

THE DETOX CHALLENGE

SAMPLE

Your Personal Guidebook

by Deanna Minich, PhD

in collaboration with



Welcome to the first-ever, international, online Detox Challenge!

Congratulations on making the commitment to reclaim your health and restore your vitality through this unique 21-day detox program!

Many people engage in a detox to have more energy, identify their toxic food and emotional triggers, sleep better, and feel more comfortable in their skin. We support whatever goals you set out to achieve. Our commitment to you is that you are led in the process through a framework that includes (1) cutting-edge information from leading speakers, (2) a guidebook to move you seamlessly through the theme of each day, and (3) helpful tips and dialogue through a private Facebook page. Please make sure to inform your healthcare practitioner that you are participating in this structured detox program if he/she is not involved directly in the Detox Challenge.

Detoxification is an important process to healing, especially with the increased levels of toxins in the environment and the declining health that people continue to experience. While there is much focus on physical toxins like heavy metals and plastics, there are also internally-generated toxic emotions and thoughts that we encourage you to explore while going through these weeks. Allow this detox to involve your “whole self,” including body, emotions, mind, and spirit.

You may want to begin by thinking about where you’d like to end at the close of the Detox Challenge. At this point, start visualizing where you want to be and how you want to look and feel as you begin the Detox Challenge so that your choices will be consistent with your vision of health.

Let’s get started on the journey!

In health,



Deanna Minich, PhD

FOOD SPIRIT



Patrick Hanaway, MD

THE INSTITUTE FOR
FUNCTIONAL
MEDICINE®

THE DETOX CHALLENGE

SEPTEMBER 4-29 2014

in collaboration with



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4 Set an Intention and Tour Through Tools	5 The Functional Medicine Elimination Diet, Overview of Food Triggers, Shopping List, Label Reading, and Food Prep	6 The Role of Movement, Massage, and Mobility	7 Cleaning the House: Personal Care Products and Home Cleaning
			PREPARE	PREPARE	PREPARE	PREPARE
8 Your Detox Organs: Eliminate, Support, and Nourish	9 Eating Clean Nourishment: Organic Food and Nutrients for Detox	10 Protein and Detox	11 Red Foods and Detox	12 Orange Foods and Detox	13 Yellow Foods and Detox	14 Green Foods and Detox
CALL			SAMPLE			
15 Blue/Purple/Black Foods and Detox	16 White/Tan/Brown Foods and Detox	17 Food Triggers: Focus on Gluten and Dairy				
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22 Emotional Eating: Strategies to Overcome	23 Fitness, Sweat, Hydration, and Detox	24 Clearing the Mind and Establishing New Thought Patterns of Health	25 Social Networks of Support	26 Living a Non-Toxic, Health-Promoting Lifestyle	27 Detailing Food Reintroductions	28 Celebrating Your Success and Cultivating a Sustainably Healthy Life
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29 Follow Up after Detox - What's Next?	30					
CALL						



Elimination Diet Food Plan

PROTEINS

Proteins

Servings/day

Lean, free-range, grass-fed, organically-grown meats; non-GMO plant proteins; and wild-caught fish preferred

Animal Proteins:

Fish: Halibut, herring, mackerel, salmon, sardines, tuna, etc.—1 oz

Plant Protein:

Burger alternatives: Bean, mushroom, veggie (no soy or wheat)—1 oz

Meat: All wild game, buffalo, elk, lamb, venison—1 oz

Protein Powder:

Check label for # grams/scoop—1 protein serving = 7 g

Poultry: Chicken (skinless), Cornish hen, turkey—1 oz
Hemp, pea, rice protein

1 oz serving = 35-75 calories, 7g protein

Eliminate

Beef/veal, canned meats, cold cuts, eggs, frankfurters, pork, shellfish, whey, soy (miso, natto, tempeh, tofu, textured vegetable protein).

