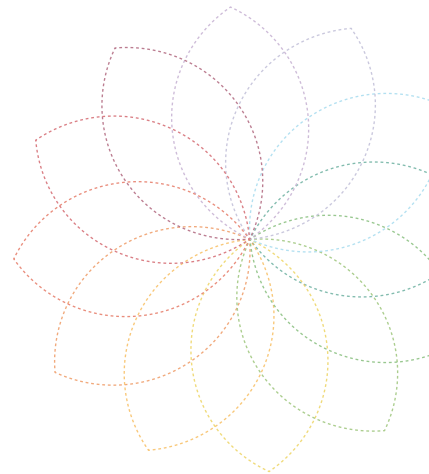
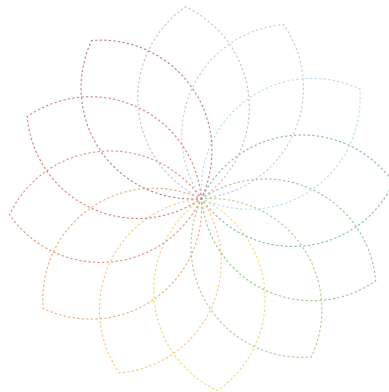
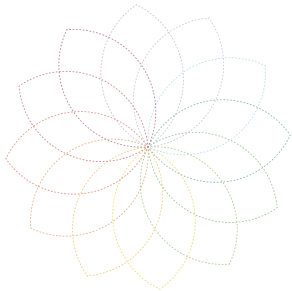
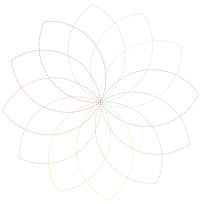
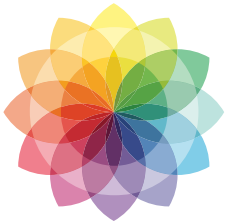




WHOLE DETOX GUIDEBOOK





WHOLE DETOX™

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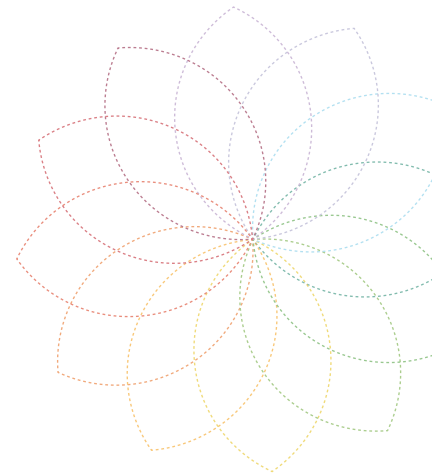
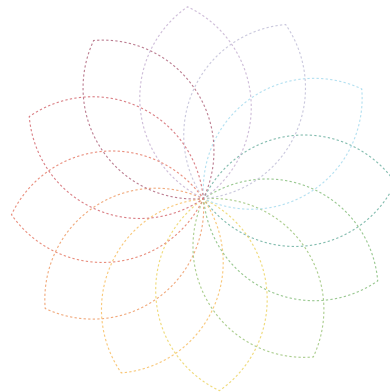
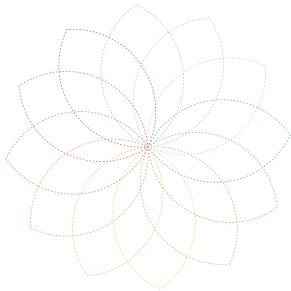
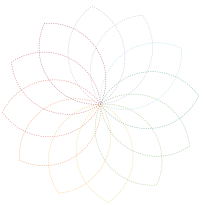
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www.deannaminich.com

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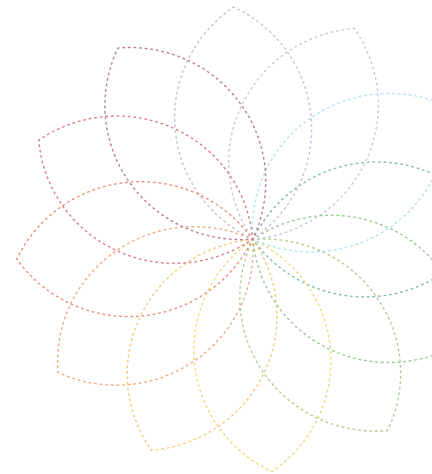
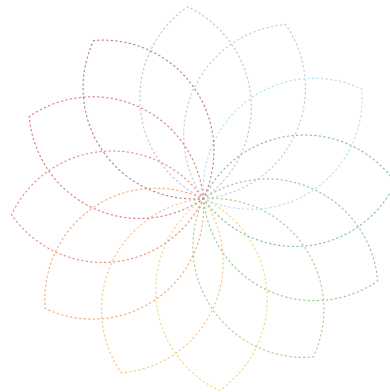
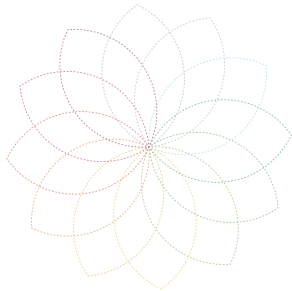
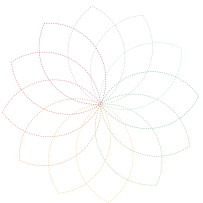
Email: info@foodandspirit.com





NOTE TO READERS

This guidebook contains advice and information relating to health and is not meant to diagnose, treat or prescribe. It should be used to supplement rather than replace the advice of your physician or other trained healthcare practitioner. If you know or suspect you have a medical condition, physical symptoms, or feel unwell, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to assure the accuracy of the information contained in this guidebook as of the date of the publication. Neither the author nor the publisher accepts any responsibility for your health, how you choose to use the information contained in this guidebook, or your medical outcomes resulting from applying the methods suggested in this guidebook.






