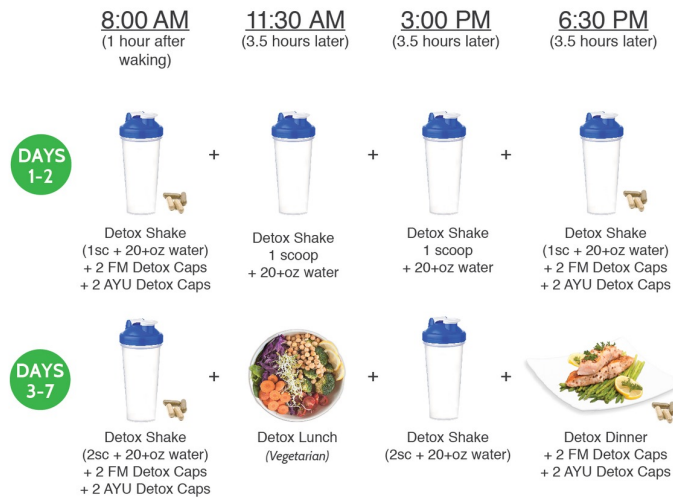


# FUNCTIONAL MEDICINE DETOX GUIDE

## Getting Started

- The day before you begin your detox visit [DrCabralDetox.com/start](http://DrCabralDetox.com/start) and sign up for your daily detox emails from Dr. Cabral for tips, motivation & community support.
- Review the Dr. Cabral Detox Planner and 7-day guide prior to beginning your detox.  
**Pro Tip:** Go grocery shopping and plan out your days 3-7 meals before you begin your detox.
- Begin day 1 of your detox. If you have any questions, we're here to help! Our support team is available daily and we also have FAQ, Detox guides and more information at [www.DrCabralDetox.com/support](http://www.DrCabralDetox.com/support)

## Dr. Cabral 7-Day Detox



## Detox Breakdown

- Days 1 & 2 (4 Shakes A Day)**
- 4 Daily Detox shakes per day
  - 2 AYU Caps in AM & PM
  - 2 FM Caps in AM & PM
- Days 3 - 7 (2 Shakes & 2 Detox Meals)**
- 2 Daily Detox shakes per day
  - 2 Detox meals at lunch and dinner
  - 2 AYU Caps in AM & PM
  - 2 FM Caps in AM & PM

\* Be sure to drink only filtered water & herbal tea

## What to Expect

### Possible Detox Effects

- Low Mood
- Low Energy
- Headache
- Nausea
- Irregular bowel movements

### Long Term Detox Benefits

- + Clearer Thinking
- + Improved Digestion
- + Deeper Sleep
- + Vibrant Skin
- + Increased Energy
- + Weight Loss

### Protein (1/2-1c) CHOOSE 1

#### Lunch & Dinner

- \* Lunch should be a vegetarian protein option
- \* Dinner may be vegetarian or animal/fish protein

#### PLANT PROTEINS (Lunch & Dinner Options)

- |                   |                    |
|-------------------|--------------------|
| Bean Sprouts      | Split Mung Beans   |
| Beans             | Tofu               |
| (not baked beans) | (sprouted organic) |
| Legumes           | Hummus             |
| Lentils           | Chickpeas          |
| Natto             | Hemp Hearts        |

#### ANIMAL PROTEINS\* (Dinner only)

- |             |          |
|-------------|----------|
| Anchovies   | Sardines |
| Chicken     | Scallops |
| Cod         | Sole     |
| Cornish hen | Shrimp   |
| Duck        | Tilapia  |
| Haddock     | Turkey   |
| Salmon      | Trout    |

\*Choose wild or pastured

### Fat (1-2 TBSP) CHOOSE 1

#### Lunch & Dinner

- |             |            |
|-------------|------------|
| Avocado     | Flax Seeds |
| Chia Seeds  | Olive Oil* |
| Coconut Oil |            |

\*Combine 1-2 tbsp of olive oil and fresh squeezed lemon juice to make a great dressing

## Dr. Cabral Detox Meal Planner

### OPTIONAL



Lemon Water



Herbal Tea

### Carb (1-2+ Cups) CHOOSE 1 or 2

#### Lunch & Dinner

- |                          |   |
|--------------------------|---|
| Artichokes               | Peppers   |
| Arugula                  | Radishes  |
| Asparagus                | Red Beets   |
| Broccoli                 | Sea vegetables  |
| Brussels sprouts         | Scallions   |
| Cabbage                  | Snap peas   |
| Carrots                  | Snow peas   |
| Cauliflower              | Spinach   |
| Celery                   | Sprouts (all)   |
| Chard/Swiss chard        | Tomatoes  |
| Chives                   | Water chestnuts   |
| Cucumber                 | Watercress  |
| Kale                     |   |
| Escarole                 | Blackberry**  |
| Fennel                   | Blueberry**   |
| Garlic and shallots      | Cherry**  |
| Green Beans              | Pumpkin**   |
| Greens (beets, collards) | Raspberry**   |
| Jicama                   | Sweet Potato**  |
| Leeks                    | Yam**   |
| Lettuce (all)            |   |
| Micro greens             |   |
| Mushrooms                |   |
| Onions                   | ** If you are trying to lose weight avoid these options during the detox. |
| Parsley                  |   |