



10-DAY WHOLE FOODS CLEANSE

with LORI KAMPA of MINDFUL HEALTH

Journal & Tracker

10-Day Whole Foods Cleanse with Lori Kampa Journal & Tracker

Note from Lori:

I highly recommend journaling and tracking your weight, sleep and what you eat, plus your feelings during the cleanse. The 10-Day Whole Foods Cleanse will allow you the time and space necessary for self-care, which in return allows your body's natural healing process to flow more smoothly than ever before. Writing down your experiences and feelings in an unfiltered way has been proven to reduce stress and double the results of any weight loss or behavior-change program. Journaling can be an effective way to break the cycle of mindless eating and process your thoughts and emotions proactively. It also keeps us honest with ourselves, which is crucial for success!

Don't underestimate or skip this important part of the program. Come back to your member's area for your daily message and journaling prompts each day.

Take some time to think about the questions. Write your answers down. Don't worry if they're not perfect - just write what comes to you.

Need additional support? When you need support, please reach out - my job is to help you figure out how to keep going in a way that works for you. Contact me by tagging me in our Facebook Group, commenting in our member's area, or emailing me at info@mindfulhealthwithlori.com.

Pre-Cleanse Journal

As you prepare for your cleanse, please answer the questions below.

1. Why am I doing the 10-Day Whole Foods Cleanse? Or, what motivated me to sign up for the program?
2. What are three specific goals I have during the 10-Day Whole Foods Cleanse?
3. How would life be different if I reached those goals?
4. How will life be if I don't make changes to my health?
5. If one of your goals is to lose weight, please answer the following two questions. What are the top two-three things that hold me back from losing weight? For example, not knowing what's healthy or not, emotional eating, sugar addiction, choosing poor-quality foods, busy life, people in my life who encourage bad habits, fear of failure and fear of success.
6. What beliefs do I have that might be holding me back? For example, "I've tried before and failed," "losing weight is too hard," or "I don't deserve to give myself this much time and attention," or "I never succeed at anything I do."

Inspiration Quote for Today:

"Write down the things that are on your mind. The simple act of listing your thoughts can have a cathartic and healing effect." – Julia Laflin

Pre-Day 1 Cleanse

The 10-Day Whole Foods Cleanse is starting soon, are you getting excited?

It's time to think about hitting the grocery store this weekend! I don't know about you, but I'm excited to fill my cart with healthy, nourishing food that I know will support my body, mind, and soul.

If you haven't yet, download the handbook, suggested recipe guide, smoothie guide and shopping form from your member's area.

As you head to the grocery store this weekend, here are my top shopping tips:

- Read through the suggested recipe guide and smoothie guide before hitting the store. You'll want to know what you'll be cooking before grocery shopping.
- Adjust your meal plan to your own preferences. There are a lot of recipes and ideas for quick meals so that you can pick recipes with your favorite ingredients.
- You can simplify by planning to double some of the recipes - this will make things easier for you if you don't mind a little repetition.
- Read the shopping tips and fill out the shopping list form in your member's area.

Questions? If you are not sure about a new ingredient, watch the show + tell ingredient video before you go shopping, or don't be afraid to ask at the store. Also, if you have any other questions, feel free to post them on our Facebook group or hit reply to this email.

As you prepare for your cleanse, please answer the question below.

1. What positive experiences have I had in the past that resulted from eating well and practicing self-care and nurturing?
2. What would work best for you to stay focused on your intention (why you signed up for the cleanse)?
 - Do you want to place your intention on your fridge, in your bathroom and on your phone?
 - Do you want to talk to friends about your goals?
 - Did you post in our Facebook group?
 - The more you can put your intention "out there," the easier it will be to stay accountable to yourself.

Inspiration Quote for Today

"If you keep good food in your fridge, you will eat good food." – Errick McAdams

Day 1 Focus and Refection

Welcome to Day 1 of our 10-Day Whole Foods Cleanse! It will be an amazing journey and happy we can do this together!

Please take a moment today to thank yourself for this time of nourishing your mind, body, and soul. Think of this cleanse as a retreat to truly take care of YOU!

