



## **JULY CLEANSE - DETAIL**

It's really not too difficult, in comparison to other cleanses I've done.

The hardest part for me was no wine at night and no cream in my coffee. The first day is a 24 hour fast which was much easier than I expected. And if you can't fast, just eat veggies.

There's another fast toward the end, for a day. Other than that you can have as many vegetables as you want. The second day is all vegetables and then you start adding protein. Sometimes you have protein twice a day, sometimes you can have it 4 times a day. For example, you could have an omelet for breakfast, a salad for lunch and chicken and veggies for dinner. And then a snack before bed - like cucumbers. You just can't have sugar or dairy. After a while you can add in carbs, like sweet potatoes or quinoa or brown rice.

You don't starve at all. You eat a lot. It's just healthy food. And in the group, people share REALLY good recipes and share ideas of foods to eat, snacks, and mocktails. It's a very supportive group of like-minded people helping each other.