

THE HOLISTIC DETOX

DRY TOXIN JANUARY CHALLENGE

YOUR 7-DAY DETOX RESET

HOW TOXINS SNEAK INTO YOUR BODY
(AND WHAT TO DO ABOUT IT)

WELCOME TO DRY TOXIN JANUARY

THE 7-DAY RESET YOUR BODY HAS BEEN CRAVING AFTER THE INDULGENCES OF THE HOLIDAY SEASON. IF YOU'RE FEELING BLOATED, SLUGGISH, OR LIKE YOUR ENERGY HAS HIT AN ALL-TIME LOW, THIS IS YOUR CHANCE TO START FRESH. THINK OF IT AS A CLEAN SLATE FOR YOUR HEALTH—A SIMPLE, EFFECTIVE WAY TO DITCH TOXINS, REBALANCE YOUR HORMONES, AND SET THE TONE FOR A VIBRANT, ENERGIZED YEAR AHEAD.

THIS FREE COMPREHENSIVE GUIDE WILL HELP YOU:



- Uncover the hidden toxins sneaking into your life and their effects on your health.



- Cleanse and support your body with a focus on hormone balance and natural detoxification.



- Enjoy a tailored meal plan with nutrient-rich recipes designed to fuel your body and your goals.

With easy-to-follow steps and all the tools you need to succeed, Dry Toxin January is more than a detox—it's the reset you've been waiting for.

HEAVY METALS & FERTILITY



SOURCE

Mercury from seafood like tuna and aluminum from cookware.

IMPACT

Heavy metals disrupt reproductive health, impacting fertility, and causing hormonal imbalances.

Mercury, found in seafood such as tuna, disrupts hormone function, leading to imbalances that make conception more difficult. Even more concerning is the link between mercury and miscarriage—studies suggest women with elevated mercury levels are at three times the risk. Add to this aluminum from cookware, which can affect both male and female reproductive health, and it becomes clear why detoxification is so crucial. Fertility treatments, like IVF, have increased dramatically as a result, yet up to 40% of IVF cycles fail, often due to underlying toxicities that have not been addressed.

HOW TO DETOX



- **Milk Thistle (found in PMS Support and Menopause Support):** This herb is well-known for supporting the liver, the body's detox powerhouse. It helps flush out heavy metals like mercury, allowing your body to rebalance and optimize reproductive health.



- **Dandelion Root/Leaf (in PMS Support and Menopause Support):** Dandelion works alongside Milk Thistle to boost liver and kidney function, the organs responsible for clearing out toxins. This duo can be a game changer for anyone looking to improve fertility naturally.



- **Magnesium Dimagnesium Malate (in PMS Support and Menopause Support):** Magnesium Malate is particularly adept at binding to heavy metals like aluminum, helping your body remove these harmful substances, which may reduce the risk of infertility and miscarriage.

HEAVY METALS & CHRONIC FATIGUE



SOURCE

Aluminum in cookware, lead in paints, exposure to industrial toxins.

IMPACT

Heavy metals can accumulate in the body, leading to fatigue and brain fog.

HOW TO DETOX



- **Magnesium Dimagnesium Malate in PMS Support and Menopause Support):** Facilitates the removal of heavy metals, particularly aluminum, from the body while reducing fatigue and supporting energy levels.



- **Licorice Root:** Supports liver function and helps the body in clearing heavy metals.



- **Banaba Leaf (in CALM and BOOST):** Helps regulate blood sugar, which can be impacted by heavy metal exposure, and supports detoxification.

PLASTICS & WEIGHT GAIN



SOURCE

BPA in plastic bottles and containers.

IMPACT

BPA mimics estrogen, contributing to weight gain, especially around the abdominal area.

BPA mimics estrogen in the body, leading to hormonal imbalances that can increase fat storage, especially around the abdominal area. This, in turn, can lead to insulin resistance, a precursor to diabetes. Avoiding BPA is key, but detoxifying from past exposure is just as important.

HOW TO DETOX



- **Milk Thistle:** As a premier liver-supporting herb, Milk Thistle enhances the body's ability to detoxify BPA and other plastic-related chemicals. By supporting healthy liver function, it helps clear these compounds from your system and reduce their impact on your metabolism.



- **Licorice Root:** Licorice helps balance hormones, particularly estrogen, making it an ideal ally for anyone looking to combat the effects of BPA exposure.



- **Sage Leaf Powder (in Menopause Support):** Sage supports healthy hormone levels, helping mitigate the disruptive effects of BPA on the endocrine system, particularly in relation to weight gain and metabolism.

ENDOCRINE DISRUPTORS & HORMONAL IMBALANCES



SOURCE

Chemicals in cosmetics, plastics (BPA), and pesticides.

IMPACT

These disrupt hormones, contributing to infertility, thyroid issues, and other hormonal imbalances.

Endocrine disruptors can also play a hidden role in pregnancy loss. With 15-20% of pregnancies ending in miscarriage, it's essential to be aware of these toxic compounds. They disrupt your body's delicate hormone balance, and the earlier you take action, the better your chances of preventing long-term health impacts.

HOW TO DETOX



- **Licorice Root (in PMS Support, Menopause Support, and CALM):** Licorice is a powerful ally for hormonal health. It helps balance your hormones while supporting the liver's ability to break down and eliminate endocrine disruptors.



- **Ashwagandha (in CALM):** This adaptogen supports adrenal health, helping your body cope with stress-induced hormonal fluctuations. It's a natural way to regain balance, especially when your hormones are under constant attack from environmental toxins.



- **Zinc (in Thyroid Support):** Zinc is a key mineral for hormone regulation and immune function. It plays a critical role in combating the effects of endocrine disruptors, particularly those that target the thyroid and reproductive system.



- **Chaste Tree Berry (in PMS Support):** Naturally balances reproductive hormones and counters the effects of endocrine disruptors.

MOLD & RESPIRATORY ISSUES



SOURCE

Damp environments, mold exposure in homes or offices.

IMPACT

Mold exposure can result in chronic respiratory issues, asthma, and weakened immune function.

Exposure to mold doesn't just impact the lungs. It can weaken your immune system, leaving you more vulnerable to infections. Studies show that individuals exposed to mold are three times more likely to develop chronic respiratory illnesses.

HOW TO DETOX



- **Reishi Mushroom (in CALM):** Reishi is known for its immune-modulating effects, helping the body recover from mold exposure by boosting respiratory health and reducing inflammation.



- **Holy Basil (in CALM):** This herb is celebrated for its ability to reduce inflammation and support respiratory function, making it ideal for those suffering from mold exposure.



- **Eleuthero (in BOOST):** Also known as Siberian ginseng, Eleuthero strengthens immune resilience, helping the body fight off infections and recover from the impact of mold on the respiratory system.

PESTICIDES & NEUROLOGICAL HEALTH



SOURCE

Non-organic produce, processed foods.

IMPACT

Long-term pesticide exposure may lead to cognitive issues, brain fog, and neurological disorders.

HOW TO DETOX



- **Dandelion Leaf/Root:** Supports liver function, aiding in the breakdown and elimination of pesticides.



