

Detox *Kick-Start*

Nutrition Tips &
21-Day Meal Plan

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Are you ready to challenge yourself?

In this guide I'll be sharing a few of my favorite tips and tricks to help you look and feel your best, along with a 21-day meal plan to help you get started right away. There's no such thing as a one-size-fits-all diet, so to make this challenge as accessible as possible, I've included options for a variety of tastes and preferences, accommodating vegans, vegetarians, and omnivores alike. The changes you make during this kick-start program should feel natural and relatively easy, so please feel free to take this program at your own pace and try the tips that resonate with you. Only YOU know what works best for your body!

Because I know everyone has a busy schedule, the recipes I share in my [cookbook](#) and [website](#) are always as easy to prepare as possible. You'll be working with ingredients that are easy to find in a regular grocery store, and the only special equipment required is a basic blender or food processor.

Are you as excited as I am to get started? Let's get to it!

#21DKS

Use this hashtag to find fellow participants on social media.
It will help keep you accountable and motivated!

Nutrition Tips for Maximum Results

Healthy eating should be enjoyable, and it's easier than you think. You don't have to count calories or macronutrients to reach your fitness goals-- in fact, scientists have considered calorie counting to be an obsolete and ineffective approach for over a decade, thanks to a study done by the Department of Kinesiology at Indiana University.¹ Consistently eating whole foods is the key to reaching and maintaining your ideal weight, but the following three tips can help expedite the process.

1. Eat whole foods in their natural state. When you enjoy foods that are as close to their natural state as possible, you're feeding your body foods that it can easily recognize and assimilate, while also crowding-out the refined and packaged varieties. Aim to eat whole grains, rather than those that are ground into flour, and fresh fruits, rather than fruit juice, to slow their impact on your blood sugar. Other healthy options include raw and gently cooked vegetables, fresh fruits, hormone- and antibiotic-free meats, pasture raised eggs, raw nuts and seeds, cold-pressed oils, and all-natural dairy products.

2. Enjoy naturally sweetened treats. There's no need to avoid all sweets when you can naturally satisfy your sweet tooth with fresh fruit and nutrient-rich sweeteners. Treat yourself to a [healthy "milkshake"](#) made with frozen bananas, or a [date-based snack bar](#) that tastes like a peanut butter cookie. You won't miss any of your favorite tastes or textures with these delicious and healthier alternatives!

3. Simplify your meals. Studies have shown that humans have a tendency to overeat when we are offered a wide variety of foods during a meal.² So, by simplifying our meals, we will naturally eat less, without counting calories or worrying about portion sizes.

To make meal planning easier, pick just one dense food (such as eggs, or chicken, or pasta, or bread) to enjoy at each meal, then fill the rest of your plate with non-starchy vegetables. For example, if you're craving a steak, enjoy it with a large salad and a side of steamed broccoli instead of adding a baked potato or dinner roll to your plate. Or, if you're craving a plate of pasta, skip the cheese and meat toppings and toss it with marinara and loads of vegetables, instead. This practice, also known as [Food Combining](#), will help you naturally balance your plate, without having to crunch any numbers. The following meal plan is loaded with more simplified meal ideas!

Healthier Upgrades

Use the following chart to find a healthier swap for your favorite foods!

Pasta	Whole grain pasta topped with marinara & vegetables or Steamed vegetables topped with bolognese sauce and cheese
Cheeseburger	Serve the burger patty, cheese, and condiments between two lettuce leaves instead of a bun, or try a Millet Veggie Burger
French Fries	Try Baked Sweet Potato Fries or Easy Roasted Cauliflower
Tacos	Stuff crunchy cabbage leaves with your favorite meat and cheese fillings or Fill a corn tortilla with beans, vegetables, guacamole and salsa
Pizza	A Cauliflower Pizza Crust topped with meat and cheese or A brown rice tortilla topped with marinara & vegetables
Cookies	Date Energy Balls or The Healthiest Cookies Ever
Ice Cream	Banana Soft Serve or Chocolate Banana Protein Shake
Sandwich	Mashed avocado and vegetables on sprouted-grain bread or Meat, cheese, and veggies rolled up in large lettuce leaves
Candy	Dark chocolate (70% cocoa or higher)

Detox-Friendly Meal Ideas

To accommodate those with different tastes and dietary needs, I'm including the following list of meal ideas to help you mix-and-match your meal plan as needed. These meals can be enjoyed at any time of the day, but for best results avoid mixing starches and proteins in the same meal. I've listed them according to how they combine, to make meal planning easy!

