

7^{DAY} DETOX

METABOLIC RESET

PURE's 7-Day Detox, when combined with a healthy diet and exercise, was developed to help your body eliminate environmental toxins and waste, help you avoid processed foods, added sugars, and refined flour and help you grow accustomed to eating whole foods. During PURE's 7-Day Detox, as you break unhealthy eating habits, your energy levels will soar, you will find newfound mental clarity and focus and you will likely shed a few extra pounds along the way.*

FOOD GUIDE

In preparation for PURE's 7-Day Detox, it is important to stock your pantry and refrigerator with healthy foods. Prior to your detox, shop for fresh fruits and vegetables. Whole grains and plant-based protein can be kept dry and stored in airtight containers. Animal protein (preferably free range, grass fed and hormone free) can be purchased fresh or frozen and stored appropriately. Use this Food Guide to help you prepare a shopping list, then review the Daily Calendar for food quantities.

PROTEIN

1 Palm-size Portion



1 PALM-SIZE PORTION

About the size of a deck of cards

Fresh Fish
Poultry (chicken / turkey)
Beef (all kinds)
Beans or Lentils
Eggs
Tofu
Tempeh

OTHER: Almond, Cashew or other Nut Milk (choose unsweetened)

1 CUP OF CASHEW MILK = 2g FAT,
1g CARBOHYDRATE and 1g PROTEIN

CARBOHYDRATE

1 Handful



1 HANDFUL

About 1/2 cup

Amaranth
Barley
Buckwheat
Bulgur
Kamut
Millet
Oats
Quinoa
Sweet Potato
Rice (brown, red, wild)

AVOID PASTA, BREAD, CRACKERS, WHITE RICE AND POTATOES

BEANS AND LENTILS CAN ALSO BE USED AS CARBOHYDRATES.

VEGETABLE

2 Handfuls



2 HANDFULS

Broccoli	Asparagus
Cauliflower	Cucumbers
Green Beans	Roots (turnip, ginger, carrot, radish, beet)
Brussels Sprouts	Snap Peas
Dark, Leafy Greens (spinach, collard greens, kale)	Squash
Mixed Greens (Lettuce: romaine, butter, red leaf, green leaf, oak leaf, cilantro)	Sweet Peppers (green, yellow, red)
Any non-starchy vegetable	Onions
	Mushrooms

AVOID CORN, GREEN PEAS AND TOMATOES

CHOOSE ORGANIC WHEN AVAILABLE.

FRUIT

Strawberries (1 cup)
Blueberries (½ cup)
Raspberries (½ cup)
Blackberries (½ cup)
1 Plum (medium-size)
1 Apple (small)
1 Tangerine
1 Kiwi (medium-size)
Cherries (½ cup)
Cantaloupe (¾ cup)

AVOID BANANAS, ORANGES, WATERMELON, PINEAPPLE, MANGO AND GRAPES DUE TO THEIR HIGHER SUGAR CONTENT.

FAT

1-2 TBSP

Olive Oil	Nuts & Seeds (¼ cup)
Organic Virgin Coconut Oil	Almonds
Flax Oil	Cashews
Hemp Oil	Pecans
Sesame Oil	Walnuts
Avocado Oil	Hazelnuts
Organic Real Butter (not margarine or spread)	Brazil Nuts
Avocado	Macadamia Nuts
	Peanuts (legume)
	Sunflower Seeds

AVOID ROASTED NUTS WITH ADDED OILS, VEGETABLE OIL, CORN OIL, PEANUT OIL AND DAIRY PRODUCTS (MILK, CHEESE, ETC.)

CONSUME FREELY

Pure Filtered Water
Broth (vegetable, chicken, beef)**
Herbal Teas (sweetened with stevia; avoid artificial sweeteners)
Dill Pickles

**Fatigue and muscle aches often associated with calorie restriction are often caused by insufficient sodium in the diet. Broth is a great way to increase sodium intake; however, avoid MSG in some bullion products. Aim for 4,000 to 7,000 mg of sodium on Cleanse days. Sodium also helps with nausea.

WATER

Adequate water intake is critical to this plan. You **MUST** consume half your body weight in fluid ounces daily. For example, if you weigh 160 pounds, strive to consume at least 80 ounces of water each day.

AVOID: SPARKLING WATER AND ALCOHOL WHEN TAKING SUPPLEMENT CAPSULES, CONSUME WITH WATER ONLY.

CAUTION: PURE's 7-Day Detox is not intended for young children. If you are pregnant, nursing, taking prescription medication or have a medical condition, DO NOT follow this program without the advice of a licensed physician. If you follow the plan beyond 7 days, you can add a shake for lunch or dinner on Cleanse days (days 13, 14, 21, 22, 27). Feeling satisfied and not feeling hungry is critical to the success of the plan. DO NOT follow this plan beyond 28 days. Cycle a 28-day detox every 60 to 90 days. PURE's 7-Day Detox can be done every 30 days. If you feel lightheaded or nauseated, feel free to consume a shake. Do not ignore these feelings.

