



Metabolic Detoxification

Clear Change[®] 10-Day Program Guide

Introduction

Over time, the buildup of toxins from the environment and lifestyle choices can compromise the way our bodies work, and even affect our health. While many people are familiar with the idea of detoxification, there is a great deal of confusion about how to do it safely. For example, trendy water or juice fasting may cause muscle wasting and an increased feeling of fatigue. In order to support liver detoxification function, the body needs macronutrients such as quality protein and carbohydrates, plus specific micronutrients (e.g., vitamins, minerals) that provide targeted nutritional support.

The Clear Change Program enhances the body's natural metabolic detoxification process while providing adequate fuel for both cleansing and other daily activities—supporting energy metabolism and overall well-being.



Clear Change Program Components

Recommended by your healthcare provider, this easy-to-follow program will get you on track to feel better and more energized in just 10 days. Components include:



UltraClear® Plus (or **UltraClear® RENEW** or **UltraClear Plus® pH**) recommended by your healthcare provider) provides you with all the nutritional support needed to be successful on the program.



AdvaClear® provides detoxification and antioxidant support that promotes overall well-being.



Your healthcare provider may also recommend:



UltraFlora® Balance

A patented blend of pure probiotic strains that have been clinically shown to support a healthy intestinal environment and immune health.



OmegaGenics® Omega-s

A line of purity-tested essential fatty acid formulas available in varying concentrations in liquids, softgels, and chewables to help meet individual preferences and health support needs.

NOTE: If you currently take a daily multivitamin, other supplements, or prescription medication, please speak with your healthcare practitioner before you make any changes.

Support for Success

Before you get started, please read the guidelines below to ensure your success on this program.



- Use the Eating Guidelines and Recommended Foods List provided as your food guide for the program. Do not make substitutions except those that are recommended by your healthcare practitioner. Be sure to avoid any foods to which you know you are intolerant or allergic.

- If you normally consume significant amounts of caffeinated beverages or simple sugars, we recommend that you gradually decrease these items in your diet before starting the program.



- Be sure to take all of the recommended servings of the supplements. These products contain critical ingredients to nutritionally support your body's detoxification processes. If you miss a dose of supplements, that's okay. Just try to make it up within the same day.



- Many people may experience hunger at first, but that tends to dissipate. If you are feeling light-headed or excessively fatigued, then you may not be consuming enough calories. Eat as much of the allowed foods as you want unless otherwise directed by your healthcare provider.

- Ensure that you are experiencing a daily bowel movement on this program. Please speak with your healthcare provider to determine if the addition of a fibre supplement, such as MetaFiber®, would be beneficial.



- Remember to drink at least 2 litres of plain, filtered, or mineral water each day.

- Strenuous or prolonged exercise should be reduced during the program as you may be consuming fewer calories than you normally do—your body needs that fuel for detoxification activities.

- The UltraClear product should be consumed within 30 minutes of mixing for maximum benefit. Discard any unused portion.

3 Step Program




Step 1: Days 1-4 : Initial Clearing

Begin to eliminate potentially allergenic foods as summarized in the Eating Guidelines on the next page while you slowly increase intake of recommended nutritional supplements while you slowly increase intake of recommended nutritional supplements.

	 UltraClear Product	 AdvaClear	 Eating Guidelines
Day 1			Eat only RECOMMENDED foods (all categories).
Day 2	1 scoop, 2 times	1 capsule, 2 times	
Day 3	1 scoop, 2 times	2 capsules, 2 times	Eat only from the following categories: Fish (OR Legumes if you are a vegetarian), Fruits, Vegetables, Legumes, Beverages, Spices/Condiments.
Day 4	2 scoops, 2 times	2 capsules, 2 times	




Step 2: Days 5-7 : Metabolic Detoxification

You will be eating from a limited menu and increasing supplements as indicated or recommended.

	 UltraClear Product	 AdvaClear	 Eating Guidelines
Day 5-7	2 scoops, 4 times	2 capsules, 3 times	Eat only from the following categories: Fish (OR Legumes if are a vegetarian), Beverages, Spices/Condiments. Eat only Core Fruits and Core Vegetables.

Step 3: Days 8-9: Reintroduction

Slowly reintroduce approved foods while reducing supplements as directed. Careful attention should be paid to any reactions you may have as you reintroduce foods. Keep an accurate record.

	 UltraClear Product	 AdvaClear	 Eating Guidelines
Day 8	2 scoops, 3 times	2 capsules, 3 times	Add white rice and gradually add back remaining fruits and vegetables. Continue eating from Fish (OR Legumes if you are a vegetarian), Beverages, Spices/ Condiments.
Day 9	2 scoops, 2 times	2 capsules, 2 times	Add remaining Grains/Starches, plus Nuts/Seeds, Legumes, Sweeteners, Dairy Alternatives.

Day 10 & Beyond: Maintenance

On Day 10, take 2 AdvaClear capsules 2 times. (If you missed a serving or 2 of the UltraClear product, you can take those today as well.) Continue to slowly reintroduce foods and wait 24-48 hours to see if you note a reaction. Ask your healthcare provider about ongoing nutritional support for detoxification and other simple foundational health programs from Metagenics to keep you feeling better long term.

Eating Guidelines

The chart below gives you a simplified way of looking at the progressive elimination of certain food groups. Please refer to the Recommended Foods List to see the complete variety of foods in each group. For best results, follow these guidelines and food choices as closely as possible when eating at home or dining out.

Category	Step 1	Step 2		Step 3	
	Days 1-2	Days 3-4	Days 5-7	Day 8	Day 9
Fruits	✓	✓	Core Fruits Only	✓	✓
Vegetables	✓	✓	Core Vegetables Only	✓	✓
Animal Proteins	✓	Fish Only	Fish Only	Fish Only	✓
Legumes/Plant-based proteins	✓	✓	**	**	✓
Beverages	✓	✓	✓	✓	✓
Spices/Condiments	✓	✓	✓	✓	✓
Oils & Fats	✓	✓	✓	✓	✓
Grains & Starches	✓			White Rice Only	✓
Nuts & Seeds	✓				✓
Dairy Alternatives	✓				✓
Sweeteners	✓				✓

** Vegetarians may continue to consume Legumes as an alternative to fish.

Serving sizes and approximate calories are provided for those following a low-glycemic-load eating plan or for those on calorie restrictions. But even for those without calorie or food restrictions, your healthcare practitioner may recommend limited consumption of Fruits to 3-4 servings per day (or less); Grains/ Starches, Legumes, and Category 2 Vegetables to 1-2 servings per day; and Nuts/Seeds to 1-2 servings per day due to higher fat and calorie content.