- **Sulforaphane (in PMS Support and Menopause Support):** A powerful compound that activates detoxifying enzymes in the liver, helping the body process and eliminate pesticides.



- **Astragalus (in Thyroid Support, CALM, and BOOST):** Known for its ability to boost immunity and support the body in detoxifying environmental toxins.



- **Schizandra (in BOOST):** A potent antioxidant that supports liver detoxification, particularly effective in reducing pesticide toxicity.

ARTIFICIAL SWEETENERS & GUT HEALTH



SOURCE

Diet sodas, sugar-free snacks.

IMPACT

These disrupt the gut microbiome, leading to bloating, digestive issues, and inflammation.

HOW TO DETOX



- **Curcumin Turmeric (in PMS Support and Menopause Support):** Acts as a natural anti-inflammatory and supports gut health by reducing inflammation in the digestive tract.



- **Dandelion Leaf/Root:** Supports the digestive system and aids in detoxifying the liver and colon.



- **Probiotics:** Help restore healthy gut bacteria after exposure to artificial sweeteners.

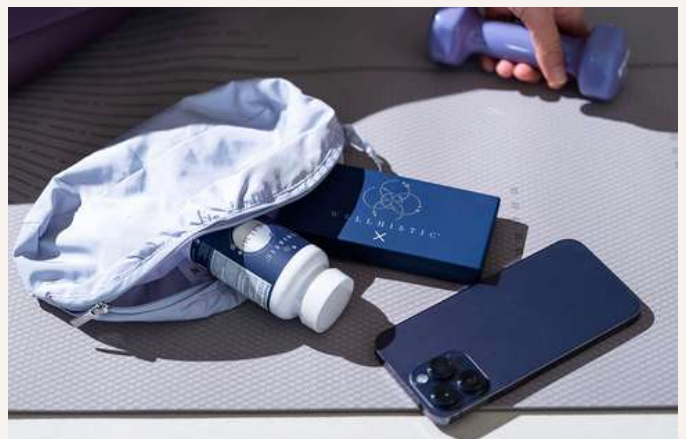


- **Astragalus (in BOOST, Thyroid Support, and CALM):** Supports the immune system and promotes a healthy gut environment.

WHY WELLHISTIC SUPPLEMENTS ARE YOUR DETOX ALLIES?

By incorporating Wellhistic supplements into your routine, you gain access to a variety of natural detoxifiers:

- **Milk Thistle and Dandelion Root/Leaf in PMS Support and Menopause Support:** Aid liver detoxification and support the elimination of harmful chemicals.
- **Sulforaphane in PMS Support and Menopause Support:** Activates the body's detox pathways, particularly for pesticides.
- **Ashwagandha in CALM:** Helps the body restore balance and counter stress-induced damage from toxins.
- **Astragalus in Thyroid Support, CALM, and BOOST:** Boosts immunity and supports the detox process.
- **Magnesium Dimagnesium Malate in PMS Support and Menopause Support:** Assists in the removal of heavy metals, including aluminum.



LET'S GET STARTED!

By taking Wellhistic supplements, you're not only giving your body access to these powerful herbs but also ensuring that your detox journey is comprehensive and effective.



Wellhistic

7 DAY DETOX DIET



Welcome to Your 7-Day Detox Diet: Reducing Inflammation for Optimal Detoxification

Embarking on a detox is one of the most effective ways to help your body eliminate toxins, balance your energy, and support overall well-being. This 7-day detox plan is specifically designed to reduce inflammation, support liver function, and promote natural detoxification processes. By eliminating common inflammatory foods and focusing on nutrient-dense, detox-friendly ingredients, you'll give your body the reset it needs.

Why Lowering Inflammation is Key to Detoxification

Inflammation is your body's natural response to injury, infection, or exposure to toxins. However, chronic inflammation caused by poor diet, stress, and environmental factors can overload your system, making it harder for your organs—especially the liver, kidneys, and gut—to function properly. When the body is in a constant state of inflammation, it holds onto toxins, creating a cycle that can lead to fatigue, weight gain, digestive issues, and more serious health concerns.

By reducing inflammation through this detox plan, you'll allow your body's detox pathways to work more efficiently, enabling the organs responsible for detox—like the liver, kidneys, and digestive system—to eliminate waste and toxins more effectively.

How This Detox Diet Supports the Liver and Other Detox Organs

The liver is your body's primary detox organ, responsible for processing and eliminating toxins from everything you consume. This 7-day detox focuses on foods that support the liver's detoxification processes, including cruciferous vegetables like broccoli and Brussels sprouts, which boost the liver's production of enzymes that break down toxins.

By avoiding processed foods, refined sugars, dairy, and inflammatory ingredients like nightshades, you're reducing the burden on your liver and digestive system. This allows the liver to focus on detoxifying rather than managing inflammation caused by unhealthy foods.

KEY FOODS THAT HELP DETOXYFY THE BODY



- **Cruciferous Vegetables** like broccoli, kale, and cauliflower help stimulate liver enzymes that work to eliminate toxins.



- **Leafy Greens** such as spinach and romaine lettuce are rich in chlorophyll, which helps cleanse the blood by binding to toxins and heavy metals.



- **Fiber-Rich Foods** like quinoa, lentils, and flaxseeds promote healthy digestion and bowel movements, which are crucial for eliminating waste from the body.



- **Healthy Fats** from avocados, olive oil, and flaxseeds support cellular health and provide the necessary building blocks for the body's detox processes.



- **Antioxidant-Rich Fruits** like berries help neutralize free radicals, reducing oxidative stress and supporting cellular repair.

WHY THIS DETOX WORKS WHILE OTHER DIETS DON'T?

While many diets focus on calorie restriction, this detox is all about providing your body with the nutrients it needs to naturally heal and detoxify. By eating whole, unprocessed foods, you're nourishing your body at a cellular level, reducing inflammation, and supporting your detox organs.

This isn't a quick fix—it's a sustainable, nourishing plan that works in harmony with your body. As you progress through the week, you'll likely notice improved digestion, clearer skin, reduced bloating, and increased energy as your body flushes out toxins and inflammation subsides.



ENJOY

- **Vegetables to Aid Detox:** Broccoli, cauliflower, kale, cabbage, Brussels sprouts, onions, garlic, raw greens, red/green lettuce, romaine, spinach, endive.
- **Neutral Vegetables:** All other fresh vegetables (not on the avoid list), unsweetened vegetable juices, green/yellow beans, yams/sweet potatoes, legumes (beans like navy, white, red, kidney).
- **Protein Sources:** Organic chicken, turkey, lamb, wild-caught fish, cage-free eggs (avoid red meat for 3 weeks of cleanse).
- **Fruits:** Organic lemons, avocados, apples, berries, pears, peaches, plums, limes, melons, etc.
- **Nuts/Seeds:** Quinoa, almonds, walnuts, cashews, pine nuts, unsweetened nut butters, sunflower/sesame seeds.
- **Spices/Condiments:** All vinegars, fresh herbs, oils (olive, avocado, flaxseed), butter, ghee, coconut aminos.
- **Sweeteners:** Stevia, monk fruit, agave, honey, pure maple syrup.
- **Beverages:** Water, non-caffeinated coffee, herbal teas, unsweetened milk substitutes.
- **Grains:** Millet, buckwheat, oats, cassava.