WELCOME TO YOUR WHOLE DETOX JOURNEY OF COLOR AND HEALING!

“You are not a drop in the ocean.
You are the entire ocean in a drop.”

–Rumi

Day you started Whole Detox: _____

Your Whole Detox Spectrum Quiz scores before starting the program:

	ROOT	_____
	FLOW	_____
	FIRE	_____
	LOVE	_____
	TRUTH	_____
	INSIGHT	_____
	SPIRIT	_____

DAILY WHOLE DETOX THEMES

THE ROOT

DAY 1: Body Awareness and Instinct _____

DAY 2: Community _____

DAY 3: Protein _____

THE FLOW

DAY 4: Emotions _____

DAY 5: Creativity _____

DAY 6: Fats & Oils _____

THE FIRE

DAY 7: Stress _____

DAY 8: Thoughts _____

DAY 9: Carbohydrates & Sugar _____

THE LOVE

DAY 10: Self-Care _____

DAY 11: Movement _____

DAY 12: Vegetables _____

THE TRUTH

DAY 13: Truths _____

DAY 14: Affirmations _____

DAY 15: Liquid Foods _____

THE INSIGHT

DAY 16: Moods and Cognition _____

DAY 17: Visualizations _____

DAY 18: Spices _____

THE SPIRIT

DAY 19: Connection _____

DAY 20: Meditation _____

DAY 21: Fasting _____



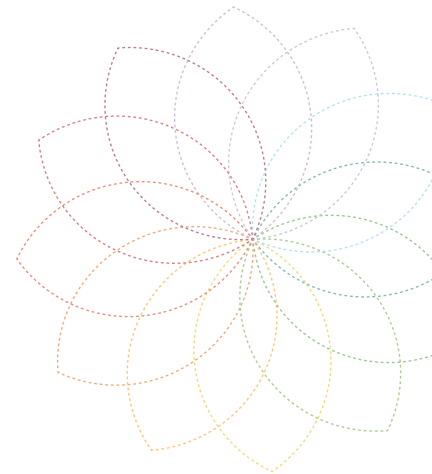
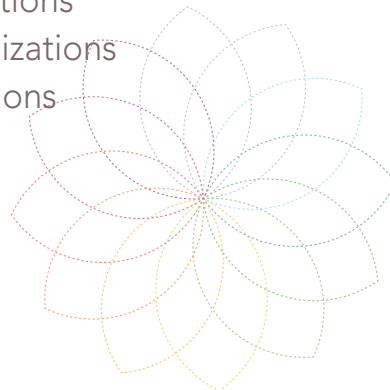
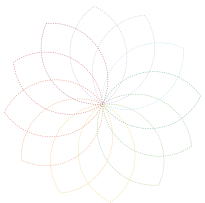
THE 7 MODALITIES OF WHOLE DETOX

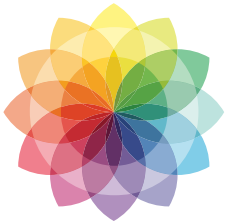
Each day, you'll address the day's theme through 7 different modalities. You can choose one, some or all of them. You can change them up every day throughout the program if that is your wish – you will still benefit!

- Food Plans
- Emotion Log
- Limiting Thought Journaling
- Movements
- Affirmations
- Visualizations
- Meditations

Each modality corresponds to one of the 7 Systems of Health:

1. **The ROOT:** Food Plans
2. **The FLOW:** Emotion Log
3. **The FIRE:** Limiting Thoughts
4. **The LOVE:** Movement
5. **The TRUTH:** Affirmations
6. **The INSIGHT:** Visualizations
7. **The SPIRIT:** Meditations





WHOLE DETOX™





GETTING STARTED

“If you do what you’ve always done,
you’ll get what you always got.”

– Mark Twain

What you need for our journey of nourishment together:

- An intention, aim, objective
- A dedicated journal, if you wish
- This Whole Detox Guidebook

What is your intention for this journey to nourish your whole self?

What is something you’d like to let go of?

What is something you want more of in your life?



WHOLE DETOX™

PREPARATION CHECKLIST

Home: Do some basic cleaning and clearing to get ready

- Did you make some time to clean your space of unwanted clutter? _____
- Do you have your kitchen relatively organized and clean? _____
- Do you have a space in your home where you have your "alone" time or time away from everyone? _____

Food: Get your food staples in your kitchen

- Did you decide on a food plan (vegan or omnivore)? _____
- Did you get your kitchen in order with enough groceries for the first days of the program? _____

Emotions: Notice how you feel before starting and know who you can count on

- Do you feel emotionally ready?
- What are some emotions you feel before starting?
- Who can you reach out to for emotional support during the program?

Thoughts: Observe your thinking about the program and tell yourself YOU CAN DO IT!

- Are you feeling up for it? _____
- Have you told yourself you can do it? _____
- Which thoughts are getting in the way for you? _____

Social Networks: Inform those important to you that you need their support while doing the program

- Have you told family members you are doing the program? _____
- Your healthcare practitioner? _____
- Your friends? _____



WHOLE DETOX™

THE ROOT

EATING AND ITS CONNECTION TO SAFETY, TRUST & SURVIVAL

“I think that what we’re seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances within our own innermost being and reality, so that we actually feel the rapture of being alive.”