LEGUMES

Proteins/Carbs

Servings/day

Bean soups— $\frac{3}{4}$ c Hummus or other bean dip— $\frac{1}{4}$ c

Dried beans, peas, or lentils (cooked)— $\frac{1}{2}$ c Refried beans, flour, legume— $\frac{1}{4}$ c Vegetarian— $\frac{1}{2}$ c

Green peas (cooked)— $\frac{1}{2}$ c

1 serving = 110 calories, 15g carbs, 7g protein

Eliminate

Soybean products (edamame, miso, soy sauce, tamari, tempeh, tofu, soy milk, soy yogurt, textured vegetable protein)

DAIRY ALTERNATIVES

Proteins/Carbs

Servings/day

Unsweetened

Coconut yogurt and kefir— $\frac{1}{2}$ c Milk: Almond, coconut, flaxseed, hazelnut, hemp, rice—8 oz

1 serving = 50-100 calories, 12g carbs, 7g protein

Eliminate

Butter, cheese, cottage cheese, cream, frozen yogurt, ice cream, milk, non-dairy creamers, soy milk, yogurt (dairy and soy), whey

NUTS & SEEDS

Proteins/Fats

Servings/day

Almonds—6 Nut and seed butters— $\frac{1}{2}$ T

Brazil nuts—2 Pecan Halves—4

Cashews—6 Pine nuts—1 T

Chia seeds—1 T Pistachios—16

Coconut, flakes (unsweetened)—3 T Pumpkin seeds—1 T

Flaxseed, ground—2 T Sesame seeds—1 T

Hazelnuts—5 Sunflower seed kernels—1 T

Hemp seeds—1 T Walnut halves—4

1 serving = 45 calories, 4 g fat

Eliminate

Milked nuts (with peanuts), peanuts, peanut butter

FATS & OILS

Servings/day

Minimally refined, cold-pressed, organic, non-GMO preferred

Avocado—2 T

Coconut milk, regular (canned)— $1\frac{1}{2}$ T Oils, cooking: Coconut, grapeseed, olive (extra virgin), rice bran, sesame—1 t

Coconut milk, light (canned)—3 T Oils, salad: Almond, avocado, flaxseed, grapeseed, hempseed, high-oleic safflower and sunflower, pumpkin, sesame, walnut—1 t

Olives, black or green—8

Prepared salad dressing with acceptable oils—2 T

1 serving = 45 calories, 5g fat

Eliminate

Butter, corn oil, cottonseed oil, margarine/spreads, mayonnaise, peanut oil, shortening, soybean oil

Notes: Nutritional amounts are based on average values for the variety of foods within each food category. Dietary prescription is subject to the discretion of the health practitioner.





Phytonutrient Spectrum Foods

RED

Foods	Cranberries	Pomegranate	Rhubarb	Benefits	Gastrointestinal health
Apples	Cherries	Potatoes	Rooibos tea	Anti-cancer	Heart health
Beans (<i>adzuki, kidney, red</i>)	Grapefruit (<i>pink</i>)	Radichio	Tomato	Anti-inflammatory	Hormone health
Beets	Goji berries	Radishes	Watermelon	Cell protection	Liver health
Bell peppers	Grapes	Raspberries			
Blood oranges	Onions	Strawberries			
	Plums	Sweet red peppers			

ORANGE

Foods	Mango	Pumpkin	Tangerines	Benefits	Reduced mortality
Apricots	Nectarine	Squash (<i>acorn, buttercup, butternut, winter</i>)	Tumeric root	Anti-cancer	Reproductive health
Bell peppers	Orange	Sweet potato	Yams	Anti-bacterial	Skin health
Cantaloupe	Papaya			Immune health	Source of vitamin A
Carrots	Persimmons			Cell protection	

YELLOW

Foods	Bell peppers	Lemon	Starfruit	Benefits	Eye health
Apple	Corn	Millet	Succotash	Anti-cancer	Heart health
Asian pears	Corn-on-the-cob	Pineapple	Summer squash	Anti-inflammatory	Skin health
Banana	Ginger root			Cell protection	Vascular health
				Cognition	

GREEN

Foods	Bok choy	Green peas	Okra	Benefits	Skin health
Apples	Broccoli	Green tea	Olives	Anti-cancer	Skin health
Artichoke	Broccolini	Greens (<i>arugula, beet, chard/swiss chard, collard, dandelion, kale, lettuce, mustard, spinach, turnip</i>)	Pears	Anti-inflammatory	Hormone balance
Asparagus	Brussels sprouts	Limes	Snow peas	Brain health	Heart health
Avocado	Cabbage		Watercress	Cell protection	Liver health
Bamboo sprouts	Celery		Zucchini		
Bean sprouts	Cucumbers				
Bell peppers	Edamame/Soy beans				
Bitter melon	Green beans				