Day 1 Focus: Crowd out Your Cravings

On Day 1, the focus is probably all about controlling your appetite and cravings. Most of us have felt the urge -You can't help but feel addicted to the sweet taste of a donut or ice cream, even though you know it will worsen your health. Maybe you think that we don't control food - it controls us!

But, it's not a lack of willpower and it's not your fault. Your brain is hardwired to reach for the bread and the cookies. This cleanse will definitely help, but the first couple of days may be tough as your body releases toxins. So stick to the daily protocol, and always know you can reach me in the Facebook group for support.

The good news is the cravings will be reduced quickly. Crowd out your unhealthy cravings with lots of water and vegetables. Our goal is to drink $\frac{1}{2}$ your body weight in ounces each day. For example, if you weigh 160 lbs., your goal would be to consume 80 ounces of water each day. Consume herbal teas to stay warm on cool days and for extra water. Have vegetables with each meal.

Sometimes, we find it difficult to believe that one day soon, you'll be able to walk past the candy jar on your co-worker's desk or get offered a cookie without wanting one, but it is possible. You will achieve food freedom when you know your body is not controlling you anymore!

Day 1 Journal Questions

Think about the following questions. Write your answers down. Don't worry if they're not perfect - just write what comes to you. You are welcome to share

your thoughts in our Facebook group, add comments below, or keep them private.

1. Track your weight each morning of the cleanse. How do you feel about your weight?
2. How am I feeling today, physically?
3. What thoughts and emotions are present for me today?

How has drinking more water helped you with your cravings?

What strategies are working on drinking enough water? If they are not working, develop a new plan and reach out on Facebook for support.

Inspiration Quote of the Day

"To succeed, I must imagine myself healthy, or as someone who has already overcome a challenge. . . . I picture a successful resolution in my mind and then observe its appearance in my life." - Darren Weissman

Day 1 Tracker

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 2 Focus and Refection

Welcome to Day 2 of our 10-Day Whole Foods Cleanse! I hope your first day of the cleanse was great - I know that eating all fresh, healthy and yummy food felt amazing.

Yesterday you may have explored some new flavors and I hope you feel grateful for giving them a try.

Today could feel a little rough for you. That's because you may end up going through withdrawals from the foods we've eliminated for these ten days and because stored toxins are starting to be processed through your body.

Your body may be addicted to unhealthy food, and it makes sense that your body would react when you stop eating them. So feeling bad is actually a sign the cleanse is working!

Eight great strategies for you to relieve your detox symptoms and boost your energy:

1. Focus on drinking enough **water**. This helps flush your body of toxins, so when you're starting to feel yucky, drink a glass of water.
2. Have a **green tea** (the right kind of caffeine in it) in the morning to help with any caffeine headaches. You can also take a turmeric supplement to help reduce the pain.
3. Get outside and get some **fresh air**. Enjoy the beautifully chilly weather and take a brisk walk, or just step outside and take ten deep breaths. If you are near Rosemount, contact me and I will walk with you!
4. **Get moving**. Exercise activates the lymphatic system, which moves toxins so they can be excreted by your breath, through your sweat, or by our body's elimination processes.
5. Take a **meditation break**. Set a timer and close your eyes. Focus on your breath, then think about inhaling for the count of four and exhaling for the count of four. Set a timer and just breathe.
6. **Journaling** is an excellent way to help ease our distress when struggling. Please see the journaling questions below. It will be worth every minute to write down your thoughts and feelings.
7. Get in a nice **relaxing detox bath** with 1-2 cups Epsom salts and soak for 30 minutes. Epsom salts are great for drawing out toxins. You can also add lavender essential oils to increase relaxation before bed.
8. Most importantly, **listen to your body**. Remember, this program is designed to make you succeed. If you're hungry, eat. If you're thirsty, drink. If you're tired, find a way to sleep or at least relax. I can't emphasize this enough – these ten days are an incredible opportunity for you to re-connect with your body and learn to understand its messages.

