

CLEARVITE CLEANSE SUPPORT GUIDE



# ClearVite Cleanse *Support Guide*

RECIPES, SAMPLE MEAL PLAN, HEALTH TRACKER, ENCOURAGEMENT AND MORE!



# WORDS OF ENCOURAGEMENT

It can be surprising to learn the power that food holds over us. This is your time to reclaim that power and regain your health.

The resources in this guide should help minimize frustration during this process, but there's a good chance you'll still find yourself wishing for a food that is on the "avoid" list, or rolling your eyes at having to make another meal, or even (briefly) experiencing an increase in symptoms as your body is detoxifying everything that has been accumulating over the past weeks, months, and years. At the end of the program, most people report more energy, fewer allergies, less irritability, weight loss, and better mental clarity.

We encourage you to view this time as a time to challenge yourself to learn and grow your cooking skills, build your willpower, and learn how foods make you feel, both physically and emotionally. As you gain this knowledge and determination, you'll find it is empowering you to make and stick with the best decisions for your health.

In this guide, we've provided what we feel you need to get the most out of this program: encouragement, health and food trackers, meal ideas, and an opportunity to reflect on the program. We encourage you to use as much of this guide as possible!

This program includes one container of ClearVite, one bottle of Metacrin, and one bottle of Bilemin. The ClearVite powder will be taken over the entire course of the 21 days. You will take 2 capsules each of Metacrin and Bilemin 3x/day until they are gone (around day 14-15) to help with gall bladder and liver function.

## 1 Corinthians 6:19-20

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies.*

THIS IS BIG...

YOUR WHY IS BIGGER

You've set out on an important journey toward good health. Like any journey, there are sure to be some obstacles along the way. But knowing what you're looking forward to at your destination makes it easy to navigate and overcome those obstacles.

Take a moment to reflect on WHY you are investing in yourself with this cleanse.

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# SAMPLE MEAL PLANNER

## Week One

(Days 1-4 take one serving of ClearVite before breakfast, Days 5-7 take two servings (one before breakfast, one before dinner) unless otherwise directed)

Chia Seed Pudding	Breakfast Smoothie	Sweet Potato Toast	Breakfast Quinoa	Chia Seed Pudding	Sweet Potato Breakfast Hash	Chia Seed Pudding
Chicken Salad	Buttercup Risotto	Lemony Salmon & Zoodles	Turkey Burgers & Roasted Asparagus	Chimichurri Rice Bowl	Moroccan Skillet	Quinoa Salad & Avocado
Turkey Burgers & Roasted Asparagus	Lemony Salmon & Zoodles	Chimichurri Rice Bowl	Buttercup Risotto	Moroccan Skillet	Tilapia & Quinoa Salad	Chicken Wild Rice Soup

## Week Two

(Eliminate animal products. Take 3 servings/day of ClearVite (one before breakfast, one before lunch, one before dinner) unless otherwise directed)

Rice & Shine with Nut Butter	Paleo Oatmeal	Breakfast Smoothie	Chia Seed Pudding	Sweet Potato Toast	Rice & Shine with Nut Butter	Breakfast Smoothie
Stuffed Squash	Buttercup Risotto	Quinoa & Sweet Potato Salad	Zucchini Boats	Mulligatawny	Fennel, Leek & Onion Gratin	Quinoa Salad & Avocado
Buttercup Risotto	Zucchini Boats	Butternut Squash Tacos	Mulligatawny	Fennel, Leek & Onion Gratin	Grilled Portobello & Arugula	Mulligatawny

## Week Three

(Days 15-17 take two servings of ClearVite (one before breakfast, one before dinner), Days 18-21 take one serving before breakfast, unless otherwise directed)

Chia Seed Pudding	Breakfast Smoothie	Sweet Potato Toast	Breakfast Quinoa	Chia Seed Pudding	Sweet Potato Breakfast Hash	Chia Seed Pudding
Chicken Salad	Buttercup Risotto	Lemony Salmon & Zoodles	Turkey Burgers & Roasted Asparagus	Chimichurri Rice Bowl	Moroccan Skillet	Quinoa Salad & Avocado
Turkey Burgers & Roasted Asparagus	Lemony Salmon & Zoodles	Chimichurri Rice Bowl	Buttercup Risotto	Moroccan Skillet	Tilapia & Quinoa Salad	Chicken Wild Rice Soup

# RECIPE & MEAL IDEA LIST

Items with an asterisk are used in the sample meal plan. Underlined items are linked to their recipe. Non-underlined item recipes are included in the following pages.  
For recipes calling for a ground meat, choose chicken or turkey. Omit honey, dried fruit, and cheese from any recipes below. If optional ingredients are listed, omit or ensure they are Clearvite-approved.