– Joseph Campbell

THE TERRAIN

SYMBOLIC ASPECTS

Body
Instinct
Tribe
Traditions
Groundedness
Safety
Survival
Protection
Earth element
Boundaries
Square
Instinct

BODY ASPECTS

Physical body
DNA
Immune system
Skin
Adrenal glands
Skeleton
Prostate gland (men)
Joints
Legs & feet
Muscles
Rectum
Red blood cells
Tailbone

FOOD ASPECTS

Protein
Root vegetables
Immune-enhancers
Adaptogens
Red foods
pH
Non-GMO



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WHOLE DETOX™

THE FLOW

EATING AND ITS CONNECTION TO EMOTIONS, CREATIVITY, & EXPRESSION

“One must still have chaos in oneself to be able to give birth to a dancing star.”

- Nietzsche

THE FLOW

SYMBOLIC ASPECTS

Water element
Relationships
Emotions
Expression
Play
Pleasure
Creativity
Circle

BODY ASPECTS

Sacrum
Low belly
Bladder
Hips
Kidneys
Colon
Ovaries
Urinary tract
Uterus
Water in body
Tissues/organs that have to deal with growth/creation (e.g., reproductive organs, cell growth & proliferation)

FOOD ASPECTS

Water
Fats
Nuts
Seeds
Tropical fruits
Probiotics
Salt
Fish



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WHOLE DETOX™

THE FIRE

EATING AND ITS CONNECTION TO POWER, ENERGY, & SUSTENANCE

“I was always looking outside myself for strength and confidence, but it comes from within. It is there all the time.”

– Anna Freud

THE FIRE

SYMBOLIC ASPECTS

Fire element
Empowerment
Self-esteem
Ego
Transformation
Balance/stress
Energy
Triangle

BODY ASPECTS

Solar plexus
Middle back
Gallbladder
Liver
Pancreas
Small intestine
Stomach
Digestive system
Body temperature/heat

FOOD ASPECTS

Carbohydrates
Legumes
Whole grains
Spices to rev up transformation and decrease inflammation
Digestive support (enzymes, HCl)



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THE LOVE

EATING AND ITS CONNECTION TO LOVE, COMPASSION, & SHARING

“What is essential is invisible to the eye; it is only with the heart that one can see rightly.”

-Antoine de Saint-Exupery

THE LOVE

SYMBOLIC ASPECTS

Air element
Expressing love
Giving and receiving
Self-love
Gratitude
Compassion
Emotional wisdom
Forgiveness
Optimism
Diamond

BODY ASPECTS

Heart
Lungs
Mid-upper back
Armpits/arms/hands
Blood vessels
Breasts & lymph
Shoulders

FOOD ASPECTS

Vegetables
Leafy green vegetables
Green-colored foods
(chlorophyll)
Sprouts/live foods
Cruciferous vegetables
Phytonutrients
(phytosterols,
phytoestrogens)
Sharing food
Donating or making
food for others



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DAY 11



WHOLE DETOX™

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WHOLE DETOX™

THE TRUTH

EATING AND ITS CONNECTION TO VOICE, COMMUNICATION, & TRUTH

“Self-expression must pass into communication for its fulfillment.”

- Pearl S. Buck

THE TRUTH

SYMBOLIC ASPECTS

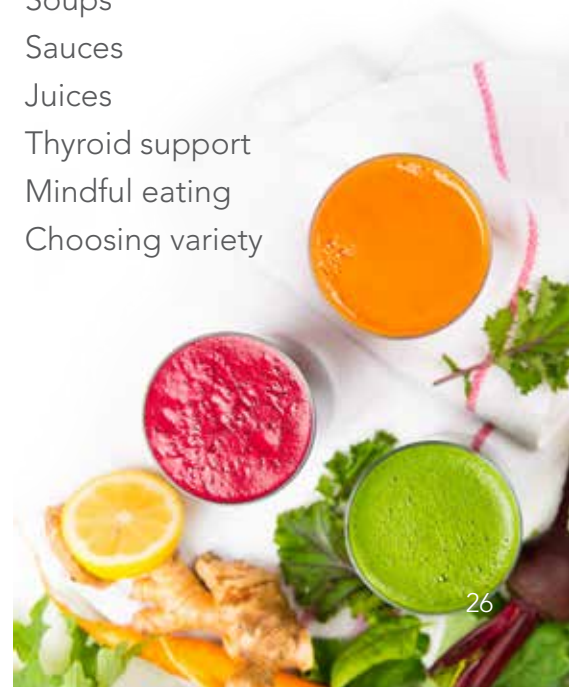
Speaking one's truth
Verbal expression
Senses
Communication
Alchemy
Choice
Archetypes
Harmony
Star

BODY ASPECTS

Throat
Cervical spine
Cheeks
Chin
Ears
Larynx
Lips
Mouth
Neck
Nose
Pharynx
Thyroid and
parathyroid glands
Tongue

FOOD ASPECTS

Sea-plants
Fruits
Moistening fluids
Soups
Sauces
Juices
Thyroid support
Mindful eating
Choosing variety



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THE INSIGHT

EATING AND ITS CONNECTION TO INTUITION, INSIGHT, & THOUGHT

“Look within the silence and behold our indigo soul-light, hear the quiet wisdom that illumines our inner sight, together let us dream of the peaceful world we would perceive, with our imagination we will create what we believe.”

- Mara Berendt Friedman

THE INSIGHT

SYMBOLIC ASPECTS

Mind
Intellect
Imagination
Visualization
Intention
Dreams
Intuition
Thought
Concentration
Focus
Spiral

BODY ASPECTS

Brain &
neurotransmitters
Eyebrows & eyes
Forehead
Pituitary gland

FOOD ASPECTS

Spices
Caffeine
Mood-altering foods
Purple-blue foods
Foods that impact
cognition and brain
function



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WHOLE DETOX™

THE SPIRIT

EATING AND ITS CONNECTION TO PURITY, CLARIFICATION, & SPIRITUALITY

“The true way to be humble is not to stoop until you are smaller than yourself, but to stand at your real height against some higher nature that will show you what the real smallness of your greatness is.”