Read labels carefully to avoid dairy, soy, gluten, peanuts, eggs, and sugar/sweeteners—as well as additives like colours. Choose fresh, organic, and minimally processed foods when possible.

Recommended Food List

CARBOHYDRATES

Grains & Starches

Serving size (after cooking): ½ cup, or as indicated
1 serving = 80 calories

CORE GRAIN (Days 1, 2, 8, & 9)

Rice: white

Other Grains (Days 1, 2 & 9)

Amaranth (¼ cup)
Buckwheat groats
Buckwheat noodles, pure (¾ cup)
Millet (½ cup)
Oats: gluten-free whole or steel-cut
Quinoa (½ cup)
Rice: basmati, brown (½ cup)
Rice: wild
Rice cakes (2)
Rice cereal: unsweetened (½ cup)
Teff (½ cup)

NOTE: Look for certified gluten-free oats and organic amaranth. For those on a low-glycemic-load diet, healthcare practitioners may recommend brown/wild rice instead of white rice on Day 8. Avoid cornmeal flour, cornstarch, as well as processed cereals and gluten-containing products (made from wheat, spelt, kamut, rye, barley).

Legumes/Plant-Based Proteins (Omit Days 5-8)**

Serving size (after cooking): ½ cup, or as indicated
1 serving = 100 calories
Beans: black, cannellini, garbanzo, kidney, lima, mung, navy, pinto, etc.
Beans: vegetarian refried
Bean soups (¾ cup)
Lentils: brown, green, yellow
Peas: black-eyed, pigeon peas, split
Hummus (4 Tbsp.)

** Vegetarians may consume on Days 5-8 as a protein source alternative to fish. A recommended serving size for protein substitutions for those on calorie- or carb-conscious plans is 2/3 cup for cooked beans or 6 Tbsp. for hummus at ~150 calories.

NOTE: Organic and reduced sodium varieties preferred. Avoid soybeans, edamame, wasabi, soy protein powders, and other soy-based protein options, such as tempeh, tofu, and texturized vegetable protein.

Dairy Alternatives (Days 1, 2 & 9)

Serving size: 1 cup, or as indicated
1 serving = 25-75 calories
Almond milk
Coconut milk (¼ cup)
Hazelnut milk
Hemp milk
Rice milk
Yoghurt: coconut (½ cup)

NOTE: Organic, plain, unsweetened varieties recommended. Also avoid whey products, non-dairy creamers, soy yoghurt, and soy milk. Eliminate animal milks, yogurts, and cheeses.

Fruits

Serving size: as indicated
1 serving = 60 calories

CORE FRUITS(Days 1-9)

Apple (1 small), apple juice: unsweetened (½ cup)**
Applesauce (½ cup)
Pear (1 small), pear juice: unsweetened (½ cup)**

Other Fruits(Omit Days 5-7)

Apricots (3 small)
Banana (½)
Blackberries (¾ cup)
Blueberries (¾ cup)
Boysenberries (1 cup)
Cranberries (1 cup)
Fresh figs (2 small)
Grapes (17 small)
Honeydew melon (1 slice or 1 cup cubed)
Kiwi (2 small)
Mango (½ cup)
Nectarine (1 medium)
Papaya (1 cup cubed)
Peach (1 medium)
Pineapple (¾ cup cubed)
Plums (2 small)
Raspberries (1 cup)
Strawberries (1¼ cup whole)
Tangerines (1 large)
Watermelon (1¼ cups cubed)

** Though this program allows unsweetened apple or pear juice; please limit to ½ cup daily. These juices may not be recommended for all participants, such as those following a low-glycemic-load dietary plan. Consult your healthcare practitioner.

NOTE: Fresh, organic varieties preferred. Avoid oranges, fruit juices, and fruit spreads/preserves with added sugars.

Category 1 (Non-Starchy) Vegetables

Serving size: ½ cup cooked (all veggies),
~2-3 cups raw (leafy greens only),
1 cup raw (all other veggies)
1 serving = 25 calories

CORE VEGETABLES(Days 1-9)

Broccoli
Brussels sprouts
Cabbage: red, green, bok choy, etc.
Cauliflower
Green onions or scallions
Greens: arugula, collard, kale, spinach, Swiss chard, radicchio, turnip, watercress
Leeks
Lettuce: all varieties
Onions
Radishes
Turnips

Other Vegetables(Omit Days 5-7)

Artichoke
Asparagus
Bamboo shoots
Beans: green, wax, Italian
Beets, beet greens
Carrots
Celery, celery root
Cucumber
Garlic
Eggplant
Gourds: bitter, bottle, bitter melon
Mushrooms
Peppers: all varieties
Seaweeds
Sprouts: all varieties
Squash: summer, crookneck, delicata, spaghetti, yellow, zucchini
Sugar snap peas, snow peas
Tomatoes

NOTE: Organic varieties preferred. Avoid corn and breaded vegetables or vegetables packed in cheese, cream, or butter sauces.

Category 2 (Starchy) Vegetables (Omit Days 1,2 & 9)

Serving size: ½ cup, or as indicated
1 serving = 80 calories
Parsnips (¾ cup)
Peas: green (½ cup)
Potatoes (¾ cup or ½ medium)
Squash: butternut (1 cup cubed)
Sweet potato (½ cup or ½ medium)
NOTE: Organic varieties preferred.

PROTEINS (Animal Proteins)

Serving size: as indicated
1 serving = 150 calories

FISH/CORE PROTEINS(Days 1-9)

Wild-caught salmon (80g)
Herring (80g)
Mackerel (60g)
Trout (120g)

Meat/Poultry (Days 1, 2 & 9)

Serving size: 80-120g, cooked
1 serving = 150 calories
Chicken, skinless
Cornish hen, skinless
Lamb: leg, chop, lean roast
Turkey, skinless
Wild game: venison

NOTE: Avoid eggs, egg replacers, beef, pork, shellfish, processed/canned meats, sausage, and breaded protein options. Organic, free-range poultry and organic, grass-fed meat recommended. Fresh, wild-caught fish (not farm raised) recommended. Meat, poultry, and fish should be grilled, baked, roasted, stewed, sautéed, or slow-cooked; fish may also be poached.



