

# 1-DAY DETOX

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# 1-DAY DETOX



## Welcome!

I get a lot of questions about what I do to detoxify my body. The truth is, each and every day I eat foods, or drink plenty of good-for-you herbal tea and water that I really don't need to detox too often.

If our body is healthy, we really shouldn't need to detox or cleanse. But if there is a **problem losing weight** despite eating great, or if you just want to **de-gunk your body**, then this simple 1-Day Detox might help.

The 1-Day Detox that follows is just that - 1 day. It's food-based, so you're not fasting. For this day, it's also **caffeine free, dairy free and vegetarian**.

You can resume eating your typical healthy diet the following day, but here are a few tips to help make this 1-Day Detox as successful as possible:

- 1)** If you're very sensitive to caffeine withdrawal, start weening off caffeine at least 3 days prior.
- 2)** Plan out your shopping list. This is a really simple plan, so it shouldn't surprise you if you find that you have some of the ingredients already in your kitchen.
- 3)** Prep your foods. My advice is to make the tea, hummus and dressing in advance. Also, go ahead and chop your vegetables so it's one less thing you have to do.
- 4)** Stay positive. It's only one day, and so worth it!

Stay healthy, Traci

# 1-DAY DETOX



## The Schedule

### Early AM (within 15 minutes of waking)

- 12 ounces of room temperature water with 1 ounce of lemon juice
- 1 cup of tarragon ginger tea (warm or room temp) *(recipe below)*

### Mid Morning Breakfast (2 - 3 hours after waking)

- 12 ounces of room temperature water
- 1 cup tarragon ginger tea
- SuperClean Protein Smoothie *(recipe below)*

### Afternoon Snack #1 (between 12:30 – 1:30pm)

- 2 cups tarragon ginger tea
- 1 to 2 cups raw vegetables + 3 ounces hummus *(recipe below)*

### Afternoon Snack #2 (between 3:00 – 5:00pm)

- 2 cups tarragon ginger tea
- 1 cup berries (unsweetened) + 1 tbsp almond or cashew butter

### Dinner (between 6:00 – 7:00pm)

- 1 cup room temperature water with 1 ounce of lemon juice
- 2 cups Veggie Chili w/ mixed green salad and Cleanse Dressing *(recipes below)*

### Pre-Bedtime (8:00 - 9:00pm)

- 2 cups tarragon ginger tea

# TARRAGON GINGER TEA



This tea is full of the benefits you'll need for the 1-Day Detox. This tea is helps to **reduce inflammation, control blood sugar levels** (you won't feel as hungry), **kill bad bacteria** in your gut and **improve the detoxification** process in the liver.

Yields 8 Cups

- 8 sprigs of fresh tarragon (if using the dried leaf, it's about 5 tbsp)
- 4 inches of fresh ginger, peeled and sliced
- 8 cups of water

Simply add the tarragon and ginger to 8 cups of water. Bring to a simmer (not a boil). Remove from heat and cover for 15 minutes to steep.

Store leftovers in the refrigerator. It's best of this tea is consumed within three days to get the most out of the nutrients.

This is the perfect amount of tea for the one day cleanse, and exactly what you'll need to help give your body a boost of anti-inflammatory nutrition.

# SIMPLE & CLEAN HUMMUS



A combination of protein, healthy fat and carbohydrates, this hummus is filled with all the ingredients that will help boost your energy through the 1-Day Detox.

Yields 4 Servings

- 1 can garbanzo beans, drained
- 1/4 c. extra virgin olive oil ([California Olive Ranch](#) is my favorite)
- 3 tbsp tahini (sesame paste)
- 1 clove crushed garlic
- 1 1/4 tbsp lemon juice
- 1/2 tsp cumin
- a dash of sea salt

Simply blend all ingredients until smooth.

Serve immediately with fresh-cut veggies and pita, or store in an airtight container and refrigerate for up to three days.

# SUPERCLEAN PROTEIN SMOOTHIE



One of my favorite additions to the 1-Day Detox, the SuperClean Protein Smoothie is a plant-based, fiber-filled, nutrient-dense staple.

Why plant-based? Whey or dairy-based protein powders can trigger inflammation. For the 1-Day Detox, stick with plant-based to ensure inflammation doesn't creep up, stalling your detox or weight loss goals.

Yields 1 Serving

- 1 ½ cups water
- ½ avocado
- 1 cup fresh or frozen berries
- 1/2 tsp cinnamon
- 1 serving protein powder (I like [Orgain Organic Protein Powder](#))

Combine all ingredients together. Enjoy immediately.

# VEGGIE CHILI



You've got nothing but anti-inflammatory vegetables in this delicious, simple and super healthy veggie chili. Chop up a few vegetables and get cooking.

Yield 4 Servings

- 1 1/2 tbsp coconut oil or olive oil
- 2 14.5 oz can tomato puree
- 2 carrots, chopped (if small, use three)
- 1 medium yellow onion. chopped
- 1 1/2 c. mushrooms, chopped
- 1 green zucchini, chopped
- 1 yellow pepper, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced

## Chili Powder

- 2 Tablespoons paprika
- 1 teaspoons oregano
- 1 tsp curry powder (optional)
- 1 1/2 teaspoons cumin
- 1 1/2 teaspoons garlic powder
- 3/4 teaspoon turmeric powder
- 3/4 teaspoon cayenne pepper

Note: This chili powder is only enough for one recipe. I highly recommend making more, storing it in a mason jar and using again and again. It stores well for up to six months.

## Instructions

- Heat oil in stockpot.
- Add onion and sauté until translucent.
- Add garlic and sauté for another two minutes.
- Add tomatoes, remaining vegetables and chili seasoning to crockpot.
- Stir all ingredients together, bring to a simmer for about 30 minutes, or until vegetables are cooked.

# CLEANSE DRESSING



This is the base dressing for the 3 Day Cleanse in [The Belly Burn Plan](#). I incorporate this dressing liberally on my salads, and it's the perfect dressing to use in the 1-Day Detox.

Yields 8 Servings

- ½ cup apple cider vinegar (I like [Bragg Organic ACV](#))
- ¼ cup honey
- ¼ cup olive oil
- 1 tablespoon lemon juice
- 4 cloves garlic, minced
- Dash of salt and pepper

Whisk all of the ingredients together in a medium bowl. Store and refrigerate in a sealed container for up to three months.

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