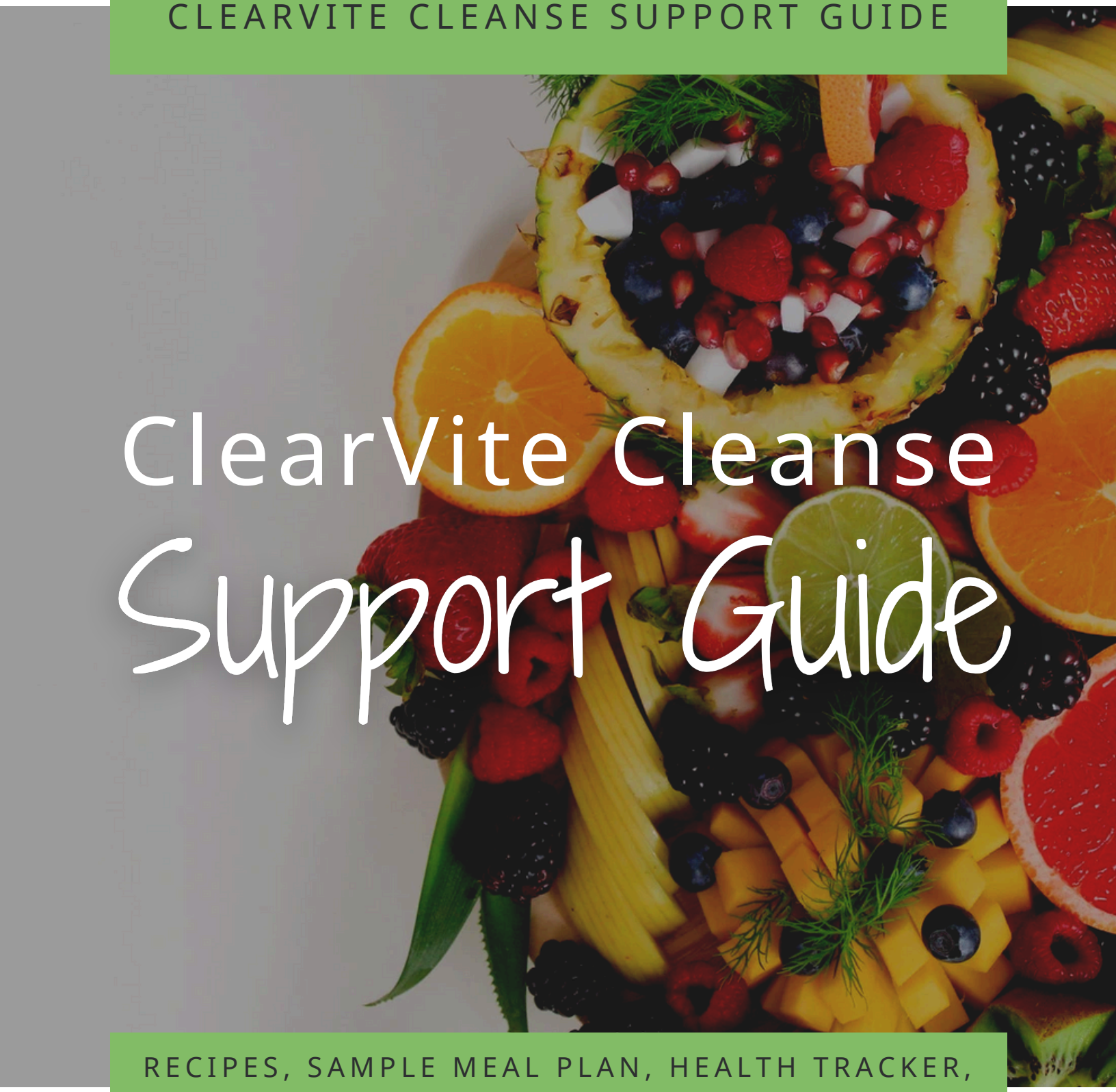
CLEARVITE CLEANSE SUPPORT GUIDE



ClearVite Cleanse Support Guide

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

VALEO
HEALTH AND WELLNESS CENTER

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!

As a reminder: eat according to your appetite. Do not overeat, and choose the most nutritional food available to you.

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.

AN IMPORTANT NOTE ABOUT THE DETAILS

ClearVite Servings

The number of ClearVite servings you take per day will change throughout this program. Servings are indicated below, and also below the week in the meal planner and with each day in the food journal for your convenience,

- Day 1-4: one serving before breakfast
- Day 5-7: one serving before breakfast and dinner (two total)
- Day 8-14: one serving before breakfast, lunch, and dinner (three total)
- Day 15-17: one serving before breakfast and dinner (two total)
- Day 18-21: one serving before breakfast

Bilemin and Metacrin Servings

Take two capsules *each* of Bilemin and Metacrin three times per day until they are gone. You should run out of each of them by the end of Day 15. Day 16-21, you will not take any Bilemin or Metacrin.