## **Breakfast**

[AIP Granola](#)  
[Apple Cauliflower Porridge](#)  
[Arrowhead Mills Organic Rice & Shine Hot Breakfast\\*](#)  
[Blueberry Mint Smoothie](#)  
[Butternut Squash and Apple Hash with Sausage](#)  
[Chia Seed Pudding\\*](#)  
[Cinnamon-Scented Breakfast Quinoa\\*](#) (omit non-compliant toppings)  
[Faux-tmeal \(Paleo Oatmeal\)\\*](#)  
[Moroccan Breakfast Skillet\\*](#)  
[No-Bake Blueberry Pie Energy Bites](#)  
[Pumpkin Pie Millet Porridge](#)  
[Sweet Potato Avocado Toast with Cilantro Mayo\\*](#)  
[Sweet Potato Breakfast Hash\\*](#)

## **Lunch & Dinner**

[Buttercup Squash Risotto\\*](#) (omit tamari)  
[Butternut Squash Tacos](#) (use butter lettuce for wrap)  
[Chicken Salad with Grapes, Apple, and Celery\\*](#)  
[Chicken Shawarma Salad](#)  
Chicken & Wild Rice Soup\* (see next page)  
[Chimichurri Rice Bowl\\*](#)  
[Creamy Cucumber Salad](#)  
[Grilled Portobello Mushrooms](#)  
[Leek, Fennel, & Onion Gratin](#)  
[Mulligatawny](#) (use veggie broth and omit meat for week two)  
[Quinoa Stuffed Butternut Squash with Kale and Chickpeas](#)  
[Quinoa Salad with Avocado](#) (omit tomato)  
Zoodles with Salmon, Blueberry, and Lemon Dressing\* (see next page)  
[Zucchini Boats](#)

## **Snacks, Dressing/Marinades, and Dips**

[Crispy Kale Chips](#)  
[Roasted Garlic Greek Dressing](#)  
[Balsamic Vinaigrette](#)  
[Creamy Avocado Cilantro Lime Dressing](#)

## *Chicken and Wild Rice Soup*

- 1lb chicken breasts, cut in half if large
- 1/2 medium onion, minced
- 2 carrots, minced
- 2 celery stalks, minced
- 2 garlic cloves, minced
- 1-1/2 teaspoons salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried thyme
- 1/4 teaspoon dried sage
- 1/4 teaspoon dried rosemary
- 1 large or 2 small bay leaves
- 1 can of canned coconut milk
- 4 cups gluten-free chicken broth
- 3/4 cup wild rice-brown rice blend (I recommend Lundberg Farms)

Add all ingredients into a 6-quart crock pot then cook on low for 4-6 hours or until chicken breasts and rice are thoroughly cooked. Remove and shred chicken, then stir back into soup and serve (soup will thicken as it cools.)

## *Zoodles with Salmon, Blueberries, and Lemon Dressing*

(Serves one. Adjust recipe according to servings desired.)

- 4 oz Salmon
- 1 small to medium zucchini, spiralized
- 1/4 C fresh blueberries
- 1 C fresh basil
- 1/4 C + 1 T olive oil, divided
- 2 Tbsp lemon juice
- 2 Tbsp apple cider vinegar
- Salt to taste

Prepare salmon with olive oil, minced garlic and rosemary. Grill or bake until salmon is flaky and reaches internal temperature of 145° F. Blend basil, olive oil, lemon juice, apple cider vinegar, and salt in a blender or food processor. Pour desired amount salad. Add fresh blueberries, or other favorite berry, to salad.

# HEALTH TRACKER

## ENERGY, MOOD & MORE

It's easy for us to lose track of our progress, especially when it's gradual. Take a moment each day to track how you're feeling to see your progress over the 21 day journey. We recommend rating your energy, mood, and sleep on a scale of 1 (poor) to 10 (great), and bowel movements according to the Bristol Scale.