FATS

Oil s & Fats

Serving size: 1 tsp., or as indicated

1 serving = 45 calories

CORE FATS(Days 1-9)

Avocado (2 Tbsp.)

Canola oil

Coconut oil

Coconut spread, organic (1½ tsp.)

Flaxseed oil

Ghee/clarified butter**

Grapeseed oil

High oleic safflower oil

Olive oil, extra virgin

Sesame oil

Other Fats (Days 1, 2 & 9)

Coconut milk, canned (3 Tbsp. light; 1½ Tbsp. regular)

Olives (8-10 medium)

NOTE: Oils should be minimally refined, cold pressed, and non-GMO. Flaxseed oil should be kept refrigerated. Try to avoid all food products/condiments with processed and hydrogenated oils.

**Dairy based. Discuss with provider.

Nuts & Seeds (Days 1, 2 & 9)

Serving size: as indicated

1 serving = 45 calories

Almonds (6)

Almond butter (1½ tsp.)

Brazil nuts (2)

Cashews (6)

Cashew butter (1½ tsp.)

Chia seeds (1 Tbsp.)

Coconut: unsweetened, shredded (1½ Tbsp.)

Flaxseed (1 Tbsp. whole; 1½ Tbsp. ground)

Hazelnuts (5)

Hemp seeds (2 tsp.)

Macadamia (3)

Pecans (4 halves)

Pine nuts (1 Tbsp.)

Pistachios (12)

Pumpkin seeds (1 Tbsp.)

Sesame seeds (1 Tbsp.)

Sunflower seeds (1 Tbsp.)

Tahini (½ Tbsp.)

Walnuts (4 halves)

NOTE: Raw, unsalted varieties preferred—and organic if possible. Avoid peanuts and peanut butter.

OTHER

Beverages (Days 1-9)

Green tea, unsweetened

Non-caffeinated herbal teas: mint, chamomile, hibiscus, etc.

Mineral water, still or carbonated

Rooibos tea, unsweetened

Water (ideally filtered)

NOTE: Avoid sodas, diet sodas, energy/sport drinks, alcoholic beverages, coffee, non-herbal teas, and other caffeinated or decaf beverages.

Condiments, Herbs & Spices (Days 1-9)

Fresh or dried herbs: any (e.g., dill, basil, chives, cilantro, mint, oregano, rosemary, sage, thyme, etc.)

Fresh or dried spices: any (e.g., chilli powder, cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder, paprika, pepper, turmeric, etc.)

Ginger

Lemon

Lime

Horseradish

Mustard

Salsa, unsweetened**

Tomato sauce, unsweetened**

Vinegars, unsweetened

NOTE: Look for gluten-free, unsweetened varieties—and organic if possible. Avoid extracts (e.g., vanilla), chocolate, ketchup, barbecue sauce, Dijon mustard, relish, prepackaged seasonings with gluten/dairy/sugars/MSG, and mayonnaise or dressings with dairy/gluten/sugars.

**Omit on days 5-7

Sweeteners (Days 1, 2 & 9)

Luo han guo (monk fruit) extract

Stevia

NOTE: For these recommended sweeteners, use only small amounts to help reduce cravings for sweet foods. Try to limit to 1 packet/serving daily. Avoid maple syrup, honey, and foods made with refined sugars, fruit juices, corn syrup, glucose, sucrose, or dextrose.



Sample Menus

The easiest way to take advantage of this program is to follow these Sample Menus. However, if you would like to develop your own menus, just be mindful of the Recommended Foods List and recommended serving sizes. Remember there are no caloric restrictions on this program, unless otherwise instructed.

Day 1: Ready. Set. Go.

Follow the Eating Guidelines and select only from the Recommended Foods List.

Sample Menu



Breakfast: Gluten-free oatmeal with almond, coconut, or rice milk—topped with fresh organic berries of choice



Lunch: Hummus and rice cakes with cherry tomatoes and avocado slices and Minestrone Soup



Dinner: Mixed veggie stir-fry** with brown rice and broiled salmon (or without); mixed green salad dressed with oil and vinegar



Snacks: Nuts, fruits, raw vegetables, coconut yoghurt, rice cakes with almond butter

**For stir-fry use olive or coconut oil, adding ginger and canned coconut milk at the end.

Bonus Recipes for Days 1 & 2: Sweet Potato Squash Delight, Quinoa Vegetable Soup, Quinoa Salad, Kasha Chilli, and Red Cabbage & Apple Salad. These recipes are all also appropriate for Day 9.



Day 2: Follow the Plan.

Today you will follow the same eating rules from yesterday. You'll also be adding in the recommended UltraClear product and AdvaClear.

Eat: The same foods as on Day 1. Begin adding 1 scoop of the recommended UltraClear product twice today, mixed with 120-140ml. of water or unsweetened milk alternative (use a shaker cup or mix in a blender with ice). Add fresh or frozen fruit if desired.

Sample Menu



Breakfast: Rice cereal with unsweetened almond, rice, or coconut milk, topped with ½ a sliced banana



Morning Supplementation: 1 scoop recommended UltraClear product mixed as above; 1 AdvaClear capsule



Lunch: Leftover stir-fry from dinner or Vegetable Rice Soup with rice crackers, and a fresh medium kiwi



Afternoon Supplementation: 1 scoop recommended UltraClear product mixed as above; 1 AdvaClear capsule

