

happy
being

nourished

10 day detox plan



a 10 day nutrition and nourished shake plan
to detoxify your body and boost your metabolism.

nourished shake 10-day detox program

happy
being®

happy being® nourished is a daily detoxification supplement and meal replacement shake, which combines **Grow Nutrients®** with superfood ingredients to promote a gentle total body detoxification and a healthy immune system.



Grow Nutrients® are uniquely created to yield whole food incorporated nutrients, which have been metabolized by growing plant cells into their activated forms. these nutrients are immediately available to the body, as opposed to synthetic vitamins and minerals, which must be converted by the body into useable forms.

happy being® nourished shake

as a dietary supplement, add **1 packet of nourished** to **9-12 ounces** of cold water in a shaker cup or blender and mix for about 5 seconds. or add **1 packet of nourished** to your favorite smoothie to create a nutrient dense meal.

berry original nourished shake

in a blender, combine the following ingredients:

- 9-12 oz. of unsweetened almond or coconut milk
- 2 heaping scoops to 1 packet of nourished powder
- 1/4 cup of frozen organic berries
- 1 tablespoon of ground flax or chia seeds
- handful of leafy greens
- 3-4 ice cubes

optional add-ins:

- avocado
- 1 teaspoon almond butter
- 1 scoop of greens powder



nourished detox meal schedule

breakfast

nourished shake.

lunch

nourished shake.

dinner

healthy meal based on the healthy food options on the next page. if desired, lunch and dinner can be switched in order to meet your schedule needs.

snacks

this is not specifically a calorie restrictive program. if you feel hungry between meals, you can snack on healthy, whole foods in moderation. however, tune in to your body and make sure that you are truly hungry and not just bored, tired, or stressed!

include

- lean, clean quality protein, such as organic/grass-fed meat & poultry & cold-water fish (preferably wild caught over farm raised).
- plenty of fresh vegetables, organic, if possible.
- natural low-impact sweeteners such as stevia & xylitol.
- gluten-free whole grains such as brown rice, wild rice, millet, quinoa, amaranth, and buckwheat are allowable in moderation.
- drink plenty of water.

avoid

- sugars, desserts, and artificial sweeteners.
- dairy products such as milk, cheese, ice cream, and yogurt.
- wheat, oats, rye, spelt, kamut, bulgur, couscous, and barley. this includes pasta, bread, crackers, cereals, and other products made from these grains.
- fish known to be high in mercury such as swordfish, tuna steak, king mackerel, and halibut.
- packaged, processed foods.



healthy food options

optimal protein choices:

- flaxseed
- walnut oil
- hempseed oil
- avocado
- raw, sprouted, or dry roasted nuts and seeds
- organic grass fed butter
- organic legumes (acceptable as a vegetarian protein)
- ghee
- coconut oil for higher heat cooking
- MCT oil

low glycemic index fruit choices:

- berries (blueberries/raspberries/strawberries)

beverages:

- herbal teas
- vegetable juices
- naturally decaffeinated green tea
- coconut water
- spring or filtered water

condiments:

- lemon fresh herbs and spices
- limeflax/olive oil & raw apple cider
- cayenne pepper vinegar
- sea salt for dressings
- garlic

optimal fat choices:

- organic/hormone-free chicken
- turkey
- grass-fed beef
- cold water fish (salmon, cod, sardines, pacific flounder/sole, butterfish and trout. choose wild ocean fish over farm raised fish)
- organic eggs

moderate glycemic index fruit choices (fresh or frozen):

- cherries plums grapefruit nectarines
- pears orange/apples
- apricots tangerine prunes
- melons peaches kiwi

optimal vegetable choices:

you can eat an unlimited amount of vegetables from the list below:

- salad greens
- sweet peppers
- cruciferous veggies
- raw sauerkraut
- carrots limit starchy veggies, such as cucumbers and potatoes

snack ideas

- nuts (raw are best)
- low glycemic fruit
- hummus
- almond butter with apple slices
- raw or steamed vegetables