



Detoxification Plan



Congratulations

you've made it through the first week of detox! **Good job!**

We are proud of being a part of your journey to wellness.



Now, onto week 2 of clean eating.

As much as we are told our feelings aren't always valid fortunately with our health our body communicates through our feelings to know feelings are relevant.

How did you find this first week of your wellness journey? Some of the things I noticed when I started my wellness journey 8 years ago—better sleep, more energy, and a curious sense of calmness.

Intermediate fasting: We're familiar with that now. We don't need to eat all day long; we should only eat when hungry but stay hydrated.

This week we will get a little more personal- (wellness is Bio-individual)

Eat more of the meals that made you feel energized and stay away from the meals that made you feel tired or weak after eating

You will visit the rest room less cause our body is using almost everything we are consuming at this time- it's nothing to worry about – Remember –Stay Hydrated Minimum of 2litre water a day

When you fall off the healthy-eating wagon, get right back on. This is a journey, not a destination! We are breaking years of junk addiction

Substitute: If you are addicted to Soda sugar drink please replace with Soda water also known as sparkling water

Remember when you are thirsty your body simply craves and demands water not soda/ colored or sugar water (also known as soft drink)

Eat only when you are Hungry and remember you eat to be full

Week 1	Fast	USING OUR MEAL TYPE
Day 8	14-18 hour	Only One meal a day- Preferably only when you are hungry
Day 9	18 hours	Only One meal a day- Preferably only when you are hungry
Day 10	18 hours	Only One meal a day- Preferably only when you are hungry
Day 11	18/20 hours	Only One meal a day- Preferably only when you are hungry
Day 12	18/20 hours	Only One meal a day- Preferably only when you are hungry
Day 13	18/20 hours	Only One meal a day- Preferably only when you are hungry
Day 14	20hours	Only One meal a day- Preferably only when you are hungry

Drink at least 2litres of water in a day

OUR MEAL TYPE

**Now you know the meals that
make you feel better and satisfied**

You should eat more of those meal that makes you
feel energized and satiate

*CHICKEN

* BEEF

* SALADs – Chicken salad, tuna salad with cream
(Without sugar)

* Swallow with soup (only, oat meal or amala) (No
semolina, no eba no wheat) Soup of any kind-
Egusi and vegetable soup is a very filling soup

* Quinao Rice

* Smoothie

**PAY ATTENTION TO HOW YOU
FEEL AFTER EVERY MEAL
(ENERGITIC OR TIRED)**

NOTES

- Eat to be full. And eat only when hungry
- If you are craving , crowd out your craving / substitute with an health alternative E.g: Sugar drink – Smoothie containing pineapple – Can't resist that coke craving get the coke take $\frac{1}{4}$ of it and dilute with water and drink- DO NOT FINISH THE WHOLE BOTTLE – You will feel bad drinking it but It will help you control yourself next time- remember it's a process
- Herbal/Medicinal Teas are allowed
- No exercise: A 30mins Walk/ stroll is okay. Remember be gentle on yourself – Wellness is not apart from gentle strolls or easy yoga. However much you feel like it please take it easy.
- We need the body to heal. Please try and give room for rest. If you normally drive, how about taking an Uber to work and back on those days. Get help to plan your family meals so you don't have to do much and stay away from the kitchen. BE FOCUSED!!! You are on nature's operating table.
- MAKE YOUR MEALS CLEAN

During the fourteen days, I'll be challenging your beliefs about what's healthy and what our bodies are capable of when it comes to preventing and healing disease.

I want to encourage you pay attention to how every meal makes you feel (energetic or tired).

Get anyone you love to join the challenge. Not only will they make great accountability partners but you'll be healing the circle of people around you as well. The beautiful thing is when we heal together we not only heal ourselves but we transform the people we love too.

CONTACT



08185079084



Info@organic.ng



<https://organic.ng/>



7, Ogunsiji Close, Allen,
Ikeja.



Organicshoppe