



THE CONSCIOUS CLEANSE

5-Day Clean Eating Challenge

Inspired by the Conscious Cleanse

Jo Schaalman and Jules Peláez, Co-Founders

Table of Contents

01	Welcome to the 5-Day Clean Eating Challenge!
02	Conscious Cleanse Clean Eating Principles
03	Challenge Overview
04	5-Day Clean Eating Challenge Schedule
05	Clean Eating Challenge Day 1
06	Clean Eating Challenge Day 2
07	Clean Eating Challenge Day 3
08	Clean Eating Challenge Day 4
09	Clean Eating Challenge Day 5
10	Next Steps
11	Recipes





Welcome to the 5-Day Clean Eating Challenge!

We're so glad you're here and we're so excited to start this clean-eating journey with you.

Ready to improve your health, get rid of inflammation, detox your system, improve your skin, have more energy, and feel amazing in just 5 days?

This 5-Day Clean Eating Challenge is a simplified version of our **14-day Cleanse** to help you feel better FAST and introduce you to the world of clean-eating.

Make sure you're a member of our Pop-Up **Facebook Group**! This is where the majority of the challenge will take place. In the group, you'll be able to chat with us and our team of health coaches about any questions you might have and connect with other challenge takers.

[Click here to join the Facebook Group](#)

Let's get started!

With love,

Jo & Jules ♥

Jo Schaalman and Jules Peláez, Founders of the Conscious Cleanse

P.S. Questions? Email us at joandjules@consciouscleanse.com

Visit our website: consciouscleanse.com

Like us on Facebook: facebook.com/ConsciousCleanse

Follow us on Twitter: twitter.com/consciouscleans

Follow us on Instagram: instagram.com/consciouscleanse





Conscious Cleanse Clean Eating Principles

It seems like everyone is talking about “clean-eating” these days... but what is it?

Basically, when we talk about eating clean, we mean eating whole foods in their natural form, while avoiding processed, sugary foods and common allergens.

Whole foods are foods that are minimally processed and very close to the way they appear in nature. We’re talking dark leafy greens, herbs, sprouts, non-gluten grains like brown rice and quinoa, legumes, nuts, seeds, organic lean meats and wild fish.

Clean eating is not about dieting or counting calories and fat grams, it’s about listening to your body – eating when you’re hungry and stopping when you’re full.

Eating this way gives your body a chance to release toxic build-up from exposure to environmental pollutants, processed food, chemical preservatives, and genetically modified foods.

Taking a break from eating common allergens helps your body reset and helps you identify which foods you might have a sensitivity or allergy to.

During this 5 day challenge, you’ll start eating cleaner a day at a time, so by the time you get to the end of the challenge, you’ll be a clean-eating pro, feeling refreshed and free of toxins and inflammation.






Challenge Overview

How to get the most out of your 5-Day Clean Eating Challenge:

- ☐ Join the [Facebook Group](#)
- ☐ Tune in to the daily [Facebook Live](#) coaching session with Jo & Jules at 11:30am MT / 1:30pm ET every day of the challenge
- ☐ Read the daily emails for each day's Action Step
- ☐ Connect with a health coach in the Facebook group or via email at joandjules@consciouscleanse.com

5-Day Eating Challenge at-a-Glance:

-  Day 1: Eat more veggies
 -  Day 2: Eliminate Sugary Foods & Alcohol
 -  Day 3: Eliminate Gluten
 -  Day 4: Eliminate Dairy
 -  Day 5: Reduce Caffeine



