

5 DAY LYMPHATIC CLEANSE

This is a 5 day cleanse where you will eat simply for 3 days and drink lymphatic draining teas. Days 4 and 5 you will add back in solid foods. Everything you consume should be organic and water should be filtered. The goal is to clear out the lymphatic system so you will need to eat and drink as clean as possible to rest this system.

1) Smoothies, purees, soups or stews daily – vegan protein, or with A2 cow whey protein, or grassfed collagen protein only
- sprouted nuts or seeds are approved sources of fat

2) Smoothies, purees, soups or stews have to contain at least the following:

1 cup of celery
¼ cup cranberry, parsley or cilantro
1 tsp of ginger (fresh) or cinnamon
1 tsp of good fat – flax or MCT oil

Smoothie only:

1 cup of lettuce or cucumber

3) Smoothie examples:

1 cup lettuce
1 cup celery
1 apple, pear, 1 cup berries or ½ cup carrot and ½ apple
¼ cup cranberry
1 ½ cup water – adjust for thickness to your liking
1 serving protein powder
1 tsp grated ginger
1 tsp flax oil

1 cup lettuce or cucumber
1 cup celery
1 kiwi or pineapple
¼ cup cranberry
1 ½ cup water – adjust for thickness to your liking
1 serving protein powder
1 tsp grated ginger
1 tsp flax oil

1 apple or pear
1 cup carrot
1 cup celery
1 tsp cinnamon
1 ½ cup water – adjust for thickness to your liking
1 serving protein powder
1 tsp grated ginger
1 tsp flax oil

4) Snacks: Sip on warm tea with snacks

- 1 pear, apple, kiwi, or ¼ cup berries and ¼ cup sprouted nuts or seeds
- 1 cup celery or cucumber – dip into sprouted cilantro lime cashew cream or a vegan pesto with basil, parsley and cilantro

- Energy bites

Fruit and celery salsa – cucumber, cilantro, pineapple/mango or berries for fruit – dip with celery

- Cranberry, pear, ginger, sprouted nut salsa – dip with celery

5) Purees – you can puree fruit and squash ex: acorn squash, pear and cranberry

Carrot, apple, celery

6) Soups: Add one serving of grassfed collagen to these for protein

Butternut, celery, parsley

Carrot, onion, cilantro, celery, cashew cream

Bokchoy, rutabaga or parsnip, celery, lemon

RECIPES

Check out more recipes on my pintrest page -

[Digestive Health | Natural Health & Wellness | DoctorJKrauseND](#)
doctorjkrause.com

VEGAN PESTO

4 oz basil (parsley, or cilantro work too)

4 cloves garlic

pinch salt

1 ¼ cup sprouted cashews

2 tbsp lemon juice

2 tbsp expeller pressed olive oil

1 1/2 cup hot water

Place cashews in a blender or food processor and blitz until you have a fine meal. Add water a little at a time until a thick cream forms. Then add the rest of your ingredients and dip away.

VEGAN LIME CREMA

1 ¼ cup sprouted cashews

2 tbsp lime juice

¼ cup cilantro

pinch salt

Place cashews in a blender or food processor and blitz until you have a fine meal. Add water a little at a time until a thick cream forms. Then add the rest of your ingredients and dip away.

ENERGY BITES

Pick your sprouted nut butter – ½ cup

Pick your protein powder – 2 scoops

Add ground hemp or flax seeds – 1/4 cup + 2 tbsp

Sweeten - ¼ cup raw honey or 100% maple syrup

Mix ingredients. Roll into balls and put in the fridge.