



→ Metabolic Detoxification

# Clear Change™

## 10-Day Program Guide

# Components of the Clear Change Program

Over time, the buildup of toxins from the environment and lifestyle choices can compromise the way our bodies work, and even lead to health issues. While many people are familiar with the idea of detoxification, there is a great deal of confusion about how to do it safely. For example, trendy water or juice fasting may cause muscle wasting and an increased feeling of fatigue. In order to detoxify properly, the body needs nutrients such as quality protein and carbohydrates, plus targeted nutritional support. The Clear Change Program enhances the body's natural metabolic detoxification process while providing adequate fuel for both cleansing and other daily activities, supporting energy metabolism and overall well-being.\*

The Clear Change Program, recommended by your healthcare provider, is an easy-to-follow program that will get you on track to feel better and have energy in just 10 days. Components include:



**Metagenics Proprietary Nutritional Beverage** provides you with all the nutritional support needed to be successful on the program.



**AdvaClear®** capsules provide detoxification and antioxidant support that promotes overall well-being. This innovative product is a great daily supplement that supports balanced detoxification.\*

## Additional recommendations for support on the program



Looking for additional digestive support? Your doctor may recommend a daily probiotic, such as **Ultra Flora Plus®**, to help support a healthy intestinal environment. Metagenics provides you with the most well-researched and patented strains available to support your immune system.\*

**NOTE:** If you currently take a daily multivitamin, other supplements, or prescription medication, please speak with your prescribing physician before discontinuing.

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

# Support for Success

We are here to support you! Visit our website at [www.clearchangeprogram.com](http://www.clearchangeprogram.com) and sign up to receive daily tips and extra recipes. You can also view a webinar hosted by a practitioner who will walk you through the program.



**Before you get started, please read the guidelines below to ensure your success on this program.**

- Use the **General Food Choices** provided as your food guide for the program. Do not make substitutions except those that are recommended by your healthcare practitioner. Be sure to avoid any foods to which you know you are intolerant or allergic.
- If you normally consume significant amounts of caffeinated beverages or simple sugars, you might experience withdrawal headaches if you discontinue them all at once. We recommend that you gradually decrease these items in your diet before starting the program.
- Be sure to take all of the recommended servings of the supplements. These products contain critical ingredients to nutritionally support your body's detoxification processes. If you miss a dose of supplements, that's okay. Just remember to take it with your next meal.
- Ensure that you are experiencing a daily bowel movement on this program. Please speak with your healthcare provider to determine if the addition of a fiber supplement, such as **MetaFiber**<sup>®</sup>, would be beneficial.\*
- Remember to drink at least two quarts (64 ounces) of plain, filtered, or mineral water each day.
- Strenuous or prolonged exercise should be reduced during the program to allow the body to heal more effectively without the additional burden imposed by exercise.
- The Nutritional Beverage should be consumed within 30 minutes of mixing for maximum benefit. Discard any unused portion.






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# 3-Step Program

For best results, follow as closely as possible at home or when dining out.




## Step 1—Days 1-4: Initial Clearing

Begin to eliminate potentially allergenic foods as summarized in the **General Food Choices** on the next page, while you slowly increase intake of recommended nutritional supplements.

	 Nutritional Beverage	 AdvaClear Supplement	 Dietary Guidelines
Day 1			Eat only RECOMMENDED foods (all categories).
Day 2	1 scoop, 2 times	1 capsule, 2 times	
Day 3	1 scoop, 2 times	1 capsule, 2 times	Eat only from the following categories: Fish, Fruits, Vegetables, Legumes, Beverages, Spices/Condiments.
Day 4	2 scoops, 2 times	2 capsules, 2 times	


## Step 2—Days 5-7: Metabolic Detoxification

You will be eating from a limited menu and increasing supplements as indicated or recommended by your healthcare provider.

	 Nutritional Beverage	 AdvaClear Supplement	 Dietary Guidelines
Days 5-7	2 scoops, 4 times	2 capsules, 3 times	Eat only from the following categories: Fish (OR Legumes), Beverages, Spices/Condiments. Eat only Core Fruits & Vegetables.

## Step 3—Days 8-9: Reintroduction

Slowly reintroduce approved foods while slowly reducing supplements. Careful attention should be paid to any reactions you may have as you reintroduce foods.

