

CLEAN

REMOVE • RESTORE • REJUVENATE

Mini 3-Day Cleanse

Instructions

Following the Clean Mini 3-Day Cleanse is simple. For three days have one liquid meal for breakfast and two solid meals from the Elimination Diet, for lunch and dinner. Recipes for both the solid meals and the liquid meals can be found in the [recipes download](#).

Elimination Diet

The Elimination Diet is a list of approved and non-approved foods. Use this list (page 4) as a guide to plan your meals.

Recipes

Yum! [Click here to download an amazing list of recipes](#) that are Elimination Diet friendly and totally delicious. You'll also find recipes for your daily liquid-meal too.

Support

Got questions? The community has answers. Visit my.cleanprogram.com to get inspiration, feedback, and advice on your cleanse journey. Registration is 100% free.

Elimination Diet Overview

This is a dietary program based on removing all the foods from our diet that are known to cause food allergies, food sensitivities, and cause disruptions in the digestive process. When we generate allergic responses to foods, our body is consuming energy that could be used to detox and repair functions, or simply contribute to our sense of alertness and physical strength.

Those for whom this is a radical change in habits will respond in many different ways. While in the long term most people experience profound benefits, the first few days may be the hardest. Breaking habits is difficult at all levels.

Choose your meals from the list of foods that are allowed. Combine them any way you want. This is not a calorie counting program, but use common sense. Leave the table “80% full.”

Snacking on the Elimination Diet

Snacking is allowed on the Mini 3-Day Cleanse. Snack on anything on the approved list of foods. Snacks are great when you are truly hungry and not eating out of boredom or habit. Eat slowly and mindfully and never over-stuff yourself. Keep your belly slightly empty every time you take in food as this insures optimal digestion and energy levels.

When you are truly hungry any clean food (especially whole/organic/local/in season fruits and vegetables) can be snacked on throughout the day. Some hummus, guacamole (these can be found in health food stores or whipped up in a few minutes) with vegetables, or raw nut butter on some apple slices, a quick soup or fresh green juice are all great options. Just make sure you keep the 12 hour window between evening and morning shake free of food for optimal digestion and cleansing work.

Elimination Diet

INCLUDE

Fruits	Whole fruits, unsweetened, frozen or water-packed, diluted natural juices
Dairy Substitutes	Nut milks such as almond milk, rice milk, brazil nut milk, hemp seed milk
Non-Gluten Grains & Starch	Brown rice, millet, quinoa, amaranth, buckwheat
Animal Protein	Cold-water fish: salmon & trout, wild game, lean lamb, duck, chicken, turkey
Vegetable Protein	Split peas, lentils, legumes, beans
Nuts and Seeds	Walnuts, sesame, pumpkin, sunflower, hazelnuts, pecans, almonds, cashews, nut and seed butters

EXCLUDE

Oranges, orange juice, grapefruit, strawberries, grapes, banana
Dairy and eggs, milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers
Wheat, corn, barley, spelt, kamut, rye, couscous, oats
Raw fish, pork, beef, veal, sausage, cold cuts, canned meats, hot dogs, shellfish
Soybean products (soy sauce, soybean oil in processed foods, tempeh, tofu, soy milk, soy yogurt)
Peanuts, peanut butter, pistachios, macadamia nuts

INCLUDE**EXCLUDE**

Vegetables	Preferably fresh, raw, steamed, sauteed, juiced, roasted	Corn, creamed vegetables, tomatoes, potatoes, eggplants, peppers
Oils	Cold-pressed olive, coconut, flax, sesame, almond, sunflower, pumpkin, walnut, coconut	Butter, margarine, shortening, processed oils, canola oil, salad dressings, mayonnaise, spreads
Drinks	Filtered water, green tea, herbal teas, seltzer or mineral water, yerba mate, coconut water	Alcohol, coffee, caffeinated beverages, soda pop, soft drinks
Sweeteners	Stevia, xylitol, brown rice syrup, coconut sugar	Refined sugar, white/brown sugars, honey, maple syrup, high fructose corn syrup, evaporated cane juice, Splenda®, Equal®, Sweet'N Low®
Condiments	Vinegar, all spices, sea salt, dried pepper, basil, carob, raw cacao, cinnamon, cumin, dill, garlic, ginger, mustard, oregano, parsley, rosemary, turmeric, thyme	Chocolate, ketchup, relish, chutney, soy sauce, barbecue sauce, teriyaki, other condiments

