



Amie's FREE 3 Day Detox Diet

Welcome to your 3 Day Detox Diet. I'm so glad you are here. This free detox is a preview of how I healed my body from a decade of chronic illness by eating whole foods and detoxing from processed foods, chemicals and so much more.

After years of struggling with mysterious illnesses, visiting doctor after doctor, taking test after test, and spending hundreds of thousands of dollars on my health, it all boiled down to one simple answer for me: toxicity.

Our bodies were built to deal with natural pollution created by digestion, respiration, and metabolism, but they're not designed to handle the enormous amount of artificial pollutants we're exposed to in today's chemical-filled world. The only way to deal with this toxic overload is to assist the body's natural self-cleansing mechanisms with detoxing.

While Western docs had been telling me to eat conventional dairy for calcium and assuring me that gluten was fine based on nearly a dozen colonoscopies and endoscopies—despite the fact that glutinous grains made me feel bloated, lethargic, and sick—[my integrative and functional doctors](#) found quite the opposite. In fact, gluten and dairy—in addition to soy, refined sugar, corn, eggplant, eggs, peanuts, processed foods, and more—were big contributors to my problems. (And, you guessed it, you won't find any of these ingredients in this detox plan, on my website, [TheHealthyApple.com](#), and in my best-selling cookbook, *[Eating Clean: The 21-Day Plan to Detox, Fight Inflammation, and Reset Your Body!](#)*)

A few months after my detoxification began, I did a detox elimination diet (which I've outlined for you in my cookbook). Through the

21 Day Elimination Diet, I was able to identify what foods were causing inflammation in my body.

I removed all processed, packaged foods from my diet, as well. I avoided literally anything in a package because of preservatives, colors, and dyes. Even seemingly harmless things like emulsifiers and food-grade fillers are hard for the body to detoxify.

Also off limits were any canned foods, because heavy metals in the lining can seep into the food. I ruled out conventionally (meaning “nonorganic”) farmed crops because of the high levels of toxic pesticides. For me, organic wasn’t a luxury anymore; it was my only option.

Here are a few things I learned along my journey that I hope can help you get started on your journey to vitality and wellness.

If a food makes you feel lousy, it’s not for you.

I don’t care what’s trending or hot or highly recommended by the buzziest superstar or bestselling author. *You* are the expert on what you can eat. Your friend, trainer, or mom may swear up and down that unpasteurized dairy is the golden key to health or that millet is king, but if it makes you feel ill, pass it up.

Same goes for animal protein: some people swear you shouldn’t eat it, but there’s no need to feel guilty if you feel your best after eating a grass-fed burger. The right foods for you should make you feel satisfied and energized, not sick and sleepy. There is no preordained, across-the-board “right,” just what’s right for you.

Detox is not the same thing as a juice cleanse. Not even close.

This is a common mistake. Take spinach, a powerhouse green and juicing favorite. It’s also one of the most contaminated vegetables when it comes to pesticides. It’s on the Environmental Working Group’s (EWG’s) Dirty Dozen list for that reason.

Apples are another example of a healthy food often used in juice cleanses that can be full of toxins. (Conventional apples rank number-one on EWG’s Dirty Dozen list. See my website for the full list.) Putting them in a blender together with other fruits and veggies and drinking the resulting mixture through a straw doesn’t make them healthier. You’ll just be delivering the toxins to your body in super easy-to-digest form.

The best way to detox, in my book, is to go organic and remove toxic exposures making you sick, fat, and bloated. (More on that in my book).

Detox is a way of life.

You can't detox over a single weekend; there is no shortcut. If you care about your health, detox needs to be an ongoing process that becomes a way of life. Instead of approaching it in fits and bursts, it's better to develop a deep understanding of the harmful environment we live in, and then bring that awareness to everyday life, gradually eliminating toxins from the body.

Every. Single. Day.

There's more to healthcare than Western medicine.

Western medicine (also known as conventional or allopathic medicine) has its place, no question. It saves lives every day. But where it excels in emergencies, it falls short on day-to-day lifestyle guidance.

Why? Your physician does not go home with you. (If he does, can I have his number, please?) No one knows what you experience but you. Most doctors are highly skilled in one area, but don't have the time or expertise to know what lifestyle changes you need.

I highly recommend you do your homework on different kinds of integrative and functional medicine doctors. Check out my website, www.TheHealthyApple.com for more information on integrative and functional medicine. These are MDs who treat the body as a whole, looking not just at the physical self, but the mental and emotional self, too. I didn't stop searching until I found an integrative medical team that could help me get my life back, and they did. So even if you are struggling, don't give up! There are options beyond Western medicine.

One more crucial thing to keep in mind: *you're* the expert on your body. Explore what methods and practices make you feel best, and share these notes with your doctor at each visit. You might just pass along something useful to someone else, and it will go a long way in enabling your doctor to combine his wisdom with yours. You and your doctor are a team. It's time to start playing your part.