	 Nutritional Beverage	 AdvaClear Supplement	 Dietary Guidelines
Day 8	2 scoops, 3 times	2 capsules, 3 times	Add white rice and gently add back remaining fruits and vegetables. Continue eating from Fish (OR Legumes), Beverages, Spices/Condiments.
Day 9	2 scoops, 2 times	2 capsules, 2 times	Add remaining Rice/Grains, plus Nuts/Seeds, Legumes, Sweeteners, Milk Substitutes.

## Days 10 & Beyond: Maintenance

You're finished. Continue to slowly reintroduce food groups one at a time and wait 24-48 hours to see if you note a reaction. To keep that re-energized feeling, continue to take AdvaClear as daily detoxification support. Also speak with your healthcare provider about other simple foundational health programs from Metagenics to keep you feeling better long term.\*

# General Food Choices

For program success, select foods from this list or as advised by your healthcare provider.

Category	Avoid	Recommended (organic preferred)	Step 1		Step 2		Step 3	
			Days 1-2	Days 3-4	Days 5-7	Day 8	Day 9	
Fruits	Oranges, orange juice Fruits/juices/spreads/preserves with added sugars	<b>Core Fruits:</b> Apples, pears (fresh, canned, juiced with no added sugars)	✓	✓	✓	✓	✓	
		All other unsweetened, fresh, frozen, water-packed, or canned fruits 100% fruit juices	✓	✓		✓	✓	
Vegetables	Corn Breaded or creamed vegetables	<b>Core Vegetables:</b> Cruciferous vegetables (broccoli, cauliflower, kale, cabbage, Brussels sprouts); raw greens (red and green lettuce, romaine, spinach, endive)	✓	✓	✓	✓	✓	
		All other frozen or fresh vegetables Unsweetened vegetable juices	✓	✓		✓	✓	
Legumes	Soybean products: tempeh, tofu, soy milk, textured vegetable protein, protein powders, edamame, wasabi peas, soy sauce	All other canned, frozen, or dry beans/peas, hummus	✓	✓	✓	✓	✓	
Fish	Shellfish; farm-raised seafood	Fresh, wild-caught fish, including cod, halibut, salmon, flounder, sole, tilapia, mahi mahi, trout	✓	✓	✓	✓	✓	
Beverages	Regular and diet sodas, energy/sport drinks, alcoholic beverages, coffee, non-herbal teas, other caffeinated and decaf beverages	Water: filtered, mineral, seltzer, herbal teas	✓	✓	✓	✓	✓	
Spices/ Condiments	Chocolate, BBQ sauce, ketchup, dijon mustard, relish Processed and hydrogenated oils Mayonnaise/dressings with dairy/gluten/ sugars Prepackaged seasonings with gluten/dairy/sugars	All vinegars (except malt) All fresh or dry herb/spices Oils: olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, almond, coconut	✓	✓	✓	✓	✓	
Rice/Grains	Cornmeal/flour, corn starch Foods with wheat and wheat flours; processed cereals; gluten-containing products: spelt, kamut, rye, barley	White grain rice	✓			✓	✓	
		Gluten-free oats, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa, brown rice, rice pasta	✓				✓	
Nuts/Seeds	Peanuts, peanut butter	All other nuts and seeds including milks and unsweetened butters	✓				✓	
Sweeteners	Foods with refined sugars, cane sugar/juice, corn syrup, glucose, sucrose, dextrose, honey, maple syrup, extracts (e.g. vanilla)	Brown rice syrup, fruit sweetener (juice concentrates), stevia	✓				✓	
Dairy Products & Milk Substitutes	Milk, cheese, cottage cheese, cream, yogurt, butter, margarine, ice cream, non-dairy creamers, soy milk	Unsweetened milk alternatives: rice, hazelnut, hemp, almond, coconut	✓				✓	

## Day 1: Ready. Set. Go.

Remember to visit [www.clearchangeprogram.com](http://www.clearchangeprogram.com) for additional recipes and to sign up for free daily program support.

Use the General Food Choices as your guide and eat from the recommended food groups.

### Sample Menu



**Breakfast:** Oatmeal or quinoa flakes with almond, coconut, or rice milk, and berries or raisins



**Lunch:** Hummus and rice cakes with cherry tomatoes and avocado slices and *Minestrone Soup*



**Dinner:** Mixed veggie stir-fry (use olive or coconut oil, adding ginger and coconut milk at the end) with or without broiled salmon with brown rice and mixed green salad dressed with oil and vinegar



**Snacks:** Nuts, fruits, rice cakes with almond butter

**Tip of the Day:** The easiest way to take advantage of this program is to follow the recommended menu guide; however, if you would like to develop your own menus just be mindful of the shopping list. Remember there are no caloric restrictions on this program.