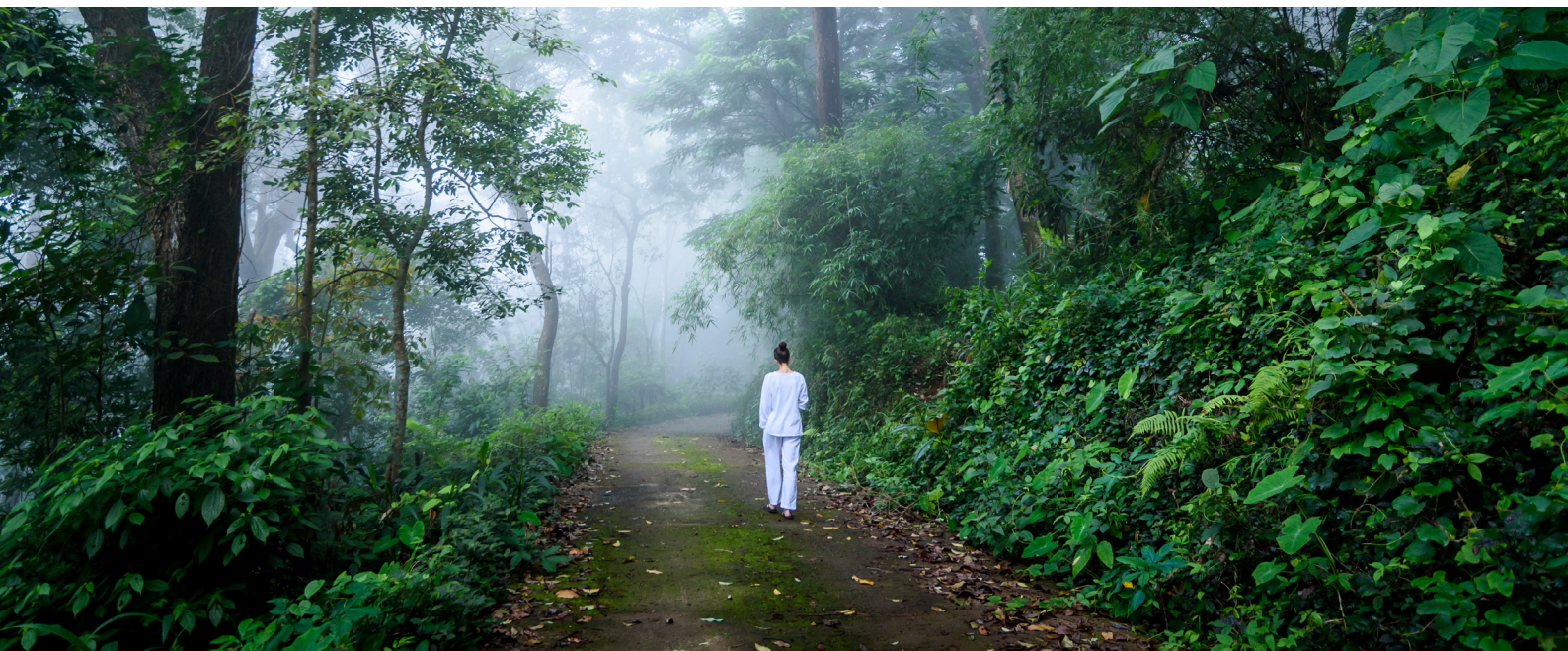


Dinner: Broiled tilapia and/or Pasta & Beans; mixed green salad, dressed with oil and vinegar dressing



Snacks (if desired): Nuts, raw vegetables, fruits, coconut yoghurt, rice cakes with almond butter

Tip of the Day: You may begin feeling some discomfort such as muscle aches. This is normal and is reflecting that the program is working. Be sure to contact your healthcare provider should you experience any significant unpleasant effects.



Day 3: Elimination Time.

Today you will continue to take 1 scoop twice of the recommended UltraClear product in addition to 2 AdvaClear capsules twice. You'll also eliminate Nuts/Seeds, Grains/Starches, Sweeteners, Meat/Poultry, and Dairy Alternatives.

Sample Menu



Breakfast: 1 cup sliced fresh mango and pineapple, sprinkled with cinnamon



Morning Supplementation: 1 scoop recommended UltraClear product mixed with 120-140ml. water; 2 AdvaClear capsules



Lunch: Green salad with leftover tilapia (or garbanzo beans); medium peach



Afternoon Supplementation: 1 scoop recommended UltraClear product blended with 230ml. water, ½ cup organic blueberries, and ice if desired; 2 AdvaClear capsules



Dinner: Baked Salmon with Salsa with steamed carrots and peas (or Vegetarian Chilli) plus Tropical Salad



Snacks (if desired): Fresh fruits, carrot/cucumber sticks with Salsa

Day 4: Stay Hydrated

Today you will take 2 scoops twice of the recommended UltraClear product in addition to 2 AdvaClear capsules twice. Continue to eat the same foods as Day 3.

Sample Menu



Breakfast: 1½ cups mixed organic berries (sliced strawberries, blueberries, etc.)



Morning Supplementation: 2 scoops recommended UltraClear product blended with 230ml. water, ½ cup nectarine, and ice if desired; 2 AdvaClear capsules



Lunch: Steamed fish with broccoli (or Red Potato & Green Bean Salad)



Afternoon Supplementation: 2 scoops recommended UltraClear product blended with 230ml. water, ½ cup pineapple, and ice if desired; 2 AdvaClear capsules



Dinner: Baked sweet potato or yam topped with coconut oil, Cauliflower Popcorn; baked fish (or Great Northern beans)



Snacks (if desired): Fresh fruits and raw vegetables

Bonus Recipes for Days 3 & 4: Ratatouille, Greens & White Bean Soup and Salmon with Potatoes & Red Onions. These recipes are also appropriate for Days 1, 2, 8, and 9.

Days 5-7: Just Do It.

Congratulations—you're halfway there. Days 5-7 are the most challenging days of the program. You'll also be increasing the recommended UltraClear product to 2 scoops 4 times a day and taking 2 AdvaClear capsules 3 times a day.

Eat only the following:

- Steamed or raw cruciferous vegetables, including broccoli, cauliflower, kale, and cabbage
- Raw or steamed greens, including spinach, red/green lettuce, romaine, and endive
- Apples, applesauce, and pears (or ½ cup unsweetened pear/apple juice if permissible)
- Onions, garlic, leeks, and scallions
- Fish (legumes may be substituted as a protein source if vegetarian)
- Oils/fats (including avocado) and spices/condiments (including vinegars and herbs)
- Water and herbal tea—can use lemon or lime for flavour

Sample Menu



Breakfast: Apple and pear fruit salad or baked apples (or pears)



Morning Supplementation: 2 scoops recommended UltraClear product blended with 230ml. water, 1 small pear, 1 cup spinach, and ice if desired; 2 AdvaClear capsules



Lunch: Choice of fish (or legume) with steamed vegetables and/or green salad topped with oil and vinegar



Noon Supplementation: 2 scoops recommended UltraClear product mixed with 230ml water



Afternoon Supplementation: 2 scoops recommended UltraClear product blended with 230ml. water, 1 small apple, ½ cup kale, and ice if desired; 2 AdvaClear capsules



Dinner: Slow Roasted Salmon with Wilted Greens or steamed vegetables (or Bean & Spinach Soup)



Evening Supplementation: 2 scoops recommended UltraClear product blended with 230ml. water, 1 small pear, and ice if desired; 2 AdvaClear capsules



Snacks (if desired): Leftover Cauliflower Popcorn, applesauce, avocado, and Kale Chips

Bonus Recipes for Days 5 & 7: Dilly Fish and Oven-Roasted Brussels Sprouts with Apples. These recipes may be enjoyed on any day of the plan.

