

RISE UP 7-DAY DETOX

Challenge

GUIDE & MEAL PLAN

RISE UP!

ROOTED IN THE I AM DETOX



- Day 1: **Respect**
- Day 2: **Intelligence**
- Day 3: **Self-Discipline**
- Day 4: **Expectations**
- Day 5: **Urgency**
- Day 6-7: **Preparation**

APPROVED BREAKFAST OPTIONS

★ **Primary / Best Options**

(Preferred during the detox for digestion, clarity, and simplicity)

1. **Bravenly Brew Extreme (Mushroom Coffee)**

- May be taken alone
- Acts as the coffee option
- ⚠ No added creamers or sweeteners

2. **Bravenly Brew Extreme + Coco Ringa**

3. **Bravenly Brew Extreme + Bio Coffee**

4. **Coco Ringa**

5. **Bio Coffee + Coco Ringa**

6. **GC Control Shake Recipes**

7. **1 Cup of Berries + with or without Bravenly Brew Extreme**

8. **Bravenly Balance (beverage only)**

9. **Up to 1 Cup Zero-Fat Kettle & Fire Bone Broth**

10. **Egg White & Spinach Omelette**

- You may include **1 whole egg** with the egg whites and remain approved



COFFEE & MUSHROOM COFFEE GUIDELINES

- Anytime **Bravenly Brew Extreme Mushroom Coffee** is mentioned, it **may be replaced** with:
 - **Four Sigmatic Mushroom Coffee**, or
 - Another approved clean functional mushroom coffee
- Any type of coffee may be used if clean, but:
 - **Bravenly Brew Extreme** and **Four Sigmatic** are the preferred options



ADDITIONAL CLEAN BREAKFAST OPTIONS

(Light, protein-forward, easy on digestion)

10. **Low-Fat Cottage Cheese**

- Up to 1 cup

11. **Plain Greek Yogurt**

- ½ cup up to 1 cup
- No added sugar or flavoring

12. **Egg Whites with 1 Whole Egg**

- No added ingredients
- Always approved

APPROVED BEVERAGES

- **Water (Primary Beverage)**

- Water is your foundation during the detox
- Spring water or alkaline water is preferred
- Tap water is acceptable if no other option is available
- Aim for ½ gallon to 1 gallon per day

- **Water Add-Ins (Optional)**

- Fresh lemon juice (squeezed into water)
- [Bragg's Apple Cider Vinegar](#)
 - 1 tablespoon added to water
 - May support digestion and detoxification

- [Spark](#)

- Approved zero-calorie beverage
- Does not replace water intake

- **Zero-Calorie Beverages (Approved with Caution)**

- If a beverage is approved, it may be consumed
- These beverages **do not replace water**

- **Sprite Zero**

- Not considered clean
- Small amounts are acceptable if needed
- Should be limited and not used regularly



- **Zip Slim**
- **Advocare Slim**
- **Unsweet Tea**
- **Approved Coffee**
- **Approved Beverages**



APPROVED BAR OPTIONS (WHEN NEEDED)

13. Simply Fit Bar

- Can be paired with:
 - Bravenly Brew Extreme or
 - Functional mushroom coffee

14. RX Bar

- OR 1/3 of a Hemp Bar
- Can be paired with Bravenly Brew Extreme

Acceptable but not best for detox:

- Quest Bar
- Mighty Muffin
- Quest Muffin

APPROVED FRUIT (LOW-GLYCEMIC OPTIONS)

Choose low-glycemic fruits only:

- Berries (all types)
- Apples
- Oranges
- Grapefruit
- Cherries

! Serving Guidelines

- Limit fruit to ONE serving per day
- Do not consume fruit more than once per day
- Fruit may be eaten:
 - At breakfast, or
 - At lunch

Example: Coffee for breakfast + 1 cup of low-glycemic fruit at lunch = approved

✗ Fruits to Avoid

These fruits are higher glycemic and should be avoided for now:

- Melons
- Pineapple
- Bananas

Note: Fruit is optional and should be kept simple to support insulin control.

LUNCH/DINNER OPTIONS

- [Gc Control Shake](#)
- [Proflex Shake](#)
- [Beverly Shake](#)
- [Chocorite](#) Shake
- Premiere or Atkins (*if you're going to get shake from the grocery store*)
- 1/3 Hemp Bar
- [Simply Fit Bar](#)
- [Kettle and Fire Bone Broth](#)
- [Proflex Bar](#)

Other Acceptable Bars:

- [Quest Bar](#)
- [Mighty Muffin](#)
- [Quest Muffin](#)

Note: You can replace dinner with lunch if you're willing to eat lighter in the evening.

CLEAN DINNER OPTIONS

1. **Grilled or Baked Chicken Breast**

- Seasoned with salt, pepper, garlic, herbs
- Paired with steamed vegetables

2. **Ground Turkey & Veggie Bowl**

- Lean ground turkey
- Zucchini, spinach, mushrooms, or cauliflower

3. **Baked White Fish (Cod, Haddock, Tilapia)**

- Lemon, herbs, olive oil spray
- Served with green beans or asparagus

4. **Salmon (4-5 oz)**

- Baked or grilled
- Paired with broccoli or sautéed spinach

5. **Egg White & Veggie Scramble**

- Egg whites + optional 1 whole egg
- Spinach, mushrooms, zucchini

6. **Lean Steak (Sirloin or Flank, 4 oz)**

- Egg whites + optional 1 whole egg
- Spinach, mushrooms, zucchini

7. **Chicken & Vegetable Stir-Fry**

- No sugar sauces
- Use coconut aminos or simple seasoning
- Cooked vegetables only

8. **Turkey Meatballs (Baked)**

- No breadcrumbs
- Served over zucchini noodles or sautéed spinach

9. **Shrimp & Vegetables**

- Shrimp sautéed or grilled
- Served with mixed vegetables (broccoli, peppers, zucchini)

10. **Rotisserie Chicken (Clean Ingredients Only)**

- No added sugars or glazes
- Paired with steamed vegetables

11. [Chicken Salad Recipe](#)

12. [Tuna Salad Recipe](#)

13. [Shrimp and Crab Alfredo](#)

14. Clean [Sandwiches](#) and Hot Dogs

ESSENTIAL SUPPLEMENTS



[Advocare 10-Day Reset Kit](#)



[Peak Performance](#)



[Collagen Boost](#)

These supplements are optional, but highly recommended to support digestion, nutrient absorption, and overall results during the detox.

BRAVENLY DRINKS

Functional mushroom coffee may be used to support detoxification, and you may use your favorite brand.



[GET BRAVENLY HERE](#)

Other mushroom coffee options:



[Four Sigmatic Mushroom Coffee](#)

Travis Martin

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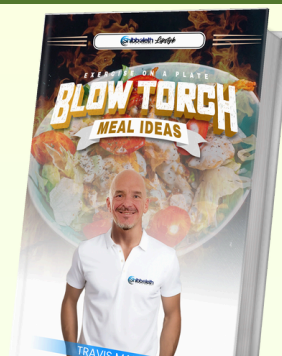
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