavender essential oils. Soak for 20 minutes. This will provide relief for sore joints and muscles while also helping you to relax.

Tea Time: Drink a cup of hibiscus tea or other herbal tea. Filled with antioxidants, hibiscus reportedly helps lower blood pressure and cholesterol while also supporting your digestive system. (Make sure you are drinking caffeine free in the evening.)

Gratitude: Write down at least three things for which you are most grateful today in a journal or piece of paper. Go the extra mile, and add in another 10-minute meditation before drifting off to a great night's sleep.

Notice how your body feels after just one day of avoiding common food triggers and taking great care of YOU.

I hope you'll feel fantastic!

LISA COHEN
love your life MS·CN

REMEMBER

*You deserve to enjoy a great quality of life for years to come,
to look and feel great and have the energy to focus
on what matters most to you!*

Medical Disclaimer

All information contained within this 1 Day Detox is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent health problems – nor is it intended to replace the advice of a qualified medical practitioner, health practitioner, or fitness professional. No action should be taken solely on the contents of this 1 Day Detox. Always consult your physician or qualified health professional on any matters regarding your health or on any opinions expressed in this program.

The information provided within this 1 Day Detox is believed to be accurate based on the best judgment of the authors, but the reader is responsible for consulting with his or her own health professional on any matters raised within. We do not assume liability for the information contained within this 1 Day Detox, be it direct, indirect, consequential, special, exemplary, or other damages.

It is advisable to consult your physician before changing your diet, starting an exercise program, or taking supplements of any kind.