

Dr. Junger's 3 Day Liquid Cleanse

For the Fat All Over Due to Too Much Processed Foods

Basic Structure

- **Length:** 3 days
- **Meals**
 - Breakfast: Liquid Meal: shake
 - Lunch: Liquid Meal: shake
 - Dinner: Liquid Meal: shake or soup
 - Snacks: green juice, 1 cup of almonds, or 1 cup of berries
- **Supplement**
 - Milk Thistle: 150mg 1x a day - Standardized Silymarin Extract 30:1

Key Rules

- **No Solid Foods:** Drink three liquid meals
- **Add Plant Protein to Shakes:** Add at least 14 to 20 grams of plant protein to your shakes throughout the day
- **Include Healthy Fats:** Avoid all nightshade vegetables (tomatoes, bell peppers, eggplant, potatoes)
- **Green Juice:** Have a green vegetable juice as a snack

Recipe Inspiration and Meal Plan

Day 1

Breakfast

CHOCOLATE COCONUT GINGER (Serves 1)

Ingredients:

1 cup unsweetened chocolate almond milk
1 1" piece of ginger, peeled and minced finely (save any juice that comes from it)
or 1 tablespoon ginger powder
1 heaping tablespoon coconut oil
½ teaspoon cardamom
1 heaping tablespoon raw cacao or unsweetened cocoa powder or carob powder
1 heaping tablespoon almond or cashew butter
stevia to taste

Directions:

Blend until smooth and creamy.

Lunch

GREEN COCO SHAKE (Serves 1)

Ingredients:

2 cups coconut water (see below)
1 ripe avocado, halved and pitted
1 giant handful baby spinach
3 tablespoons whole cashews
Pinch of stevia

Directions:

Blend until smooth and creamy.

Dinner

CURRIED RED LENTIL BISQUE (SERVES 2)

Ingredients:

2 tablespoons coconut oil
1 large onion, cut into ½ inch pieces
3 cloves garlic, peeled and finely minced
3 tablespoons fresh ginger, peeled and finely minced
1 tablespoon ground cumin
1 tablespoon ground coriander seed
1 teaspoon red curry paste, more or less to taste (check to make sure it's unsweetened)
2 cups coconut milk
2 cups red lentils
2 quarts (or more as needed), fresh water OR chicken broth OR vegetable broth
Garnish with lime juice to taste and freshly chopped cilantro (optional)

Directions:

Heat a large (heavy-bottomed is best) soup pot over medium-high heat, melting the coconut oil. Stir in the onions, allowing them to cook slowly until translucent and soft. When they have just started to soften, stir in the ginger and garlic. Cook until fragrant, then add the spices and curry paste. Mix everything together well. Reduce heat and add coconut milk. Let cook for 5 minutes before adding lentils and stock.

Lower heat and cook for roughly 30 minutes. Keep stirring often to keep the lentils from sticking to the pot. As the lentils cook, they will break down and thicken the soup. Add more liquid as you see fit.

When lentils are tender, either blend directly in the pot with an immersion blender or let cool and add in batches (2 cups at a time) to a blender and puree until smooth. You can use additional coconut milk or broth (or water) to thin out the puree if needed. Add additional seasoning to taste, a splash of lime juice and add garnishes to individual servings.

DAY 2

Breakfast

GREEN COCO SHAKE (Serves 1)

Ingredients:

2 cups coconut water (see below)
1 ripe avocado, halved and pitted
1 giant handful baby spinach
3 tablespoons whole cashews
Pinch of stevia

Directions:

Blend until smooth and creamy.

Lunch

EURO NUT SHAKE (SERVES 1)

Ingredients:

1 tablespoon vanilla extract
2 tablespoons raw cacao
2-4 tablespoons hazelnut butter (a handful of raw hazelnuts would work also)
1 cup unsweetened coconut milk
stevia to taste
optional: 1 heaping tablespoon protein powder
optional: 1 tablespoon ground flax seed

Directions:

Blend until creamy.

Dinner

CARROT PARSNIP SOUP 4 servings

Ingredients

1 medium rutabaga
2 large parsnips (or 3 medium and 4 if they're very small)
4 medium carrots (you can use any color, orange, yellow or purple or a mix)
1 large yellow onion (or 3 small ones)
1 large clove of garlic
2 teaspoons sea salt
1/4 cup melted coconut oil (or olive oil)
2 cups coconut (or almond milk), unsweetened
1 cup vegetable or chicken broth
1 teaspoon paprika
1 teaspoon thyme
1 teaspoon sage
1" knob of fresh ginger, peeled and minced
sea salt and fresh ground black pepper, to taste

Directions

Preheat oven to 400.

Over low-heat, melt the coconut oil if you haven't already done so.

Chop rutabaga, parsnips, carrots, onion and garlic.

In a large roasting pan or on a large baking sheet, spread the chopped veggies and coat with the coconut oil (or olive oil) and the sea salt and paprika, mixing until well-coated.

Roast until tender, stirring occasionally, roughly 30-45 minutes.

When root vegetables are done (golden and very tender), add them to a large pot with the broth, thyme, sage and minced ginger. Blend with an immersion blender until desired texture. I like to keep some chunks in it, but you can blend until completely smooth if you wish. If you're blending in a vita-mix or food processor, wait until the veggies are cooled and blend them (with the broth) in small batches as your equipment requires. You will add the non-dairy milk here while blending, or you can stir it into the soup pot when re-warming it back up.

When you're ready to serve, heat the soup over medium-low heat until warm.

DAY 3

Breakfast

VANILLA ALMOND (Serves 1)

Simple, delicious, with protein and healthy fats

Ingredients:

2 cups almond milk

1 tablespoon vanilla powder or extract

2 heaping tablespoons almond butter

1 tablespoon coconut oil

1 teaspoon cinnamon

½ teaspoon nutmeg

a dash of sea salt

optional: a dash of stevia to taste

Directions:

Blend until smooth.

Lunch

GRASSHOPPER SHAKE (serves 1-2)

Ingredients

1 cup full fat coconut milk

1/2 cup water

1/2 medium to large avocado (peeled and pitted) or 1 whole if it's small

2 teaspoons mint flavored chlorophyll

1-2 tablespoons carob or unsweetened cocoa powder

optional dash of stevia

Blend until creamy. Low glycemic and high in good saturated fat.

Dinner

PUREED WHITE BEAN SOUP (SERVES 4)

Ingredients

2 cups white beans
4 cups water
1 tablespoon apple cider vinegar
2 tablespoons avocado oil
2 large shallots (about 1 cup) sliced
4 garlic cloves, chopped
6 cups stock or water
¼ cup olive oil
1 tablespoon fresh chopped rosemary
juice of 1 lemon
2 teaspoons sea salt

Directions

Soak the beans overnight with water and splash of apple cider vinegar. After about 8 hours, strain and rinse well. Set aside.

Heat a 4 quart sauce pot over medium heat, then add the avocado oil.

Chop and sauté the shallots for a few minutes, then add the garlic.

Cook until fragrant then add the beans.

Stir to combine, then pour in the liquid. Bring to a boil, then lower heat, cover and cook 20 minutes, or until the beans have soaked up the water and are tender.

Chop the rosemary.

Carefully pour the soup into a blender, blending until smooth and creamy, drizzling in the olive oil and chopped rosemary as it blends. Add a splash of lemon and season with sea salt.

Serve warm.