

## THE CLEAN PROGRAM AT-A-GLANCE CHART

Copy this chart and put it somewhere where you will see it daily. You can also download it from [www.thecleanprogram.com](http://www.thecleanprogram.com).

### ***The Essentials: Do These Daily***

1. Plan and prepare your three meals: Liquid meal for breakfast; solid food meal for lunch; liquid meal for dinner, with any supplements you've selected.
2. Follow the Elimination Diet guidelines for everything you consume.
3. Leave a twelve-hour window between the last meal of one day and the first meal of the next. Try not to snack in between.
4. Make sure you have a bowel movement before the end of the day. If this doesn't happen spontaneously, make it happen with laxatives or castor oil.
5. Drink enough pure water to cause you to pee often. If more than one hour has gone by without peeing, you are not drinking enough.
6. Move. Walk. Take the stairs. Jump. Incorporate more movement into your day, as often and for as long as you possibly can. Park your car two blocks away from your destination. Get off the subway or the bus a stop before you should and walk the rest of the way.
7. Rest. Get enough sleep. And breathe deeply all day long.

### ***The Optional Activities***

Do as many of the following activities as you can during each week of Clean:

1. Exercise. In addition to your increased daily motion, more deliberate exercise practices will pay off big time. Start slowly and increase gradually as the days go by.
2. Five-minute meditation exercise. Clean your mind and emotions as you clean your body.
3. Colonics. Daily bowel movements will do the work. Colonics will accelerate the process.

*(continued)*

**THE CLEAN PROGRAM AT-A-GLANCE CHART (continued)**

4. Skin brushing. Spend a few minutes removing dead skin cells before your shower.
5. Hot-cold treatments. In the shower, use alternating hot and cold water to power up circulation and detoxification.
6. Infrared sauna. Sweat profusely as often as you can.
7. Massage. Schedule a massage each week if your time and budget permits.
8. Laugh. Try to do something every day that makes you laugh out loud. It changes the body chemistry for the better and releases stress.
9. Lubricate. Drink two tablespoons of olive oil every night before you go to bed.
10. Write. Keep a daily log of what you eat, what your incessant thoughts are about, how you are feeling, and how you slept the night before.
11. Record your progress photographically. Take a picture of yourself every day, from the same angle, at the same distance.
12. Eat a clove of garlic every day. Have it alone or thinly sliced and sandwiched between two thin apple slices.
13. Read a book related to health and well-being, about the food system, or about the environment. Take this opportunity to educate yourself about what is going on today in your body. Understanding will make it more likely that you will want to maintain the results after you complete the program.
14. Express your artistic side. Dance, sing, play your instrument, paint, sculpt. Whatever it is that wets your whistle. This will activate your right brain and more strongly imprint this whole experience in that part of the brain, which is more involved with instincts. Far in the future, even if the thoughts of living Clean vanish, your instincts will be stronger than your thinking brain and will guide you to making the right choices for health.

## SEVEN DAY PLANNER

*SUNDAY*

Breakfast

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Lunch

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Dinner

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Supplements

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Appointments

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Checklist:

- 5 min. Meditation
- Exercise
- Skin Brushing
- Hot/Cold Plunge

Reminders

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*MONDAY*

Breakfast

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Lunch

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Dinner

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Supplements

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Appointments

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Checklist:

- 5 min. Meditation
- Exercise
- Skin Brushing
- Hot/Cold Plunge

Reminders

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*TUESDAY*

Breakfast

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Lunch

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Dinner

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Supplements

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Appointments

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Checklist:

- 5 min. Meditation
- Exercise
- Skin Brushing
- Hot/Cold Plunge

Reminders

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*WEDNESDAY*

Breakfast

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Lunch

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Dinner

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Supplements

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Appointments

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Checklist:

- 5 min. Meditation
- Exercise
- Skin Brushing
- Hot/Cold Plunge

Reminders

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<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SHOPPING LIST</i>
Breakfast	Breakfast	Breakfast	
_____	_____	_____	_____
_____	_____	_____	_____
Lunch	Lunch	Lunch	
_____	_____	_____	_____
_____	_____	_____	_____
Dinner	Dinner	Dinner	
_____	_____	_____	_____
_____	_____	_____	_____
Supplements	Supplements	Supplements	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Appointments	Appointments	Appointments	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Checklist:	Checklist:	Checklist:	
<input type="checkbox"/> 5 min. Meditation	<input type="checkbox"/> 5 min. Meditation	<input type="checkbox"/> 5 min. Meditation	_____
<input type="checkbox"/> Exercise	<input type="checkbox"/> Exercise	<input type="checkbox"/> Exercise	_____
<input type="checkbox"/> Skin Brushing	<input type="checkbox"/> Skin Brushing	<input type="checkbox"/> Skin Brushing	_____
<input type="checkbox"/> Hot/Cold Plunge	<input type="checkbox"/> Hot/Cold Plunge	<input type="checkbox"/> Hot/Cold Plunge	_____
Reminders	Reminders	Reminders	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____