Do These Daily

1. Plan and prepare your meals. Making your liquid meal is easy while preparing lunch can sometimes be challenging. Plan and prepare your lunch meals ahead of time with our suggested recipes.
2. Follow the Elimination Diet guidelines for everything you consume.
3. Leave a twelve-hour window between the last meal of one day and the first meal of the next. Try not to snack in between.
4. Make sure you have a bowel movement before the end of the day. If this doesn't happen spontaneously, make it happen with herbal laxatives or castor oil.
5. Drink enough pure water to cause you to urinate often. If more than one hour has gone by without urinating, you are not drinking enough water.
6. Move. Walk. Take the stairs. Jump. Incorporate more movement into your day, as often and for as long as you possibly can. Park your car two blocks away from your destination. Get off the subway or the bus a stop before you should and walk the rest of the way.
7. Rest, get enough sleep, and breathe deeply all day long.

The Key to Success

Bowel Movements are by far the key to success on your Mini 3-Day Cleanse. Do not, we repeat, DO NOT let a day of your cleanse go by without having at least one bowel movement. The bowels are from where most of the toxins will be eliminated so it is very important to empty your bowels frequently and abundantly. This will help avoid the re-absorption of the toxins as well as make you feel lighter and more energetic. Some people will respond to a cleanse by naturally increasing bowel movements. Others will get constipated. If you are in this second category, there are things you can do to resolve it and maximize the beneficial effects of this program. They are the following:

1. **Drink Water:** Increase water intake. Hydration will promote bowel movements by binding with your fiber intake and increasing the bulk in your colon. The increased volume allows for easier elimination.
2. **Colonics:** Colon Hydrotherapy is very useful during the process of detoxification, even if you are having regular bowel movements. Get as many as you can during this time. During the detox process you can get up to one colonic a day.
3. **Castor Oil:** This is the oldest trick in the book, and it almost always works. Take one or two tablespoons followed by water with lemon. Make sure you are near a toilet as your bowels may be ready to move at any moment.
4. **Herbal Laxatives:** These are safe, non-habit forming, and do not irritate your intestines. They act mainly by promoting the contraction of the intestinal muscles that propulse the fecal matter forward. Here are a few examples of really effective herbal laxatives: Swiss Kriss, Intestinal Formula Number 1 by Dr. Richard Schulze, Super II by Harmony Formulas, and Intestinal Movement Formula by HealthForce Nutritionals.

We've got your back!

[My Clean Program](#) is a community site where we have thousands of people doing Clean Program cleanses in unison. It's a great place to stay inspired and have your questions answered.

Sign up for free at: <http://my.cleanprogram.com>

Health Disclaimer

It is your right to educate yourself in the arena of health and medical knowledge, to seek helpful information and make use of it for your own benefit, and for that of your family. You are the one responsible for your health. In order to make decisions in all health matters, you must educate yourself. The views and nutritional advice expressed by The Clean Program Corp are not intended to be a substitute for conventional medical service. If you have a severe medical condition, see your physician of choice. We do not claim to "cure" disease, but simply help you make physical and mental changes in your own body in order to help your body heal itself.

No material or product included in this program is intended to suggest that you should not seek professional medical care. Always work with qualified medical professionals, even as you educate yourself in the field of detox, cleansing and alternative medicine.

These statements have not been evaluated by the Food and Drug Administration. This cleanse is not intended to diagnose, treat, cure or prevent any disease.

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