- Phillips Brooks

THE SPIRIT

SYMBOLIC ASPECTS

Belief
Surrender
Interconnection
Divinity
Groundedness
God
Spirituality
Sun

BODY ASPECTS

Central nervous system
Top of head
Soul (non-body)
Electromagnetic fields
Life force/chi/prana

FOOD ASPECTS

Detoxification & cleansing
Pure foods
Nervous system support
Vitamin D
Enlightened eating



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OMNIVORE Shopping Lists



PRODUCE	QUANTITY
Apples, red.....	2 (1 small, 1 medium)
Avocado	1 medium
Beets with their greens.....	2 medium
Bell pepper, red	2 small
Broccoli.....	1 cup, chopped
Carrots	3 (1 small, 2 medium)
Cauliflower	1 cup, chopped
Grapefruit.....	1
Grapes, red	7
Kale	4 medium to large leaves
Lettuce, red-or green-leaf.....	2 cups roughly chopped
Mushroom, portobello.....	1
Mushrooms, shiitake	6
Onion, red	2 medium
Radishes	4
Raspberries	About 1½ cups
Strawberries.....	About 1 cup
Swiss chard.....	2 medium to large leaves
Tomatoes.....	2 medium
Turnip 1	medium

GROCERY	QUANTITY
Almond butter.....	2 tablespoons
Bee pollen granules (optional)	1 tablespoon
Hummus	½ cup
Quinoa (red variety preferred) ...	¼ cup uncooked (½ cup cooked)
Sesame seeds, unhulled.....	1 tablespoon
Sunflower seeds, raw	1 tablespoon
Tomato juice, low-sodium, bottled	2 cups
Walnut halves (red variety preferred).....	8

MEAT AND FISH	QUANTITY
Chicken breasts, organic, free-range, boneless, skinless.....	2 breasts, 4 ounces each
Flank steak, organic, grass-fed	4 to 6 ounces
Ground beef, organic, grass-fed.....	1/3 pound
Ground turkey, organic, free-range, lean	½ pound

THE FLOW

OMNIVORE SHOPPING LIST

PRODUCE	QUANTITY
Apricots.....	3
Arugula or other leafy greens.....	2 cups
Avocado	1 medium
Banana.....	1 small
Bell pepper, orange	1 large
Cabbage, red	1 small head (need ½ cup shredded)
Carrots	3 medium
Fennel bulb with fronds	1
Green onions.....	3
Kale	2 large leaves
Leek.....	1 medium
Mangoes	2
Mixed greens	1 cup
Nectarine (or orange, if you prefer).....	1
Onion, yellow	1 small (need 2 tablespoons diced)
Oranges (save the zest).....	2
Peach.....	2 small
Shallot	1 medium
FRESH HERBS	QUANTITY
Basil	1 cup leaves
Mint	2 tablespoons chopped
GROCERY	QUANTITY
Brown rice flour.....	¼ cup
Cashews, raw (or other nuts of choice; optional)	2 tablespoons
Coconut flakes, unsweetened	1 tablespoon
Dates, Medjool.....	2
Macadamia nuts, lightly salted....	10 whole nuts plus ¼ cup finely chopped
Orange juice.....	2¼ cups
Pine nuts, raw.....	½ cup
Pumpkin seeds, roasted.....	2 tablespoons
Quinoa ¼ cup uncooked.....	(½ cup cooked)
Raisins, golden	2 tablespoons
Sunflower oil, high oleic, or extra-virgin olive oil	1 tablespoon
Vegetable broth, organic.....	1¼ cups
Walnut halves	2 cups plus 2 tablespoons
MEAT AND FISH	QUANTITY
Cod, wild-caught.....	3 ounces
Ground lamb, organic, grass-fed	10 ounces
Halibut, wild-caught.....	2 fillets, 5 ounces each
Salmon, wild-caught..	1 8-to 10-ounce fillet (with its skin)

THE FIRE

OMNIVORE SHOPPING LIST

PRODUCE	QUANTITY
Apple, Golden Delicious	1
Arugula.....	2 cups
Bananas	2 small
Bell peppers, yellow.....	1½
Cauliflower	2 cups chopped
Celery	1 to 2 stalks (need ¼ cup finely chopped)
Cucumber.....	¼ medium
Green onions.....	1 to 2 (need 3 tablespoons chopped)
Kale	1 to 2 leaves (need ¾ cup finely chopped)
Onion, yellow	1 large
Pineapple chunks, frozen or fresh	½ cup
Shallots.....	2 medium to large
Spaghetti squash	1 small
Spinach.....	2 cups
Summer squash, yellow	small plus ¼ cup cubed
FRESH HERBS	QUANTITY
Basil	¼ cup chopped
Cilantro.....	5 tablespoons chopped
Parsley.....	¼ cup finely chopped
GROCERY	QUANTITY
Almonds, raw	¼ cup
Amaranth.....	3 tablespoons uncooked (½ cup cooked)
Date, Medjool	1
Lentils, French green ...	¼ cup uncooked (½ cup cooked)
Mustard, Dijon	1 tablespoon
Pineapple juice	1 cup
Pine nuts, raw.....	2 tablespoons
Quinoa.....	¾ cup uncooked (1½ cups cooked)
Rice, brown, long grain	¼ cup uncooked
Rice vinegar.....	½ tablespoon
Sesame seeds, unhulled.....	½ tablespoon
Sunflower oil, high-oleic, or extra-virgin olive oil	1 tablespoon
Sunflower seed butter	2 tablespoons
Tahini	1 tablespoon
Tapioca flour.....	1 teaspoon
Vegetable broth, organic (optional).....	½ cup
MEAT AND FISH	QUANTITY
Chicken breasts, organic, free-range, boneless, skinless.....	4 breasts, 4 ounces each
Ground turkey, organic, free-range	8 ounces