The following meal ideas are available on my [website](#) and in my cookbook, [Everyday Detox](#). You can click on the website links to be taken directly to the online recipe, and recipes from the cookbook are noted with their page number. If you don't have a copy of the cookbook, you can use the following list of meal ideas to replace those recipes in the 21-day meal plan.

Warm Meal & Snack Ideas

Starches

Easy Coconut Curry
“Beef” & Broccoli (pg 131)
Creamy Lemon & Asparagus Pasta
Quinoa Stuffed Bell Peppers
Mexican Butternut Pilaf (pg 119)
Wild Rice & Mushroom Stuffing
Creamy Pumpkin & Sage Pasta
Quinoa Mushroom Burgers (pg 110)
Creamy Cauliflower Alfredo
Quick Pumpkin Curry
Southwest Stuffed Potatoes (pg 124)
Easy Lentil & Sweet Potato Curry
Enchilada Stuffed Cabbage Rolls (pg 127)
Millet Veggie Burgers
Mushroom & Spinach Risotto
Lentil Chili (pg 104)
Quinoa & Vegetable Teriyaki Bowls
Curried Sweet Potato Bisque (pg 102)
“Cheesy” Broccoli & Quinoa Casserole
Seasoned Sweet Potato Fries (pg 92)

Animal Protein

Zucchini Lasagna (pg 139)
Easy Salmon Curry
Spaghetti Squash Enchilada Boats
Cauliflower Flatbread Pizza (pg 129)
Gluten-Free Crustless Quiche
Cheesy Jalapeno Casserole (pg 118)
Baked Vegetable Marinara
Cauliflower Fried Rice (pg 120)
Baked Stuffing Loaf (pg 126)
Veggie Chow Mein
Cauliflower & Leek Gratin (pg 130)
Italian “Meatloaf” Muffins (pg 134)
Mini Eggplant Pizzas
Cheesy Spaghetti Squash Casserole
Maple Mustard Glazed Salmon (pg 142)
Broccoli Cheese Soup
Healthy Eggs Benedict (pg 62)
Mexican Chicken Soup
Fish Tacos with Citrus Slaw (pg 109)
Caramelized Onion Frittata (pg 65)
Wild Salmon Sliders (pg 115)

Nuts/Seeds/Dried Fruit

Vegan Mac n’ Cheese
Pantry Pad Thai (pg 137)
Thai-Style Lettuce Wraps (pg 107)

Neutral

Carrot Ginger Soup (pg 98)
Creamy Asparagus Soup (pg 103)
Mashed Cauliflower
Red Pepper & Tomato Bisque (pg 99)
Salt & Vinegar Brussels Sprouts (pg 91)
Easy Roasted Cauliflower
Simple Sautéed Kale (pg 89)

Cold Meal & Snack Ideas

Starches

Quinoa Pasta Salad
Quinoa Tabouli (pg 85)
Avocado Caesar Salad
Roasted Vegetable Salad (pg 78)
Chickpea & Avocado “Egg” Salad
Classic Guacamole (pg 94)
Juice Pulp Sushi Rolls (pg 113)

Animal Protein

Egg Salad
Go-To Greek Salad (pg 77)
Vegetarian Cobb Salad
Any salad topped with animal protein

Nuts/Seeds/Dried Fruit

Raw Falafel Wraps (pg 106)
Oil-Free Pesto Pasta (pg 123)
Almond Butter & Spinach Shake
Chinese Cabbage Salad (pg 80)
No-Fail Kale Salad (pg 83)
Zucchini Hummus
Creamy Caesar Salad (pg 81)
Hemp Seed Ranch (pg 76)
Chocolate Banana Protein Shake
Almond Pulp Hummus (pg 86)
Chocolate Chia Shake (pg 48)
Banana Nut Protein Shake (pg 43)
Vanilla Chia Pudding
Cinnamon Raisin Snack Bars (pg 67)
Creamy Tahini Dressing

Neutral

Cauliflower Tabouli
Crispy Zucchini Chips (pg 95)
Kale Lemonade (pg 38)
Spinach Artichoke Dip
Back to Your Roots (pg 40)
Cucumber Lime Cooler (pg 39)
V-6 Juice (pg 42)
Mediterranean Chopped Salad (pg 84)

Fresh Fruit

Blended Apple Pie a la Mode (pg 47)
Strawberry Milkshake
Strawberry Basil Blast (pg 45)
Cherry Chocolate Shake
Tropical Twister (pg 46)
Peachy Green Cleanser (pg 51)

Dessert Ideas

It's unrealistic to assume that you won't want something sweet over the next three weeks, so below are a few treats that won't slow your progress. I like to plan my meal around my dessert to streamline the digestive process, so if you're going to enjoy a piece of almond butter freezer fudge later, plan on having a large leafy green salad first to help it move along in the body. Or, if you're craving a dinner of chicken or fish, stick to a few pieces of dark chocolate instead of reaching for a nut- or starch-based dessert.