Days 8: You're Almost There.

Beginning today, you'll gradually add back in remaining fruits, veggies, and white rice. You'll now also reduce the recommended UltraClear product to 2 scoops 3 times today, but continue taking 2 AdvaClear capsules 3 times.

Sample Menu



Breakfast: 1 cup mixed melons sprinkled with cinnamon



Morning Supplementation: 2 scoops recommended UltraClear product blended with 240ml of water, 1 kiwi, and ice if desired; 2 AdvaClear capsules



Lunch: Vegetable Rice Soup (using white rice instead of brown); green salad and chopped vegetables, dressed with oil and vinegar



Afternoon Supplementation: 2 scoops recommended UltraClear product blended with 240ml of water, 1 cup organic raspberries, and ice if desired; 2 AdvaClear capsules



Dinner: Broiled salmon (or legumes of choice); roasted vegetables with cooked white rice



Evening Supplementation: 2 scoops recommended UltraClear product mixed with 240ml of water; 2 AdvaClear capsules



Snacks (if desired): Choice of fresh fruit and raw carrots, celery, or cucumber

Tip of the Day: Weight loss can often occur on the Clear Change Program due to decreased caloric intake, but this isn't the main goal of the program. By completing this program, you can experience greater energy and improved sleep and digestion—all of which can contribute to achieving your long-term goals.



Day 9: Take It Slow.

Today you will continue to add back in certain food groups gradually in addition to reducing the recommended UltraClear product to 2 scoops twice and take 2 AdvaClear capsules twice.

Eat: Anything from the Recommended Foods List.

Sample Menu



Breakfast: Oatmeal with almond milk, topped with sliced organic strawberries or applesauce



Morning Supplementation: 2 scoops recommended UltraClear product blended with 230ml. of water, 1 large tangerine, 1 Tbsp. flaxseed, and ice if desired; 2 AdvaClear capsules



Lunch: Green salad with kidney beans and chopped vegetables, dressed with oil and vinegar



Afternoon Supplementation: 2 scoops recommended UltraClear product blended with 230ml. of water, 1 cup frozen organic berries, 1 Tbsp. almond butter, and ice if desired; 2 AdvaClear capsules



Dinner: Baked chicken breast (or Spicy Black Beans & Tomatoes); steamed green beans and carrots; Nutty Brown Rice or rice topped with oil of choice



Snacks (if desired): Nuts, coconut yoghurt, vegetables dipped in hummus or mashed avocado

Tip of the Day: Now that you are close to the finish line, we encourage you to continue to purchase organic produce and choose free-range and hormone-free dairy, meats, and eggs whenever possible.

Day 10: Moving Forward.

You made it! Take 2 AdvaClear capsules twice today. (If you missed 1 or 2 servings of the UltraClear product, you can take those today as well to finish the canister.)

Today you should begin to SLOWLY add back other foods. We suggest starting with 1-2 foods per day so it will be easier to assess if you have any reaction to the foods that you have been avoiding for the past 10 days. It's best to wait 1-2 days per food group.

Remember to check in with your healthcare provider.

Recipes for Sample Menus

If you wish to develop your own recipes, keep the Eating Guidelines and Recommended Foods List in mind.

Lunch & Dinner

Minestrone Soup

(8 servings)

1 Tbsp. olive oil
1 medium to large onion, chopped
3 carrots, sliced or diced
2 stalks celery, diced
2 cloves garlic, minced
6 cups vegetable stock or water
1 bay leaf
700g can low sodium, organic tomatoes with juice
½ cup brown rice
440g can low sodium, organic kidney beans, undrained, or 2 cups home-cooked beans
450g fresh green beans, cut into 2.5cm pieces or a 280g package frozen cut green beans

In a 5 litre. pot, sauté onion, celery, carrots, and garlic until softened. Add stock or water, tomatoes, rice, and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes; stir occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving.

Spicy Black Beans & Tomatoes

(8 servings)

1 tsp. olive oil
1 small onion, chopped
2 cloves garlic, minced
1 can chopped low sodium, organic stewed tomatoes or 2-3 fresh tomatoes, chopped
120g. can low sodium, organic, diced green chillies
420g can low sodium, organic black beans, drained or 2 cups home-cooked beans
½ tsp. cumin
½ tsp. ground red pepper
¼ tsp. chilli powder
1 Tbsp. chopped fresh cilantro or parsley

Sauté chopped onion and minced garlic in olive oil over medium heat until tender. Add tomatoes and green chillies. Reduce heat and cook uncovered for 6 to 8 minutes or until thickened. Stir in beans and remaining ingredients. Cover and heat 5 minutes more.

Vegetable Rice Soup

(8 servings)

1 Tbsp. olive oil
1 medium to large onion, chopped
3 carrots, sliced or diced
2 stalks celery, diced
2 cloves garlic, minced
6 cups vegetable stock or water
1 bay leaf
700g can low sodium, organic tomatoes with juice
½ cup brown rice
450g fresh green beans, cut into 2.5cm pieces or a 280g package frozen cut green beans
Vegetables of your choice (chopped cabbage, spinach, peppers, etc.) if desired

Follow same cooking instructions for Minestrone Soup.

Red Potato & Green Bean Salad

(4-6 servings)

4 medium red potatoes, washed, unpeeled, steamed, or baked and cut into chunks (leftovers may be used)
450g fresh green beans, cleaned, cut into thirds and lightly steamed
2-4 Tbsp. olive or flaxseed oil
2 tsp. balsamic vinegar
¼-½ cup red onion, thinly sliced
2 garlic cloves, slivered
2 Tbsp. fresh basil and/or oregano, chopped (or 1 tsp. each dried herb)

Combine potatoes and beans with olive or flaxseed oil, vinegar, onion, garlic, basil, and/or oregano. (For a pleasant flavour, mix all the ingredients together except for the potatoes and chill. Just before serving, add warm potatoes to the cold salad.)