THE LOVE

OMNIVORE SHOPPING LIST

PRODUCE	QUANTITY
Apple, green	1
Asparagus stalks	5
Avocado	1 large
Broccoli	1½ cups chopped
Broccoli sprouts	¼ cup
Cabbage, green	½ head or 1 small (need ½ cup shredded)
Cucumber	1½ small
Green onions	1 bunch
Honeydew melon	1 cup cubed
Kale, green curly-leaf	2½ to 3 bunches
Kiwi fruits	2
Microgreens	About 1 cup
Mushrooms, shiitake	¼ cup chopped
Spinach	8½ to 9 cups
Strawberries	About 2 (need ¼ cup sliced)
Swiss chard	1 bunch (about 5 large leaves)
FRESH HERBS	QUANTITY
Dill	¼ teaspoon
Mint	4 to 5 leaves
Parsley	2 tablespoons minced
GROCERY	QUANTITY
Almond meal	2 tablespoons
Almonds, raw	¼ cup
Almonds, toasted, slivered	2 tablespoons
Apple juice	¼ cup
Avocado oil	4 tablespoons
Cacao nibs, raw	1 tablespoon
Green tea, decaffeinated	2/3 cup
Olives, green	5
Pine nuts, raw	2 tablespoons
Pistachios, unsalted, raw, shelled	5 tablespoons
Walnut halves	4 to 5
White beans (Great Northern) 3 tablespoons uncooked (½ cup cooked)	
Other Parchment paper, kitchen string	
MEAT AND FISH	QUANTITY
Anchovies (Vital Choice brand preferred)	4
Lox	4 ounces
Salmon, wild-caught	2 fillets, 3 to 4 ounces each
Turkey breasts, organic, free-range, boneless	2 breasts, 4 to 5 ounces each

THE TRUTH

OMNIVORE SHOPPING LIST

PRODUCE	QUANTITY
Apple, green	1
Arugula	1 cup
Banana	1 medium
Bell pepper, red	½
Bok choy	1 to 2 heads (need 1½ cups chopped)
Cabbage, red	Less than ¼ head (need ¼ cup finely sliced)
Cantaloupe	½ cup cubed
Carrots	4
Cauliflower	2 cups chopped
Dandelion greens	1 cup
Green onion	1
Honeydew melon	1½ cups cubed
Kale, baby	4 cups
Kiwi fruit	1
Mango	2 cups cubed
Mushrooms, shiitake	5 large
Onion, yellow	¼ cup diced
Potatoes, red	2 small
Radishes	2
Spinach	1½ cups
Squash, yellow	½ small
Strawberries	2
Zucchini	1 small
FRESH HERBS	QUANTITY
Basil	4 leaves
Lemongrass	3-inch piece
Mint	7 or 8 leaves
GROCERY	QUANTITY
Almonds, raw	12
Coconut, unsweetened, shredded	1 tablespoon
Dates, Medjool	2
Dulse flakes	1 cup
Nori, pressed	3 sheets
Orange juice	4 tablespoons
Pecan pieces	½ cup
Pomegranate juice	1 cup
Rice, brown	½ cup cooked
Sesame seeds, unhulled	1 teaspoon
Thai green curry paste	½ teaspoon
Vegetable broth, organic	7 cups
Walnut halves	5
MEAT AND FISH	QUANTITY
Chicken breasts, organic, free-range, boneless	14 ounces total
Halibut, wild-caught	8 ounces

THE INSIGHT

OMNIVORE SHOPPING LIST

PRODUCE	QUANTITY
Apple, red	1/3 cup sliced
Banana	1 medium
Blackberries	3¾ cups
Blueberries, frozen or fresh	3½ cups
Broccoli	1½ cups chopped
Cabbage, red	1 large
Carrot	1 tablespoon shredded
Cucumber	¼ cup cubed
Kale, baby	2 cups
Kale, purple	3 cups chopped
Plums	2
Potatoes, purple	2 small
Raspberries	1 cup
Shallot	1 large
Spinach	3 cups
FRESH HERBS	QUANTITY
Basil, purple	7 leaves
Mint	1 teaspoon minced
GROCERY	QUANTITY
Bee pollen granules (optional)	1 teaspoon
Cacao nibs, raw	1 tablespoon
Cocoa powder, unsweetened	1 tablespoon
Coconut, unsweetened, shredded	2 tablespoons
Hempseed oil	1 tablespoon
Hibiscus tea	½ cup
Mustard, Dijon	½ tablespoon
Oats, gluten-free	1 cup
Pecan halves	8
Pecans	½ cup chopped
Pine nuts, raw	2 tablespoons
Pomegranate juice	1 cup
Walnuts	¾ cup chopped
MEAT AND FISH	QUANTITY
Chicken breast, organic, free-range, boneless	1 breast, 4 ounces
Cod, wild-caught	2 fillets, 4 ounces each
Salmon, wild-caught	2 fillets, 4 ounces each