Sample recipes included in back of guide.


## Day 2: Add Nutritional Support.


Today you will follow the same eating rules from yesterday. You'll also be adding in a nutritional beverage and supplement to help support your detoxification pathways.


**Eat:** The same foods as on Day 1. Begin adding 1 scoop of Nutritional Beverage twice today, mixed with 4-5 ounces of water or 4-5 ounces unsweetened rice, coconut, or almond milk (use a shaker cup or mix in a blender with ice to make a smoothie). Add fresh or frozen fruit if desired.


### Sample Menu

 **Breakfast:** 1 scoop Nutritional Beverage mixed as above; 1 AdvaClear capsule; rice cereal with unsweetened almond, rice, or coconut milk, topped with sliced banana

 **Lunch:** Leftover stir-fry from dinner or *Vegetable Rice Soup* and rice crackers and a fresh pear or apple

 **Afternoon Snack:** 1 scoop Nutritional Beverage mixed as above; 1 AdvaClear capsule

 **Dinner:** Broiled tilapia and/or *Pasta and Beans* and a mixed green salad with oil and vinegar dressing

 **Additional Snacks:** Nuts, raw vegetables, fruits, rice cakes with almond butter

**Tip of the Day:** You may begin feeling some withdrawal symptoms such as headache or muscle aches. This is normal and is reflecting that the program is working. Remember to take time to reduce stress by taking deep breathes, go out for a short walk, listen to music, dance, have a good laugh, or even take a quick power nap. Be sure to contact your healthcare provider should you experience any significant unpleasant effect.




Sample recipes included in back of guide.


## Day 3: Elimination Time.


For Day 3 you will continue to take 1 scoop twice today of the Nutritional Beverage in addition to 1 capsule twice today of AdvaClear. You'll also begin to eliminate certain food groups as listed below.


**Eliminate:** Nuts/Seeds, Rice/Grains, Sweeteners, and Milk Substitutes


### Sample Menu

 **Breakfast:** 1 scoop Nutritional Beverage mixed with 4-5 ounces water or unsweetened apple or pear juice; 1 AdvaClear capsule and fruit salad

 **Morning Snack:** Sliced bananas with cinnamon or sliced mango

 **Lunch:** Large green salad with leftover tilapia or garbanzo beans, fresh peach or plums

 **Afternoon Snack:** 1 scoop Nutritional Beverage mixed with 4-5 ounces of water or unsweetened apple/pear juice; 1 AdvaClear capsule

 **Dinner:** Baked trout or flounder with steamed carrots and peas or *Vegetarian Chili* and *Tropical Salad*


 **Additional Snacks:** Fruits and raw vegetables


**Tip of the Day:** Keep it flavorful. A variety of seasonings can enhance the natural flavors of food without added butter, margarine, and salt. There is an abundant array of herbs and spices that can add flavor and variety to foods.


## Day 4: Stay Hydrated.


For Day 4 you will take 2 scoops twice today of the Nutritional Beverage in addition to 2 AdvaClear capsules twice today. Continue to eat the same foods as Day 3.


### Sample Menu

 **Breakfast:** 2 scoops Nutritional Beverage mixed with 8-10 ounces water or unsweetened apple or pear juice with berries; 2 AdvaClear capsules

 **Morning Snack:** Sliced peaches or plum

 **Lunch:** Steamed halibut with broccoli or *Red Potato & Green Bean Salad*

 **Afternoon Snack:** 2 scoops Nutritional Beverage mixed with 8-10 ounces of water or unsweetened apple/pear juice; 2 AdvaClear capsules

 **Dinner:** Baked sweet potato or yam topped with coconut oil, *Cauliflower Popcorn* with baked halibut or Great northern beans

 **Additional Snacks:** Fruits and raw vegetables

## Days 5-7: Just Do It.

Congratulations—you're halfway there. Days 5-7 are the most challenging days of the program but by following the guidelines below, you'll have the support you need to make it through. You'll also be increasing the Nutritional Beverage to 2 scoops four times a day and taking 2 AdvaClear capsules three times a day.