Day 2 Journal Questions

Think about the following questions. Write your answers down. Don't worry if they're not perfect - just write what comes to you. You are welcome to share your thoughts in our Facebook group, add comments below, or keep them private.

1. What detox symptoms (if any) am I experiencing?
2. How do I feel about these detox symptoms? (E.g., are they making me feel motivated, frustrated, worried, sad, mad, happy?)
3. Can I see that these mental responses are just "the chemicals" talking and that nothing is actually wrong right now? Feeling crummy right now is a good thing!
4. Can I give myself permission to have a down day - to accept what's happening and allow the process to unfold?

Reminder to track your weight each morning and write down everything you eat and drink.

You're doing a great job! Don't worry; your detox symptoms should only last a couple of days. After that, there is a light at the end of the tunnel! Around day 4 or 5, you may be dancing around the house with tons of new energy while craving spinach! So stay strong; you CAN do hard things!

I would love everyone to check in with me today or tomorrow on how it's going by email at info@mindfulhealthwithlori.com or by posting an update on our supportive Facebook Group.

Here's to staying strong and giving your body ten days to reboot!

Lori

Inspirational Quotes for Today:

- "Take care of your body. It's the only place you have to live in." – Jim Rohn
- "We can do hard things" - Unknown
- "Sufficient sleep, exercise, healthy food, friendship, and peace of mind are necessities, not luxuries." – Mark Halperin

Day 2 Tracker

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 3 Focus and Refection

Welcome to Day 3 of our 10-Day Whole Foods Cleanse! Congratulations on your dedication. You're on the right track!

Today's Focus: What's Your WHY?

On Day 3, you may be starting to feel the liberation of energy coming from your digestive system as you've now given it a few days' break from heavy digestion. Hopefully, you're starting to feel more energy and aliveness in your body.

Day three can also be challenging because you might not feel that great, and you might be ready to grab that cookie, wine, or bowl of sugary cereal. You may have a wide range of emotions today, and I want to let you know that whatever you are feeling is okay.

If you're struggling, I recommend re-connecting to your why. For example, what is the reason you signed up for this cleanse? Maybe your motivation is to understand your eating habits better and feel good in your body. Maybe your why is to reset your eating habits, kick the sugar habit, boost your energy, or you're setting a good example for your kids. Or, perhaps your why is more about creating time and space to take care of yourself for a change or how to live pain-free?

Answer the journaling prompts below to help you go deeper to find your true WHY.

Whatever your WHY is for doing this cleanse, please take a few moments to what brought you to the cleanse. Re-commit to your WHY for the rest of the cleanse to help you stay the course.

Whatever it takes, connecting to your reasons is one of the greatest motivators for change. Tell your family and friends that you are doing this cleanse and help you stay accountable and for extra support.

Day 3 Journal Questions

Reflect on the following questions and write what comes to you. Don't worry if your answers are not perfect. You are welcome to share your thoughts in our Facebook group, add comments below, or keep them private.

1. First, remind yourself of your intention and goals for signing up for this whole foods cleanse. Next, ask yourself why you want to achieve those goals. Then ask why two or three more times to get to the bottom of your ultimate WHY you really want to accomplish this. If we were in person, I might ask you to fill in the blank. What would _____ do for you?
Example: What will losing weight do for you? Answer: it will help me fit in my clothes. "What will fitting in your clothes do for you?" Answer: it will help me feel better about myself. "What will feeling better about yourself do for you? Answer: It will allow me to stop feeling so bad about myself.
2. What will happen if you don't change?
3. Six months from now, how do you want to see your life? Or, what's the decision you'll wish you had made?

Inspirational Quotes for Today:

- *"He who doesn't want to face his or her challenges shall always face challenges!"* — Ernest Agyemang Yeboahis
- *"Prevention is better than cure."* – Desiderius Erasmus

Day 3 Tracker

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 4 Focus and Reflection

Today is Day 4 of our 10-Day Whole Foods Cleanse! Congratulations, you're doing great!

For some, today is when you start to feel like you're over the hurdle of the first week, and for others, you may be feeling like you need more food or support.

A check-in today to make sure you're starting to come out of the detox fog. Comment below, email me, or tag me in our Facebook group for support.

