



## EPIC Five Plan Metabolic Detoxification Diet: DAYS 1 TO 7

Try to avoid eating for at least 12-hour period each 24-hour cycle. For example, have your EPIC Green Smoothie 7:00 AM and your last meal of the day completed by 7:00 PM (or at least three hours before bed).

### EPIC CLIENT NOTE:

If you are working with an EPIC Health Coach and weight stabilization is one of your SMART goals, you may have been assigned an 11:00 AM to 7:00 PM (or similar) Intermittent Fasting Protocol (for instance, Metabolic Reconditioning). If this is the case, your “breakfast” (at 11:00 AM) is simply the EPIC Green Smoothie

## HYDRATION:

You should be drinking pure water up to the recommended amounts each day. For most women this is 100 ounces, and for most men, this is 125 ounces.

## Daily EPIC Green Smoothie:

- 1 cup Greens (any, but don't use Spinach every day due to the higher oxalate concentration)
- 1 - 2 cups of Cruciferous Vegetables (any)
- ½ + cup of Berries (preferably raspberries, blackberries, strawberries or berries with seeds on the outside of the fruit)
- 1+ TBSP of Lemon Juice (or other "acid")
- Bottled Organic 100% Lemon Juice is another good alternative to fresh lemons
- A handful of Parsley and/or Cilantro
- Water to texture

## Breakfast:

The above EPIC Green Smoothie can usually suffice and is recommended daily for "breakfast" - but to create a "meal", feel free to add in:

A Healthy Fat, like an avocado or some organic cold-pressed olive or coconut oil; and

A Healthy Protein; often healthy protein powders work well here - but be sure to get one like Bulletproof Collagen Protein Powder or DFH Unflavored PurePea (both are dairy free and also free of almost all ingredients, let alone the most common allergens; the Bulletproof product contains animal-based collagen; and the PurePea product is completely vegan

OR

One serving: Protein of your choice - Atlantic wild-caught fish/seafood is recommended at least 3-5x weekly (again, rotate your foods)

and

Unlimited: Any veggies

## Morning Snack:

Unlimited: Any veggies (*not* mandatory)

## Lunch:

Fresh mixed greens or spinach salad, EPIC Olive Oil/ACV dressing (organic cold-pressed olive oil (or similar oil) mixed with desired amount of apple cider vinegar (ACV), organic lemon juice, and any cooking herbs/spices)

Add: One serving of any cruciferous vegetables

Add: One serving of any colorful vegetables

Add: One serving: Protein of your choice - Atlantic wild-caught fish/seafood is recommended at least 3-5x weekly (again, rotate your foods)

## Afternoon Snack:

Unlimited: Any veggies (*not* mandatory)

## Dinner:

One serving: Protein of your choice - Atlantic wild-caught fish/seafood is recommended at least 3-5x weekly (again, rotate your foods)

One serving of any cruciferous vegetables

One serving of any colorful vegetables

Unlimited greens

## Additional Notes:

Note: You will see the above repeated with slight variations in the next few sections, but you will also see that we are encouraging you to ramp up to one to three days of just EPIC Green Smoothies and then easing you into a “lifestyle diet” that will be recommended for an ongoing basis to continue to reinforce the foundation of health, happiness, wellness, and vitality for years and years to come.

Note: Please consult your personal doctor for any questions or concerns related to your personal health and the ability to participate in this diet.