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3 DAY FALL DETOX

Danna Yahav, Holistic Health + Wellness Coach 1

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What is it and why should I



Detoxification is a natural body process that happens daily, in healthy people. It is a way for the body to rid itself of **POLLUTANTS, PESTICIDES, RESIDUES, CHEMICALS, ADDITIVES,** and **TOXINS** that wreak havoc from the inside out. Our bodies are so smart that they surround dangerous toxins with **mucous** or **fat** to avoid any sort of immune reaction. In today's world our bodies are **OVERLOADED** and simply cannot handle the heavy load of detoxification on it's own. Those pesky toxins are causing **MANY** unwanted symptoms and diseases.

You may be in need of a detox if you have any of these symptoms:

- Periods of high stress
- Frequent headaches
- Food allergies, indigestion, constipation, bloating, gas
- White coated tongue
- Poor memory, fatigue, moodiness, irritability
- Acne
- Dry hair and nails
- Weight gain
- Inability to lose weight
- Frequent infections
- Catching many colds
- Sleep problems
- You feel heavy, sluggish

Evict the toxins + enjoy

- Better sleep
- More energy
- Less inflammation
- Increased weight loss
- Beautiful complexion
- Less sick days
- Less doctor visits + co-pays
- More “damn... she got hot”



During a detox program, your body has the chance to burn up fat stores, damaged tissues, and disease causing toxins. It does this when it gets a break from digestion and the influx of more toxins.

Seasonal Detox?

A change in season is always a chance to start new, cleanse, and rejuvenate the mind, body, and soul.

A new season is an opportunity to prepare your body for new foods, changing weather, and a adjustment in lifestyle habits.

Seasonal foods have been known to be easier on digestion, have more nutrients, vitamins, minerals, and enzymes, aide in the body's natural detoxification process, are more cost effective, and tend to taste better too!

Should I buy Organic?

The answer is yes. Listen, you're doing a cleanse to rid the body of toxins. You don't want to put more toxins in then your taking out. Choose organic when purchasing from the [dirty dozen](#) and buy conventional when purchasing the [clean fifteen](#).



3 day fall detox FUN



In this program you will...

- Prepare all of your meals (don't worry these recipes are easy!)
- Enjoy light, seasonal foods
- Drink a detox morning elixir
- Replace breakfast with a smoothie (give your body a chance to ease into digestion)
- Refrain from those foods that have the most toxicity or cause the most food allergies (meat, dairy, soy, corn, citrus, caffeine, nuts, gluten, peanuts, sugar, alcohol, processed foods, artificial sweeteners, and anything else that isn't part of the menu)
- Be kind to yourself

3 day menu

	DAY 1	DAY 2	DAY 3
Wake up!	Warm water, juice of ½ lemon, 1 tsp apple cider vinegar	Warm water, juice of ½ lemon, 1 tsp apple cider vinegar	Warm water, juice of ½ lemon, 1 tsp apple cider vinegar
Breakfast	Smoothie of choice	Smoothie of choice	Smoothie of choice
Lunch	Shredded cruciferous salad + lentils	Quinoa + collard apple salad	Fall harvest veggie roast
Dinners	Warm autumn soup	Nori sushi rolls	Arugula + pumpkin seed salad
Snacks!	Seasonal fruit + veggies + sunflower seed protein bar	Seasonal fruit + veggies + sunflower seed protein bar	Seasonal fruit + veggies + sunflower seed protein bar

BONUS SUCCESS TIPS:

1. Drink half of your body weight in water to aide in the detoxification
2. Include probiotics to heal gut (sauerkraut, non-dairy kefir, or supplements such as Jarrow Formulas). Add sauerkraut to salads and kefir to smoothies.
3. Take a multi-vitamin, daily
4. Eat every 2-3 hours – have a snack between meals if necessary

Breakfast Smoothie Recipes

Add a protein source to each smoothie (3 TBS hemp seeds, 1 scoop vegan protein powder, ¼ cup sunflower or pumpkin seeds)