Many of you might notice that the mental fog has lifted or that you have more energy. You also might notice that you don't miss your daily glass of wine, cookies, or chips as much as you thought you would. You might even notice that you genuinely like some of the healthier habits you've been practicing this week -maybe you like starting your morning with hot lemon water or having nutrient-dense delicious meals for you and your family.

Today's Focus: Simple Reminder to Help You Stay on Track

1. **Drink plenty of water.** The goal is to drink $\frac{1}{2}$ your body weight in ounces, so if you weigh 140 pounds, that's 70 ounces per day.
2. When it comes to eating, remember to be **mindful** – chew your food thoroughly and enjoy every bite! Don't worry too much about portion control – instead, focus on eating until you are no longer hungry (not stuffed, but satisfied).
3. **Move** every day and often. Set a timer to get up every hour and walk around your house or office. Or my favorite is a solo dance party for one song!

4. Simple rituals like dry body brushing, daily breathwork, and Epsom Salt bathing can really help you during this 10-day cleanse and beyond, both for cleansing emotionally and supporting a further release of toxins. In addition, figure out ways to take some time out for yourself. In the guidebook, there are some excellent ideas on **self-care**.
5. Most importantly, **listen to your body**. If you're hungry, eat. If you're thirsty, drink. If you're tired, find a way to sleep or at least relax.
6. Remember that individual results will vary on this cleanse. It will be primarily based on what you were eating before the cleanse and how much you put into the cleanse itself. **So, stick to the plan** and resist any urges to take a bite of a cookie or a sip of wine!
7. **Journal daily to track your progress!** Get motivated by checking out Module 03 of our [private member's area](#) for additional inspiration and prompts. I want you to know that I'm proud of you for sticking with this whole foods cleanse program! It's going to be worth it, I promise!

Day 4 Journal Questions:

Reflect on the following questions and write what comes to you. Don't worry if your answers are not perfect. You are welcome to share your thoughts in our Facebook group, add comments below, or keep them private.

1. How am I feeling physically?
2. What changes do I notice in my body?
3. What thoughts and emotions are present for me today?
4. What attachments to food have I noticed?
5. Read the simple reminders above and write about the ones you do well and have room to improve. For example, ask yourself if you're getting enough water. If not, what changes can you make to make sure you get enough water every day.

Inspirational Quotes for Today:

- *"I believe that the greatest gift you can give your family and the world is a healthy you."* – Joyce Meyer
- *"Happiness lies, first of all, in health."* – George William Curtis

Day 4 Tracker

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 5 Focus and Refection

Welcome to Day 5 of our 10-Day Whole Foods Cleanse!

I know that weekends can bring on some added stress, and it's often the time we want to kick back with some less-healthy foods and a glass of wine. But, remember, we're here to change habits and those habits never end up serving you in the long run, so stay strong.

The Whole Foods Cleanse is about more than just eating "clean" for ten days. It's also an opportunity to change your lifestyle by making healthier choices and improving the way you feel on a daily basis! Don't underestimate how one tiny bite of a cookie or sip of wine can send you down a slippery slope.

Day 5 Focus: Stay Strong During the Weekend

Here are a couple of things I like to do on the weekends to stay strong during a Cleanse:

- Instead of wine, have kombucha and sparkling water in a wine glass. Check out the mocktail recipes in the smoothie and green juice guide to try this weekend.
- Sometimes when we think of being on a cleanse, we automatically assume that rules out eating somewhere other than our own kitchen. However, eating out isn't something that needs to be avoided during the cleanse -- it's delightful to meet friends or family out for a meal and take the night off from cooking. Check the menu ahead to make sure you can find something compliant to order. I've brought a small bottle of salad dressing to a restaurant before, so do what you need to stay within the guidelines.

- Set aside time today to meal plan for the next week. You can shop and prep this weekend, or if you don't have time to get your groceries this weekend, make it work as you go!