AVOID

- Corn, white potatoes, nightshades (tomatoes, bell peppers, eggplant).
- Soybeans, soy products.
- Pork, processed meats, nitrates, MSG.
- Grapefruit (can interact with certain medications).
- Peanuts, peanut butter.
- Dairy, alcohol, soda, caffeinated drinks.
- Refined sugars, corn syrup, cane juice.



GETTING THE BALANCE RIGHT

If you normally eat a diet high in meat, dairy, wheat, and processed foods, start with a moderate change. Cut out processed/junk foods first and gradually adjust.

If your diet is generally healthy (mainly fresh meals), follow a more restrictive detox diet. Moving towards a vegetarian or vegan diet is ideal.

Worst Foods for a Detox Diet:

- **Meat** slows digestion, clogs intestines.
- **Dairy products** slow detoxification.
- **Wheat** harms intestines and reduces nutrient intake.
- **Caffeine** leads to toxins in the body.
- **Nightshades** contain solanine, affecting joints.
- **Processed foods** lack nutrients and are high in salt/sugar, slowing cell function.

Best Foods for a Detox Diet:

- Vegetables, fruits, beans, nuts, and seeds are best for detox.
- High-fiber and high-enzyme foods aid detox.

Fish in a Detox Diet:

Cold-water fish (salmon, mackerel, sardines) contain good fats and boost immune function, but avoid larger fish like swordfish and tuna due to heavy metal contamination.

High-Fat Foods That Are Actually Super Healthy:

- **Avocados:** High in fat (77% calories) but loaded with potassium, fiber, and beneficial for cardiovascular health.
- **Dark Chocolate:** High in fat, rich in nutrients/antioxidants, improves heart health.
- **Whole Eggs:** Nutrient-dense, contain high-quality protein and healthy fats.
- **Fatty Fish:** Linked to improved health, reduce inflammation, and provide omega-3s.
- **Nuts:** Loaded with healthy fats, fiber, and vitamins.
- **Extra Virgin Olive Oil:** Rich in vitamins E/K and antioxidants.
- **Coconut/Coconut Oil:** Contains medium-chain fatty acids that help in fat metabolism.

SHOPPING LIST

Here's the shopping list for the 7-day detox meal plan, categorized for convenience.

Vegetables:

- 4 zucchinis (for noodles and scrambles)
- 2 cups spinach (for salads and scrambles)
- 1 bunch kale (for salads)
- 1 head romaine lettuce or mixed greens
- 1 bunch broccoli (for roasting and steaming)
- 2 cups Brussels sprouts (for roasting)
- 1 bunch asparagus (for steaming)
- 1 medium sweet potato (for roasting)
- 1 head cauliflower (for roasting)
- 2 large onions (for sautéing)
- 4 cloves garlic (for flavoring)
- 1 cucumber (for salads)
- 1 cup carrots (for roasting)
- 1 cup green beans (for steaming)

Fruits:

- 7 organic lemons (for dressings and cooking)
- 4 avocados (for salads, breakfasts)
- 1 banana (for smoothie)
- 1 pint mixed organic berries (blueberries, raspberries)
- 2 apples (for porridge or snacks)
- 1 small bunch parsley (for herbs)



Proteins:

- 4 organic chicken breasts (for lunches and dinners)
- 2 wild-caught salmon fillets (for dinner)
- 1 organic turkey breast (for lunches and dinners)
- 1 small lamb chop (for dinner)
- 1 can wild-caught tuna (for lunch salad)
- 2 wild-caught white fish fillets (cod, haddock, or any white fish)
- 6 cage-free eggs (for breakfasts)

SHOPPING LIST

Here's the shopping list for the 7-day detox meal plan, categorized for convenience.

Dairy Substitutes and Other Pantry Items:

- 1 quart unsweetened almond milk (for porridge, smoothies, chia pudding)
- 1 container unsweetened coconut milk (for chia pudding)
- 1 small container unsweetened coconut yogurt (for breakfast)
- 1 jar almond butter (for smoothies, porridges)
- 1 jar tahini (for dressings and bowls)
- 1 small jar coconut aminos (for flavoring)
- 1 small jar pure maple syrup (optional for sweetness)
- 1 jar pumpkin seeds (for breakfasts)
- 1 bag walnuts (for salads, snacks, and breakfasts)
- 1 bag sunflower seeds (for salads)
- 1 bag chopped almonds (for porridges and salads)

Oils and Fats:

- 1 bottle olive oil (for cooking and dressings)
- 1 jar coconut oil (for roasting and cooking)
- 1 bottle flaxseed oil (for salads)
- 1 bottle extra virgin olive oil (for cooking and dressings)



Spices and Seasonings:

- Sea salt
- Black pepper
- Ground cinnamon (for porridge and smoothies)
- Fresh dill (for flavoring)
- Fresh parsley (for flavoring)
- 1 small jar turmeric (optional for anti-inflammatory benefits)

DAY 1

BREAKFAST: DETOX VEGGIE SCRAMBLE

INGREDIENTS

- 2 cage-free eggs
- 1/2 cup spinach
- 1/4 cup diced zucchini
- 1/4 red onion, diced
- 1 tbsp coconut oil
- Sea salt and pepper to taste

INSTRUCTIONS

1. Heat coconut oil in a skillet over medium heat.
2. Add the onion and zucchini, sauté for 3-4 minutes.
3. Add spinach and cook until wilted.
4. Crack the eggs into the skillet, scramble until cooked. Season with salt and pepper.

DETOX BENEFITS

Spinach and zucchini are rich in fiber and antioxidants, which help support liver function and detox. Eggs provide a clean source of protein.

NUTRITIONAL INFORMATION

Calories



280 kcal

Protein



14 g

Carbs



6 g

Fats



22 g

KEY INGREDIENTS

Eggs, spinach, zucchini, coconut oil



DAY 1

LUNCH: KALE AND QUINOA SALAD WITH GRILLED CHICKEN

INGREDIENTS

- 1 cup cooked quinoa
- 1 cup kale, chopped
- 1 organic chicken breast, grilled and sliced
- 1/4 cup sunflower seeds
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Sea salt and pepper to taste

INSTRUCTIONS

1. Mix quinoa, kale, and sunflower seeds in a bowl.
2. Top with grilled chicken slices.
3. Drizzle with olive oil and lemon juice, season with salt and pepper.

DETOX BENEFITS

Quinoa is a high-fiber grain that supports digestion, while kale offers antioxidants that aid in liver detoxification. Chicken provides lean protein.

NUTRITIONAL INFORMATION

Calories



420 kcal

Protein



33 g

Carbs



30 g

Fats



18 g

KEY INGREDIENTS

Quinoa, kale, chicken, sunflower seeds



DAY 1

DINNER: BAKED LEMON SALMON WITH STEAMED BROCCOLI

INGREDIENTS

- 2 wild-caught salmon fillets
- 1 cup broccoli florets, steamed
- 1 tbsp olive oil
- Juice of 1 lemon
- Sea salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 375°F (190°C).
2. Place salmon on a baking sheet, drizzle with olive oil and lemon juice.
3. Bake for 15-20 minutes until salmon is cooked through. Serve with steamed broccoli.