Feed your body, not just your belly.

Hunger and appetite together drive you to do one very important thing: eat. When you feel that pang of hunger, you know what you need to

do. But eating is about more than just quieting your appetite. You do not subsist on calories alone; you need a spectrum of nutrients and vitamins to feed your body on a cellular level.

Foods have so much more to them than calories, and yet many people think caloric intake is the bottom line. *Au contraire*, my friend! The number of calories a food has is merely information, and as with any other kind of information, less isn't necessarily better, just as more isn't necessarily bad.

A 100-calorie snack pack is in no way equal to 100 calories of an avocado. Counting calories is the last thing you should worry about when you're trying to eat clean. A handful of nuts may be calorically dense, but there's a lot of goodness packed in there you can't get somewhere else.

Choose foods based on how they nourish every cell in your body, rather than by how many calories you believe they will glue to your waistline. When you're eating clean, believe it or not, those calories don't add up to love handles and saddlebags.

Processed foods can't hold a candle to one-ingredient foods.

Food in its whole form is the healthiest version. That's my rule of thumb, and it should be yours. The majority of what you eat should have one ingredient. What's in cabbage? Cabbage. What's in an orange? An orange. If most of your meals come from a box, then it's worth rethinking your diet.

Because we live in the twenty-first century, I get that there are a fair amount of packaged convenience foods you probably won't cut completely out of your life. If the only way to know what you're eating is to read about it on the side of the package, though, you are, as I always say, eating sawdust.

The more a food is processed, the less of its original nutrition remains. Sure, some foods need to be heated to make them palatable and to ease digestion, but I'd rather you do more of the processing yourself, be it heating, blending, or chopping, and leave less of it to manufacturers.

Pay now or pay later—organic is cheaper than medical bills. (Trust me.)

The point of eating organic is not to reap more nutrients. The reason you should choose organic is to avoid toxins like pesticides, growth

hormones, antibiotics, and herbicides found in conventional foods, which are making you sick.

Every time we pick up a fork, we choose whether we put chemicals in our bodies or not. Your food makes the biggest difference; you can live a healthy life (like I did), but if you continue to eat conventional foods and expose yourself to hidden chemicals, you'll probably end up sick from toxicity at some point.

No one educated me on this subject. Western medicine doctors didn't know, my family didn't know, I didn't know, no one knew. It wasn't until after I started working with integrative doctors that I realized biting into a juicy conventional cucumber that had been sprayed with toxic pesticides and herbicides was like eating something sporting one of those warning labels you find on chemicals underneath the sink.

Somewhere along the line we've gotten the idea that food shouldn't cost us anything. Not true. The total sum of my medical bills came to just shy of half a million dollars. And no, it wasn't all covered by insurance. Yet we're so enamored with getting a great deal that we're bargaining with our health, and our lives.

Good, healthy food is perhaps the greatest investment you can make in yourself and your future. You have one body, and it has to last. So before you give in to the urge to save a few bucks by opting for conventional strawberries or factory-farmed eggs, think about what you're worth. If your health doesn't seem worth it to you (and that's a whole other discussion), consider that you're paying not only for the quality of the food itself, but for the many hands that helped cultivate it in a way that's least harmful to the earth and to your family. A healthy world makes for a healthier population.

Now let's get started!

TIPS for WHAT to Eat:

- Fresh fruits and veggies
 - Brussels sprouts, cabbage, spinach, broccoli, kale, asparagus, berries, cherries, peaches, plums, rhubarb, pears, apples, cantaloupes, grapes, kiwi and melons. Frozen berries also work (look for organic fruits and veggies).
- High quality protein
 - Raw nuts and seeds (except no peanuts), lentils, chickpeas, and other beans, fresh cold-water fish (no farmed fish) such as sable, salmon, small halibut, sardines and herring.
- Gluten-Free whole grains

- Quinoa, millet, amaranth, teff, buckwheat, sorghum, wild rice, brown rice, black rice.
- Focus on Anti-Inflammatory Foods to reduce inflammation
 - Omega 3's: Eggs, omega 3 rich oils, fish (listed above).
 - Dark leafy green veggies (such as kale, collard greens, Swiss chard, spinach)
 - Orange sweet potatoes.
 - Raw nuts and seeds (ground flaxseeds, pumpkin seeds, macadamia nuts, walnuts, almonds, sunflower seeds, sesame seeds, etc.).
 - Berries.
 - Fresh herbs such as rosemary, ginger, turmeric.
 - Fresh parsley and fresh cilantro.
 - Freshly squeezed lemon juice (added to water to drink throughout the day).
- Eat more antioxidant-rich foods
 - Dark leafy green veggies such as spinach, collards, kale.
 - Yellow and orange veggies.
 - Anthocyanidins (berries, beets, pomegranate, grapes)
- Detox foods
 - Cruciferous veggies (broccoli, Brussels sprouts, cauliflower, bok choy, Chinese cabbage, collard greens, kale), garlic, artichokes, cilantro, dandelion greens, watercress, citrus peels, cocoa, arugula, pomegranate and onions.
- Superfoods
 - Coconut oil, extra-virgin olive oil, almond butter, walnut butter, (hemp, chia, pumpkin, sesame and ground flaxseeds), coconut milk, unsweetened almond milk, low sodium vegetable broth, sea salt, freshly ground pepper, turmeric, cayenne pepper, rosemary, chili powder, sage, oregano, cinnamon, parsley and cumin. All fresh and dried herbs, unsweetened coconut flakes, coconut aminos.

