



→ Metabolic Detoxification

Clear Change™

28-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 more energy in just 4 weeks. 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 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®**, 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 1-6: 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 | ½ scoop, 2 times | 1 capsule, 2 times | Eat only RECOMMENDED foods (all categories) |
| Day 2 | 1 scoop, 2 times | 1 capsule, 2 times | |
| Days 3-6 | 2 scoops, 2 times | 2 capsules, 2 times | |

Step 2—Days 7-13: 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 7-13 | 2 scoops, 3 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 14-28: 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 |
|------------|--|--|--|
| Days 14-16 | 2 scoops, 3 times | 2 capsules, 3 times | Add white rice and reintroduce approved Vegetables & Fruits |
| Days 17-19 | 2 scoops, 3 times | 2 capsules, 3 times | Add remaining Rice/Grains, Legumes & Milk Substitutes |
| Day 20 | 2 scoops, 2 times | 2 capsules, 2 times | Add Nuts/Seeds |
| Days 21-28 | 1 scoop, 2 times | 1 capsule, 2 times | Add Meat/Poultry & Sweeteners |

Days 29 & 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 1-6 | Days 7-13 | Days 14-16 | Days 17-19 | Day 20 | Days 21-28 |
| Fruits | Oranges, orange juice Fruits/juices/spreads/preserves with added sugars | Core Fruits: Melon (all types), pears, peaches, apples, apricots, kiwi, banana, papaya (fresh, frozen, 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 | Core Vegetables: Cruciferous vegetables (broccoli, cauliflower, kale, cabbage, Brussels sprouts) Carrots, peas, celery, cucumber, yams/sweet potatoes, summer/winter squash, beets, greens: spinach, collards, arugula, Swiss chard, radicchio, endive, and lettuce (romaine, Boston, red/green leaf) | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| | | All other frozen or fresh vegetables, unsweetened vegetable juices | ✓ | | ✓ | ✓ | ✓ | ✓ |
| Legumes | Soybean products: tempeh, tofu, soy milk, textured vegetable protein, protein powders, edamame, wasabi peas | 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, drink mixes and mixers, alcoholic beverages, coffee, non-herbal teas, other caffeinated and decaf beverages, milk, soy milk | Water: filtered, mineral, seltzer Herbal teas | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Spices/ Condiments | Chocolate, BBQ sauce, ketchup, wet mustard, relish Oil from soybeans, peanuts Butter, margarine, shortening, spreads Processed and hydrogenated oils Mayonnaise/dressings with dairy/gluten/sugars Soy sauce, wasabi (soy) 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 | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Sweeteners | Foods with: refined sugar, cane sugar/juice, high fructose corn syrup glucose, sucrose, dextrose, honey, maple syrup Extracts (e.g., vanilla, almond) | Brown rice syrup, fruit sweetener (juice concentrates), stevia | ✓ | | | | | ✓ |
| Rice/Grains | Cornmeal/flour, corn starch Foods with wheat and wheat flours (whole or white); processed cereals; Gluten containing: spelt, kamut, rye, barley | White grain rice | ✓ | | ✓ | ✓ | ✓ | ✓ |
| | | Products made from gluten-free oat, buckwheat, millet, potato flour, tapioca, arrowroot, amaranth, quinoa Brown rice, all other appropriate rice products | ✓ | | | ✓ | ✓ | ✓ |
| Dairy Products & Milk Substitutes | Milk, cheese, cottage cheese, cream, yogurt, butter, margarine, ice cream, frozen yogurt, non-dairy creamers, soy milk | Unsweetened milk alternatives: rice, hazelnut, hemp, almond, coconut | ✓ | | | ✓ | ✓ | ✓ |
| Nuts/Seeds | Peanuts, peanut butter | Nuts, nut milks, and unsweetened nut butters: almonds, cashews, walnuts Seeds and unsweetened seed butters: sesame (tahini), sunflower, pumpkin | ✓ | | | | ✓ | ✓ |
| Meat/ Poultry | Eggs, egg replacers, beef, pork Poultry fed hormones/antibiotics Breaded patties, fish sticks Processed/canned meats, sausages | Free-range lamb, chicken, turkey Wild game | ✓ | | | | | ✓ |

Day-by-Day Dietary Guidelines

Here's a comprehensive daily menu and recipe guide to make your 28-day program easier to follow.

For the first 6 days, please follow the **General Food Choices** as described to give your digestive tract a well-deserved rest from potential food allergens and irritants. At the same time, you will be slowly increasing servings of the Nutritional Beverage and AdvaClear. During these 6 days you will eliminate the following:

- Refined and added simple sugars
- Artificial colorings, flavorings, and sweeteners
- Caffeinated beverages
- Gluten grains (wheat, rye, barley, spelt, kamut)
- Shellfish, beef, pork, cold cuts, frankfurters, sausage, canned meats
- Eggs and dairy products

The easiest route may be simply choosing from the meal suggestions as listed. If you wish to be creative and develop your own menus, just keep the guidelines in mind. There are no caloric restrictions. You may eat as much of anything on the allowed list as you would like. As always, try to eat a healthy variety of foods.

