



MINI DETOX GUIDE

My DIY plant-based mini detox to celebrate your fresh start this spring.

SPRING TRAINING #2



HELLO GORGEOUS!

There's no doubt about it... adding more fresh fruits & veggies into your diet helps you look & feel better. Think: Beyonce or Alicia Silverstone. Both are 100% plant-based. Yet you don't have to go that far to experience the "natural glow."

In my DIY mini detox guide, you'll discover the habits I use to cleanse my body naturally.

One of my fav things is this: You can buy everything at your local grocery store for around \$15-20. That's it! Feel free to buy extra ingredients in case you want to do this for multiple days. Often times, you'll love how you feel and want to continue it, which is totally okay. Everything we're doing is naturally gentle on the body, yet very transformative.

I really want you to continue to enjoy your typical meals and snacks throughout the day. This mini detox is meant to supplement your diet, not overhaul it. We're not moving that quick... yet. :) But... If you like how you feel and want to eat more clean, fresh foods throughout the day, that's great too! I have tons of plant-based whole food recipes on [my blog](#) for you to start making and enjoying the results more and more!

xoxo
Jen Hansard

PS: Once you complete this mini detox guide, head over to [the blog post](#) and let me know how you it went for you!

(This'll enter you in the [Rawk the Year](#) giveaway too!)



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Commit to checking off all these boxes in a single day. On their own, these tasks may seem trivial—but collectively they make a huge impact. Ready to carpe the diem?!

DAILY DETOX CHECKLIST

morning ritual

- Down a glass of water
- Morning Tonic Tea

Daily fuel

- Glowing Skin Smoothie
- Eat a green apple for a snack

natural glow

- Move your body for 20 min
- Drink 8 cups of water today

sweet dreams

- Read a book before bed
- Get 7+ hours of sleep

KALE YEAH! I DID IT... AND I FEEL _____

(rawesome adjective)

SHOPPING LIST

- 1-inch fresh ginger root
- 1 lemon
- 1 green apple
- 1 bag baby spinach
- 1 bunch cilantro
- 1 cucumber
- 1 avocado
- 1 bag frozen pineapple
- 1 bunch parsley, optional
- cayenne pepper, optional
- chia seeds, optional



Morning Tonic Tea

- 1 cup filtered water, hot
- 1-inch fresh ginger root
- 1 tbsp fresh lemon juice
- chopped fresh parsley, optional
- dash of cayenne pepper, optional

1. Thinly slice ginger, chop parsley and juice the lemon.
2. Add all ingredients to a mug and steep for 5 minutes.



Glowing Skin Smoothie

- 1 cup fresh spinach
- 2 tbs cilantro leaves
- 1/2 cucumber, peeled
- 3/4 cup water
- 1/4 avocado
- 1 cup pineapple, frozen
- 1 tbs chia seeds, optional

1. Blend spinach, cilantro, cucumber and water together until all leafy chunks are gone.
2. Add in remaining ingredients and blend again. Drink immediately for optimal nutrient enjoyment.

PLANT POWER!

Below are the ingredients you'll be adding to your body and why they are important. Once you understand the benefits of an ingredient, it's easier to embrace it... even if it's outside your comfort zone. With Spring Training, we need to bring in the heavy lifting plants to detox our bodies and get us in fighting shape for warmer weather!

GINGER ROOT: stimulates digestion, circulation, and sweating, which rids your body of the build-up of waste and toxins in the colon, liver, and other organs.

LEMON: aids in flushing out toxins and cleanses the liver.

GREEN APPLE: low in sugar & loaded with soluble fiber to help remove cholesterol and toxins from your blood. The malic acid removes carcinogens and toxins from your blood.

PARSLEY: great at detoxifying heavy metals and toxins from your body.

SPINACH: packed with fiber, making them slow to digest & good for detoxifying.

CILANTRO: accelerates the body's urinary excretion of heavy metals from the body.

CUCUMBER: help flush toxins out your body due to their large amount of water content.

AVOCADO: helps rid toxins that have been stagnant due to low bile production.

PINEAPPLE: contains bromelian, a powerful digestive enzyme that aids in digesting protein, breaking down fats, and reducing inflammation.

CAYENNE PEPPER: stimulates the digestive system, liver and intestines.

CHIA SEEDS: absorb toxins in the body and cleanse the digestive tract.

PSSST! All of these ingredients are also naturally loaded with assorted vitamins and minerals insure your body doesn't suffer during the detox process.

FAQS

You may have some questions and that's completely normal! I love that you're thinking this through and I wanna help you succeed. So here it goes...

I CAN'T STAND _____, DO I HAVE TO USE IT?! Heck no! If you gag at the site of cucumber or avocado... just leave it out. Adjust the recipes to work best for you!

DOES IT HAVE TO BE A GREEN APPLE? Green apples are lower in sugar, which is something we prob all need to eat less of. So yeah, you should try and make this work. Feel free to sprinkle cinnamon and a drizzle of maple syrup if you're having a hard time still.

WHY IS THE CAYENNE PEPPER OPTIONAL? Because some people just can't take the heat... and we gotta give them a way out. My advice— start small and see how you do.

HOW DO I MOVE MY BODY FOR 20 MIN? Take a walk, do jumping jacks, squats, planks... it's truly up to you. Just get it in!

CILANTRO TASTES LIKE SOAP- BLEH! For some poor unfortunate souls, cilantro doesn't taste too great. If you're in that boat, feel free to swap it out for parsley in your smoothie. Both are great at removing heavy metals from your body— so try and get it in!

WHERE CAN I FIND CHIA SEEDS: Check the bulk nuts section, oatmeal area or even the protein powder section— they tend to migrate to a far away corner at most stores.

HOW OFTEN CAN I DO THIS? Honestly, you could live your LIFE like this! This is the foundation to a healthy life, yet we often fall of the wagon and need some motivation to get back on. Use this guide over and over as needed to look & feel your best.

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