BLUE/PURPLE/BLACK

Foods	Cabbage	Grapes	Prunes	Benefits	Cognitive health
Bell peppers	Carrots	Kale	Raisins	Anti-cancer	Heart health
Berries (<i>blue, black, boysenberries, huckleberries, marionberries</i>)	Cauliflower	Olives	Rice (<i>black or purple</i>)	Anti-inflammatory	Liver health
	Eggplant	Plums		Cell protection	
	Figs	Potatoes			

WHITE/TAN/BROWN

Foods	Dates	Mushrooms	Shallots	Benefits	Heart health
Apples	Garlic	Nuts (<i>almonds, cashews, pecans, walnuts</i>)	Soy	Anti-cancer	Hormone health
Applesauce	Ginger	Onions	Tahini	Anti-microbial	Liver health
Bean dips	Jicama	Pears	Tea (<i>black, white</i>)	Cell protection	
Cauliflower	Legumes (<i>chickpeas, dried beans or peas, hummus, lentils, peanuts, refried beans/low-fat</i>)	Sauerkraut	Whole grains (<i>barley, brown, rice, oat, quinoa, rye, spelt, wheat</i>)	Gastrointestinal health	
Cocoa		Seeds (<i>flax, hemp, pumpkin, sesame, sunflower</i>)			
Coconut					
Coffee					



ELIMINATION DIET

Weekly Planner and Recipes

SAMPLE





ELIMINATION DIET – A WEEK OF MEALS & SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	<ul style="list-style-type: none"> Overnight Steel-Cut Oats (gluten free)* Pecans Blueberries 	<ul style="list-style-type: none"> Kale Pineapple Banana Smoothie* 	<ul style="list-style-type: none"> Chia Seed Applesauce Bread* Sage Turkey Sausage* 	<ul style="list-style-type: none"> Toasted Gluten Free Bread Almond Butter Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Strawberry Mango Smoothie* 	<ul style="list-style-type: none"> Pumpkin Oatmeal Pancakes* LO Sage Turkey Sausage* 	<ul style="list-style-type: none"> Apple Cinnamon Amaranth Porridge* Toasted Walnuts
Snack	<ul style="list-style-type: none"> Almonds Fresh Pear 	<ul style="list-style-type: none"> Fresh Strawberries Pumpkin Seeds 	<ul style="list-style-type: none"> Apple Slices Sunflower Seed Butter 	<ul style="list-style-type: none"> Berries Walnuts 	<ul style="list-style-type: none"> LO Chia Seed Applesauce Bread* Hot Peppermint Tea 	<ul style="list-style-type: none"> Celery Almond Butter 	<ul style="list-style-type: none"> Banana Sunflower Seed Butter
Lunch	<ul style="list-style-type: none"> Quinoa Salad with Chicken, Grapes, and Almonds* 	<ul style="list-style-type: none"> Quick Brown Rice and Black Bean Bowl* Fresh Salsa 	<ul style="list-style-type: none"> LO Oven-Baked Lentil and Split Pea Soup* Fresh Veggies, cut up Broccoli/ Celery 	<ul style="list-style-type: none"> Chopped Salad with Tuna* Sesame Rice Crackers 	<ul style="list-style-type: none"> Three Bean Vegetable Chili* LO Guacamole* 	<ul style="list-style-type: none"> LO Sweet Potato and Kale Soup or Three Bean Vegetable Chili* Rice Crackers 	<ul style="list-style-type: none"> Almond Cocoa Smoothie*
Snack	<ul style="list-style-type: none"> Sugar Snap Peas and Carrot Sticks Fresh Salsa 	<ul style="list-style-type: none"> Celery Sweet Potato Hummus* 	<ul style="list-style-type: none"> LO Savory Seed Crackers* LO Sweet Potato Hummus* 	<ul style="list-style-type: none"> Red Pepper Strips, Celery Sticks Guacamole* 	<ul style="list-style-type: none"> Pumpkin Seeds Balsamic Roasted Beets* 	<ul style="list-style-type: none"> Fresh Pear Sunflower Seeds 	<ul style="list-style-type: none"> Rice Crackers Roasted Beet Hummus*
Dinner	<ul style="list-style-type: none"> Baked Salmon with Dill* Oven-Roasted Vegetables* Mixed Green Salad Everyday Basic Vinaigrette* 	<ul style="list-style-type: none"> Oven-Baked Lentil and Split Pea Soup* Savory Seed Crackers* Fruity Spinach Salad* 	<ul style="list-style-type: none"> Coconut Chicken* Nutty Green Rice* Spring Mix Salad with Tomatoes Everyday Basic Vinaigrette* 	<ul style="list-style-type: none"> Broiled Lamb Chops with Rosemary* Simple Roasted Butternut Squash* Roasted Pecans and Fresh Pears with Mixed Greens* 	<ul style="list-style-type: none"> Sweet Potato and Kale Soup* (served over) Cilantro Lime Cauliflower Rice* Fresh Pineapple 	<ul style="list-style-type: none"> Walnut-Crusted Fish* Steamed Broccoli Yellow Rice* 	<ul style="list-style-type: none"> Baked Chicken with Cabbage, Carrots, and Onions* Fresh Berries with Coconut Mango Cream*