5-Day Clean Eating Challenge Schedule

Day 1	Day 2	Day 3
<div>March 1</div> <p>Action Step:</p> <ul style="list-style-type: none"> • Eat more fruits & veggies  <p>FB LIVE w/ Jo & Jules 11:30am MT / 1:30pm ET</p> <p>TUNE IN!</p>	<div>March 2</div> <p>Action Steps:</p> <ul style="list-style-type: none"> • Eliminate sugary foods and alcohol • Eat more fruits & veggies   <p>FB LIVE w/ Jo & Jules 11:30am MT / 1:30pm ET</p> <p>TUNE IN!</p>	<div>March 3</div> <p>Action Steps:</p> <ul style="list-style-type: none"> • Eliminate gluten • Eliminate sugary foods and alcohol • Eat more fruits & veggies    <p>FB LIVE w/ Jo & Jules 11:30am MT / 1:30pm ET</p> <p>TUNE IN!</p>
Day 4	Day 5	Day 6
<div>March 4</div> <p>Action Steps:</p> <ul style="list-style-type: none"> • Eliminate dairy • Eliminate gluten • Eliminate sugary foods and alcohol • Eat more fruits & veggies     <p>FB LIVE w/ Jo & Jules 11:30am MT / 1:30pm ET</p> <p>TUNE IN!</p>	<div>March 5</div> <p>Action Steps:</p> <ul style="list-style-type: none"> • Reduce caffeine • Eliminate dairy • Eliminate gluten • Eliminate sugary foods and alcohol • Eat more fruits & veggies      <p>FB LIVE w/ Jo & Jules 11:30am MT / 1:30pm ET</p> <p>TUNE IN!</p>	<div>March 6</div> <p>What's Next:</p> <p>LIVE CALL w/ Jo & Jules 5 Simple Strategies to Sustain Vibrant Health 10am MT / 12pm ET</p> <p>TUNE IN!</p>



Clean Eating Challenge Day 1



Today's Action Step: Eat more veggies

The center of a clean-eater's universe is dark leafy greens and veggies!

Veggies are nutrient powerhouses that help your body detox and keep your digestion regular.

Take a look at a large dinner plate and, instead of thinking about vegetables as a side or garnish to a main dish, give veggies center stage.

In other words, let veggies take up the vast majority of your plate, at least two thirds. Let meat, grains, or legumes be the side show, taking up only about one third of your plate.

One of the easiest ways to instantly add more veggies to your diet is to start your day with a green smoothie! Green smoothies are a clean-eater's BFF – so try out this recipe today!



Add this Action Step today:



Eat more veggies

Today's Featured Recipe:

Hearty Blueberry Smoothie



Today's Action Items:

- ☐ Eat more veggies!
- ☐ Start the day with a **green smoothie**
- ☐ Drink half your body weight in oz. of filtered water (ex: if you weigh 150 lbs, aim to drink 75 oz. of water)
- ☐ Tune in to the **Facebook Live** call with Jo & Jules at 11:30am MT / 1:30pm ET or watch the replay



Clean Eating Challenge Day 2

Today's Action Step: Eliminate Sugary Foods & Alcohol



Time to detox from sugar and alcohol!

Stop eating all forms of processed sugar today: cereal, cookies, cupcakes, pastries, candy, soda (diet too), flavored yogurt, artificial sweeteners, etc. Also say goodbye to beer, wine and liquor, which add to the toxic load in your body.

Replace processed sugar with more natural options like honey, maple syrup, fruit, dried fruit, dates, stevia, monkfruit, or coconut sugar.

To satisfy your sweet tooth, give a healthier treat a try, like our Joy Balls, which are only sweetened with dates and honey. To replace your evening wine or cocktail, try a mocktail, like our Paloma Rosa.

Keep up this Action Step:



Eat more veggies

And add this Action Step:



Eliminate Sugary Foods & Alcohol

Today's Featured Recipes:

Joy Balls



La Paloma Rosa Mocktail



Today's Action Items:

- ☐ Eliminate all sugary foods and alcohol
- ☐ Start the day with a **green smoothie**
- ☐ Drink half your body weight in oz. of filtered water
- ☐ Tune in to the **Facebook Live** call with Jo & Jules at 11:30am MT / 1:30pm ET or watch the replay
- ☐ Try one or both of today's **featured recipes** to replace your sweet treats or alcoholic beverage



Clean Eating Challenge Day 3

Today's Action Step: Eliminate Gluten



Time to tackle a a big one in everyone's diet - gluten!