### Eat only the following:

- Steamed or raw cruciferous vegetables, including broccoli, cauliflower, kale, cabbage, brussels sprouts, collards, and bok choy
- Greens including spinach, red and green lettuce, romaine, endive, watercress, radicchio, arugula, and escarole
- Apples and pears (whole and juiced)
- Fish (legumes may be substituted as a protein source)
- Spices/Condiments including oils, vinegar, and herbs
- Water and herbal tea

### Sample Menu



**Breakfast:** 2 scoops Nutritional Beverage mixed with 4 ounces water and 4 ounces unsweetened apple or pear juice; 2 AdvaClear capsules



**Lunch:** Choice of fish or legume with green salad topped with oil and vinegar



**Afternoon Snack:** 2 scoops Nutritional Beverage mixed with 4 ounces water and 4 ounces unsweetened apple or pear juice; 2 AdvaClear capsules



**Dinner:** 2 scoops Nutritional Beverage mixed with 4 ounces water and 4 ounces unsweetened apple or pear juice; 2 AdvaClear capsules; fish of your choice with cooked greens OR steamed vegetables of your choice with lentils



**Evening Snack:** 2 scoops Nutritional Beverage mixed with 4 ounces water and 4 ounces unsweetened apple or pear juice



**Additional Snacks:** Apples, pears, and *Kale Chips*

**Tip of the Day:** Many people notice that they are hungry initially, but that tends to dissipate. Recognize, however, if you are getting light-headed or excessively fatigued you may be experiencing low blood sugar. Remember there are no caloric restrictions and you can eat as much of the allowed food groups as you want.

Sample recipes included in back of guide.

## Day 8: You're Almost There.

Beginning today, you will gradually add back in remaining fruits, veggies, and white rice. You will also reduce the Nutritional Beverage to 2 scoops three times today. Continue with 2 AdvaClear capsules taken three times today.

**Eat:** Vegetables, fruits, white rice, fish (or legume), condiments, unsweetened apple or pear juice, water, and herbal tea

### Sample Menu



**Breakfast:** 2 scoops Nutritional Beverage with 8-10 ounces of water or unsweetened apple or pear juice; 2 AdvaClear capsules; sliced banana, peaches, or berries sprinkled with cinnamon



**Morning Snack:** 2 scoops Nutritional Beverage mixed with 8-10 ounces of water or unsweetened apple or pear juice; 2 AdvaClear capsules



**Lunch:** *Vegetable Rice Soup* with green salad and chopped vegetables, topped with oil and vinegar



**Afternoon Snack:** 2 scoops Nutritional Beverage with 8-10 ounces of water or unsweetened apple or pear juice; 2 AdvaClear capsules



**Dinner:** Broiled salmon and/or roasted vegetables with cooked white rice



**Additional Snacks:** Raw carrots, celery, cucumber, and choice of fruit

**Tip of the Day:** Weight loss can often occur on the Clear Change Program due to decreased caloric intake, but this isn't the main goal of the program. By completing this program, you can experience greater energy and improved sleep and digestion, which will all contribute to achieving your long-term goals.





## Day 9: Take It Slow.


Today you will continue to add back in certain food groups gradually in addition to reducing the Nutritional Beverage to 2 scoops twice today and take 2 AdvaClear capsules twice today.


**Eat:** Continue to use the **General Food Choices** as your guide and eat anything from this list.


### Sample Menu


 **Breakfast:** Oatmeal or rice cereal with milk substitute mixed with mashed banana or applesauce

 **Morning Snack:** 2 scoops Nutritional Beverage mixed with 8-10 ounces of water or unsweetened apple/pear juice; 2 AdvaClear capsules

 **Lunch:** Green salad and chopped vegetables, topped with kidney beans, dressed with oil and vinegar

 **Afternoon Snack:** 2 scoops Nutritional Beverage mixed with 8-10 ounces of water or unsweetened apple/pear juice and fresh or frozen berries; 2 AdvaClear capsules

 **Dinner:** *Spicy Black Beans and Tomatoes*; steamed green beans and carrots cooked with brown or white rice, topped with your favorite oil; fresh peach or plum

 **Additional Snacks:** Fruits, nuts, or vegetables dipped in *Hummus*

**Tip of the Day:** Now that you are close to the finish line, we encourage you to continue to purchase organic produce and choose free-range and hormone-free dairy, meats, and eggs whenever possible.

