



# Day Three

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# Expect Symptoms

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**It is normal to experience uncomfortable symptoms of your body detoxifying itself - especially at this point in the cleanse. Some people feel Day 3 is the hardest! Some of these symptoms may include:**

- headaches
- lethargy
- temporary muscle aches
- mucus or other discharge
- a coated, pasty tongue
- flu-like symptoms
- irritability
- difficulty sleeping
- weakness
- cravings
- nausea
- constipation
- diarrhea
- gas

# Relief from Symptoms



Your body may be suppressing symptoms and the steps you take during this detox may bring them to the surface. It might seem like you are really sick, but it is important that you continue on with the cleansing food and drink that allows you to detox.

It can be challenging to not be tempted to take pain medicine that will alleviate or mask the symptoms. Allow yourself a little time to be kind to yourself - take a bath, relax. Sometimes a little Alka Seltzer can help too if you really want to take something;)

If you are very uncomfortable, eat easily digestible healthy food that slows the process down. High-protein foods with healthier fats help to slow the process down. Raw nuts, sunflower seeds or avocado are some good examples.

When you have spent some time detoxing and are on the other side of this discomfort, you will glow from the inside out, your body will be clean and detoxified of chemicals and toxins. Don't be tempted to go back to eating processed foods. You will just start clogging yourself up again!

# Grocery Shopping Tips



## Healthy Snacks

### Crunchy

- apples
- frozen grapes
- rice cakes
- light popcorn or plain popcorn: use coconut oil to pop in a covered pan
- carrots: particularly the super-sweet, organic baby carrots
- crunchy crudité's of veggies and dip (hummus, tabouli, vinaigrette, favorite dressing)
- celery and peanut butter (use non-hydrogenated peanut butter)
- hummus with whole grain toast, baby carrots, rice crackers
- nuts

### Sweet

- wheatgrass
- fresh, whole fruit
- organic yogurt and ripe fruit
- apples and almond butter
- sprouted date bread with jam
- dried fruit
- use leftover grains to make sweet porridge: drizzle maple syrup and sprinkle cinnamon, add soymilk and bananas, heat with fruit juice, etc.
- smoothies: mix whatever you have in the kitchen – fruit, ice, soymilk, yogurt, carob powder, etc.
- fruit “ice cream”: peel a banana, freeze, blend in a food processor with nuts, berries or raisins and serve; can be put through the screen of a juicer for a creamier consistency.
- freshly squeezed fruit juices: Make your own and try different combos.

# Grocery Shopping

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## Healthy Snacks (continued)

- sweet vegetables: yams, sweet potatoes, squashes (acorn, butternut, kabocha) cut into chunks or fries; sprinkle with cinnamon and bake.
- dates stuffed with almond butter or other nut butter
- organic dark chocolate chips or carob chips

## Salty

- olives
- pickles and pickled vegetables, such as carrot, daikon, beets and lotus root
- tabouli, hummus
- oysters and sardines
- steamed vegetables with tamari/shoyu or umeboshi vinegar
- tortilla chips and salsa or guacamole: try whole grain chips such as “Garden of Eatin” brand and freshly made salsa or guacamole.
- sauerkraut: it will also knock your sweet craving right out!
- fresh lime or lemon juice as seasonings or in beverage
- small amount of organic cheese

# Grocery Shopping

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## Healthy Snacks (continued)

### **Creamy**

- smoothies
- yogurt
- avocados
- rice pudding
- dips and spreads, like hummus and baba ghanoush
- puréed soups
- puddings made with silken tofu, avocado or mashed banana
- mashed sweet potatoes

*Adapted from Whole Foods*

# Produce Storage

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**Apples** ripen quickly at room temperature; ten times faster than an apple kept at 32°F. Store apples in a plastic bag in the refrigerator, away from strong scented foods to prevent flavor transfer.

Do not refrigerate **bananas** until they are ripe. Once they are in the refrigerator they will turn black, but the insides will ripen more slowly. To ripen green bananas, put them in a plastic bag, seal it and place the bag in a warm place, such as the top of your refrigerator. This will cause the bananas to heat up which will speed up the ripening process.

Store **broccoli** in the high-humidity, vegetable crisper section of your refrigerator for up to three days. Refresh broccoli in ice water to maintain its bright green color.

Head **cabbage** will last at least a week when stored in a plastic bag in the refrigerator's humid vegetable bin. Savoy and Napa cabbage should be consumed within three or four days.

Before storing **carrots**, remove their green tops, rinse and drain, then put the carrots in plastic bags. Store them in the coldest part of the refrigerator with the highest humidity. They'll last several months this way.

**Cauliflower** should be placed in a plastic bag and stored in your refrigerator crisper. When stored properly, cauliflower will last up to five days; however, it is best when eaten within three days.

To store **celery**, trim the base and remove any leaves or ribs that are damaged or bruised. Rinse, place in a plastic bag, and keep in the refrigerator's humid vegetable bin; this will last about two weeks.

*Adapted from Whole Foods*

# Produce Storage

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**Rainbow Chard** should be refrigerated in plastic wrap up to two days.

Wrap **unwashed greens** in damp paper towels. Refrigerate in a plastic bag, in the crisper section of the refrigerator for up to five days.

**Corn** is best eaten immediately. However, it can be stored in the refrigerator for a few days in plastic bags with the husk still on.

**Grapes** are harvested only when fully ripe. Before storing, remove any spoiled grapes with broken skins or browning from the bunch and keep refrigerated; they should keep up to a week. During storage, continue to remove any and all spoiled fruit. Grapes can also be frozen, which will extend their storage life up to three months.

*Adapted from Whole Foods*

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# Cleanse Your Mind

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## Affirmation

My life is full of abundance. I am full of inner strength and power.

## Thoughts

Feel your goals. Close your eyes and see yourself after attaining your goals.

# Journal



Thoughts, Feelings and Intuitions (Spiritual, Family, Inspirational)	
Gratitude	
Goals	
Fitness	
Joy	
3 signs of progress	
Something I will do better tomorrow to move me toward my goals.	