DETOX BENEFITS

Broccoli supports detoxification enzymes in the liver, while salmon provides anti-inflammatory omega-3 fatty acids.

NUTRITIONAL INFORMATION

Calories



400 kcal

Protein



35 g

Carbs



12 g

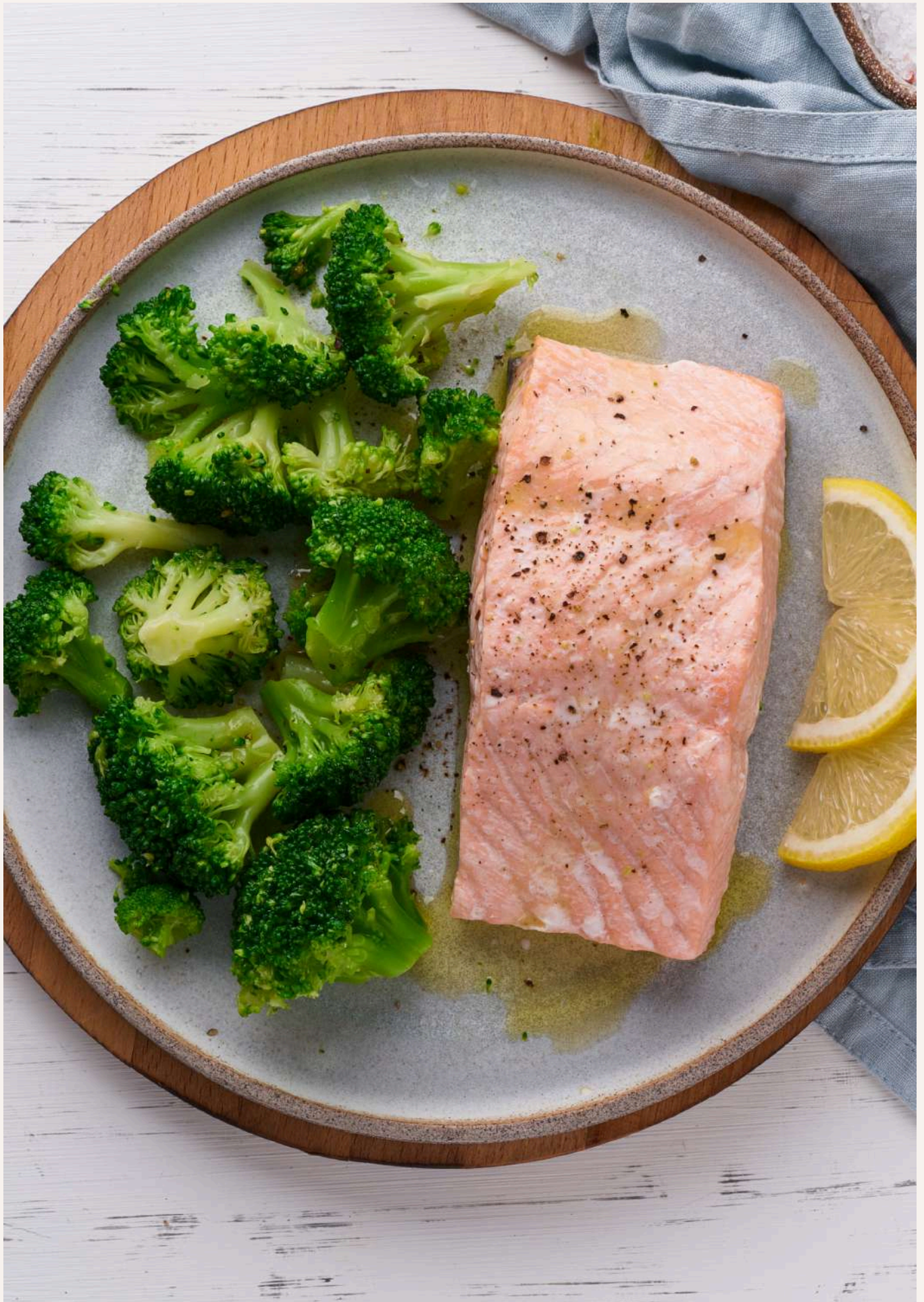
Fats



26 g

KEY INGREDIENTS

Salmon, broccoli, olive oil, lemon



DAY 2

BREAKFAST: QUINOA PORRIDGE WITH BERRIES AND ALMONDS

INGREDIENTS

- 1/2 cup cooked quinoa
- 1/2 cup unsweetened almond milk
- 1/2 cup mixed organic berries (blueberries, raspberries)
- 1 tbsp almond butter
- 1 tbsp chia seeds
- 1 tbsp chopped almonds

INSTRUCTIONS

1. Warm quinoa and almond milk in a small pot over medium heat.
2. Top with berries, almond butter, chia seeds, and chopped almonds.

DETOX BENEFITS

Quinoa provides fiber for gut health, while berries are rich in antioxidants that support detoxification.

NUTRITIONAL INFORMATION

Calories



350 kcal

Protein



10 g

Carbs



45 g

Fats



15 g

KEY INGREDIENTS

Quinoa, almond milk, berries, almonds



DAY 2

LUNCH: AVOCADO AND CHICKEN SALAD WITH MIXED GREENS

INGREDIENTS

- 1 organic chicken breast, grilled and sliced
- 1/2 avocado, diced
- 1 cup mixed greens (spinach, romaine, kale)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Sea salt and pepper to taste

INSTRUCTIONS

1. Toss mixed greens with olive oil and lemon juice.
2. Top with grilled chicken and diced avocado.

DETOX BENEFITS

Avocados are loaded with healthy fats that support liver function, and mixed greens provide fiber and essential nutrients.

NUTRITIONAL INFORMATION

Calories



380 kcal

Protein



30 g

Carbs



10 g

Fats



25 g

KEY INGREDIENTS

Chicken, avocado, mixed greens, olive oil



DAY 2

DINNER: GRILLED TURKEY WITH ROASTED BRUSSELS SPROUTS AND SWEET POTATOES

INGREDIENTS

- 1 organic turkey breast, grilled and sliced
- 1 cup Brussels sprouts, halved
- 1 small sweet potato, diced
- 1 tbsp coconut oil
- Sea salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Toss Brussels sprouts and sweet potatoes in coconut oil, then roast for 25-30 minutes until tender.
3. Grill the turkey breast and serve with the roasted veggies.

DETOX BENEFITS

Brussels sprouts are cruciferous vegetables that help activate detox enzymes, while sweet potatoes provide a healthy source of complex carbs.

NUTRITIONAL INFORMATION

Calories



420 kcal

Protein



32 g

Carbs



35 g

Fats



18 g

KEY INGREDIENTS

Turkey, Brussels sprouts, sweet potatoes, coconut oil



DAY 3

BREAKFAST: ALMOND CHIA SEED PUDDING

INGREDIENTS

- 1/4 cup chia seeds
- 1 cup unsweetened almond milk
- 1 tsp pure maple syrup
- 1/4 cup mixed berries (optional)

INSTRUCTIONS

1. Mix chia seeds, almond milk, and maple syrup. Let sit for 4 hours or overnight.
2. Top with mixed berries before serving.

