

## **The Detox Plan Descriptions:**

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### **The Mini Detox**

Designed for those who only want to commit to 3-5 days of a cleansing program. This has specific recipes to use each day, and daily recommendations of what to eat at what times of day.

### **The 2 Week Detox Plan**

Designed for those who want a strict detox plan that is basically a vegan challenge. Animal proteins, dairy, sugar and coffee are eliminated for the entire program lasting 2 weeks. Modifications can be made the second week depending on how you feel. This includes lemon in water to start each day, followed by the Green Monster drink. This plan includes daily sample menus to follow, with side notes of how athletes can modify the program to suit their needs. This includes 47 recipes.

### **The Detox Plan For Athletes**

Designed by an athlete for athletes who want to eat cleaner yet don't want to give up their precious training days! This plan includes animal proteins, but only in recovery meals post exercise sessions. The focus here is on clean food, real food and provides recommendations for meals and sample days to follow. This plan is not as strict as the 2 Week Plan but it also avoids dairy, sugar and processed foods. Sample meal plans and days are included. This includes 68 recipes.