WHAT to NOT Eat:

- Gluten
- Dairy
- Soy
- Sugar (pure maple syrup and honey only)
- Peanuts
- Corn
- White potatoes
- High fructose corn syrup
- Processed foods and juices, sodas, etc.
- Canned foods
- Processed oils (corn, sunflower, peanut, canola, safflower)

- Large fish such as tuna, shark, swordfish
- Alcohol
- White flour and all-purpose flours
- Refined sugar
- Artificial sweeteners
- Caffeine

DAY 1

Detoxifying Breakfast Smoothie

Serves 1

Ingredients

- 1 cup frozen blueberries
- Juice of 1/2 small lemon
- 1 Tbsp. creamy almond butter
- 1 tsp. coconut oil
- 1 Tbsp. hemp seeds
- 1 Tbsp. chia seeds
- 4 raw walnut halves
- 2 Tbsp. ripe avocado, peeled, pitted and cored
- 1/2 cup unsweetened almond milk
- 1/2 cup purified water, plus more if needed

Directions

Puree all ingredients until smooth; about 3 minutes. Add more water or ice if needed for desired thickness.

Other Breakfast Recipe Ideas from Amie: [HERE](#).

Lunch

Make Your Own Salad: *Use these tips for every salad you make.*

- Base (Choose 1): dark leafy salad greens such as mixed salad greens, arugula, spinach, kale, Swiss chard
- Veggies (Choose 2-3): celery, jicama, carrots, broccoli, cauliflower, cabbage, fennel, radicchio, snap peas, green beans, shallots, zucchini, endive, onions, chives, scallions, radish, cilantro, mint, parsley, dill

- Healthy Fat (Choose 1): ¼ ripe avocado, 2 Tbsp. raw almonds, walnuts, sunflower seeds, sesame seeds, hemp seeds, ground flaxseeds, chia seeds or pumpkin seeds)
- High Quality Protein (Choose 1): Organic chicken, turkey, omega 3 wild salmon, beans, legumes, hummus, nut or seed butter such as (almond butter, walnut butter and cashew butter)
- Dressing (Choose 1): 1 ½ Tbsp. tahini (sesame seed butter), 1 Tbsp. extra-virgin olive oil, juice of 1 large lemon whisked together.
- Recipe Idea: [Ribbon Butternut Squash Salad](#)
- Other Lunch Recipe Ideas [HERE](#).

Dinner

- Lean Protein: see above (4-6 ounces per person)
- Base of Greens: *see above*
- Add antioxidants such as turmeric, garlic, onions
- Healthy fat: *see above*
- Recipe Idea: [Wild Rice Powerhouse Bowl with Basil Garlic Sauce](#)
- Other Dinner Recipe Ideas [HERE](#).

Snack Ideas

- 4 Tbsp. raw walnuts or almonds with 1 fresh apple or pear (OR)
- 2 Tbsp. hummus (such as Pacific foods or Hope organic hummus or homemade hummus) served with raw or steamed veggies such as zucchini, cucumbers, carrots, radishes (OR)
- 1 Tbsp. creamy almond butter with sea salt served with my [Flourless Almond Crackers](#) or raw or steamed veggies such as zucchini, cucumbers, carrots, radishes (OR)
- Recipe Idea: [Black Bean & Tahini Dip](#) with raw or steamed veggies
- Other snack Ideas [HERE](#).

DAY 2

Breakfast

[Cinnamon Pecan Oatmeal](#)

Lunch

[Roasted Fennel Salad](#)

Dinner

[Sorghum Chickpea Bowl](#)

Snack

[Rosemary Almond Flour Crackers](#)

DAY 3

Breakfast

[Warm Quinoa Almond Breakfast Sundae](#)

Lunch

[Irresistible Detox Salad](#)

Dinner

[The Best Quinoa Salad](#)

Snack

[Mini Sunflower Seed Cranberry Balls](#)

For the full 21-Day Detox, you can order my best-selling cookbook and detox cookbook, [*Eating Clean: The 21-Day Plan to Detox, Fight Inflammation and Reset Your Body.*](#)