DETOX BENEFITS

Chia seeds are rich in omega-3 fatty acids and fiber, which help cleanse the digestive system.

NUTRITIONAL INFORMATION

Calories



350 kcal

Protein



8 g

Carbs



30 g

Fats



22 g

KEY INGREDIENTS

Chia seeds, almond milk, berries



DAY 3

LUNCH: SPINACH AND LENTIL SALAD

INGREDIENTS

- 1/2 cup cooked lentils
- 2 cups spinach
- 1/4 cup cucumber, diced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Sea salt and pepper to taste

INSTRUCTIONS

1. Toss spinach and cucumber with olive oil and lemon juice.
2. Top with cooked lentils and serve.

DETOX BENEFITS

Lentils provide plant-based protein and fiber to aid digestion, while spinach offers essential detoxifying nutrients.

NUTRITIONAL INFORMATION

Calories



280 kcal

Protein



45 g

7 day detox diet Carbs



35 g

Fats



9 g

KEY INGREDIENTS

Lentils, spinach, olive oil



DAY 3

DINNER: HERB-CRUSTED COD WITH STEAMED GREEN BEANS

INGREDIENTS

- 2 cod fillets
- 1 tbsp olive oil
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh dill, chopped
- 1 cup green beans, steamed
- Sea salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 375°F (190°C).
2. Coat cod fillets with olive oil, parsley, dill, salt, and pepper.
3. Bake for 12-15 minutes until the cod is cooked through. Serve with steamed green beans.

DETOX BENEFITS

Lentils provide plant-based protein and fiber to aid digestion, while spinach offers essential detoxifying nutrients.

NUTRITIONAL INFORMATION

Calories



280 kcal

Protein



45 g

Carbs



35 g

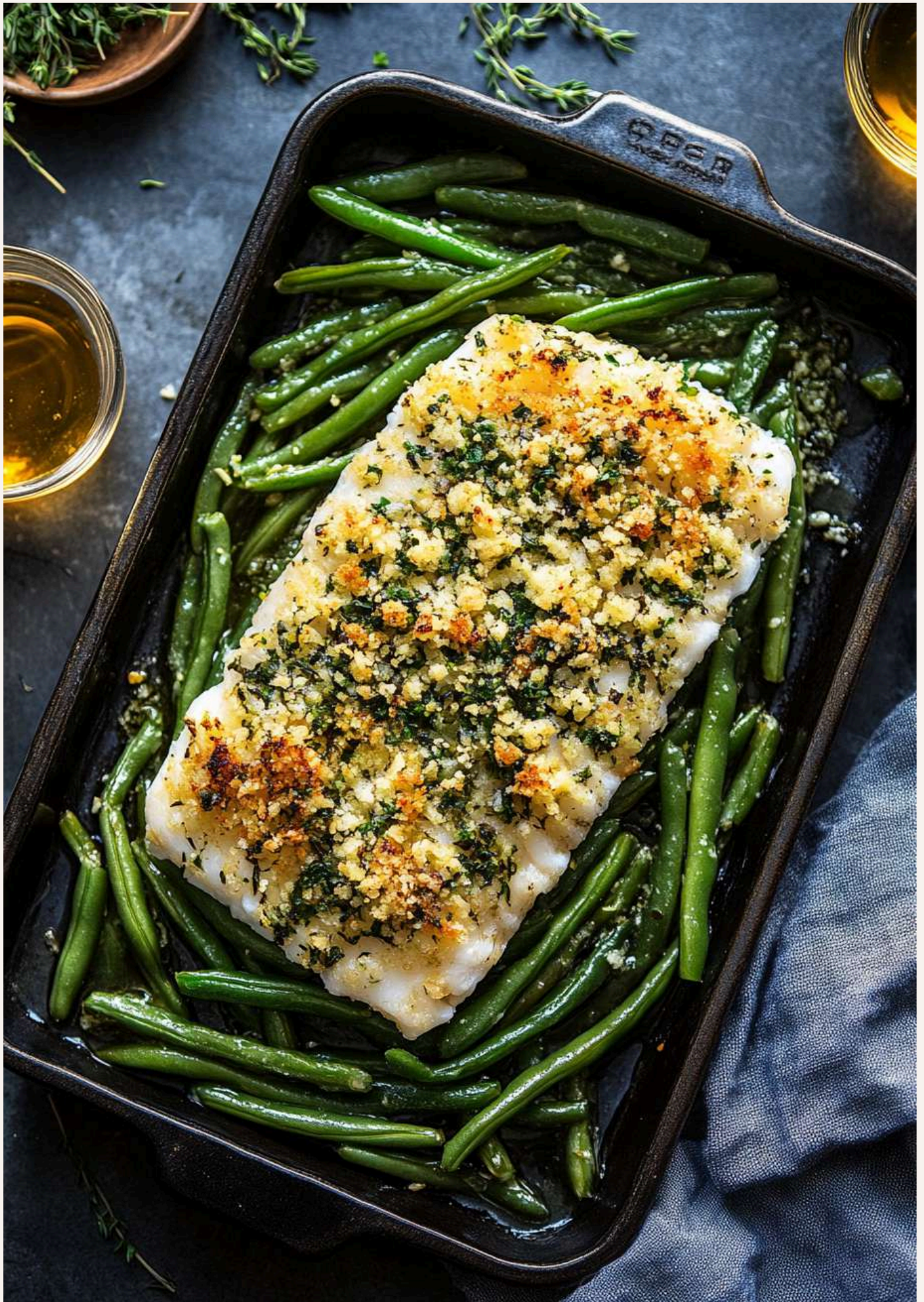
Fats



9 g

KEY INGREDIENTS

Lentils, spinach, olive oil



DAY 4

BREAKFAST: MILLET PORRIDGE WITH ALMOND BUTTER

INGREDIENTS

- 1/2 cup cooked millet
- 1/2 cup unsweetened almond milk
- 1 tbsp almond butter
- 1 tsp cinnamon
- 1 tsp pure maple syrup (optional)

INSTRUCTIONS

1. Warm millet with almond milk and cinnamon in a saucepan over medium heat.
2. Stir in almond butter and drizzle with maple syrup (if using).

DETOX BENEFITS

Millet is a gluten-free grain that supports digestion, while almond butter adds healthy fats to aid in detoxification.

NUTRITIONAL INFORMATION

Calories



320 kcal

Protein



8 g

Carbs



45 g

Fats



12 g

KEY INGREDIENTS

Millet, almond milk, almond butter, cinnamon



DAY 4

LUNCH: QUINOA AND AVOCADO SALAD WITH TURKEY

INGREDIENTS

- 1/2 cup cooked quinoa
- 1 organic turkey breast, grilled and sliced
- 1/2 avocado, diced
- 1 cup mixed greens (spinach, romaine)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Sea salt and pepper to taste

INSTRUCTIONS

1. Toss quinoa, avocado, and mixed greens with olive oil and lemon juice.
2. Top with grilled turkey slices.

DETOX BENEFITS

Quinoa provides fiber for healthy digestion, and avocado adds healthy fats to help with nutrient absorption.