Vegetarian Chilli

(4 servings)

1 Tbsp. olive oil
1 medium onion, chopped
2 whole carrots, diced
4 cloves garlic, minced
1 sweet red bell pepper, chopped

1 green bell pepper, chopped
1 jalapeño pepper, fresh, finely chopped
2 Tbsp. chilli powder
1 tsp. cumin
1 cup low sodium, organic kidney beans
1 cup low sodium, organic pinto beans
700g can low sodium, organic tomatoes, chopped (reserve juice)
½ tsp. freshly ground pepper
2 Tbsp. parsley, finely chopped

In a large pot, heat oil over low heat; add onion, carrot, garlic, and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid, add chilli powder and cumin and cook an additional 2-3 minutes, stirring occasionally. Add beans, tomatoes, and their juice. Simmer 20 minutes. Add pepper. Top bowls of chilli with parsley. Freeze leftovers for later use.

Pasta & Beans

(4 servings)

440g can low sodium, organic white beans-navy, (reserve liquid)
3 Tbsp. olive oil
2 onions, chopped
2 carrots, chopped
2 Tbsp. dried basil
1 tsp. dried oregano
440g can low sodium, organic tomatoes or 4 tomatoes, peeled, seeded, and chopped
½ cup bean liquid
1-2 tsp. salt
220g rice elbow macaroni

Drain beans, reserving liquid. Heat 1-2 Tbsp. olive oil in a heavy casserole dish. Add onions, carrots, oregano, and basil; cook until onions are wilted. Add tomatoes and juice, bean liquid, salt, and pepper. Cover and simmer for about 10 minutes, until the carrots are tender. Add the drained beans and simmer for another 10 minutes. Meanwhile, cook and drain the macaroni. Toss with 1 Tbsp. more olive oil and then mix with bean sauce.

Slow Roasted Salmon

(8 servings)

230g salmon fillets (about 1½" thick)
1-2 Tbsp. olive oil
Sea salt to taste
Black pepper to taste

Preheat oven to 140 °C.

Place salmon skin side down in ovenproof pan. Brush with olive oil. Roast uncovered until it flakes with a fork, about 25-30 minutes. Season it with sea salt and black pepper. Do not allow it to overcook. Serve warm or at room temperature on top of a salad. If you make one day ahead, refrigerate and bring to room temperature before serving.

Nutty Green Rice

(4 servings)

1 cup brown basmati rice
2 cups water
½ cup almonds
½ small bunch parsley
1 clove garlic
1½ Tbsp. lemon juice
1½ Tbsp. olive oil
½ cucumber, diced
Salt and pepper to taste

Bring water to a boil, add rice, stir, and simmer covered for 45 minutes (do not stir again). Remove from heat and let sit for another 10 minutes, then remove, cover, and allow to cool. While rice is cooking, blend almonds, parsley, garlic, oil, and lemon juice in a food processor. When rice is cool, stir with nut mixture, add cucumber, and add salt and pepper to taste.

Greens & White Bean Soup

(4-5 servings)

1 Tbsp. olive oil
2 medium garlic cloves, crushed
1 large onion, chopped
1 bay leaf
1 stalk celery, diced
1 medium carrot, diced
5 cups water or vegetable broth
2 cups cooked white beans
230g. fresh escarole or spinach, chopped
Salt and freshly ground black pepper to taste
Nutmeg, freshly grated (optional)

In a 5 litre pot, sauté the onions and garlic in olive oil over low heat. When onions are soft, add

bay leaf, celery, carrot, salt, and pepper. Stir and sauté another 5 minutes. Add broth or water and cover. Simmer about 20 minutes. Add cooked beans and escarole or spinach. Cover and continue to simmer over very low heat another 15-20 minutes. Season to taste.

Ratatouille

(6 servings)

½ cup olive oil
2 large onions, sliced
3 garlic cloves, minced
1 medium eggplant, cut into 2.5cm cubes
2 green peppers, chopped
3 zucchini squash, cut into 1 cm slices
700g can low sodium, organic tomatoes, drained or 4 cups fresh tomatoes, chopped
1 tsp. salt
¼ tsp. pepper
1 tsp. oregano
½ tsp. thyme

In a 5 litre. pot, sauté onion and garlic in oil for 2 minutes. Add eggplant and stir-fry for 5 minutes. Add peppers and cook 5 minutes. Add zucchini and cook for 5 more minutes. Then add seasonings and tomatoes; cover and simmer for 30 minutes. Serve as a vegetable side dish or use to top rice noodles, quinoa, or spaghetti squash.

Red Cabbage & Apple Salad

(4 servings)

Small head red cabbage, coarsely chopped
10 radishes, sliced
3 tart green apples, unpeeled, washed, and diced
2 green onions, chopped
1 stalk celery, chopped
¼ cup walnuts, chopped
1-2 Tbsp. lemon juice
Dash of garlic powder
2 Tbsp. olive oil
1 Tbsp. balsamic or apple cider vinegar
Mix everything in a serving bowl. Let it sit for an hour, stirring once or twice.

Bean & Spinach Soup

(6 servings)

2 cups organic, low sodium white kidney beans (cannellini), canned or home-cooked
1-2 cups organic, low sodium kidney or red beans, canned or home-cooked
1 cup organic, low sodium garbanzo beans (chickpeas),

canned or home-cooked
4 cups fresh spinach or escarole, washed, drained, and chopped or 280g. package of frozen chopped spinach
4 cups vegetable broth
2 medium onions, chopped
1 large garlic clove, minced
1 tsp. dried basil
1 Tbsp. dried parsley
1 tsp. dried oregano
Pepper to taste

Combine all ingredients and simmer about 45 minutes, until onions are soft.

Quinoa Vegetable Soup

(4-6 servings)

¼ cup quinoa, well rinsed
½ cup carrots, diced
¼ cup celery, diced
2 Tbsp. onion, chopped
¼ cup green pepper, diced
2 cloves garlic, chopped
2 tsp. olive oil
4 cups water
½ cup tomatoes, chopped
½ cup cabbage, chopped
Salt and pepper to taste
¼ cup fresh parsley, chopped

Sauté quinoa, carrots, celery, onions, green pepper, and garlic in oil until softened. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20-30 minutes or until tender. Season to taste and garnish with parsley. (For variations, try adding some of your other favourite vegetables chopped and sautéed.)

Quinoa Salad

(12 servings)

1½ cups quinoa, rinsed well
3 cups vegetable broth or water
½ cup Basic Salad Dressing
1 red bell pepper, diced
1 cup frozen baby peas, thawed
¼ cup diced red onion
3 scallions, thinly sliced (with 4" of green included) or 1 shallot, chopped
¼ cup chopped fresh dill
¼ cup chopped parsley

Add quinoa to broth or water in a medium saucepan. Stir and bring to a boil. Reduce to simmer. Cover and cook 15 minutes without stirring, or until liquid is absorbed. Remove to bowl and toss with salad dressing. Cool slightly and

add remaining ingredients, tossing well with fork. Add more dressing as needed and adjust seasoning. (Add any leftover veggies for variety.)