Just a reminder, I'm here to help you get the absolute most out of your experience, so if something isn't going well for you, if you're confused or overwhelmed, PLEASE send me a message so I can help you work through it! We are in this together. I want to see you succeed at this and I want to help you get to that finish line. We're in this together and I'm only a message away if you need me!

Day 5 Journal Questions

Reflect on the following questions and write what comes to you. Don't worry if your answers are not perfect. You are welcome to share your thoughts in our Facebook group, add comments below, or keep them private.

1. How am I feeling today, physically?
2. What thoughts and emotions are present for me today?
3. What challenges may arise this weekend and how will I handle them to stay within the cleanse guidelines?

Inspirational Quote of the Day

"Your diet is a bank account. Good food choices are good investments."

– Bethenny Frankel

Day 5 Tracker

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 6 Focus and Refection

Welcome to Day 6 of our 10-Day Whole Foods Cleanse! It's time to celebrate, we are over halfway done!

Today's Focus: Breath before Every Meal

The last four days of your cleanse will guide you deeper into your food relationship. It is also an opportunity to reconnect with yourself through mindfulness. So, it's important to slow down and take some time for self-reflection and breathing before each meal.

One way to automatically ramp up your digestion and lower your stress is to do a short breathing exercise before every meal.

Inhale through your nose and exhale through your mouth.

Repeat these 5 to 10 times before you begin your meal.

Doing so will allow your system to calm down and relax, which will assist you in digesting your food well.

Believe it or not, your stress/anxiety levels have a lot to do with how well your body digests food. Taking time to breathe is an easy way to lower those levels right before you begin eating. Try doing this before every meal for the rest of the cleanse and see what feels different for you!

Day 6 Journal Questions

Reflect on the following questions and write what comes to you. Don't worry if your answers are not perfect. You are welcome to share your thoughts in our Facebook group, add comments below, or keep them private.

1. How am I feeling physically?
2. What changes do I notice in my body?

3. Ideally, track your weight each day of the cleanse. But, if you haven't, that's okay. You know your relationship with the scale best. Go on the scale today to mark the 1/2 point. How do you feel about your weight?
4. Have any challenging emotions surfaced for me today? Am I sad, angry, lonely, depressed, frustrated?
5. Do I have any insight into the source of those challenging emotions?
6. How have I been using food to avoid dealing with feelings in the past? (To soothe stress, numb myself, as a reward, etc.)
7. How can I handle difficult feelings more healthily when they come up? (For example, exercising, medication, baths, yoga, breathing, journaling, talking to a friend or a therapist, checking in on FB with your new cleanse friends)

Inspirational Quotes for Today

- *"Take a deep breath; it calms the mind."* - Anon
- *"There are times when we stop; we sit still. We listen and breezes from a whole other world begin to whisper."* —James Carroll

Day 6 Tracker

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 7 Focus and Refection

Today is Day 7 of our 10-Day Whole Foods Cleanse! Congratulations, you're well on your way to success!

Today's Focus: Slowing Down

The focus today is on the **benefits of eating slower**. A bid to slow down is probably welcome in your busy life, and I want to share with you some of the benefits of practicing slowing down during mealtimes. So give one, two, or all a try!

The Top Benefits of Slowing Down:

1. **Digestion.** Chewing your food thoroughly increases digestion, which helps your entire body to function better since so many things are tied to food, nutrition, and digestion.
2. **Weight management.** By slowing down, you can listen to your body and be aware of the portion size it actually needs—more on portion size and feeling satisfied versus full in tomorrow's email. When we eat quickly, we tend to miss these signals, which leads to overeating without even realizing it.
3. **Increased mindfulness.** Slowing down, savoring your food, and listening to your body for signals improve mindfulness. Ultimately these behaviors aid in your brain-body connection.
4. **Socializing.** When we gather together for a meal, it's implied that we won't rush through it and then leave. Instead, we intend to spend at least an hour together, chatting and pouring into these important relationships. Focusing on the food and the company will help you slow down and enjoy it more.

One full week of the cleanse is about to be in the books - You're doing GREAT!

If you have questions, comment below or post in our [Facebook group](#) – I'm here to help!