THE SPIRIT

OMNIVORE SHOPPING LIST

PRODUCE	QUANTITY
Arugula	2 cups
Burdock root	5-inch piece
Cabbage, green	¼ to ½ head (need 1 cup diced)
Cabbage, red	¼ head (need ½ cup diced)
Carrots	3
Cauliflower	½ large head
Celery	3 stalks
Cucumber	1 cup diced
Green onions	1 small bunch
Leeks	¼ cup chopped
Mango, frozen or fresh	1 cup diced
Mushrooms, shiitake	7
Onion, white	1 medium or 2 small
Onion, yellow	½ medium
Pears	3
Romaine lettuce	1 cup chopped
Turnips	2 medium
FRESH HERBS	QUANTITY
Parsley	¼ cup chopped
GROCERY	QUANTITY
Cashew nut butter	1 tablespoon
Coconut flakes, unsweetened	2 tablespoons
Coconut flour	2 tablespoons
Hempseed oil	1 tablespoon
Mustard, Dijon	1 tablespoon
Raisins, golden	2 tablespoons
Tahini	1 tablespoon
Vegetable broth, organic	2 cups
Walnuts	2 tablespoons chopped
MEAT AND FISH	QUANTITY
Halibut, wild-caught	1 fillet, 5 ounces
Lamb, organic, grass-fed, boneless	8 ounces
Sole, wild-caught	1 fillet, 5 ounces



VEGAN Shopping Lists



THE ROOT VEGAN SHOPPING LIST

PRODUCE	QUANTITY
Apples, red.....	2 (1 small, 1 medium)
Avocado	1 medium
Beets with their greens.....	2 medium
Bell pepper, red	2 small
Broccoli.....	1 cup chopped
Carrots	3 (1 small, 2 medium)
Cauliflower	1 cup, chopped
Grapefruit.....	1
Grapes, red	7
Kale	4 large leaves
Lettuce, red-or green-leaf.....	2 cups roughly chopped
Mushroom, portobello.....	1
Mushrooms, shiitake	6
Onion, red	2 medium
Radishes	4
Raspberries	About 1½ cups
Strawberries.....	About 1 cup
Swiss chard.....	2 medium to large leaves
Tomatoes.....	2 medium
Turnip	1 medium
GROCERY	QUANTITY
Adzuki beans.....	½ cup uncooked (1½ cups cooked)
Almond butter.....	2 tablespoons
Bee pollen granules (optional).....	1 tablespoon
Black beans ¼ cup uncooked	(¾ cup cooked)
Chickpeas ½ cup uncooked.....	(1½ cups cooked)
Hummus	½ cup
Kidney beans.....	¼ cup uncooked (¾ cup cooked)
Quinoa (red variety preferred).....	¼ cup uncooked (½ cup cooked) plus 2 tablespoons uncooked
Sesame seeds, unhulled.....	1 tablespoon
Sunflower seeds, raw	1 tablespoon
Tomato juice, low-sodium, bottled	2 cups
Walnut halves (red variety preferred)	8

THE FLOW

VEGAN SHOPPING LIST

PRODUCE	QUANTITY
Avocado	1 medium
Banana.....	1 small
Bell peppers, orange	3 large
Cabbage, red	1 small head (need ½ cup shredded)
Carrots	12 medium to large
Celery	1 to 2 stalks (need ¼ cup diced)
Fennel bulb with fronds	1
Kale	2 large leaves
Leek.....	1 small to medium
Mangoes	2
Mixed greens	1 cup
Nectarine (or orange, if you prefer).....	1
Onion, yellow	1 small to medium
Oranges (save the zest).....	2
Peach.....	2 small
Shallot	1 medium
FRESH HERBS	QUANTITY
Basil	1 cup leaves
Mint	2 tablespoons chopped
GROCERY	QUANTITY
Almond butter.....	3 tablespoons
Almonds, slivered.....	2 tablespoons
Cashews, raw	6 tablespoons
Coconut flakes, unsweetened	1 tablespoon
Dates, Medjool.....	2
Lentils, dried, sprouted.....	½ cup uncooked
Lentils, orange/red... ¾ cup uncooked (1½ cups cooked)	
Macadamia nuts, lightly salted	10
Orange juice.....	¾ cup
Pine nuts, raw.....	¾ cup
Pumpkin seeds, roasted.....	2 tablespoons
Quinoa ¼ cup uncooked..... (½ cup cooked)	
Raisins, golden	2 tablespoons
Sunflower oil, high oleic.....	1 tablespoon
Sunflower seeds, raw	¼ cup
Tahini	2 tablespoons
Vegetable broth, organic.....	3 cups
Walnut halves	2 cups plus 2 tablespoons
Wild rice	½ cup uncooked

THE FIRE

VEGAN SHOPPING LIST

PRODUCE	QUANTITY
Apple, Golden Delicious	1
Arugula.....	2 cups
Avocado	1 small
Bananas	2 small
Bell pepper, yellow.....	1
Carrots	2
Cucumber.....	½ small
Onion, red	1 small
Onion, yellow	1 small
Pineapple chunks, frozen or fresh	½ cup
Potato, yellow	1 large
Romaine lettuce heart.....	1 large
Shallots.....	3 medium to large
Spinach.....	2 cups
Summer squash, yellow	1 small
FRESH HERBS	QUANTITY
Basil	¼ cup chopped
Cilantro.....	5 tablespoons chopped
Parsley.....	2 tablespoons chopped
Thyme.....	2 tablespoons chopped
GROCERY	QUANTITY
Almonds, raw	¼ cup
Amaranth.....	3 tablespoons uncooked (½ cup cooked)
Black beans	½ cup uncooked (1½ cups cooked)
Chickpeas.....	½ cup uncooked (1½ cups cooked)
Date, Medjool	1
Lentils, yellow.....	½ cup uncooked
Pineapple juice.....	1 cup
Pine nuts, raw.....	2 tablespoons
Quinoa.....	¼ cup uncooked (½ cup cooked)
Sunflower seed butter	2 tablespoons
Tahini	2 tablespoons
Vegetable broth, organic.....	4 cups