NUTRITIONAL INFORMATION

Calories



400 kcal

Protein



28 g

Carbs



30 g

Fats



20 g

KEY INGREDIENTS

Quinoa, turkey, avocado, mixed greens



DAY 4

DINNER: ROASTED CHICKEN WITH CAULIFLOWER AND GARLIC

INGREDIENTS

- 1 organic chicken thigh, roasted
- 1 cup cauliflower florets
- 2 cloves garlic, minced
- 1 tbsp olive oil
- Sea salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Toss cauliflower and garlic with olive oil and roast for 25-30 minutes until tender.
2. Roast chicken thigh until fully cooked and golden brown. Serve with roasted cauliflower.

DETOX BENEFITS

Cauliflower contains sulfur compounds that support detox, and garlic is a natural detoxifying agent.

NUTRITIONAL INFORMATION

Calories



420 kcal

Protein



30 g

Carbs



10 g

Fats



28 g

KEY INGREDIENTS

Chicken, cauliflower, garlic, olive oil



DAY 5

BREAKFAST: CHIA SEED AND FLAX PUDDING

INGREDIENTS

- 1/4 cup chia seeds
- 1 tbsp ground flaxseed
- 1 cup unsweetened coconut milk
- 1 tsp pure maple syrup
- 1/4 cup berries (optional)

INSTRUCTIONS

1. Mix chia seeds, ground flaxseed, coconut milk, and maple syrup. Let sit for 4 hours or overnight.
2. Top with berries before serving.

DETOX BENEFITS

Chia and flaxseeds are rich in fiber and omega-3s, which help flush out toxins and reduce inflammation.

NUTRITIONAL INFORMATION

Calories



340 kcal

Protein



10 g

Carbs



24 g

Fats



22 g

KEY INGREDIENTS

Chia seeds, flaxseed, coconut milk



DAY 5

LUNCH: SPINACH AND WALNUT SALAD WITH GRILLED FISH

INGREDIENTS

- 1 wild-caught white fish fillet (e.g., cod or haddock)
- 2 cups spinach
- 1/4 cup walnuts, chopped
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Sea salt and pepper to taste

INSTRUCTIONS

1. Grill the fish fillet until cooked through.
2. Toss spinach and walnuts with olive oil and lemon juice, and serve the fish on top.

DETOX BENEFITS

Spinach is loaded with chlorophyll, which helps detoxify the liver, while walnuts provide omega-3s for brain and heart health.

NUTRITIONAL INFORMATION

Calories



420 kcal

Protein



34 g

Carbs



10 g

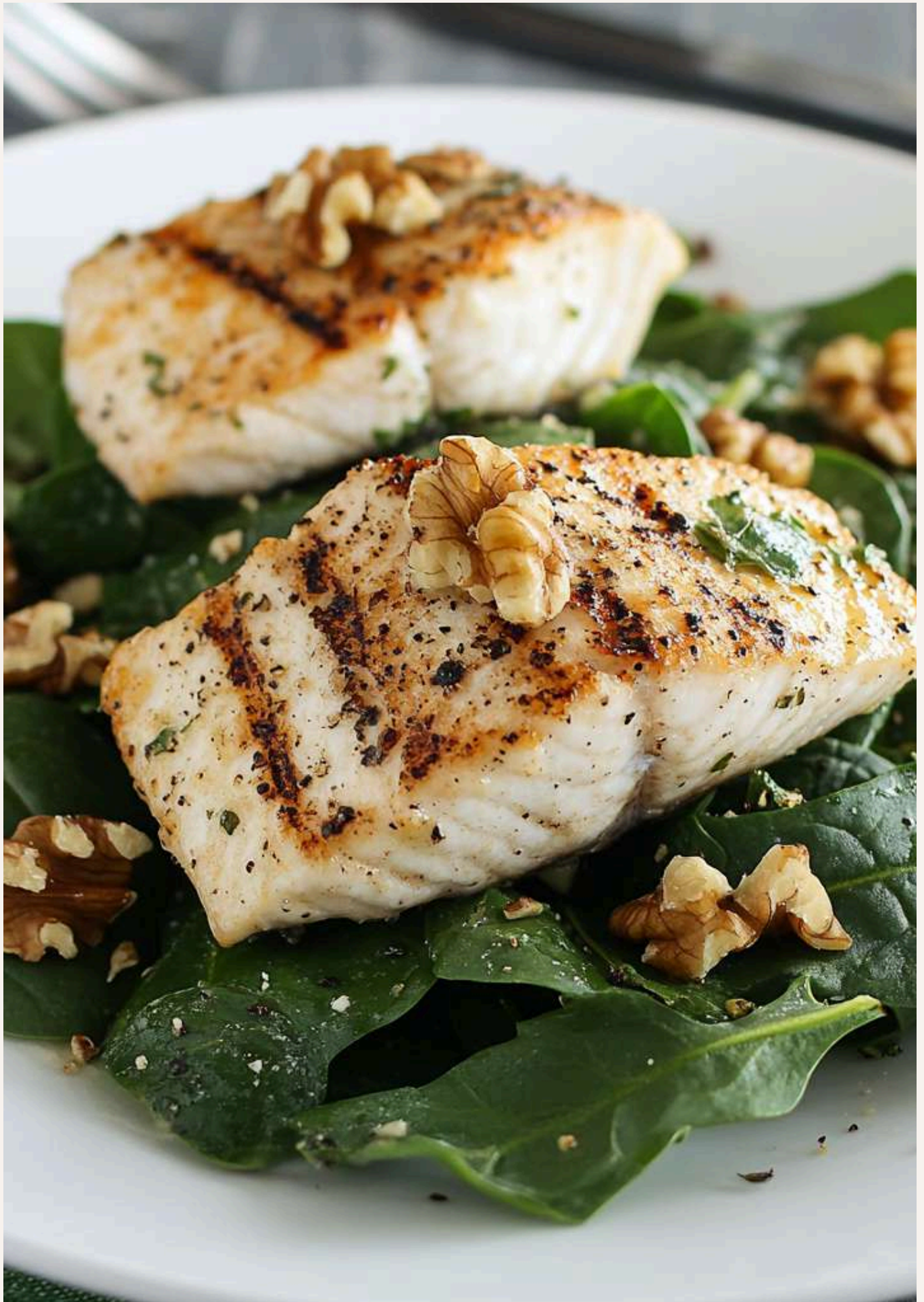
Fats



28 g

KEY INGREDIENTS

Fish, spinach, walnuts, olive oil



DAY 5

DINNER: ZUCCHINI NOODLES WITH GRILLED TURKEY

INGREDIENTS

- 2 zucchini, spiralized into noodles
- 1 organic turkey breast, grilled and sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp fresh parsley, chopped
- Sea salt and pepper to taste

INSTRUCTIONS

1. Toss zucchini noodles with olive oil, lemon juice, and parsley.
2. Top with sliced grilled turkey and serve.

DETOX BENEFITS

Zucchini is a low-calorie vegetable that supports hydration and digestion, while turkey offers lean protein.