Day 7 Journal Questions

Reflect on the following questions and write what comes to you. Don't worry if your answers are not perfect. You are welcome to share your thoughts in our Facebook group, add comments below, or keep them private.

1. How am I feeling today, physically?
2. What thoughts and emotions are present for me today?
3. In general, how does it feel to slow down intentionally?
4. Try at least one of the tips above to slow down. Then, write about how that changed your experience and relationship with your food. Did you

enjoy your meal more? Did you eat less? Do you want to continue to slow down when you eat? If yes, why?

5. What challenges came up over the weekend and how did I handle them to stay within the cleanse guidelines?

Inspirational Quote of the Day:

"If you truly treat your body like a temple, it will serve you well for decades. If you abuse it, you must be prepared for poor health and a lack of energy." – Oli Hille

Day 7 Tracker

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 8 Focus and Refection

We're on Day 8 of our 10-Day Whole Foods Cleanse and I've got to say, you are an inspiration!

Congratulations on taking the time out of your schedule to continue to commit yourself fully to this cleanse and your health journey. Be proud and grateful for how much better life will be after completing this reset. You deserve every success!

Today's Focus: Satisfied versus full

Do you eat until you are satisfied or until you are full?

When we think about being mindful of eating until well before we are stuffed, we often think about noticing when we begin to feel full. But actually, this practice starts well before you even sit down at the dinner table.

Intuitive eating and not feeling deprived go hand in hand, but let's take it a step further. If you're going about your day in a satisfied state, tending to your nutritional needs as they arise, you aren't going to show up to the dinner table ravenous. So, when you feel like you're too hungry, you're more prone to eat faster, which leads to that stuffed and uncomfortable feeling before you even realize what is happening.

Instead, think about what satisfaction truly is. Be present when you sit down, breathe, slow down, then participate in the conversation, and notice how each bite tastes and makes you feel. Look at each meal as an experience! When you feel at peace in your body and with your surroundings, you'll be much more likely to notice when you have eaten enough to nourish your body without going overboard.

Here's to listening to our bodies and feeling satisfied!

Day 8 Journal Questions

Reflect on the following questions and write what comes to you. Don't worry if your answers are not perfect. You are welcome to share your thoughts in our Facebook group, add comments below, or keep them private.

1. Did you grow up eating until you were full or satisfied?
2. Did you grow up learning to clean your entire plate whether you were satisfied or not?
3. Do you now eat until you are satisfied or until you are full?
4. Are you feeding your body or are you feeding your emotions?
5. What actions can you put into your meals to eat until you are satisfied?
(Ex. Breathing before meals, slowing down to be mindful when eating, keeping a food/ mood journal, managing stress, etc.)

Inspirational Quotes of the Day:

- *"Face your emotions instead of stuffing your face."* - Unknown
- *"How would your life be different if...You were conscious about the food you ate, the people you surround yourself with, and the media you watch, listen to, or read? Let today be the day...You pay attention to what you feed your mind, your body, and your life. Create a nourishing environment"*

conducive to your growth and well-being today.”— Steve Maraboli, The Power of One

- *“Healthy does NOT mean starving yourself EVER. Healthy means eating the right food in the right amount”. – Karen Salmansohn*

Day 8 Tracker

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 9 Focus and Reflection

Today is Day 9, congratulations you are on the homestretch of the 10-day whole food cleanse! You're not alone and you can see the light at the end of your tunnel.

Today's Focus: Connection + Movement

We all know it's hard to juggle all of our responsibilities these days. It isn't easy to know where to fit in things like health and wellness and time to be social, even though we know these should also be a priority with our significant other, family, and work.

I genuinely believe that you can have it all if you are intentional about your scheduling. My favorite tip for killing two birds with one stone is to schedule a time to work out and catch up socially at the same time. For example, invite a friend or neighbor for a weekly walk or hike. Or meet friends at a yoga class. The ability to mix and match friend groups with exercise options is truly endless, which means that socializing while getting stronger can never get too dull. If it feels stagnant, just hit the remix button.

Another benefit is that since both exercise and companionship are pivotal to a healthy and fulfilling life, you won't want to skip it if you're getting a double dose of your needs being met.