# Week One

Day 1



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Day 2



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Day 3



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Day 4



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Day 5



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Day 6



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Day 7



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# HEALTH TRACKER

## ENERGY, MOOD & MORE

### Week Two

Day 8



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Day 9



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Day 10



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Day 11



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Day 12



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Day 13



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Day 14



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# HEALTH TRACKER

## ENERGY, MOOD & MORE

### Week Three

Day 16



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Day 18



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Day 20



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Day 15



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Day 17



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Day 19



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Day 21



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OPTIONAL  
DAILY FOOD JOURNAL

Writing down your food intake and how you feel over the course of the next 21 days can be very helpful in learning more about your body and what foods you respond positively or negatively to. It is not essential to do so but can help you as you start looking to reintroduce food back into your diet.

Week One

Day 2

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

Day 4

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

Day 6

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

Day 1

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

Day 3

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

Day 5

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

Day 7

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

# OPTIONAL DAILY FOOD JOURNAL

Writing down your food intake and how you feel over the course of the next 21 days can be very helpful in learning more about your body and what foods you respond positively or negatively to. It is not essential to do so but can help you as you start looking to reintroduce food back into your diet.

## Week One

**Day 1** 1 serving before breakfast

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 2** 1 serving before breakfast

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 3** 1 serving before breakfast

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 4** 1 serving before breakfast

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 5** 1 serving EACH before breakfast & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 6** 1 serving EACH before breakfast & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 7** 1 serving EACH before breakfast & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

OPTIONAL  
DAILY FOOD JOURNAL

You've made it through week one! Remember, in week two, you are cutting out all animal products. You can do it!

# Week Two

**Day 9** 1 serving EACH before breakfast, lunch & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 11** 1 serving EACH before breakfast, lunch & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 13** 1 serving EACH before breakfast, lunch & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 8** 1 serving EACH before breakfast, lunch & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 10** 1 serving EACH before breakfast, lunch & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 12** 1 serving EACH before breakfast, lunch & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 14** 1 serving EACH before breakfast, lunch & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

OPTIONAL  
DAILY FOOD JOURNAL

You're almost done! Only seven more days to go. You may reintroduce fish, chicken, turkey and lamb. You should also be finishing your bottles of Metacrin and Bilemin shortly, if you have not already.

# Week Three

**Day 15** 1 serving EACH before breakfast & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 16** 1 serving EACH before breakfast & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 17** 1 serving EACH before breakfast & dinner

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 18** 1 serving before breakfast

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 19** 1 serving before breakfast

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 20** 1 serving before breakfast

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

**Day 21** 1 serving before breakfast

Breakfast: \_\_\_\_\_  
Lunch: \_\_\_\_\_  
Dinner: \_\_\_\_\_  
Snack: \_\_\_\_\_  
Water: \_\_\_\_\_

# RECOMMENDED FOOD REINTRODUCTION

Systematically reintroduce foods from one food group (meats, nuts and seeds, veggies, fruits, grains) at a time. We recommend reintroducing foods one at a time and waiting 3-4 days between each, to see how your body responds to that food. This allows you to gauge how these foods make you feel and if they cause any problems. Your body hasn't dealt with some of these food groups for a few weeks, so you will want to introduce each food in small portions.

Also, it is possible to have a food allergy or intolerance that you don't know about, so one of the key aspects of reintroduction is to keep a journal of how each food makes you feel.

When choosing foods, choose as much organic foods as possible, whole grains, and free range beef, chicken and other meats. Eat fish that is wild caught and limit shellfish and pork intake as they tend to store toxins. Don't undo all your hard work by eating processed foods, sugars, and sodas!

If you continue to deal with digestive issues, low energy, allergies, chronic pain, or other related symptoms, you may have other health issues that need to be addressed. Schedule an appointment with Dr. Rob Lindsey to get to the bottom of your problem.

CLEARVITE

CALL FOR FEEDBACK

## Congratulations!

You have put in hard work to improve your health.

We'd love to know what you thought of this cleanse.

