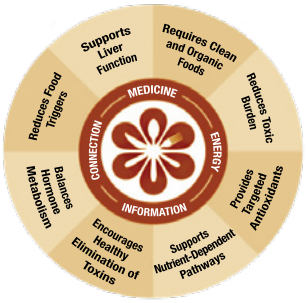
Clean Eating Detox Support Plan

These simplified guidelines combine healthy foods with daily OptiCleanse® GHI or OptiCleanse® GHI Lite shakes to support the body's inherent detoxification mechanisms and provide a good nutritional foundation for long-term use.*

- This easy-to-follow plan is focused on quality protein, healthy fats, and non-starchy veggies/greens.
- Incorporate OptiCleanse GHI or OptiCleanse GHI Lite shakes once daily, or as directed, to provide nutrients associated with detoxification mechanisms, and use other supplements as directed by your healthcare professional.



Detox Food Plan Features

OptiCleanse GHI is a robust formula that targets the body's natural detoxification mechanisms while fostering gut health and cytokine balance. These activities help to counteract the effects of persistent bioaccumulative toxicants and endogenous toxins.*

OptiCleanse GHI Lite contains 50% less calories and fat than OptiCleanse GHI for a lighter, less filling detoxification shake.* ‡

‡OptiCleanse GHI Lite is not a low-calorie dietary supplement.

	Daily Sample Menu 1	# of Servings (Menu 1)	Daily Sample Menu 2	# of Servings (Menu 2)
Breakfast	Steel-cut oats w/berries, almonds, & dairy-free milk	1 GF grain 1 dairy alternative 1 nut/seed 1 fruit	Poached egg on quinoa, with sliced avocado & salsa	1 protein 1 GF grain 1 fat 1 non-starchy veg
Lunch	Lentil salad with tuna, chicken, or tofu, olives, tomatoes, arugula, olive oil, balsamic	1 legume 1 protein 2 non-starchy veg 1 fat	Tuna, chicken, tofu, or egg salad (made with plain dairy-free yogurt or avocado & spices) with brown rice cakes	1 protein 1 dairy alternative or fat 1 GF grain
Dinner	Grilled fish, chicken, or tofu with brown rice, & a green salad with vinaigrette & pumpkin seeds	1 protein 1 GF grain 1 non-starchy veg 1 fat & 1 nut/seed	Spaghetti squash or lentil pasta, tossed with greens sauteed in garlic, olive oil, lemon juice & topped with pine nuts	1 starchy veg or legume 1 non-starchy veg 1 fat & 1 nut/seed
Snack	A serving of nuts & ½ of a banana	1 nut 1 fruit	Apple slices & peanut butter	1 nut 1 fruit
Snack	Hummus with veggies or GF grain crackers	1 legume 1 non-starchy veg or GF grain	Guacamole (salsa & avocado) with Jicama slices	1 non-starchy veg 1 fat
Use the Detox Food Plan List on page 2 to customize your menu. Include 1 OptiCleanse GHI or OptiCleanse GHI Lite shake per day. Your healthcare professional may also suggest additional OptiCleanse shakes and/or recommend periods of fasting. GF: gluten-free				

TIPS:

- Plan out a week's worth of meals before hitting the grocery store
- Prep veggies, salad makings, GF grains, and proteins ahead of time so it is easy to assemble a meal
- Adequately hydrate with filtered or purified water and include 25-30 grams of fiber daily
- Choose organic and avoid ultra-processed food, artificial colors and flavors, preservatives, and sweeteners
- If you falter, just start fresh the next day!

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

Clean Eating Detox Rx Plan

Recommended Duration: _____7 days _____14 days _____21 days _____28 days

Servings Per Day

_____ OptiCleanse® GHI
_____ OptiCleanse® GHI Lite
_____ Proteins
_____ Legumes
_____ Dairy Alternatives
_____ Nuts & Seeds
_____ Fats & Oils
_____ Veggies (non-starchy)
_____ Veggies (starchy)
_____ Fruits
_____ GF Grains

Additional Supplements & Notes: _____

Detox Food *Plan List*†

PROTEINS—Proteins
1 oz svg = 35-75 calories, 7 g protein
Lean, free-range, grass-fed, organically grown meats; non-GMO plant proteins; and wild-caught fish preferred. Avoid canned meats.

Animal Proteins
- Egg–1; 2 egg whites; or ⅔ c egg substitute
- Fish: Halibut, herring, mackerel, salmon, sardines, etc.–1 oz
- Meat: Beef, buffalo, elk, lamb, venison, other wild game–1 oz
- Miso–3 T
- Poultry (skinless chicken, turkey, Cornish hen)–1 oz

Plant Proteins
- Burger alternatives (non-gluten)–1 oz
- Tofu, tempeh–½ c

Protein Powder
- Check label for # grams/scoop (1 protein serving = 7 g protein)

Egg, hemp, pea, rice, soy, whey protein

LEGUMES—Proteins/Carbs
1 svg = 110 calories, 15 g carbs, 7 g protein
- Bean soups–¾ c
- Black soybeans (cooked)–½ c
- Dried peas, beans, or lentils (cooked)–½ c
- Flour, legume–¼ c
- Edamame (cooked)–½ c
- Green Peas (cooked)– ½ c
- Hummus or other bean dips–⅓ c
- Refried beans, vegetarian–½ c