Starches

Dark Chocolate Pudding (pg 146)
Spiced Sweet Potato Pudding (pg 167)
Korean Yam & Ginger Pudding

Fresh Fruit

Banana Soft Serve
Strawberry Lime Sorbet (pg 154)
Cherry Chocolate Pudding

Nuts/Seeds/Dried Fruit

Almond Butter Freezer Fudge
Raw Lemon Bars (pg 150)
Chocolate Chia Pudding
Peppermint Fudge Bars (pg 166)
Date Energy Balls
No-Bake Brownie Bites
Raw Cheesecake (pg 165)
No-Bake Chocolate Macaroons (pg 156)

Neutral

Dark chocolate (70% cocoa or higher)
Cozy Hot Chocolate (pg 153)



21-Day
Challenge

The Challenge

Over the next three weeks I'm challenging you to eat exclusively whole foods. As you'll see in the following meal plans, you'll have plenty of delicious and filling options to choose from, along with room for treats.

Track Your Results

Use the chart below to see your progress over the next three weeks.

	Day 1	Day 21
Weight		
Waist		
Bust		
Hips		
Arm		
Thigh		

Remember, you can more effectively measure your results by how your clothes fit. Find a favorite skirt or pair of jeans that are fitting snugly now, and then see how they fit after you complete this challenge.

Be sure to take pictures each week for visual proof of your progress, too!

For even more accountability, print off the challenge journals located at the end of this guide to track your food intake and workouts over the next three weeks.

Consistency is the key to success!

21-Day Meal Plan

The following sample meal plan is intended to make your food choices easier, but keep in mind that these are only suggestions. Feel free to modify however you like, whether it's repeating a favorite meal several times a week, or substituting a different meal entirely to fit your own tastes and dietary needs. If you're only cooking for one, you may want to enjoy the same meals two days in a row—saving you time and preventing food waste. Feel free to mix and match the meals as needed, and add more protein, fat, or carbs, to make you feel your best.

Recipes from my cookbook are indicated in italics with the corresponding page number, and you can find recipes for the rest of the meal options by clicking on the links directly from the meal plan. If you ever need to satisfy your sweet tooth after dinner, feel free to indulge in a few pieces of 70% (or higher) dark chocolate!

Prepare For The Week Ahead

At the beginning of each week, prepare a large batch of salad dressing and chop a variety vegetable toppings to make eating salads as quick and easy as possible. Pick one vinaigrette and one creamy dressing each week, such as Apple Cider Vinaigrette and Hemp Seed Ranch, so you have both options to top your salads and use as a dip for crunchy vegetables. The more prepared you are, the less likely you are to rely on processed convenience foods when your hunger strikes!

Italicized recipes can be found in [Everyday Detox](#). For all other recipes, simply click on the hyperlink to be taken to the recipe on my website.

Week 1

Monday

Breakfast: [Blended Green Lemonade](#)
Snack: (optional) 2 hardboiled eggs
Lunch: *Go-To Greek Salad (pg 77)* topped with chicken or tempeh, if desired
Snack: (optional) Cucumber slices dipped in [Zucchini Hummus](#)
Dinner: *Maple Dijon Mustard Salmon (pg 142)* with *Salt & Vinegar Brussels Sprouts (pg 91)* and a side salad

Tuesday

Breakfast: [Vanilla Chia Pudding](#) topped with a sliced banana
Snack: (optional) Another ripe banana
Lunch: Avocado and vegetable sandwich with mustard on sprouted-grain bread with a side salad
Snack: (optional) Non-starchy veggies dipped in *Hemp Seed Ranch (pg 76)*
Dinner: [Lentil & Sweet Potato Curry](#) over rice with a side salad

Wednesday

Breakfast: Sprouted-grain toast topped with mashed avocado
Snack: (optional) Non-starchy veggies dipped in [Zucchini Hummus](#)
Lunch: *Chinese Cabbage Salad (pg 80)*
Snack: (optional) Vegetables or baked chips dipped in guacamole
Dinner: *Zucchini Lasagna (pg 139)* with a side salad