THE LOVE

VEGAN SHOPPING LIST

PRODUCE	QUANTITY
Apple, green	1
Asparagus stalks	1 large bunch
Avocados	2 large
Broccoli.....	1½ cups chopped
Broccoli sprouts	¼ cup
Brussels sprout.....	6 or 7
Cabbage, green	½ head or 1 small (need ½ cup shredded)
Cauliflower	3 cups chopped
Cucumber.....	1 medium
Green onions.....	2
Honeydew melon.....	1 cup cubed
Kale, green curly-leaf	2½ to 3 bunches
Kiwi fruits	2
Microgreens About	1 cup
Spinach.....	7½ cups
Strawberries	About 2 (need ¼ cup sliced)

FRESH HERBS	QUANTITY
Cilantro.....	2 tablespoons chopped
Dill	¼ teaspoon
Mint	4 to 5 leaves
Parsley.....	2 tablespoons minced

GROCERY	QUANTITY
Almonds, raw	¼ cup
Almonds, toasted, slivered	2 tablespoons
Apple juice	¼ cup
Avocado oil	5 tablespoons
Cacao nibs, raw.....	1 tablespoon
Cannellini beans	2 tablespoons uncooked (¼ cup cooked)
Green tea, decaffeinated.....	2/3 cup
Lima beans	2 tablespoons uncooked (¼ cup cooked)
Olives, green	5
Pine nuts, raw.....	4 tablespoons
Pistachios, unsalted, raw, shelled	5 tablespoons
Rice, brown	¼ cup uncooked (¾ cup cooked)
Tahini	1 tablespoon
Walnut halves	4 to 5
White beans, Great Northern	¼ cup uncooked (¾ cup cooked)
Walnut halves	2 cups plus 2 tablespoons
Wild rice	½ cup uncooked

THE TRUTH

VEGAN SHOPPING LIST

PRODUCE	QUANTITY
Apple, green	1
Arugula.....	1 cup
Banana.....	1 medium
Bell pepper, red	½
Bok choy.....	1 to 2 heads (need 1½ cups chopped)
Cabbage, red	Less than ¼ head (need ¼ cup finely sliced)
Cantaloupe.....	½ cup cubed
Carrots	4
Cauliflower	2 cups chopped
Dandelion greens.....	1 cup
Green onion	1
Honeydew melon.....	1½ cups cubed
Kale, baby	4 cups
Kiwi fruit.....	1
Mango	2 cups cubed
Mushrooms, shiitake	5 large
Onion, yellow	¼ cup diced
Potatoes, red.....	2 small
Radishes	2
Spinach.....	1½ cups
Squash, yellow	½ small
Strawberries	2
Zucchini	1 small

FRESH HERBS	QUANTITY
Basil	4 leaves
Lemongrass.....	3-inch piece
Mint	7 or 8 leaves

GROCERY	QUANTITY
Adzuki beans.....	1/3 cup uncooked (1 cup cooked)
Almonds, raw	12
Chickpeas.....	½ cup uncooked (1½ cups cooked)
Coconut, unsweetened, shredded	1 tablespoon
Dates, Medjool.....	2
Dulse flakes	1 cup
Mung beans	½ cup uncooked (1½ cups cooked)
Nori, pressed	3 sheets
Orange juice.....	4 tablespoons
Pecan pieces	½ cup
Pomegranate juice	1 cup
Rice, brown	½ cup cooked
Sesame seeds, unhulled.....	1 teaspoon
Thai green curry paste	½ teaspoon
Vegetable broth, organic.....	7 cups
Walnut halves	5

THE INSIGHT

VEGAN SHOPPING LIST

PRODUCE	QUANTITY
Apple, red	1/3 cup sliced
Avocado	1/2
Bananas	1 1/2 small
Bell pepper, red	1/2
Blackberries.....	2 1/4 cups
Blueberries, frozen or fresh	3 1/2 cups
Broccoli.....	2 1/2 cups chopped
Cabbage, red	1 large
Carrots	1 tablespoon shredded
Carrots, purple.....	2
Cauliflower	2 cups chopped
Cucumber.....	1/4 cup cubed
Eggplant.....	1 small
Kale, baby	2 cups
Kale, purple.....	1 cup chopped
Mushrooms, shiitake	3
Onions, red	2 small
Potatoes, purple	2 small
Raspberries	1 cup
Shallot	1 large
Tomato	1/2 medium

FRESH HERBS	QUANTITY
Basil (purple preferred)	2 leaves

GROCERY	QUANTITY
Adzuki beans.....	1/3 cup uncooked (1 cup cooked)
Bee pollen granules (optional).....	1 teaspoon
Cacao nibs, raw.....	1 tablespoon
Cashews, raw	3/4 cup
Cocoa powder, unsweetened	1 tablespoon
Hempseed oil.....	1 tablespoon
Hibiscus tea.....	1/2 cup
Mustard, Dijon	1/2 tablespoon
Oats, gluten-free.....	1 cup
Pecan halves.....	8
Pecans	1/2 cup chopped
Pine nuts, raw.....	4 tablespoons
Pomegranate juice	1 cup
Rice, purple/black	1/2 cup uncooked
Walnut oil	1 tablespoon
Walnuts.....	3/4 cup chopped