NUTRITIONAL INFORMATION

Calories



380 kcal

Protein



30 g

Carbs



10 g

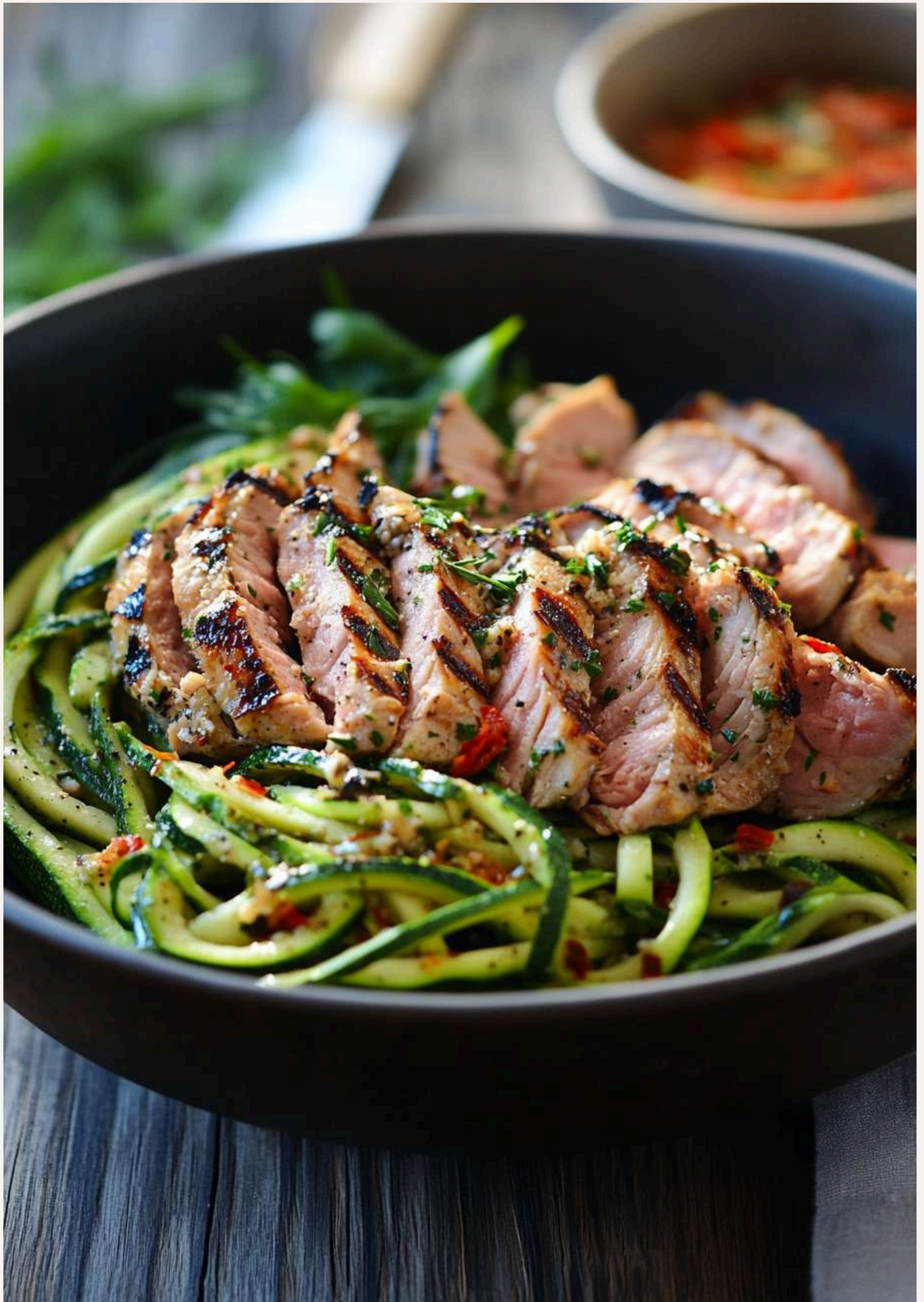
Fats



24 g

KEY INGREDIENTS

Zucchini, turkey, parsley, olive oil



DAY 6

BREAKFAST: ALMOND BUTTER AND BANANA SMOOTHIE

INGREDIENTS

- 1 banana
- 1 tbsp almond butter
- 1/2 cup unsweetened almond milk
- 1 tbsp chia seeds
- 1 tsp cinnamon

INSTRUCTIONS

1. Blend all ingredients together until smooth.

DETOX BENEFITS

Bananas are rich in potassium to support hydration, and almond butter provides healthy fats that nourish the body.

NUTRITIONAL INFORMATION

Calories



320 kcal

Protein



8 g

Carbs



42 g

Fats



16 g

KEY INGREDIENTS

Banana, almond butter, almond milk



DAY 6

LUNCH: QUINOA AND LENTIL BOWL WITH ROASTED VEGGIES

INGREDIENTS

- 1/2 cup cooked quinoa
- 1/2 cup cooked lentils
- 1/2 cup roasted broccoli
- 1/2 cup roasted carrots
- 1 tbsp tahini
- 1 tbsp lemon juice

INSTRUCTIONS

1. Toss quinoa and lentils together and top with roasted vegetables.
2. Drizzle with tahini and lemon juice before serving.

DETOX BENEFITS

Lentils and quinoa provide fiber and plant-based protein, while tahini offers healthy fats and nutrients for detox support.

NUTRITIONAL INFORMATION

Calories



420 kcal

Protein



18 g

Carbs



55 g

Fats



12 g

KEY INGREDIENTS

Quinoa, lentils, broccoli, tahini



DAY 6

DINNER: ROASTED BRUSSELS SPROUTS AND SALMON

INGREDIENTS

- 1 wild-caught salmon fillet
- 1 cup Brussels sprouts, halved
- 1 tbsp olive oil
- Sea salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 400°F (200°C). Toss Brussels sprouts in olive oil, salt, and pepper, and roast for 20-25 minutes.
2. Grill or bake salmon until cooked through, and serve with the roasted Brussels sprouts.

DETOX BENEFITS

Brussels sprouts are rich in glucosinolates, which promote detoxification enzymes in the liver, while salmon provides anti-inflammatory omega-3s.

NUTRITIONAL INFORMATION

Calories



450 kcal

Protein



35 g

Carbs



12 g

Fats



30 g

KEY INGREDIENTS

Salmon, Brussels sprouts, olive oil



DAY 7

BREAKFAST: COCONUT YOGURT WITH NUTS AND SEEDS

INGREDIENTS

- 1/2 cup unsweetened coconut yogurt
- 1 tbsp chia seeds
- 1 tbsp pumpkin seeds
- 1 tbsp chopped walnuts
- 1 tsp pure maple syrup (optional)

INSTRUCTIONS

1. Mix coconut yogurt with chia seeds, pumpkin seeds, walnuts, and maple syrup.

DETOX BENEFITS

Chia seeds and pumpkin seeds provide fiber and essential fatty acids that support gut health and detoxification.