Dilly Fish

(4 servings)
450g salmon fillets
Salt and pepper to taste
2 garlic cloves
1 Tbsp. olive oil
1 tsp. dried dill weed
or 1 Tbsp. fresh dill weed
1 Tbsp. lemon juice
½ tsp. onion powder

Preheat oven to 180 °C. Rinse fish and put into a 22 x 34cm baking dish. Sprinkle with salt and pepper. Sauté garlic in olive oil for 2 minutes. Add dill, lemon juice, and onion powder and pour over fish. Bake in preheated oven for about 15 minutes, basting with remaining sauce after 7 minutes. Do not overcook. Fish is done when flakes easily with a fork.

Wilted Greens

(4 servings)
450g. collard or turnip greens, cleaned and chopped
¼ tsp. salt
1½ Tbsp. olive oil
1 small red or yellow onion, diced
1 clove garlic, minced
½ cup vegetable broth
1-2 Tbsp. balsamic vinegar
Black pepper to taste

Partially fill a 4 litre. saucepan with water and bring to a boil. Add greens and salt, stirring until wilted, about 1-2 minutes. Drain and rinse with cold water to stop cooking. When cooled, squeeze greens to remove excess water. In a large heavy skillet, heat olive oil over medium heat and sauté onion until soft and golden brown, about 5 minutes. Add garlic and stir for 1 minute, not allowing it to brown. Add greens and broth and continue to sauté, sitting occasionally, until broth evaporates and greens are tender, about 5 minutes. Add vinegar and pepper to taste just prior to serving.

Oven Roasted Brussels Sprouts with Apples

(2 servings)
400g Brussels sprouts, cleaned and left whole
1 small apple, peeled, cored, and cut into eighths
1 tsp. olive oil

Preheat oven to 190 °C.
In a large bowl, toss Brussels sprouts, apple, and oil together. Cover a cookie sheet with aluminum foil; spread mixture evenly. Roast uncovered for 20-30 minutes stirring occasionally. Also try with cayenne pepper, lime juice, and/or unsweetened apple juice.

Salmon with Potatoes & Red Onions

(4 servings)
2 tsp. olive oil or coconut oil
2 small red onions, diced
1 red pepper, thinly sliced
Salt and black pepper to taste
450g small potatoes, quartered
1½ cups vegetable broth
8 tarragon leaves
4 skinless salmon fillets
(120-170g)

In a large skillet, heat oil over medium-high. Add onions and season with salt and pepper. Cook until onions are golden brown, 4 minutes, turning once. Add potatoes, broth, and 8 tarragon leaves, and bring to a boil. Reduce to a simmer and cover. Cook until potatoes are just tender when pierced with a knife, about 15 minutes. Season each fillet with salt and pepper. Place fish on top of potatoes. Cover and cook until opaque throughout, about 8 minutes. Do not overcook!

Fish Creole

(4 servings)
1 Tbsp. olive oil
1 onion, chopped
½ cup thin-sliced celery
¼ cup green pepper, chopped
1 garlic clove, minced
2 Tbsp. fresh parsley or 2 tsp. dried
1 bay leaf
¼ tsp. rosemary, chopped
700g. can low sodium, organic tomatoes with liquid
450g. fish fillets
2 cups cooked white/brown rice or spaghetti squash

Heat oil in a large saucepan and lightly sauté the onion, celery, pepper, and garlic until soft. Add parsley, bay leaf, rosemary, and tomatoes. Simmer, uncovered, about 20 minutes. Add fish fillets in small pieces and simmer until cooked through, about 5-7 minutes more. Remove bay leaf. Serve over cooked rice or spaghetti squash.

Baked Salmon with Salsa

(4 servings)
4 salmon, 230g. each
4 tsp. olive oil
1 Tbsp. fresh lime juice
1 Tbsp. cilantro, freshly chopped
Salt and black pepper to taste

Preheat oven to 200 °C.
Brush 1 tsp. olive oil on a baking sheet and place fish, skin side down. Combine remaining olive oil, lime juice, and cilantro; and brush on each fillet. Sprinkle with salt and pepper to taste. Allow to sit for 15 minutes, then bake for 20 minutes or until just cooked. Garnish with Salsa (see recipe) and serve immediately.

Sweet Potato Squash Delight

(6-8 servings)
1 medium butternut squash, cut into chunks
2 medium sweet potatoes, cut into chunks
¼ tsp. ginger
½ tsp. cinnamon
Dash nutmeg
¼ cup unsweetened rice milk

Preheat oven to 180 °C.
Steam squash and sweet potato until tender. Remove, peel, and purée in food processor. Add ginger, cinnamon, nutmeg, and rice milk. (Add enough rice milk for desired consistency of mashed potatoes.) Put mixture into 1litre casserole, garnish with a sprinkle of cinnamon, and bake for 15 minutes.

Snacks & Dressings

Cauliflower Popcorn

(4 servings)

2 Tbsp. olive oil

340-450g cauliflower

Salt to taste

Preheat oven to 220 °C.

Brush 1 or 2 baking sheets with some olive oil. Cut cauliflower into 1" florets. Toss with olive oil and spread evenly on the baking sheet(s). Roast for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. This may also be served at room temperature.

Kale Chips

(4 servings)

Large bunch of kale

2 Tbsp. olive oil

Sea salt

Curry powder or cumin to taste (optional)

Preheat oven to 220 °C.

Remove kale from stalk, cutting the greens into strips. Place a little olive oil in a bowl, dip your fingers, and rub a very light coating of oil over the kale. Lay the kale on a baking sheet and bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on it; it can burn quickly. Turn the kale over, add a little salt, curry, or cumin to taste, and bake another 5 minutes. Remove and serve.

Tropical Salad

(4-6 servings)

1 avocado, cubed

8 pineapple slices, cubed

1 papaya or mango, cubed

½ cup celery, diced

Combine all and garnish with fresh mint leaves.

