

WELCOME TO THE 7 DAY NOURISH YOUR DETOX SYSTEMS NUTRITION

Challenge!

Ready to support your body's amazing detox systems without overwhelm?

Over the next 7 days, you'll focus on just ONE powerful detox-supporting food group each day. This isn't about removing or restricting foods – it's about ADDING nourishing foods that love your liver and support healthy elimination.

No complicated meal plans, no deprivation – just one beautiful addition each day that builds on the previous day.

This challenge is strategically designed to support your liver's natural detoxification processes and promote healthy elimination through the power of addition, not subtraction. Each day adds another layer of nutritional support, creating a foundation for optimal detox function.

What You Can Expect:

- Increased energy as your liver functions more efficiently
- Better digestion and regular elimination
- Clearer skin and improved complexion
- Reduced bloating and digestive discomfort
- 7 proven detox-supporting foods in your toolkit for life

By Day 7, you'll have a complete arsenal of foods that naturally support your body's detox systems that you can continue using for life!

Please note this document is for informational purposes only. Persons who are of good health, suspect of their health or are aware of any conditions, physical deficiencies or diseases should always consult a physician before undertaking any eating or exercise program.



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The rules are simple:

- 1** Put detox nutrition first for the full 7 days. This is non-negotiable! Your liver and elimination systems deserve this focused support.
- 2** Add the specific detox-supporting food assigned for each day (just one food focus per day)..
- 3** Track how you feel each day - energy levels, digestion, and overall well-being.
- 4** If you consistently complete all 7 daily nutrition missions, congratulations – you've successfully learned to nourish your detox systems naturally!

Disclaimer: This challenge is for educational purposes only and is not intended to replace professional medical advice, diagnosis, or treatment. Always consult with a qualified healthcare provider before making significant changes to your eating habits, especially if you have a history of medical conditions or are taking medications.

7 DAY NOURISH YOUR DETOX SYSTEMS NUTRITION *Challenge!*

DAY 1



POWER UP WITH CRUCIFEROUS VEGETABLES

Today's Focus: Add cruciferous vegetables to at least two meals today.

Why This Works: Cruciferous veggies contain glucosinolates that support your liver's Phase 2 detoxification - the process that packages toxins for elimination. They also boost glutathione production, your body's master detoxifier.

Make It Stick: Try steamed broccoli with dinner, kale in your morning smoothie, or Brussels sprouts roasted with olive oil. Prep chopped veggies when you get home from shopping.

Cruciferous Options: Broccoli, Brussels sprouts, cauliflower, kale, cabbage, arugula, bok choy, collard greens, radishes, watercress.

NOTES:



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DAY 2



HYDRATE AND ALKALIZE WITH LEMON WATER

Today's Focus: Start your day with warm lemon water and drink at least 8 glasses of water throughout the day.

Why This Works: Lemon water kickstarts bile production (essential for fat digestion and toxin elimination), provides vitamin C for liver detox, and proper hydration helps your kidneys flush out waste efficiently.

Make It Stick: Prep lemon slices the night before. Drink lemon water upon waking, then continue with regular water throughout the day. Use a large water bottle to track your intake.

Pro Tips: Use a straw to protect tooth enamel, add fresh mint or cucumber for variety, and drink room temperature or warm (not ice cold).

NOTES:



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DAY 3



LOVE YOUR LIVER WITH LIVER-SUPPORTING FOODS

Today's Focus: Include at least one liver-loving food with each meal today.

Why This Works: These foods provide specific nutrients that support both phases of liver detoxification, help regenerate liver cells, and optimize your liver's 500+ daily functions.

Make It Stick: Add beets to your salad, sauté garlic with vegetables, blend leafy greens into smoothies, or roast carrots as a side dish.

Liver-Loving Options: Beets, leafy greens (spinach, dandelion, arugula), garlic, onions, carrots, turmeric, green tea, artichokes.

NOTES:



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DAY 4



BOOST ELIMINATION WITH FIBRE-RICH FOODS

Today's Focus: Aim for 25-35 grams of fibre from whole food sources throughout the day.

Why This Works: Fiber binds to toxins in your digestive system and carries them out of your body, preventing reabsorption. It also feeds beneficial bacteria and promotes regular, healthy elimination.

Make It Stick: Add chia seeds to yogurt or smoothies, choose berries for snacks, include beans or lentils at lunch, and eat the skin on apples and pears.