NUTRITIONAL INFORMATION

Calories



320 kcal

Protein



8 g

Carbs



20 g

Fats



24 g

KEY INGREDIENTS

Coconut yogurt, chia seeds, walnuts



DAY 7

LUNCH: SPINACH AND QUINOA SALAD WITH GRILLED CHICKEN

INGREDIENTS

- 1 organic chicken breast, grilled and sliced
- 1 cup cooked quinoa
- 2 cups spinach
- 1/4 avocado, diced
- 1 tbsp olive oil
- 1 tbsp lemon juice

INSTRUCTIONS

1. Toss spinach, quinoa, and avocado with olive oil and lemon juice.
2. Top with grilled chicken.

DETOX BENEFITS

Spinach is packed with chlorophyll, which helps detoxify the body, and avocado adds healthy fats for nutrient absorption.

NUTRITIONAL INFORMATION

Calories



450 kcal

Protein



32 g

Carbs



28 g

Fats



24 g

KEY INGREDIENTS

Chicken, spinach, quinoa, avocado



DAY 7

DINNER: GRILLED LAMB WITH SWEET POTATOES

INGREDIENTS

- 1 lamb chop, grilled
- 1 small sweet potato, diced and roasted
- 1 tbsp coconut oil
- Sea salt and pepper to taste

INSTRUCTIONS

1. Grill lamb chop until cooked to your preference.
2. Roast sweet potatoes in coconut oil until tender, and serve alongside the lamb.

DETOX BENEFITS

Sweet potatoes provide complex carbohydrates and antioxidants to support digestion, while lamb offers protein for tissue repair.

NUTRITIONAL INFORMATION

Calories



480 kcal

Protein



28 g

Carbs



35 g

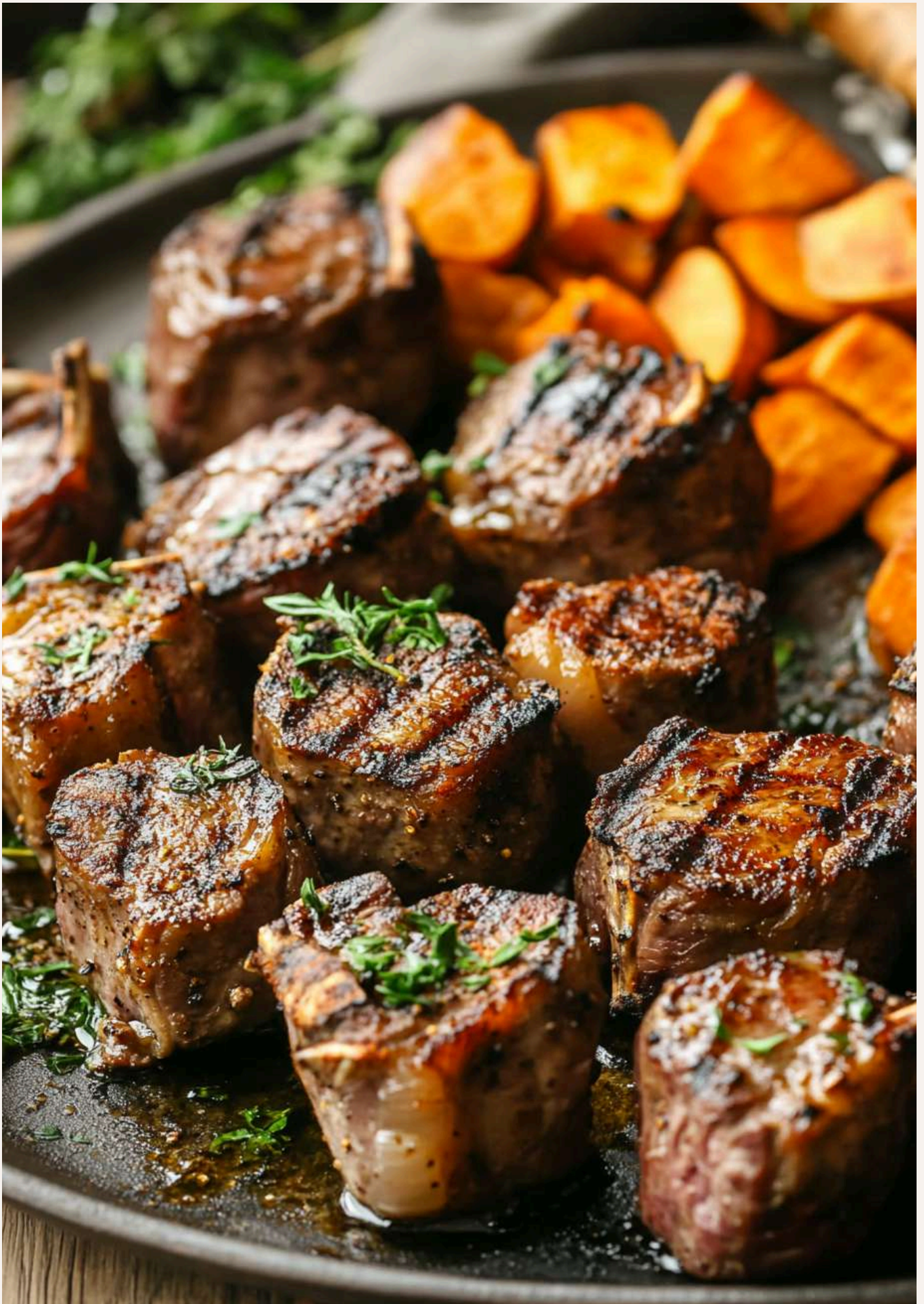
Fats



28 g

KEY INGREDIENTS

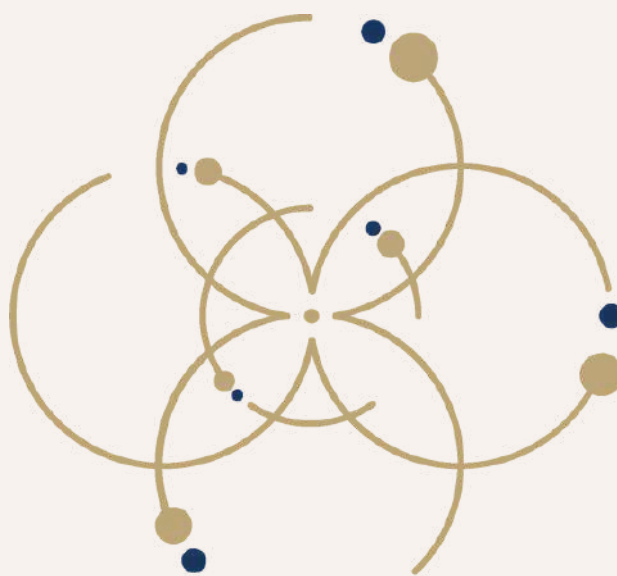
Lamb, sweet potato, coconut oil



Extend the Benefits Beyond 7 Days

Congratulations on completing Dry Toxin January! By now, you've likely experienced the incredible benefits of a toxin-free lifestyle—improved energy, better digestion, and a clearer mind. While 7 days is a powerful start, continuing these detox habits for 21 days will help you solidify the progress you've made and further support your body's natural cleansing processes.

Ready to go deeper? Extend the cleanse to 21 days for long-lasting results and continue feeling your absolute best. Here's to a healthy, vibrant you—this month and beyond!



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