Suggested Mixing Instructions for the Nutritional Beverage

Put ingredients in a blender (if using whole pieces of fruit or ice) or a shaker cup. For 2 scoops of the Nutritional Beverage, add approximately 8 to 10 ounces water or desired liquid (or a combination of ½ water and ½ unsweetened fruit juice or milk substitute). Adjust liquid according to personal taste and blend or shake to the desired consistency. Frozen fruit—such as berries, peaches, or bananas—may be used in place of ice cubes; adjust liquid accordingly. There are additional beverage recipes at www.clearchangeprogram.com. Also remember to adjust the amount of liquid when using less than the full dose of 2 scoops.

Day 1: Ready. Set. Go.

Follow the **General Food Choices** and begin nutritional supplements as indicated.

Sample Menu for Day 1

 **Breakfast:** Oatmeal or cream of rice cereal with rice/oat/almond milk, combined with mashed banana or applesauce, then sprinkled with cinnamon and chopped raw nuts

 **Morning Snack:** ½ scoop Nutritional Beverage mixed with 2 oz. of liquid of choice; 1 AdvaClear capsule; sliced pears and kiwi fruit, sprinkled with cinnamon

 **Lunch:** *Minestrone Soup* with rice crackers
OR
Hummus with sliced avocado and tomato on rice cakes

 **Afternoon Snack:** ½ scoop Nutritional Beverage mixed with 2 oz. of liquid of choice; 1 AdvaClear capsule; almonds and dried apples

 **Dinner:** *Pasta and Beans*; steamed broccoli tossed with olive/flaxseed oil and herbs of your choice; tossed green salad with sliced cucumber, radish, and red onion

 **Additional Snack:** Sliced peach and raspberry fruit salad



Italicized recipes are included in this guide. Recipes denoted with a \$ symbol may be found at www.clearchangeprogram.com

Day 2: Watch for Symptoms.

You may begin to feel some “withdrawal symptoms” (headaches, muscle aches), particularly if you're accustomed to caffeinated drinks and highly sugared or processed foods. This is normal and to be expected. Increase serving size of the Nutritional Beverage today.

Sample Menu for Day 2

-  **Breakfast:** Crispy brown rice cereal (cold)—or cooked cream of rice, oatmeal, or quinoa flakes—topped with almonds
-  **Morning Snack:** 1 scoop Nutritional Beverage, mixed as desired using 4 oz. liquid; 1 AdvaClear capsule; mango slices
-  **Lunch:** Quinoa Salad[§] and/or leftover *Minestrone Soup* with rice crackers; mixed green salad with *Basic Salad Dressing*; Crispy Rice Treats[§]
-  **Afternoon Snack:** 1 scoop Nutritional Beverage, mixed as desired using 4 oz. liquid; 1 AdvaClear capsule; raw vegetable sticks dipped in *Hummus*
-  **Dinner:** Brown rice pasta topped with Ratatouille[§] and/or Red Cabbage and Apple Salad[§]
-  **Additional Snack:** Baked Apple with Cashew Topping[§]



Days 3-6: Keep Moving Forward.

Now you'll increase the nutritional supplements. You can choose from the following menu ideas, as well as those from Days 1 & 2.

Sample Menu for Days 3-4

-  **Breakfast:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; crispy brown rice cereal (cold) topped with rice/almond milk, sliced banana, sprinkled with cinnamon
-  **Morning Snack:** Sliced fresh peaches and berries, sprinkled with sunflower seeds
-  **Lunch:** *Spicy Black Beans and Tomatoes* with steamed brown rice
-  **Afternoon Snack:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; vegetable sticks dipped in *Hummus* or unsweetened salsa
-  **Dinner:** *Vegetarian Chili* and *Red Potato & Green Bean Salad*
-  **Additional Snack:** Banana-Strawberry Cream[§]

Sample Menu for Days 5-6

-  **Breakfast:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; cooked cream of rice topped with rice/almond milk, berries, sprinkled with cinnamon
-  **Morning Snack:** Sliced papaya or nectarine, sprinkled with chopped pecans
-  **Lunch:** *Minestrone Soup* with rice cakes topped with almond butter
-  **Afternoon Snack:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; carrot, celery, cucumber sticks, almonds, and pumpkin seeds
-  **Dinner:** Baked red potato, topped with leftover Ratatouille[§]
OR
Mixed green salad with sliced red peppers and red cabbage, garbanzo beans, sliced onion, tossed with *Basic Salad Dressing*
-  **Additional Snack:** *Tropical Salad*

Days 7-13: Over the Hump.

