FUNCTIONAL MEDICINE DETOX PROTOCOL

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Getting Started

1. The day you begin your detox visit *Equi.Life/start* and sign up for your daily detox emails from Dr. Cabral for tips, motivation & community support.

2. Review this 7-Day Detox planner and guide prior to beginning your detox.

   PRO TIP: Go grocery shopping and plan out your days 3-7 meals before you begin your detox.

3. 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, guides and more information at *Equi.Life/detox-FAQ*

7-DAY DETOX

	8:00 AM (1 hour after waking)	11:30 AM (3.5 hours later)	3:00 PM (3.5 hours later)	6:30 PM (3.5 hours later)
DAYS 1-2	Detox Shake (1sc + 20oz water) + 2 FM Detox Caps + 2 AYU Detox Caps	Detox Shake 1 scoop + 20oz water	Detox Shake 1 scoop + 20oz water	Detox Shake (1sc + 20oz water) + 2 FM Detox Caps + 2 AYU Detox Caps
DAYS 3-7	Detox Shake (2sc + 20oz water) + 2 FM Detox Caps + 2 AYU Detox Caps	Detox Lunch *(Vegetarian)*	Detox Shake 2 scoop + 20oz water	Detox Dinner + 2 FM Detox Caps + 2 AYU Detox Caps

Detox Breakdown

Days 1 - 2 (4 Shakes Per 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

7-DAY DETOX MEAL PLANNER

PROTEIN (1/2-1 Cup) 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
- Beans (not baked beans)
- Legumes
- Lentils
- Natto
- Split Mung Beans
- Tofu (sprouted organic)
- Hummus
- Chickpeas
- Hemp Hearts

ANIMAL PROTEINS* (Dinner Only)

- Anchovies
- Chicken
- Cod
- Cornish Hen
- Duck
- Haddock
- Salmon
- Sardines
- Scallops
- Sole
- Shrimp
- Tilapia
- Turkey
- Trout
- Wild Game

* Choose wild or pastured

FAT (1-2 Tbsp) CHOOSE 1

Lunch & Dinner

- Avocado
- Chia Seeds
- Coconut Oil
- Flax Seeds
- Olive Oil†

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

Optional Beverages

Lemon Water & Herbal Tea

CARB (2-3 Cups) CHOOSE 1-3

Lunch & Dinner

- Artichokes
- Arugula
- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard/Swiss chard
- Chives
- Cucumber
- Kale
- Escarole
- Fennel
- Garlic and shallots
- Green Beans
- Greens (beets, collards)
- Jicama
- Leeks
- Lettuce (all)
- Micro greens
- Mushrooms
- Onions
- Parsley
- Peppers
- Radishes
- Red Beets
- Sea vegetables
- Scallions
- Snap peas
- Snow peas
- Spinach
- Sprouts (all)
- Tomatoes
- Water chestnuts
- Watercress

- Blackberry**
- Blueberry**
- Cherry**
- Pumpkin**
- Raspberry**
- Sweet Potato**
- Yam**

** If you are trying to lose weight avoid these options during the detox.