AN IMPORTANT NOTE ABOUT THE DETAILS

Animal Protein
OMIT DAYS 8-14
Chicken
Chicken Broth
Fish (not shellfish)
Lamb
Turkey
Venison

Nuts & Seeds
(Raw, Unsalted)
Almond
Brazil Nut
Macadamia
Hazelnut
Pecan
Pumpkin
Sunflower
Walnut

Beverages
Water (64+ oz/day)
Green & Herbal Teas

Fruits & Vegetables
ALL FRUIT
(minimize dried fruit)
Artichoke
Asparagus
Avocado
Beans, dried
Beet
Broccoli
Bok Choy
Brussels Sprout
Cabbage
Carrot
Cauliflower
Celery
Chard
Cucumber
Dill
Endive
Fennel
Garlic
Green Beans

Vegetables, *Continued*
Kale
Leek
Lettuces
Mustard Green
Okra
Onion
Parsnip
Pea, Green
Pickles
Radicchio
Rutabaga
Shallot
Spinach
Squash
Sweet Potato
Swiss Chard
Turnip, Greens
Watercress
Yam
Zucchini

Grains
Buckwheat
Rice (Brown preferred)
Mullet
Quinoa
Tapioca

Oils, Dressings, & Spices
Coconut
Olive
Sesame

Dressings made with the above oils and lemon juice or vinegar and spices.

All spices are allowed to flavor food, along with mustard (no additives/coloring)

Foods to Avoid:
Any foods that you are allergic to
Dairy (milk, cheese, yogurt, butter), eggs, margarine, shortening
Foods prepared with gluten-containing ingredients like wheat, oats, rye, barley; those ingredients normally found in bread, pasta, etc.
Tomatoes & tomato sauces | Corn | Alcohol | Caffeine (coffee, black tea, soda)
Soy & Soy Products | Peanuts & Peanut Butter
Beef, pork, cold cuts, bacon, hot dogs, canned meat, sausage, shellfish

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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.

WHY DETOX?

WORDS FROM THE DOCS

If you're reading this, chances are you already know the benefits of a cleanse. It's why you're doing it! But, in case you need a reminder, or in case you want resources to share with your friends or family to explain your choice to support your health through a cleanse, here are a few articles written by the team at Valeo:

You Don't Need to Change (Or Do You?)
Are Toxins Making Me Fat?
A ClearVite Victory (Patient Testimonial)
Dirty Baker's Dozen of Processed Food
The Important Movement We Need to Discuss

If you want to go even further in supporting your health and setting yourself up for success in the long run, learn about our comprehensive blood panel and what it can tell you.

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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 Grits with Nut Butter	Paleo Porridge	Breakfast Smoothie	Chia Seed Pudding	Sweet Potato Toast	Rice Grits 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 (minimize or omit maple syrup)
Paleo Porridge
Rice Grits or Puffed Rice Cereal
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*
Tiger Nut 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)
Shredded Chicken Salad
Chicken & Wild Rice Soup* (see next page)
Chimichurri Rice Bowl*
Grilled Portobello Mushrooms
Leek, Fennel, & Onion Gratin
Chicken Mulligatawny Soup
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

NON-LINKED RECIPES

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 gluten-free 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
- ¼ C fresh blueberries
- 1 C fresh basil
- ¼ 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

Notes

Day 2

Notes

Day 3

Notes

Day 4

Notes

Day 5

Notes

Day 6

Notes

Day 7

Notes

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HEALTH TRACKER
ENERGY, MOOD & MORE

Week Two

Day 8

Notes

Day 9

Notes

Day 10

Notes

Day 11

Notes

Day 12

Notes

Day 13

Notes

Day 14

Notes

HEALTH TRACKER

ENERGY, MOOD & MORE

Week Three

Day 15

Notes

Day 16

Notes

Day 17

Notes

Day 18

Notes

Day 19

Notes

Day 20

Notes

Day 21

Notes

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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 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: _____

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OPTIONAL
DAILY FOOD JOURNAL

You've made it through week one! Remember, in week two, you are cutting out all animal products and increasing ClearVite to three servings per day. You can do it!

Week Two

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

Breakfast: _____
Lunch: _____
Dinner: _____
Snack: _____
Water: _____

Day 9 *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 11 *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 13 *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 your Valeo practitioner 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 mail/email it back to info@valeowc.com.

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?

_____

_____

_____

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

_____

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 you 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 case 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 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.

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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 your Valeo practitioner 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!