Super Chlorophyll

- 1 cup water or almond/coconut milk
- 2 kale leaves
- 1 apple, cored
- 1 bunch parsley
- 1 lemon
- Protein of choice

Very Peary

- 1 cup water
- 2 pears, cored
- 1 cup spinach
- 1 cucumber
- 1 lime
- Protein of choice

Ultimate Detox Smoothie

- 1 cup almond milk
- ½ cup dandelion greens (yes, Whole Foods has these)
- 2 stalks of celery
- 2 apples, cored
- 1 lemon
- 1 thumb ginger
- 1 cucumber
- Protein of choice

Bonus Recipe: Just Greens

- 1 cup almond milk
- 2 cups mixed greens
- 1 teaspoon raw honey
- ¼ teaspoon cinnamon
- 3 TBS hemp seeds
- 1 TBS chia seeds

Day 1 Lunch + Dinner

Lunch: Quinoa + collard apple salad

- ¼ cup cooked quinoa
- 1 cup collard greens, chopped
- 1 apple, chopped
- ¼ red onion, diced
- Juice from ½ lemon
- 1 tsp olive oil

Mix all ingredients in a bowl.

Add olive oil and lemon juice. Mix well and enjoy.

Dinner: Warm autumn soup

- 3 cups (or 2 cans)
- 3 cups chopped butternut squash
- 1 onion, diced
- ¼ cup apple sauce
- 1 can coconut milk
- 2 cups veggie broth
- ½ teaspoon cumin
- ½ teaspoon cinnamon
- Shredded coconut (optional)
- 1 TBS coconut oil

Crockpot method:

Sauté onion in 1 TBS coconut oil. Once browned, transfer to crockpot. Add squash, pumpkin, + 1 cup veggie broth. Cook on high for 4 hours then blend will all other ingredients until smooth. Return to crockpot for 30-60 minutes.

Oven/stovetop method:

Roast squash (pumpkin if fresh) in oven on 450. While roasting, sauté onion in coconut oil in large pot. Once squash is soft, place all ingredients in a blender and blend. Simmer smooth soup in pot for another 30 minutes.



Add pumpkin seeds for additional protein!

Note: BPA is a toxin found in plastic and tin cans. Whenever possible, try to buy in a tetra pack or BPA free can.

Day 2 Lunch + Dinner

Lunch: Shredded Cruciferous + Lentil Salad

- 1 head broccoli
- 1 head cauliflower
- 1 cup brussel sprouts
- ½ purple cabbage
- ½ cup lentils -optional (these are easier to digest then other beans)
You can get ready-to-eat lentils at Trader Joe's and save the cooking step.
- Juice from 1 orange
- Juice from 1 lemon
- 3 TBS pumpkin or hemp seeds - optional

Place cruciferous veggies (broccoli, cauliflower, brussel sprouts, and cabbage) in food processor or shred by hand (you may have to add them 1 at a time depending on the size of your processor). Place in a bowl with lentils.

Mix orange and lemon juice together and pour over veggies.

Add seeds of choice.



Cruciferous veggies contain cancer preventing vitamins, minerals, and fiber to aid in detox and to keep you healthy.

Dinner: Nori sushi rolls: this recipe is for 1 sheet but make as many as you like!

Nori is an incredibly healthy sea vegetable with fiber, calcium, iodine, iron, and phosphorus.

- 1 nori sheets
- 1 carrot, thinly sliced
- 1 cucumber, thinly sliced
- ½ avocado, for spreading
- 1 TBS sesame seeds
- 1 TBS hemp seeds

Spread avocado on nori sheet and top with cucumber and carrot. Add the seeds and roll (burrito style). Cut into bite size pieces or enjoy the roll whole.

Day 3 Lunch + Dinner

Lunch: Fall Harvest Veggie Roast

As many as you would like of the following:

- Brussel sprouts
- Sweet potatoes, cubed
- Butternut squash, cubed
- Carrots, chopped
- Broccoli
- Olive oil
- Thyme
- Salt & pepper
- Garlic

Wash and place all veggies on cookie sheet.