Please take a moment to fill out the Q&A below and email it back to [info@valeowc.com](mailto:info@valeowc.com), or [head here to take the quick survey virtually](#).

1. Using a scale of 1-5 (1 being not at all satisfied and 5 being very satisfied) please rate the following:

- \_\_\_ a. Physical outcomes of participating in this cleanse (energy, weight, digestion, etc.)
- \_\_\_ b. Mental outcomes of participating in this cleanse (mood, mental clarify/focus, etc.)
- \_\_\_ c. Helpfulness of support guide
- \_\_\_ d. Diversity of recipe ideas
- \_\_\_ e. Taste of ClearVite product

2. Using a scale of 1-5 (1 being not at all beneficial and 5 being very beneficial), how beneficial do you feel this cleanse was for your overall health and wellbeing?

1            2            3            4            5

3. What physical, mental, emotional, or spiritual changes did you experience during this cleanse?

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4. Would you recommend this cleanse to a friend or family member who wishes to improve their health? (You may choose to leave a comment to expand on your answer, if you wish.) YES / NO

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5. What recommendations do you have for us to improve this cleanse?

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# FREQUENTLY ASKED QUESTIONS

## **Q Can I exercise throughout the program?**

A Strenuous exercise should be put on hold during the 21 days but light to moderate exercise is encouraged for 30-45 minutes/day for 4-5 days/week.

## **Q Can I take my regular supplements/medication throughout the program?**

A Continue to take any medication you are on throughout the program. If your goal is to eliminate your medications, talk to your medical doctor about a plan to do so. Most supplements such as Omega 3 fatty acids, multivitamins, calcium etc. are fine to take throughout the program. Other supplementations that are being taken to support a specific condition may not. Talk to Dr. Rob Lindsey if you are not sure if you should continue to take these supplements.

## **Q How do I stick to the program when eating out?**

A Choose restaurants that have salad bars with a large variety of vegetables, gluten free menus, and good quality meats. Avoid sauces, dips, or dressings unless you know the source. You may have to bring your own dressing.

## **Q Will this program help me to lose weight?**

A By following a purification program you will be working toward developing long term weight management. Many people do notice weight loss, especially in the beginning, due to water loss caused by decrease in carbohydrates from grains. The ideal weight loss is not a quick fix but a long term commitment. The goal of the program is not weight loss but purification. Judging our health by weight alone is a poor measurement of health. Body composition testing is a much better tool as it lets you know the fat, muscle and bone composition of your body.

## **Q What physical changes will I experience during the purification?**

A Typically people notice an increase in urination and bowel movements. This is a normal change. In some cases people may develop headaches, body aches, itchy skin, rashes or fatigue. These are typical occurrences and will usually subside within a day or two. If you have any questions about how you are feeling, please talk to one of the practitioners here at Valeo Health and Wellness Center.

## **Q What can I do if I am tired or lack energy while on the program?**

A You may be fatigued because your body may require a higher amount of protein during the program. Increasing your protein intake through chicken, turkey, lamb, or beans should help. During the Detoxification portion you should not need to increase your protein as you are taking three scoops of Clearvite. If it is a problem, you can add another scoop each day during the Detoxification program.





# FREQUENTLY ASKED QUESTIONS

## **Q What can I do for temporary constipation?**

A Remember to drink plenty of water- at least 64 ounces/day. Eat plenty of vegetables and fruits with a high fiber content. Eating beets can encourage bowel movement. If you continue to suffer from constipation, talk with Dr. Rob Lindsey about solutions.

## **Q What if I am allergic to certain foods on the list of foods to eat?**

A If you suspect you are having a reaction to a specific food, refrain from eating it and utilize other foods on the list of foods to eat.

## **Q Is the Clearvite program recommended for pregnant and lactating women?**

A No, due to the special diet needs of the pregnant or lactating woman.

## **Q What if I am struggling with the program?**

A Don't give up! Changing any habit can be difficult, especially food habits. Try not to be hard on yourself if you make a bad choice. One great way for success is to not do it alone. Find another person that also wants to make this change, maybe a spouse, a sibling, a co-worker, etc. Many people give up on things when they get hard but they never get to experience the rewards or benefits of finishing the program. Most people who get through the 21 day program, continue to make better health choices and maintain a healthy weight allowing them to enjoy a better life!