Thursday

Breakfast: *Chocolate Chia Shake (pg 48)*
Snack: (optional) A ripe banana
Lunch: Lettuce wraps filled with turkey, cheese, tomato, bell peppers, and mustard, with a side of baby carrots
Snack: (optional) More baby carrots with sliced raw goat cheddar
Dinner: [Cauliflower Fried Rice](#) (scrambled with eggs or tempeh) with a side salad

Friday:

Breakfast: *Banana Nut Protein Shake (pg 43)*
Snack: (optional) A ripe banana
Lunch: *Roasted Vegetable Salad with Shallot Vinaigrette (pg 78)*
Snack: (optional) *Cinnamon Raisin Snack Bar (pg 67)*
Dinner: [Wild Rice & Mushroom Stuffing](#) with a side salad

Saturday

Breakfast: [Asparagus, Leek, and Goat Cheese Frittata](#) with a side of sautéed vegetables
Snack: (optional) Fresh fruit
Lunch: Shredded cabbage salad tossed with [Creamy Thai "Peanut" dressing](#) and topped with sunflower seeds and veggies
Snack: (optional) Non-starchy vegetables dipped in extra Thai "Peanut" Dressing
Dinner: *Cauliflower & Leek Gratin (pg 130)* served with a large leafy green salad

Sunday

Breakfast: *Blender Banana Pancakes (pg 68)*
Snack: (optional) Fresh fruit
Lunch: *Raw Falafel Wraps (pg 106)* with a side salad
Snack: (optional) Non-starchy vegetables dipped in [Apple Cider Vinaigrette](#)
Dinner: [Easy Coconut Curry](#) served over a bed of cooked quinoa and a side salad

Italicized recipes can be found in [Everyday Detox](#). For all other recipes, simply click on the hyperlink to be taken to the recipe on my website.

Week 2

Monday

Breakfast: *Overnight Chia Pudding (pg 59)*
Snack: (optional) Handful of almonds
Lunch: [Chickpea & Avocado “Egg” Salad](#)
served with lettuce wraps or sprouted toast
Snack: (optional) Cucumber slices dipped in guacamole
Dinner: *Mexican Butternut Pilaf (pg 119)*
with a side salad

Tuesday

Breakfast: [Chocolate Banana Protein Shake](#)
Snack: (optional) A ripe banana
Lunch: *Quinoa Tabouli (pg 85)*
Snack: (optional) Non-starchy veggies
dipped in *Hemp Seed Ranch (pg 76)*
Dinner: *Skillet Fish Tacos with Citrus Slaw (pg 109)* and a side salad

Wednesday

Breakfast: 3 eggs scrambled with your favorite non-starchy veggies
Snack: (optional) Sliced raw goat cheddar
Lunch: [Roasted Tomato Soup](#) with an open-faced avocado & vegetable sandwich on sprouted-grain bread
Snack: (optional) Another bowl of Roasted Tomato Soup
Dinner: *Southwest Stuffed Sweet Potatoes (pg 124)* with a side salad

Thursday

Breakfast: *Peachy Green Cleanser (pg 51)*
Snack: (optional) Handful of almonds
Lunch: *No-Fail Kale Salad (pg 83)*
Snack: (optional) Cucumber slices topped with mustard and sliced raw goat cheddar
Dinner: [Mushroom & Quinoa Risotto](#) with a side salad

Friday:

Breakfast: [Cherry Chocolate Smoothie](#)
Snack: (optional) A ripe banana
Lunch: Mixed green salad with a side of [Creamy Potato Salad](#)
Snack: (optional) More Creamy Potato Salad
Dinner: [Spaghetti Squash Enchilada Boats](#) with a side salad

Saturday

Breakfast: *Caramelized Onion & Red Bell Pepper Frittata (pg 65)* with a side salad
Snack: (optional) Cucumber slices with goat cheese
Lunch: [Quinoa “Pasta” Salad](#)
Snack: (optional) Non-starchy vegetables dipped in *Honey Dijon Dressing (pg 73)*
Dinner: [Cauliflower Pizza](#) loaded with your favorite toppings and a side salad

Sunday

Breakfast: *Maple Pecan Granola (pg 54)* with almond milk
Snack: (optional) Handful of raw walnuts
Lunch: Large romaine salad smothered in [Creamy Tahini Dressing](#)
Snack: (optional) Non-starchy vegetables dipped in extra Creamy Tahini Dressing
Dinner: *Cheesy Jalapeno Casserole (pg 118)* with a side salad

Italicized recipes can be found in [Everyday Detox](#). For all other recipes, simply click on the hyperlink to be taken to the recipe on my website.