As we head into the home stretch, I want you to know that I'm proud of you for sticking with this whole foods cleanse program!

A decision to be made:

It's time to start thinking about your plan for how to eat after the cleanse. When you wake up on Thursday morning, you will have completed the 10-Day Whole Foods Cleanse! Whooo-woohoo!

For example, maybe you decide to start to reintroduce foods that day. If that is the case, which one would you like to test out first? Alcohol, gluten, dairy, or something else?

Maybe you are feeling so amazing that you keep eating this way. That's great and this is how Mark and I eat in our house around 90% of the time. What percentage would work for you?

Or maybe you finish the cleanse and celebrate your accomplishment! Then decide on one healthy habit to keep and decide on one unhealthy habit to let go of.

Whatever you decide it's perfect for you!!

I will go over these options in more detail in our call tomorrow, answer questions and go over all of the methods.

Day 9 Journal Questions

Reflect on the following questions and write what comes to you. Don't worry if your answers are not perfect. You are welcome to share your thoughts in our Facebook group, add comments below, or keep them private.

1. How are you physically feeling today?
2. Who do you want to set up exercise dates with? This could be a neighbor for a walk, a friend or family member to meet at a yoga class or zoom classes online.
3. Do you have a schedule to exercise daily? If not, write down what time and what form of exercise you will do each day. Its best to get at least 30-minutes a day.

4. What roadblocks might you encounter on your exercise schedule? (Ex. Maybe your goal is to walk outside in your neighborhood from 8-8:30 am every morning. What will you do if the weather is not nice outside?)
5. How do you feel after you exercise? Write this down to remember how good you feel after you move your body!

Inspiration Quotes of the Day:

- *"Most often, it is not the workout that gets us out of bed in the morning. It is the friendships and unspoken bonds of those counting on us to show up."* - Fellow Flowers
- *"Life is like riding a bicycle. To keep your balance, you must keep moving."* - Albert Einstein
- *"If you think lifting weights is dangerous, try being weak. Being weak is dangerous."* - Bret Contreras
- *"Those who do not find time for exercise will have to find time for illness."* – Edward Smith Stanley

Day 9 Tracker

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 10 Focus and Refection

It's Day 10 - our final day of the cleanse! By now, you should be feeling Ahh... Amazing!

After today you will have completed the 10-Day Whole Foods Cleanse. I hope you're feeling vibrant, healthy and proud of what YOU accomplished!

It always blows me away how much can change in just 10 days. But, I know I feel lighter, and my energy is full. Plus, my sleep has been more restful, so that's a bonus.

It can be tempting to blow off today because you're probably feeling good but stick to the cleanse for the rest of the day - that glass of wine will taste extra delicious tomorrow. ;) You will have completed the cleanse after waking up tomorrow morning. Let's finish strong!

You've been working hard to reach your short-term goals over these last ten days. But, if you take steps now, they can become life-changing! That is why I want us to continue to stay connected in this group as we enter the reintroduction/transition phase - so that our success continues.

Schedule Your Private Coaching Session:

Please schedule your private one-to-one health coaching session now.

As part of your program, you received one 30-minute private health coaching session with me. The ideal time frame would be one to three weeks from today.

We will come up with an action plan that works with your lifestyle and goals going forward during this call.

Please go to the link below to schedule your session and pick a time that works best for you.

This health coaching session can be conducted via zoom, phone, or in-person. The in-person sessions are held in Rosemount, MN (Lori's Home Office) or Burnsville, MN (at Valley Natural Foods).

Link to schedule: <https://calendly.com/lori-k/30min>

Your Feedback Matters

Also, I would LOVE to hear what's changed for you these past 10 days. Would you take a quick minute and answer this short feedback form? I listen closely to all comments on the program to provide the best possible experience to help you move forward with vibrant health. I am grateful for your time and energy in filling out this form! Your feedback means the world to me! Link to feedback form: <https://forms.gle/JXbHaegi2aDY6PtV>

Day 10 Journal Questions

Take a little extra time tonight to reflect on the following questions and write what comes to you. Don't worry if your answers are not perfect. You are welcome to share your thoughts in our Facebook group, add comments below, or keep them private.