Drizzle with olive oil, thyme, salt, garlic, and pepper.



Dinner: Arugula + pumpkin seed salad

- Arugula (1-2 cups)
- ¼ cup grapes, cut in half
- Pumpkin seeds
- Red onion, thinly sliced
- 1 TBS olive oil mixed with juice for half a lemon (add salt and pepper, this is your dressing)

Combine all ingredients.



Snacks

Snacks can be fruit, veggies, and seeds.
Enjoy fruits and veggies that are in season:

- Apples
- Pears
- Figs
- Grapes
- Cranberries (be aware of the sugar content in dried cranberries...choose sugar free when possible)
- Carrots
- Broccoli
- Edamame



Sunflower Seed Protein Bars

- 2 cups gluten free oats
- 3 TBS hemp seeds
- 2 TBS chia seeds
- 1 cup sunflower seeds
- 1 cup pumpkin seeds
- 1 cup dried cranberries (choose low sugar or omit completely)
- 1 cup sunflower seed butter
- ½ teaspoon cinnamon
- Pinch of salt

Mix all ingredients together and then press down in a rectangular pyrex covered with wax paper. Freeze for a few hours until firm. Cut into bars, shapes, or roll into balls.

Dealing with detox symptoms

It's completely normal to experience...

- Headaches
- Fatigue
- Nausea
- Acne

Toxins that are leaving the body show up differently for each person. Another cause of these symptoms is the change in diet that your body is adjusting to. It should only last a few days. Give your body time and continue flooding it with vitamins and nutrients.

A few other things you can do to ease symptoms...

- Increase water intake (drink half your body weight in ounces)
- Dry brush your skin
- Get more sleep
- Be more active (sweating aids in the detox process)
- Meditate or practice breathing exercises
- Drink herbal tea (dandelion, chamomile, spearmint, nettle)

Beyond the 3 days

I recommend to many of my clients to engage in a 7 day detox and then a short juice cleanse right after. Feel free to drag this cleanse out for 4 more days. You can do that by cooking in bulk and eating leftovers. This is also the most economical way to cook!

If you don't wish to continue the detox for an additional 3 days, that is perfectly fine. Reintroduce the top allergen foods back into your diet SLOWLY (one food per day)! Take note of how you feel after and how these foods affect your mind and body.

Eat clean. Choose real foods that are unprocessed. Cook more at home. Workout regularly.

Head over to my site for great clean eating recipes
<http://www.dannayahav.com/blog/>

Plan for success

A goal without a plan
is just a wish!



*Need more?
Let's chat. It's free.*

Together we will...

- Clarify your vision and goals*
- Strategize your actions. If you want to achieve X, Y, +Z, how are we going to make it happen?*
- Upgrade your skill level. I will teach you tons of tricks!*
- Optimize your environment by getting rid of tempting foods and replacing them with nutritious ones.*
- Master your psychology to release fears, doubts, insecurities and overcome emotional eating by creating confidence & new empowering beliefs.*
- I will also create a personalized detox plan for you for 7 days and include an additional 7 days to reintroduce foods and continue clean eating.*
- I will support you 100%*

<http://www.dannayahav.com/breakthrough-sessions/>

Hi, I'm Danna



I'm a wife + mom of two.
I'm also a holistic health + wellness coach helping women get healthy in their own personalized way. No fad diets, gimmicks, or tricks. Real food, real support, and real love.
Learn more about me [here](#).

This program is for educational and informative purposes only. It is therefore, not intended to diagnose or treat any medical conditions. It is not intended to be used as medical or professional advice. Always consult your doctor before making changes to your diet or exercise. The true purpose of this program is to help healthy people reach their wellness goals by educating them in proper nutrition, exercise, and meditation practices.

No health claims are made for this program. This nutrition and exercise program will not help cure or heal any medical condition. The creator of this program is not a medical doctor, registered dietician, or clinical nutritionist.

If you have any medical conditions we suggest that you consult a medical professional before starting any program such as this one.

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