High-Fiber Champions: Chia seeds, flaxseeds, berries, apples with skin, avocados, beans, lentils, artichokes, pears.

NOTES:



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DAY 5



SUPERCHARGE WITH VITAMIN C FOODS

Today's Focus: Include vitamin C-rich foods with every meal and snack today.

Why This Works: Vitamin C is crucial for Phase 1 liver detoxification, supports glutathione production, and acts as a powerful antioxidant protecting your cells during the detox process.

Make It Stick: Start with citrus at breakfast, snack on bell pepper strips, add berries to lunch, and include tomatoes or broccoli at dinner.

Vitamin C Powerhouses: Citrus fruits, berries, bell peppers (especially red), kiwi, papaya, strawberries, broccoli, tomatoes, leafy greens.

NOTES:



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DAY 6



REDUCE TOXIC LOAD WITH ANTI-INFLAMMATORY FOODS

Today's Focus: Choose anti-inflammatory foods for all meals and snacks to reduce your body's toxic burden.

Why This Works: When inflammation is high, your detox systems work harder. Anti-inflammatory foods reduce this burden, allowing your liver and other organs to focus on processing and eliminating toxins more efficiently.

Make It Stick: Use turmeric in cooking, snack on walnuts, add berries to breakfast, include fatty fish or flaxseeds, and cook with extra virgin olive oil.

Anti-Inflammatory Stars: Turmeric, ginger, berries, leafy greens, fatty fish, walnuts, olive oil, green tea, cherries.

NOTES:



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DAY 7



CHOOSE YOUR DETOX ALL-STARS

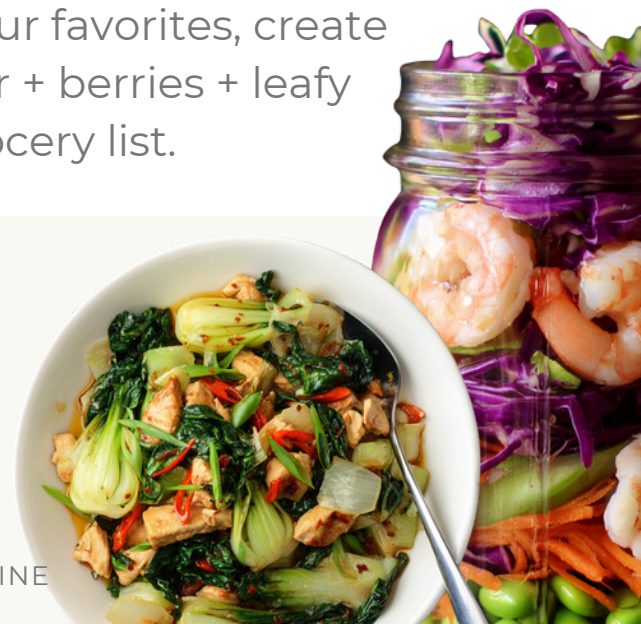
Today's Focus: Combine your 3 favorite detox-supporting foods from the week and commit to including them regularly going forward.

Why This Works: Consistency with a few key foods is better than trying to include everything perfectly. Building sustainable habits ensures long-term detox support.

Make It Stick: Write down your top 3 detox foods and plan how to include them in your regular meal rotation. Stock your kitchen with these foods and prep them for easy access.

Integration Ideas: Meal prep with your favorites, create go-to combinations (like lemon water + berries + leafy greens), and build them into your grocery list.

NOTES:



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YOUR SUCCESS STRATEGY

Each Day, Just Track:

- Did I include today's detox-supporting foods? (Yes/No)
- How is my energy level today? (Rate 1-10)
- How is my digestion/elimination (Rate 1-10)

If You Miss a Day: Just start again the next day. One missed day doesn't ruin your progress - your body is ALWAYS ready to receive nourishing support.

If a Food Doesn't Appeal to You: Try it prepared differently, or substitute it with another food from the same category that you enjoy more.

If You Love a Food: Keep including it! You can stack multiple detox foods as they become part of your routine.



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YOUR SUCCESS STRATEGY

After 7 Days

- **Choose Your Forever 3:** Pick the 3 detox-supporting foods that made you feel best and were easiest to include regularly.
- **The 80/20 Rule:** Focus on including your chosen foods 80% of the time. Consistency beats perfection every time.
- **Keep Experimenting:** Once your top 3 habits are automatic, you can always add more from your 14-day toolkit.