Congratulations! You've now made it through the most difficult period of withdrawal. Now starts the more vigorous part of the program in terms of detoxification. Increase supplements as indicated. For the Nutritional Beverage, bottled or fresh apple or pear juice with no sugar added (diluted 1/2 with water) may be used for mixing. Food intake for these 7 days is very simple: **you will consume only those foods outlined below.**

- Fish (or Legumes are an acceptable substitute)
- Carrots, peas, celery, cucumber
- Yams/sweet potatoes, summer and winter squash, beets
- Broccoli, cauliflower, cabbage, kale, Brussels sprouts
- Greens: spinach, collards, arugula, Swiss chard, radicchio, endive, and lettuce (romaine, Boston, red/green leaf)
- Melon (cantaloupe, honeydew, watermelon)
- Pears, peaches, apples, apricots, kiwi, banana, papaya
- Allowed Spices/Condiments, including oils, vinegar, and herbs

Sample Menu for Days 7-8

-  **Breakfast:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules
-  **Morning Snack:** Apple or pear
-  **Lunch:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; steamed spinach, red kale, and/or Swiss chard (thinly chopped) topped with flaxseed oil or garlic lightly sautéed in olive oil
-  **Afternoon Snack:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules
-  **Dinner:** Broiled halibut or legume of choice; mixed greens, cabbage, and broccoli florets

Sample Menu for Days 9-11

-  **Breakfast:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules
-  **Morning Snack:** Raw carrots, celery, and cucumber
-  **Lunch:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; arugula/radicchio/endive salad topped with olive/flaxseed oil and vinegar; Steamed fish or Escarole with White Bean Soup[§]

-  **Afternoon Snack:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules

-  **Dinner:** Roasted Brussels sprouts topped with flaxseed oil; steamed fish or legume of choice

Sample Menu for Days 12-13

-  **Breakfast:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules
-  **Morning Snack:** Apple slices
-  **Lunch:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; large mixed green salad, steamed broccoli, and green peas, topped with olive oil and vinegar
-  **Afternoon Snack:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules
-  **Dinner:** Roasted vegetables (beets, squash, sweet potatoes); steamed spinach and collards topped with olive oil

Days 14-16: Reintroduction Begins.

You're now starting the process of reintroducing a wider range of foods. Please **add back all recommended Vegetables and Fruits plus white rice** from the **General Food Choices**. Go easy and don't overdo it. It's very important that you gently restart the more serious process of digestion that has had time to rest over the past few weeks. Keep track of any symptoms you may have when reintroducing foods. This is good information for you and your healthcare practitioner, and may be useful in pinpointing hidden food allergies or intolerances. Continue supplements as indicated.

Sample Menu for Days 14-16

-  **Breakfast:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules
-  **Morning Snack:** Sliced peaches and blueberries or raspberries
-  **Lunch:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; *Minestrone Soup*
-  **Afternoon Snack:** Unsweetened salsa with carrot, celery, and cucumber sticks

 **Dinner:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; baked filet of sole (or legume of choice); large tossed salad with mixed greens (red or green leaf lettuce, escarole, radicchio, endive, romaine, arugula) with oil and vinegar; baked sweet potato
OR
Sweet Potato Squash Delight[§]

 **Additional Snack:** *Tropical Salad*

Days 17-19: Add Back More.

Over the next 3 days, you'll add back the other non-gluten Rice/Grains and Milk Substitutes from the **General Food Choices**. If you have previously been eating Fish as your primary protein source, you may now add back Legumes in addition to Fish beginning today. Continue supplements as indicated.

Sample Menu for Days 17-19

 **Breakfast:** Cooked oatmeal, quinoa flakes or cream of brown rice, mixed with rice milk, combined with applesauce or mashed banana, then sprinkled with cinnamon

 **Morning Snack:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; Baked Apple with Cashew Topping[§]

 **Lunch:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; Quinoa Vegetable Soup[§]
OR
Quinoa Salad[§]

 **Afternoon Snack:** Mango slices

 **Dinner:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; broiled fish of your choice; large tossed salad with mixed greens (arugula, romaine lettuce, spinach, beet greens), red cabbage, green peas, shredded carrot, and lightly steamed broccoli, topped with oil and vinegar
OR
Rice pasta topped with Ratatouille[§]

 **Additional Snacks:** *Hummus* with raw green beans, snow peas, cucumbers, and baby carrots

Day 20: You're Almost There.

Today you'll add back Nuts/Seeds, continuing to use the **General Food Choices**. You may also refer to any menu suggestions from Days 7-19. Decrease nutritional supplements as indicated.