*See IFM-Comprehensive Elimination Diet Recipe File for recipes

Leftover – LO



Diet, Nutrition, and Lifestyle Journal – Day 1

Monday, September 8

Day Event	Food & Drink Intake (Include type, amount, brand)	Macronutrients (PFC) and Phytonutrients
Rising Time		
Breakfast Time		_____ P _____ F _____ C <input type="checkbox"/> R <input type="checkbox"/> O <input type="checkbox"/> Y <input type="checkbox"/> G <input type="checkbox"/> B/P/BL <input type="checkbox"/> W/T/BR
Mid-AM Snack Time		_____ P _____ F _____ C <input type="checkbox"/> R <input type="checkbox"/> O <input type="checkbox"/> Y <input type="checkbox"/> G <input type="checkbox"/> B/P/BL <input type="checkbox"/> W/T/BR
Lunch Time		_____ P _____ F _____ C <input type="checkbox"/> R <input type="checkbox"/> O <input type="checkbox"/> Y <input type="checkbox"/> G <input type="checkbox"/> B/P/BL <input type="checkbox"/> W/T/BR
Mid-AM Snack Time		_____ P _____ F _____ C <input type="checkbox"/> R <input type="checkbox"/> O <input type="checkbox"/> Y <input type="checkbox"/> G <input type="checkbox"/> B/P/BL <input type="checkbox"/> W/T/BR
Dinner Time		_____ P _____ F _____ C <input type="checkbox"/> R <input type="checkbox"/> O <input type="checkbox"/> Y <input type="checkbox"/> G <input type="checkbox"/> B/P/BL <input type="checkbox"/> W/T/BR
PM Snack Time		_____ P _____ F _____ C <input type="checkbox"/> R <input type="checkbox"/> O <input type="checkbox"/> Y <input type="checkbox"/> G <input type="checkbox"/> B/P/BL <input type="checkbox"/> W/T/BR
Bed Time		

SAMPLE

P: Proteins; F: Fats; C: Carbohydrates; R: Red; O: Orange; Y: Yellow; G: Green; B/P/BL: Blue/Purple/Black; W/T/BR: White/Tan/Brown

Sleep & Relaxation	Exercise & Movement	Stress	Relationships
Sleep Quantity: _____ (hours) Quality: <input type="checkbox"/> Poor <input type="checkbox"/> Fair <input type="checkbox"/> Good Relaxation <input type="checkbox"/> Yes <input type="checkbox"/> No Type/Amount:	Type, Duration, & Intensity <input type="checkbox"/> Aerobic: <input type="checkbox"/> Strength: <input type="checkbox"/> Flexibility:	Stress Reduction Practices: Stressors:	Supporting: Non-supporting:

Mental	Emotional	Spiritual



Fats & Oils:

- 17 Everyday Basic Vinaigrette
- 19 Fruity Spinach Salad*
- 20 Guacamole
- 24 Oven-Roasted Vegetables*
- 30 Roasted Pecans and Fresh Pears with Mixed Greens*
- 39 Walnut-Crusted Fish*

Nuts & Seeds:

- 5 Almond Cocoa Smoothie
- 19 Fruity Spinach Salad*
- 33 Savory Seed Crackers

Proteins:

- 8 Baked Chicken with Cabbage, Carrots, and Onions
- 9 Baked Salmon with Dill
- 11 Broiled Lamb Chops with Rosemary
- 13 Chopped Salad with Tuna
- 15 Coconut Chicken
- 21 Kale Pineapple Banana Smoothie*
- 28 Quinoa Salad with Chicken, Grapes, and Almonds*
- 31 Sage Turkey Sausage
- 35 Strawberry Mango Smoothie
- 39 Walnut-Crusted Fish*

Non-starchy Vegetables:

- 8 Baked Chicken with Cabbage, Carrots, and Onions
- 13 Chopped Salad with Tuna
- 14 Cilantro Lime Cauliflower Rice
- 19 Fruity Spinach Salad*
- 24 Oven-Roasted Vegetables*
- 30 Roasted Pecans and Fresh Pears w/ Mixed Greens*
- 32 Sautéed Sesame Green Beans
- 36 Sweet Potato and Kale Soup*
- 38 Three Bean Vegetable Chili*

Legumes:

- 23 Oven-Baked Lentil and Split Pea Soup
- 27 Quick Brown Rice and Black Bean Bowl*
- 37 Sweet Potato Hummus*
- 38 Three Bean Vegetable Chili*

Dairy/Dairy Alternatives:

- 6 Almond Milk

Starchy Veggies:

- 10 Balsamic Roasted Beets
- 26 Pumpkin Oatmeal Pancakes*
- 29 Roasted Beet Hummus
- 34 Simple Roasted Butternut Squash
- 36 Sweet Potato and Kale Soup*
- 37 Sweet Potato Hummus*

Fruit:

- 7 Apple Cinnamon Amaranth Porridge*
- 12 Chia Seed Applesauce Bread*
- 21 Kale Pineapple Banana Smoothie*

Grains:

- 7 Apple Cinnamon Amaranth Porridge*
- 12 Chia Seed Applesauce Bread*
- 16 Crispy Rice Squares
- 18 Fresh Berries with Coconut Mango Cream
- 22 Nutty Green Rice
- 25 Overnight Steel-Cut Oats
- 26 Pumpkin Oatmeal Pancakes*
- 27 Quick Brown Rice and Black Bean Bowl*
- 28 Quinoa Salad with Chicken, Grapes, and Almonds*
- 40 Yellow Rice

**Asterisks refer to recipes that are in more than one food category.*

All recipes are included on the following pages in alphabetical order.



Almond Cocoa Smoothie

Makes 2 servings

- 2 cups unsweetened almond milk
- 1 scoop vegan protein powder*
- 1 small avocado
- 1 tablespoon cocoa powder
- 1 teaspoon almond extract
- ½ cup ice cubes
- Stevia, to taste (optional)
- 1-2 cups loosely packed chopped kale

*Soy-free. Typical varieties include rice, pea, hemp. Should be sweetened with stevia or unsweetened altogether. 1 scoop should be ≈ 17g protein.

Directions

1. Put all ingredients in a blender in the order listed.
2. Blend all ingredients together in a blender starting on low speed and working up to high speed until smooth.
3. Add more or less ice to desired thickness.

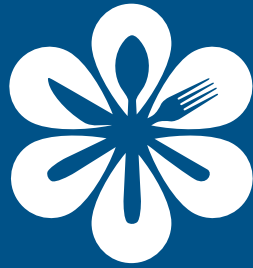
Nutrition (per serving):

Calories: 254
Fat (g): 20
Sat. Fat (g): 3
Chol (mg): 0
Sodium (mg): 263
Carb (g): 12
Fiber (g): 5
Protein (g): 12

Core Food Plan (per serving):

Proteins: 1
Nuts & Seeds: 3
Fats & Oils: 1
Fruits: 0.5

SAMPLE



ELIMINATION DIET

Comprehensive Guide

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