Basic Salad Dressing

(2-3 servings)

¼ cup flaxseed oil (or 2 Tbsp.

each flaxseed and olive oils)

1-2 Tbsp. vinegar (apple cider, rice, red wine, balsamic)

½-1 Tbsp. water

1 tsp. mustard (any type except Dijon) (optional, but delicious), whisked into liquid for easy mixing

Whole or minced garlic, oregano, basil, or other herbs of choice

Increase recipe for more servings.

Mix well in a shaker jar and store any leftovers in your fridge.

Keep a jar in the refrigerator at work and one at home for convenience.

Hummus

(6 servings)

450g can low sodium, organic garbanzo beans (chickpeas), or 2 cups home-cooked

½ cup lemon juice

2 Tbsp. olive oil or flaxseed oil

2 cloves of garlic, crushed

Paprika, sea salt, and fresh parsley to taste

1 tsp. cumin

¼ cup tahini (sesame butter)

Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley.

Baked Apples (or Pears)

(2 servings)

2 small apples or pears

½ cup water (or unsweetened apple/pear juice if permitted)

½ tsp. cinnamon

Preheat oven to 180 °C. Core apples and peel only the top ⅓ of the skin. Place in baking pan, pour water/juice over, and sprinkle with cinnamon. Bake for 20-30 minutes or until soft and juicy.

Salsa

(4+ servings)

2 large tomatoes, diced

2 scallions, chopped

1 Tbsp. cilantro, chopped

1 clove garlic, chopped

1 Tbsp. olive oil

2 tsp. fresh lime juice

Combine ingredients in bowl. Also makes a great topping for fish.

UltraClear Recipes

In addition to the mixing suggestions in the Sample Menus, the following recipes can help you create exciting new tastes.

For the recipes below, combine all ingredients and blend in blender until smooth. Increase water if needed. Ice is optional. Then add in the recommended UltraClear product and blend briefly. Increase water again if desired.

NOTE: For Day 2, use only 1 scoop of the recommended UltraClear product.

Recipes for Days 2-9

Go Green

(1 serving)
2 scoops recommended UltraClear product
½ cup kale or collard greens—stems removed, chopped, and firmly packed
¼ cup parsley leaves, loosely packed
½ small apple, cored and coarsely chopped
½ small pear, cored and coarsely chopped
½-½ cup ice
230ml cold water

Green Apple Twister

(1 serving)
2 scoops recommended UltraClear product
1 small green apple or 1 small pear, cored and coarsely chopped
½ cup kale or spinach, chopped
230ml cold water
Pinch of cinnamon (optional)
2 ice cubes

Recipes for Days 2-4 & 8-9

Rich & Fruity

(1 serving)
2 scoops recommended UltraClear product
230ml cold water
2-3 ice cubes (omit if using frozen fruit)

Choose 1 of the following:

½ banana
½ medium peach
½ cup pineapple, cubed (fresh or frozen)
½-½ cup organic berries of choice (fresh or frozen)

Peach Melba

(1 serving)
2 scoops recommended UltraClear product
230ml cold water
½ cup organic raspberries (fresh or frozen)
½ medium peach or ½ medium nectarine
2 ice cubes (omit if using frozen berries)

Very Veggie Shake-Up

(1 serving)
2 scoops recommended UltraClear product
½ cup spinach, chopped
½ cup carrots, diced
230ml cold water
2 ice cubes



Recipes for Days 2 & 9 Only

Piña Colada

(1 serving)
2 scoops recommended UltraClear product
120ml unsweetened coconut milk
(box only, not canned)
120ml cold water
½ cup pineapple, cubed (fresh or frozen)
1 Tbsp. unsweetened, shredded coconut
1 tsp. grated ginger
2 ice cubes (omit if using frozen pineapple)

Pineapple Chai Express

(1 serving)
2 scoops recommended UltraClear product
120ml unsweetened coconut milk
(box only, not canned)
½ cup pineapple, cubed (fresh or frozen)
1 medium tangerine (or ½ large)
120ml cold water
2 ice cubes (omit if using frozen pineapple)

Phytonutrient Blast

(1 serving)
2 scoops recommended UltraClear product
120ml unsweetened almond, rice, hazelnut,
or coconut milk (box only, not canned)
120ml cold water
⅓ cup organic strawberries (fresh or frozen)
1 scoop Phytoganix® from Metagenics
2 ice cubes (omit if using frozen berries)

Banana Berry Blast

(1 serving)
2 scoops recommended UltraClear product
120ml unsweetened almond, rice, hazelnut, or
coconut milk (box only, not canned)
130ml cold water
¼ cup organic strawberries (fresh or frozen)
¼ cup organic raspberries (fresh or frozen)
½ small banana
2 ice cubes (omit if using frozen berries)

Berry Delight

(1 serving)
2 scoops recommended UltraClear product
120ml unsweetened almond, rice, hazelnut,
or hemp milk
130ml cold water
½ cup organic strawberries, blueberries,
or raspberries (fresh or frozen)
2 ice cubes (omit if using frozen berries)

Cranberry Delight

(1 serving)
2 scoops recommended UltraClear product
130ml unsweetened almond, rice, hazelnut,
or hemp milk
¼ cup unsweetened cranberries (fresh or frozen)
¼ cup organic blueberries (fresh or frozen)
110ml cold water
2 ice cubes (omit if using frozen berries)

Peachy Chai Latte

(1 serving)
2 scoops recommended UltraClear product
120ml unsweetened almond milk
1 Tbsp. almond butter
1 medium peach, sliced
110ml cold water
¼ tsp. cinnamon
2 ice cubes

Tropical Breeze

(1 serving)
2 scoops recommended UltraClear product
120ml. unsweetened almond, hazelnut, or coconut milk
(box only, not canned)
130ml cold water
½ small banana
4 strawberries
2 ice cubes

Mango Tango

(1 serving)
2 scoops recommended UltraClear product
120ml. unsweetened coconut milk(box only, not canned)
130ml cold water
½ cup mango, diced (fresh or frozen)
2 mint leaves
2 ice cubes (omit if using frozen mango)

Almond Reverie

(1 serving)
2 scoops recommended UltraClear product
120ml unsweetened almond milk
130ml cold water
1 Tbsp. almond butter
2 ice cubes

Sweet Potato Pie

(1 serving)
2 scoops recommended UltraClear product
120ml unsweetened almond milk
½ cup sweet potato, mashed
¼ tsp. pumpkin pie spice
110ml cold water
2 ice cubes

Today I am struggling with...

A series of horizontal dotted lines for writing.

Today I noticed my energy level to be...

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Today I feel inspired to...

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