THE SPIRIT

VEGAN SHOPPING LIST

PRODUCE	QUANTITY
Arugula.....	2 cups
Avocado	1 small
Bell peppers, red.....	2
Burdock root	5-inch piece
Cabbage, green	1/4 to 1/2 head (need 1 cup diced)
Cabbage, red	1/4 head (need 1/2 cup diced)
Carrots	3
Cauliflower	1 large head
Celery	3 stalks
Cucumber.....	1 cup diced
Green onions.....	1 bunch
Leeks	1/4 cup chopped
Mango, frozen or fresh	1 cup diced
Onion, white.....	1 medium or 2 small
Onion, yellow	1 small
Mushrooms,	shiitake 7
Pears.....	3
Romaine lettuce	1 cup chopped
Spinach.....	2 cups
Squash, yellow	1 small
Zucchini	1 small

FRESH HERBS	QUANTITY
Basil (purple variety preferred for most of it)	2 cups leaves
Parsley.....	1/4 cup chopped

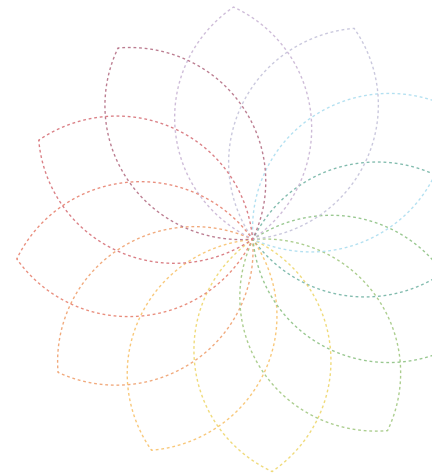
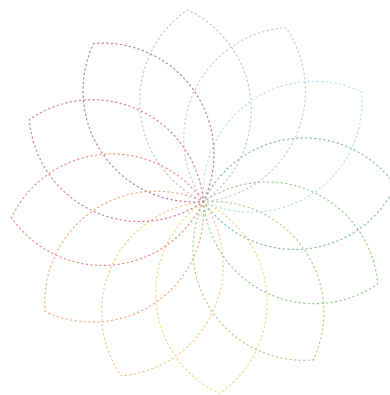
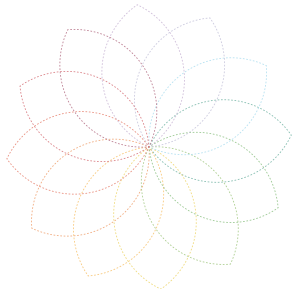
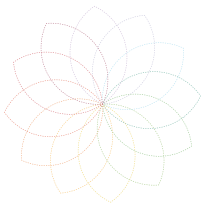
GROCERY	QUANTITY
Cashew nut butter	1 tablespoon
Cashews, raw	1/4 cup
Dulse flakes	1 teaspoon
Hempseed oil	1 tablespoon
Mustard, Dijon	1 tablespoon
Pine nuts, raw.....	1/2 cup
Raisins, golden	2 tablespoons
Sesame seeds, unhulled.....	2 tablespoons
Tahini 1	1 tablespoon
Vegetable broth, organic.....	2 cups
Walnuts.....	2 tablespoons chopped



WHOLE DETOX™

WHOLE DETOX EMOTION LOG

The Whole Detox Emotion Log is designed to help you track and see patterns in your emotions over time. At the end of each day, simply go through each of the emotions listed and put an X in boxes that correspond to the emotions you felt that day. After you've completed one week of this activity, look at any patterns that may be obvious, such as a predominance of one emotion (e.g., fear) or a pattern of emotions that feel uplifting or non-serving. You can match this information to your food intake to see how your daily emotions might be driving your food choices. Additionally, you may want to use the results of your Whole Detox Emotion Log to fuel your journaling process or your engagement in other therapies with a qualified practitioner.





THE ROOT



THE FLOW



THE FIRE



THE LOVE



THE TRUTH



THE INSIGHT



THE SPIRIT

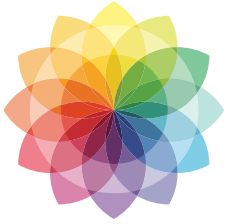
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Able to express self																					
Angry																					
Appreciative																					
Authentic																					
Aware																					
Balanced																					
Compassionate																					
Courageous																					
Creative																					
Daring																					
Energetic																					
Fearful																					
Forgiving																					
Frustrated																					
Grateful																					
Grieving																					
Happy																					
Helpful																					
Honest																					
Interested																					
Joyful																					
Loving																					
Optimistic																					
Peaceful																					
Playful																					
Relaxed																					
Sad																					
Self- accepting																					
Solutions- oriented																					
Upset																					
Worried																					
Other (please list):																					



WHOLE DETOX FOOD REINTRODUCTION SYMPTOMS TRACKER

The Food Reintroduction Symptoms Tracker is a tool you use to help you gauge your reactions to the foods that you eliminated as part of the twenty-one-day Whole Detox.

DATE	TIME	FOOD	SYMPTOMS (E.G., RASH, BLOATING, LOSS OF ENERGY, JOINT PAIN)
	: A.M. / P.M		
	: A.M. / P.M		
	: A.M. / P.M		
	: A.M. / P.M		
	: A.M. / P.M		
	: A.M. / P.M		
	: A.M. / P.M		
	: A.M. / P.M		
	: A.M. / P.M		
	: A.M. / P.M		
	: A.M. / P.M		
	: A.M. / P.M		
	: A.M. / P.M		
	: A.M. / P.M		



WHOLE DETOX RAINBOW TRACKER

WHOLE DETOX™

DAY	RED	ORANGE	YELLOW	GREEN	AQUAMARINE	BLUE-PURPLE	WHITE	NOTES
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								
17								
18								
19								
20								
21								

INSTRUCTIONS: Each day during Whole Detox, try to eat the full spectrum of colors in your meals. To track your colors, check the box to indicate that you've eaten a certain color that day. Use the notes section to track specific foods, how they made you feel, or your thoughts about this colorful experience!