1. What thoughts and emotions are present for me today?
2. After ten days of the Whole Foods Cleanse, how do you feel (Ex. better sleep, more energy, sharper thinking, clarity of purpose, healthier, lighter, etc.)
3. What are the healthy habits you enjoyed during the cleanse? (Ex. drinking hot lemon water, making the time to prep and plan, trying new healthy recipes, cooking more at home, creating time for self-care, etc.)
4. Are you willing to give up the above positive benefits and habits? If not, why?
5. What is your plan for how to eat after the cleanse? (Ex. continue this way of eating, extend the cleanse for a certain amount of days, slowly reintroduce foods, etc.)
6. What are the unhealthy habits or attachments you noticed during the cleanse? Are you ready to let one go? (Ex. snacking on kid's foods, eating when I am not hungry, drinking soda, etc.)
7. What surprised me the most about my results and experiences?
8. How does it feel to track your experiences during the cleanse?

Please check out a bonus worksheet in Module 4 with these same questions.

Day 10 Tracker

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 11 Focus and Refection

You did it – Congratulations! You made it through the entire 10-Day Whole Foods Cleanse - I am so proud of you!

Today, you might notice that you feel ah-mazing and like you've accomplished something big, which you did. Be sure to celebrate your win!

It is now time for the reintroduction part of your Whole Foods Cleanse!

Day 11 Journal Questions

Reflect on the following questions and write what comes to you. Don't worry if your answers are not perfect. You are welcome to share your thoughts in our Facebook group, add comments below, or keep them private.

1. Write down any limiting beliefs that you may have about your new healthy habits. Pause. Are you telling yourself a limiting story that is stopping you from living the life you've always imagined?
2. After eating whole foods for the last 10 days, do you see how you can beat the odds and take back control of your health now?

Inspirational Quote of the Day:

"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." – Ann Wigmore

Re-Introduction Day 11 - DAIRY

Please see the reintroduction worksheet with examples of recipes to add in dairy.

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 12

Please see the reintroduction worksheet to help reflect on the known side effects of dairy.

"We know that food is a medicine, perhaps the most powerful drug on the planet with the power to cause or cure most disease." – Dr. Mark Hyman

Cleanse Day 12 Tracker

Please see the reintroduction worksheet to help reflect on the known side effects of dairy.

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 13 Tracker

Please see the reintroduction worksheet to help reflect on the known side effects of dairy.

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 14 - Reintroduction Day - GLUTEN

Please see the reintroduction worksheet with examples of recipes to add in gluten.

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 15 Cleanse

Please see the reintroduction worksheet to help reflect on the known side effects of gluten.

My Morning Weight:

Sleep (How much sleep I got the night before and how well I slept):

Breakfast:

Snack:

Lunch:

Dinner:

Did I eat today until I was satisfied or until I was full?

If full, how can I be more mindful to eat until I'm satisfied tomorrow?

Amount of Water:

How many minutes of exercise did I do today?

What type of exercise did I do today? (yoga? Walking? strength training?)

How many minutes did I spend on the relaxation practices? (meditation, breathing, restorative yoga)

Day 16 – YOU DID IT – CONGRATULATIONS!

Journal about your overall experience and how you want to eat and live now.

Please see the reintroduction worksheet to help reflect on the known side effects of gluten.

My Morning Weight:

How much weight have I lost?

Sleep (How much sleep I got the night before and how well I slept.):

How am I feeling today, physically?

What thoughts and emotions are present for me today?

Reflect on how you want to eat and live going forward.

HAVE QUESTIONS?

Great! I'd love to chat with you! Please send me an email at info@mindfulhealthwithlori.com, call me at 612.720.1335, or post in our private Facebook group for all members to see and learn.

This cleanse/detox and the information provided within have been carefully tested and crafted, and are a core part of my business. As a courtesy to me, and the amount of work I've put in, and to your fellow detoxers, please do not share these materials with anyone. Thank you in advance. It is very much appreciated.

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