## Day 10: Moving Forward.

**You made it!** Today you should begin to SLOWLY add back other foods. We suggest starting with 1-2 foods per day so it will be easier to assess if you have any reaction to the foods that you have been avoiding for the past 10 days. It's best to wait 1-2 days per food group. Remember to check in with your healthcare provider.

Sample recipes included in back of guide.

## Add a Foundational Plan.

Keep that re-energized feeling and speak with your healthcare provider about other health supporting dietary programs from Metagenics including:

- Nutritional beverages and bars for a great-tasting way to start your day and support healthy body composition
- **Wellness Essentials**<sup>®</sup> daily packets of foundational nutrition that includes PhytoMulti™—the “Smart Multi” that contains a proprietary mixture of vitamins, minerals, and phytonutrients—as well as omega-3s and other targeted support supplements based on your individual needs\*
- **Ultra Flora Plus** probiotic supplement for gastrointestinal health support\*
- **AdvaClear** to support balanced detoxification on a daily basis\*



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# Sample Recipes (additional recipes available at [www.clearchangeprogram.com](http://www.clearchangeprogram.com))

The easiest route may be simply choosing from our recipe suggestions. If you wish to develop your own recipes, keep the **General Food Choices** in mind. You may eat as much of anything on the allowed food list as you would like.

## Beverages



### Fruit Smoothie

(1 serving)  
2 scoops Nutritional Beverage  
8-10 oz. water  
2-3 ice cubes  
One of the following:  
½ banana or peach  
1-2 pineapple rings  
⅓-½ cup berries

Mix ingredients in a blender to desired consistency. Adjust liquid according to personal taste.

## Lunch & Dinner



### Minestrone Soup

(8 servings)  
1 Tbsp. olive oil  
1 medium to large onion, chopped  
3 carrots, sliced or diced  
2 stalks celery, diced  
2 cloves garlic, minced  
6 cups vegetable stock or water  
1 bay leaf  
28-oz. can tomatoes with juice  
⅓ cup brown rice  
16-oz. can organic kidney beans, undrained, or 2 cups home-cooked beans  
1 lb. fresh green beans, cut into 1" pieces or a 10-oz. package frozen cut green beans

In a 6-qt. pot, sauté onion, celery, carrots, and garlic until softened. Add stock or water, tomatoes, rice, and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes; stir occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving.

### Spicy Black Beans and Tomatoes

(8 servings)  
1 tsp. olive oil  
1 small onion, chopped  
2 cloves garlic, minced  
1 can chopped stewed tomatoes or 2-3 fresh tomatoes, chopped  
4-oz. can diced green chilies  
15-oz. can black beans, drained or 2 cups home-cooked beans  
½ tsp. cumin  
½ tsp. ground red pepper  
¼ tsp. chili powder  
1 Tbsp. chopped fresh cilantro or parsley

Sauté chopped onion and minced garlic in olive oil over medium heat until tender. Add tomatoes and green chilies. Reduce heat and cook uncovered for 6 to 8 minutes or until thickened. Stir in beans and remaining ingredients. Cover and heat 5 minutes more.

### Vegetable Rice Soup

(8 servings)  
1 Tbsp. olive oil  
1 medium to large onion, chopped  
3 carrots, sliced or diced  
2 stalks celery, diced  
2 cloves garlic, minced  
6 cups vegetable stock or water  
1 bay leaf  
28-oz. can tomatoes with juice  
½ cup brown rice  
1 lb. fresh green beans, cut into 1" pieces or a 10-oz. package frozen cut green beans  
Vegetables of your choice (chopped cabbage, spinach, peppers, etc.) if desired

Follow same cooking instructions for *Minestrone Soup*.

### Red Potato & Green Bean Salad

(4-6 servings)  
4 medium red potatoes, washed, unpeeled, steamed, or baked and cut into chunks (leftover potatoes may be used)  
1 lb. fresh green beans, cleaned, cut into thirds and lightly steamed  
2-4 Tbsp. olive or flaxseed oil  
2 tsp. balsamic vinegar  
¼-½ cup red onion, thinly sliced  
2 garlic cloves, slivered  
2 Tbsp. fresh basil and/or oregano, chopped (or 1 tsp. each dried herb)

Combine potatoes and beans with olive or flaxseed oil, vinegar, onion, garlic, basil and/or oregano. (For a pleasant flavor, mix all the ingredients together except for the potatoes and chill. Just before serving, add warm potatoes to the cold salad.)