DAIRY ALTERNATIVES—Proteins/Carbs
1 svg = 50-100 calories, 12 g carbs, 7 g protein
Unsweetened
- Coconut kefir–⅓ c
- Coconut yogurt (cultured coconut milk)–⅓ c
- Soy yogurt (plain, non-fat)–6 oz
- Milk: Almond, coconut, flaxseed, hazelnut, hemp, nut, oat, soy–8 oz

NUTS & SEEDS—Proteins/Fats
1 svg = 45 calories, 4 g fat
- Almonds–6
- Brazil nuts–2
- Cashews–6
- Chia seeds–1 T
- Coconut, dried flakes (unsweetened)–3 T
- Flaxseed, ground–2 T
- Hazelnuts–5
- Hemp seeds–1 T
- Nut and seed butters–½ T

FATS & OILS—Fats
1 svg = 45 calories, 4 g fat
Minimally refined, cold-pressed, organic, non-GMO preferred
- Avocado–2 T
- Ghee/clarified butter–1 t
- Oils cooking: Clarified butter, coconut, olive (extra virgin), sesame–1 t
- Oils salad: Flaxseed, hempseed, olive (extra virgin), rice bran, sesame–1 t
- Olives, black or green–8
- Oils cooking: Grapeseed–1 t
- Oils salad: Almond, avocado, canola, grapeseed, high oleic safflower and sunflower, pumpkin, walnut–1 t

VEGETABLES—Non-starchy Carbs
1 svg = ½ c cooked, 1 c raw, 25 calories, 5 g carbs

Brassicales (ie, Cruciferous)
- Arugula
- Broccoflower
- Broccoli
- Broccoli sprouts
- Brussels sprouts
- Cabbage
- Cauliflower
- Horseradish
- Kohlrabi
- Radishes

Detoxifying Leafy Greens
- Bok choy
- Chard/Swiss chard
- Chervil
- Cilantro
- Endive
- Escarole
- Greens (beet, collard, dandelion, kale, mustard turnip)
- Microgreens
- Parsley
- Radicchio

Thiols
- Chives
- Daikon radishes
- Garlic
- Leeks
- Onion
- Scallions
- Shallots

Liver & Kidney Support
- Artichokes
- Asparagus
- Celeriac root
- Celery
- Sprouts, all

Other Non-Starchy Vegetables
- Bamboo shoots
- Bean sprouts
- Carrots
- Cucumbers
- Eggplant
- Fennel
- Green beans
- Jicama
- Lettuce, all
- Mushrooms
- Okra
- Peppers, all
- Salsa
- Sea vegetables
- Snap peas/snow peas
- Spinach
- Squash (delicata, pumpkin, spaghetti, yellow, zucchini)
- Tomato
- Tomato juice–¾ c
- Turnip
- Vegetables, fermented
- Vegetable juice–¾ c
- Watercress

VEGETABLES—Starchy Carbs
1 svg = 80 calories, 15 g carbs
- Acorn squash, cubed–1 c
- Beets, cubed–1 c
- Butternut squash, cubed–1 c
- Plantain (½ whole)–⅓ c
- Potato: Purple, red, sweet, yellow–½ med
- Root vegetables: Parsnip, rutabaga–½ c

FRUITS—Carbs
Unsweetened, no sugar added
- Apple–1 sm
- Applesauce–½ c
- Apricots, fresh–4
- Banana, med–½
- Blackberries–¾ c
- Blueberries–¾ c
- Cherries, all–12
- Dried fruit (no sulfites)–2 T
- Figs, fresh–3
- Grapes–15
- Grapefruit–½ med
- Kiwi–1 med
- Mandarins–2 sm
- Mango–½ sm
- Melon, all–1 c
- Nectarine–1 sm
- Orange–1 sm
- Papaya–1 c
- Peach–1 sm
- Pear–1 sm
- Pineapple–¾ c
- Plums–2 sm
- Pomegranate seeds–½ c
- Prunes–3 med
- Raisins–2 T
- Raspberries–1 c
- Strawberries–1¼ c
- Tangerines–2 sm

GLUTEN-FREE GRAINS—Carbs
1 svg = 75-110 calories, 15 g carbs
- Amaranth (cooked)–¾ c
- Brown rice cakes–2
- Buckwheat/kasha (cooked)–½ c
- Crackers (nut, seed, rice)–3-4
- Millet (cooked)–¾ c
- Oats, cooked (rolled or steel cut)–½ c
- Quinoa (cooked)–½ c
- Rice: Basmati, black, brown, purple, red, jasmine–⅓ c
- Teff (cooked)–¾ c

BEVERAGES
- Filtered water (with lemon or lime juice)
- Sparkling/mineral water
- Green tea
- Steamed soy milk (organic, unsweetened)
- Fresh juiced fruits/vegetables
- Unsweetened nut/seed milks
- Unsweetened coconut water

†This Detox Food Plan List is adapted from the Detox Food Plan Comprehensive Guide from The Institute of Functional Medicine (IFM)