Sample Menu for Day 20

 **Breakfast:** Crispy brown rice cereal (cold) or cooked oatmeal with rice/almond milk, your choice of fruit, then sprinkled with cinnamon and chopped raw nuts

 **Morning Snack:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules

 **Lunch:** Brown rice and beans (topped with herbs and flaxseed oil); Red Cabbage and Apple Salad[§]
OR
Bean & Spinach Soup[§] with rice crackers

 **Afternoon Snack:** 2 scoops Nutritional Beverage mixed as desired; 2 AdvaClear capsules; rice cakes topped with walnut butter

 **Dinner:** Broiled salmon or halibut with vegetable stir-fry over steamed brown rice; tossed salad
OR
Cooked kasha (buckwheat) or quinoa; green peas or asparagus; Carrot Salad[§]

 **Additional Snack:** Melon-berry compote (your choice of melon and berries topped with chopped nuts or sunflower seeds)



Days 21-28: The Home Stretch.

On these days you may add back organic poultry and lamb, as well as allowable Sweeteners. You may also refer to any menu suggestions from Days 1-20. Continue nutritional supplements as indicated.

Sample Menu for Days 21-24



Breakfast: Cooked cream of rice cereal or oatmeal, combined with mashed banana or applesauce, topped with cinnamon, and sprinkled with raw nuts
OR
Smoked salmon on rice cakes with sliced red onion



Morning Snack: 1 scoop Nutritional Beverage mixed as desired; 1 AdvaClear capsule; Crispy Rice Treats[§]



Lunch: Any leftover soup (such as Escarole and White Bean Soup[§]) and tossed salad
OR
Curried Chicken Salad[§]



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



Dinner: Grilled salmon or roast lamb, chicken, or turkey; steamed broccoli tossed with olive/ flaxseed oil and herbs of choice; roasted red potatoes



Additional Snack: Fresh fruit salad sprinkled with raw nuts or seeds

Sample Menu for Days 25-28



Breakfast: Rice Pancakes[§] topped with sautéed apples or apple butter
OR
Cold puffed rice or millet cereal, topped with sliced banana or berries, and rice/oat/almond milk



Morning Snack: 1 scoop Nutritional Beverage mixed as desired; 1 AdvaClear capsule; Crispy Rice Treats[§]



Lunch: Quinoa Salad[§]



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



Dinner: Large tossed salad with chopped vegetables, chunks of chicken, and chick peas



Additional Snack: *Tropical Salad*

Italicized recipes are included in this guide. Recipes denoted with § symbol may be found at www.clearchangeprogram.com

Add a Foundational Plan.

Congratulations on completing the 28-day program. Continue to SLOWLY add back the foods you have been avoiding over the past 4 weeks. Try starting with 1-2 foods per day so it will be easier to assess if you have any reaction to items that you've eliminated. If you suspect a reaction, please wait at least 2 additional days before reintroducing another food you have been eliminating. If you are unsure if you had a reaction, retest the same food in the same manner.

Keep that re-energized feeling and speak with your healthcare provider about a simple foundational program from Metagenics including:

- Nutritional beverages and bars for a great-tasting way to start your day and support healthy body composition
- **Wellness Essentials**[®] 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 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)

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 28-day program. Be sure to buy organic when possible.

Vegetables

(fresh or frozen)

- Alfalfa sprouts
- Artichoke
- 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 (seaweed, kelp)
- Spinach
- Summer squash
- Sweet potatoes/yams

- Taro
- Tomatoes (canned & fresh)
- Turnips, parsnips
- Water chestnuts
- Winter squash (acorn, etc.)
- Zucchini

Fish

(wild, not farm-raised)

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

Meat/Poultry

(organic, free range)

- Chicken
- Lamb
- Turkey
- Wild game

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, cream of rice

- 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
- 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 1-6: 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 | ½ scoop, 2 times | 1 capsule, 2 times | Eat only RECOMMENDED foods (all categories) |
| Day 2 | 1 scoop, 2 times | 1 capsule, 2 times | |
| Days 3-6 | 2 scoops, 2 times | 2 capsules, 2 times | |

Step 2—Days 7-13: 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 7-13 | 2 scoops, 3 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 14-28: 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 |
|------------|--|--|--|
| Days 14-16 | 2 scoops, 3 times | 2 capsules, 3 times | Add white rice and reintroduce approved Vegetables & Fruits |
| Days 17-19 | 2 scoops, 3 times | 2 capsules, 3 times | Add remaining Rice/Grains, Legumes & Milk Substitutes |
| Day 20 | 2 scoops, 2 times | 2 capsules, 2 times | Add Nuts/Seeds |
| Days 21-28 | 1 scoop, 2 times | 1 capsule, 2 times | Add Meat/Poultry & Sweeteners |

Days 29 & 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