### Vegetarian Chili

(4 servings)  
1 Tbsp. olive oil  
1 medium onion, chopped  
2 whole carrots, diced  
4 cloves garlic, minced  
1 sweet red bell pepper, chopped  
1 green bell pepper, chopped  
1 jalapeño pepper, fresh or canned, finely chopped  
2 Tbsp. chili powder  
1 tsp. cumin  
1 cup cooked kidney beans  
1 cup cooked pinto beans  
28-oz. can tomatoes, chopped (reserve juice)  
½ tsp. freshly ground pepper  
2 Tbsp. parsley, finely chopped

In a large (non-aluminum) soup kettle, heat oil over low heat; add onion, carrot, garlic, and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid, add chili powder and cumin and cook an additional 2-3 minutes, stirring occasionally. Add beans, tomatoes, and their juice. Simmer 20 minutes. Add pepper. Top bowls of chili with parsley. Freeze leftovers for later use.

### Pasta and Beans

(4 servings)  
16-oz. can white beans (navy, Great Northern)  
3 Tbsp. olive oil  
2 onions, chopped  
2 carrots, chopped  
2 Tbsp. dried basil  
1 tsp. dried oregano  
16-oz. can tomatoes or 4 tomatoes, peeled, seeded, and chopped  
½ cup bean liquid  
1-2 tsp. salt  
½ lb. rice elbow macaroni

Drain beans, reserving liquid. Heat 1-2 Tbsp. olive oil in a heavy casserole dish. Add onions, carrots, oregano, and basil; cook until onions are wilted. Add tomatoes and juice, bean liquid, salt, and pepper. Cover and simmer for about 10 minutes, until the carrots are tender. Add the drained beans and simmer for another 10 minutes. Meanwhile, cook and drain the macaroni. Toss with 1 Tbsp. more olive oil and then mix with bean sauce.

## Snacks & Toppings



### Cauliflower Popcorn

(4 servings)  
2 Tbsp. olive oil  
¾-1 lb. cauliflower  
Salt to taste

Preheat oven to 425 degrees. Brush 1 or 2 baking sheets with some olive oil. Cut cauliflower into 1-inch florets. Toss with olive oil and spread evenly on the baking sheet(s). Roast for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. This may also be served at room temperature.

### Kale Chips

Large head of kale  
Small bowl of olive oil  
Iodized sea salt

Preheat oven to 425 degrees. Remove kale from stalk, cutting the greens into strips. Place a little olive oil in a bowl, dip your fingers and rub a very light coating of oil over the kale. Lay the kale on a baking sheet and bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on it; it can burn quickly. Turn the kale over, add a little salt, curry, or cumin to taste, and bake another 5 minutes. Remove and serve.

### Tropical Salad

(4-6 servings)  
1 avocado, cubed  
8 pineapple slices, cubed  
1 papaya or mango, cubed  
½ cup celery, diced

½ cup mango or pineapple juice

Combine all and garnish with fresh mint leaves.

### Basic Salad Dressing

(2-3 servings)  
¼ cup flaxseed oil (or 2 Tbsp. each flaxseed and olive oils)  
1-2 Tbsp. vinegar (apple cider, rice, red wine, balsamic)  
½-1 Tbsp. water  
1 tsp. Dijon-type mustard (optional, but delicious), whisked into liquid for easy mixing  
Whole or minced garlic, oregano, basil, or other herbs of choice

Increase recipe for more servings. Mix well in a shaker jar and store any leftovers in your refrigerator. Keep a jar in the refrigerator at work and one at home for convenience.

### Hummus

(6 servings)  
16-oz. can garbanzo beans (chickpeas), or 2 cups home-cooked  
⅓ cup lemon juice  
2 Tbsp. olive oil or flaxseed oil  
2 cloves of garlic, crushed  
Paprika, sea salt, and fresh parsley to taste  
1 tsp. cumin  
¼ cup tahini (sesame butter)

Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley.

# Shopping List

**Let's go shopping!** Be sure to go shopping for everything you need to successfully support your 10-day program. Buy organic foods when possible.