Week 3

Monday

Breakfast: [Creamy Almond Butter & Spinach Shake](#)

Snack: (optional) Fresh fruit

Lunch: *Lentil Chili (pg 104)* with a side salad

Snack: (optional) Veggies dipped in *Almond Pulp Hummus (pg 86)*

Dinner: *Italian "Meatloaf" Muffins (pg 134)* served over baked spaghetti squash with marinara sauce

Tuesday

Breakfast: *Strawberry Basil Blast (pg 45)*

Snack: (optional) Date Energy Ball

Lunch: [Panera Black Bean Soup](#) with a side salad

Snack: (optional) Non-starchy veggies dipped in Honey Dijon Dressing

Dinner: *Thai-Style Lettuce Wraps (pg 107)* with a side salad

Wednesday

Breakfast: [Vanilla Chia Pudding](#) with a sliced banana on top

Snack: (optional) A fresh date topped with nut butter

Lunch: *Carrot Ginger Soup (pg 98)* with a side salad

Snack: (optional) Baby carrots dipped in guacamole

Dinner: *"Beef" & Broccoli (pg 131)* served over rice with a side salad

Thursday

Breakfast: *Chocolate Chia Shake (pg 48)*

Snack: (optional) A handful of raw almonds

Lunch: Romaine salad topped with black beans, salsa, and guacamole

Snack: (optional) Red Bell Pepper smeared with chevre (soft goat cheese)

Dinner: *Quinoa Mushroom Burger (pg 110)* with *Seasoned Sweet Potato Fries (pg 92)*

Friday

Breakfast: 3 eggs scrambled with onions, mushrooms, and goat cheese

Snack: (optional) Sliced cheese

Lunch: *Mediterranean Chopped Salad (pg 84)* topped with feta

Snack: (optional) Handful of raw walnuts

Dinner: *Baked Stuffing Loaf (pg 126)* with *Cheesy Garlic & Herb Cauliflower Mash (pg 93)*

Saturday

Breakfast: *Eggs Benedict with Healthy Hollandaise (pg 62)* with a side salad

Snack: (optional) Cucumber slices with goat cheese

Lunch: *Curried Sweet Potato Bisque (pg 102)* with a side salad

Snack: (optional) Non-starchy vegetables dipped in guacamole

Dinner: [Mini Eggplant Pizzas](#) served with a side salad

Sunday

Breakfast: [Buckwheat Banana Nut Muffins](#) topped with almond butter

Snack: (optional) A handful of raw nuts

Lunch: *Creamy Caesar Salad (pg 81)* with a cup of vegetable soup

Snack: (optional) Cucumber slices with sliced cheese

Dinner: [Cheesy Spaghetti Squash Casserole](#) with a side salad

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Week One	Day 1	2	3	4	5	6	7
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Workout							

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Week Two	Day 1	2	3	4	5	6	7
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Workout							

Resources

If you need help finding any products or ingredients, visit <http://detoxinista.com/cleanse-resources> for a list of my favorites!

Get More Recipes

For even more healthy recipes, see my complete [recipe index](#) or pick up a copy of [Everyday Detox](#) for an additional week of meal plans, entertaining menus, and exclusive recipes.

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About the Author

Megan Gilmore is a certified nutritionist consultant and the creator of Detoxinista.com, a website dedicated to sharing easy, delicious comfort food recipes and healthy living tips. Her new cookbook, [Everyday Detox](#), features 100 crowd-pleasing recipes for healthy meals, snacks, and treats that will satisfy even your pickiest friends and family members!

Endnotes

1. “Diet Composition, Energy Intake, and Exercise in Relation to Body Fat in Men and Women.” Am J Clin Nutr 52(3) (1990): 426-30; PubMed PMID: 2393005.
2. “Variety in a Meal Enhances food Intake in Man,” Physiology & Behavior 26, no. 2 (1981): 215221, [http://dx.doi.org/10.1016/0031-9384\(81\)90014-7](http://dx.doi.org/10.1016/0031-9384(81)90014-7).
3. “High-fat dairy food and conjugated linoleic acid intakes in relation to colorectal cancer incidence in the Swedish Mammography Cohort.” Am J Clin Nutr. 2005 Oct;82(4):894-900. PubMed PMID: 16210722
4. “Association between Dairy Food Consumption and Weight Change over 9 Years in 19,352 Perimenopausal Women.” Am J Clin Nutr. 2006 Dec;84(6):1481-8. PubMed PMID: 17158433