DAILY CALENDAR

MEALS ARE HIGHLIGHTED IN ORANGE.

DAY	EARLY MORNING 15-30 minutes before breakfast + 16 FL. OZ. WATER	BREAKFAST + 16 FL. OZ. WATER	LUNCH 15-30 minutes before lunch + 16 FL. OZ. WATER	MID-AFTERNOON + 16 FL. OZ. WATER	DINNER + 16 FL. OZ. WATER	EVENING
1 CLEANSE	Metabolic ONE (2-3 capsules) GPS Hydrate (1 serving) Organic Sulfur (1 scoop or 3 capsules) Probiotic (2 capsules)	Greens (1 scoop) Mila (1 Tbsp.) GoYin (1-2 fl.oz.) Daily Build (½ oz or 2 capsules) PURE Café or ENERGY (1 serving) Optional: Superfruit juice (1 fl. oz. of each, if desired)	Metabolic ONE (2-3 capsules) GPS Hydrate (1 serving) 1 Non-Starchy Vegetable ² 1 Fat	GoYin (1-2 fl. oz.) ENERGY (1 serving) Organic Sulfur (1 serving) Daily Build (½ oz or 2 capsules) 1 Fruit or Non-Starchy Vegetable Optional: Superfruit juice (1 fl. oz. of each, if desired)	Greens (1 scoop) Mila (1 Tbsp.) Broth ³ 1 Non-Starchy Vegetable ²	HealthTrim® Cleanse (1 dropper full, or 2 capsules) MelaTrim (1-2 capsules) CalciumMK+ (1 serving) Broth or Herbal Tea (i.e. chamomile)
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DAY 8	SHAKE	DAY 9	MEAL	DAY 10	SHAKE	DAY 11 ¹	MEAL	DAY 12	SHAKE	DAY 13	CLEANSE
DAY 14	CLEANSE	DAY 15	SHAKE	DAY 16	MEAL	DAY 17	CHEAT DAY ^{1†}	DAY 18	SHAKE	DAY 19	MEAL
DAY 20	SHAKE	DAY 21	CLEANSE	DAY 22	CLEANSE	DAY 23	SHAKE	DAY 24	MEAL	DAY 25	SHAKE
DAY 26	MEAL	DAY 27	CLEANSE	DAY 28	SHAKE						

Cleanse is not recommended for daily use and should be used for a 7-10 day cycle every 2-3 months for optimal cleansing. ¹Mix with 8 fl. oz. of almond or cashew milk. 360 Complete Shake may be substituted for the Matcha Vegan Shake, if preferred. ²Optional: Mix 1 Tbsp. real butter or other fat of choice, i.e. ½ avocado ³Optional: Add 1 Tbsp. of Coconut Oil to your broth, if desired. [†]Beginning on Day 11, we recommend stopping the use of HealthTrim Cleanse. HealthTrim ^{††}Congratulations! You have successfully followed the program for 16 days. As a reward, you can eat anything you want this day. A word of caution, do not overdo it.

WHY DETOX?

WE LIVE IN A TOXIC WORLD and our bodies are bombarded with chemicals and other potentially harmful substances on a regular basis. These environmental toxins are often found in the food we eat, the water we drink, commercial products we use and the air we breathe. Our bodies are designed to deal with and eliminate these toxic substances; however, we can become encumbered by them, which puts a heavy burden on our innate systems of elimination. Over time these toxins take a toll on our health leading to low energy levels, extra body weight and feelings of malaise and brain fog.

The average person also consumes too many packaged and processed foods which have added sugar we may not be aware of. Over 90% of the sugar we consume comes from processed and packaged foods and not from candy and desserts. The average American consumes an estimated 77 to 88 pounds of

sugar every year. This is the equivalent of nearly 5 ½ full-size candy bars every single day. It is doubtful the typical person would lay out 5 to 6 full-size candy bars every day and say to themselves, "I'm going to eat these and not worry about their impact on my health." Yet, most of us consume this much sugar every single day. Furthermore, the typical person consumes almost 200 lbs. of refined flour and cereal products annually. Too much sugar and refined carbohydrates contribute to weight gain and poor health.

As you progress through the 7-Day PURE Detox, your body will benefit from increased energy, reduced cravings and healthier eating habits. You will feel better overall. Pat yourself on the back and feel satisfied with your results, as you are set on a path of positive and long-term change.



LIVEPURE.COM/7-DAY-DETOX

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.