## Vegetables

(fresh or frozen)

- Alfalfa sprouts
- Artichoke
- Arugula
- Asparagus
- Avocado
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cilantro
- Cucumber
- Eggplant
- Endive, escarole
- Green or yellow beans
- Greens (mustard, arugula, beet, turnip, chard)
- Jicama
- Kale
- Kohlrabi
- Lettuce (all kinds)
- Okra
- Olives
- Onions, leeks, garlic, shallots, scallions
- Peppers
- Potatoes
- Radishes
- Rutabaga
- Sea vegetables
- Spinach
- Summer squash

- Sweet potatoes/yams
- Taro
- Tomatoes (canned & fresh)
- Turnips, parsnips
- Water chestnuts
- Winter squash
- Zucchini

## Fish

(Wild, not farm-raised)

- Cod
- Flounder
- Halibut
- Mahi mahi
- Salmon
- Sole
- Tilapia
- Trout

## Fruits

(fresh or frozen)

- Apple
- Applesauce (unsweetened)
- Apricot
- Banana
- Berries (all types)
- Cherries
- Kiwi
- Lemons/limes
- Mango
- Melon (all types)
- Nectarine
- Papaya
- Peach
- Pear

- Pineapple
- Plum
- Prunes, raisins

## Rice/Grains

- Amaranth
- Buckwheat
- Gluten-free oats
- Millet
- Quinoa & quinoa flakes
- Rice, rice bread (unsweetened), rice cereal, rice cakes, rice pasta
- Tapioca
- Teff

## Legumes

(Vegetable Protein)

- Beans (white, black, kidney, great Northern, navy, mung, pinto, garbanzo)
- Hummus
- Lentils
- Peas (green, snow)

## Nuts/Seeds

- Almonds & almond butter
- Cashews & cashew butter
- Coconut
- Flaxseed
- Hazelnuts
- Pecans
- Pine nuts

- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Tahini
- Walnuts

## Spices/Condiments

- All herbs & spices
- Dry mustard
- Oils (almond, extra virgin olive, pumpkin, safflower, sesame, sunflower, walnut, flaxseed, coconut, canola)
- Vinegar: apple cider, rice, red wine, balsamic

## Sweeteners

- Brown rice syrup
- Blackstrap molasses
- Fruit sweetener
- Stevia

## Beverages

- Almond milk
- Coconut milk
- Hemp milk
- Herbal tea, decaffeinated
- Juices from allowable fruits without added sugar
- Rice milk
- Water (filtered, distilled, mineral)






# 3-Step Program

For best results, follow as closely as possible at home or when dining out.




## Step 1—Days 1-4: Initial Clearing

Begin to eliminate potentially allergenic foods as summarized in the **General Food Choices**, while you slowly increase intake of recommended nutritional supplements.

	 Nutritional Beverage	 AdvaClear Supplement	 Dietary Guidelines
Day 1			Eat only RECOMMENDED foods (all categories).
Day 2	1 scoop, 2 times	1 capsule, 2 times	
Day 3	1 scoop, 2 times	1 capsule, 2 times	Eat only from the following categories: Fish, Fruits, Vegetables, Legumes, Beverages, Spices/Condiments.
Day 4	2 scoops, 2 times	2 capsules, 2 times	




## Step 2—Days 5-7: Metabolic Detoxification

You will be eating from a limited menu and increasing supplements as indicated or recommended by your healthcare provider.

	 Nutritional Beverage	 AdvaClear Supplement	 Dietary Guidelines
Days 5-7	2 scoops, 4 times	2 capsules, 3 times	Eat only from the following categories: Fish (OR Legumes), Beverages, Spices/Condiments. Eat only Core Fruits & Vegetables.

## Step 3—Days 8-9: Reintroduction

Slowly reintroduce approved foods while slowly reducing supplements. Careful attention should be paid to any reactions you may have as you reintroduce foods.

	 Nutritional Beverage	 AdvaClear Supplement	 Dietary Guidelines
Day 8	2 scoops, 3 times	2 capsules, 3 times	Add white rice and gently add back remaining fruits and vegetables. Continue eating from Fish (OR Legumes), Beverages, Spices/Condiments.
Day 9	2 scoops, 2 times	2 capsules, 2 times	Add remaining Rice/Grains, plus Nuts/Seeds, Legumes, Sweeteners, Milk Substitutes.

## Days 10 & Beyond: Maintenance

You're finished. Continue to slowly reintroduce food groups one at a time and wait 24-48 hours to see if you note a reaction. To keep that re-energized feeling, continue to take AdvaClear as daily detoxification support. Also speak with your healthcare provider about other simple foundational health programs from Metagenics to keep you feeling better long term.\*



**Metagenics**

[www.metagenics.com](http://www.metagenics.com)