Gluten is a protein that's found in grains such as wheat, rye, barley, spelt and cross-contaminated oats. Gluten is also often used as a thickener in lots of processed and packaged foods. If you're feeling puffy, lethargic, bloated or achy, it might be because of gluten sensitivity, which is why we're taking a break from this common allergen.

Today, work on eliminating all foods containing gluten from your diet. This includes bread, pasta, crackers, pizza, etc. – make sure you read labels very carefully, gluten is also often hidden in condiments and sauces.

To help ease you off of gluten, try a gluten-free version of one of your favorite meals, like our Kale Pesto with Brown Rice pasta. Focus on non-gluten grains, like rice, quinoa, buckwheat, and amaranth, and foods made with these grains.

Keep it up, you're halfway through the challenge, and you're doing great!

Today's Featured Recipe:

Kale Pesto with Brown Rice Pasta



Keep up these Action Steps:



Eat more veggies



Eliminate Sugary Foods & Alcohol

And add this Action Step:



Eliminate Gluten

Today's Action Items:

- ☐ Eliminate gluten from your diet
- ☐ Start the day with a **green smoothie**
- ☐ Try our **Kale Pesto with Brown Rice Pasta** as a gluten-free dinner option
- ☐ Drink half your body weight in oz. of filtered water
- ☐ Tune in to the **Facebook Live** call with Jo & Jules at 11:30am MT / 1:30pm ET or watch the replay



Clean Eating Challenge Day 4

Today's Action Step: Eliminate Dairy



Tell dairy to "moo"-ve on out of your diet today!

Lots of people have allergies or sensitivities to dairy, so taking a break from it helps you know if you might be one of them.

So today, we're taking a break from all things dairy: cheese, milk, yogurt, butter, ice cream, etc.

We know this is a food group lots of people eat almost every day, so we're giving you some other dairy-free options to try out, like our Chia Pudding and Homemade Cashew Milk. You can also try our **Cashew Feta** for a dairy-free cheese option! If you're shopping for dairy-free yogurt, we like the **GT's brand**.

Keep up these Action Steps:



Eat more veggies



Eliminate Sugary Foods & Alcohol



Eliminate Gluten

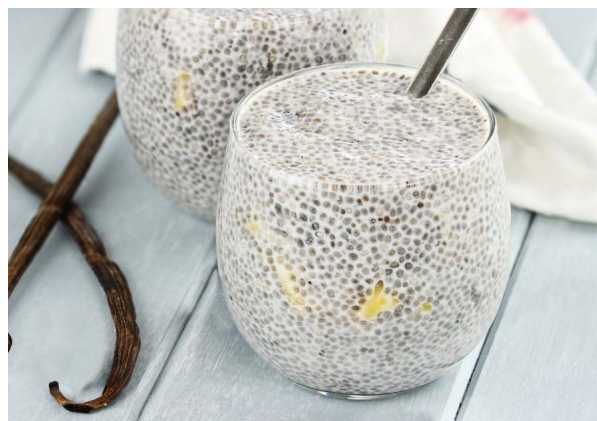
And add this Action Step:



Eliminate Dairy

Today's Featured Recipes:

Chia Pudding



Homemade Cashew Milk



Today's Action Items:

- ☐ Eliminate dairy from your diet
- ☐ Start the day with a **green smoothie**
- ☐ Make some **Homemade Cashew Milk** and enjoy a bowl of **Chia Pudding**
- ☐ Drink half your body weight in oz. of filtered water
- ☐ Tune in to the **Facebook Live** call with Jo & Jules at 11:30am MT / 1:30pm ET or watch the replay



Clean Eating Challenge Day 5



Today's Action Step: Reduce Caffeine

Cutting back on caffeine can help unlock your natural energy!

Reduce all forms of caffeine today: coffee, espresso, black tea, energy drinks, soda, etc. Limit your caffeine consumption to 1 drink.

Try to swap out your coffee or espresso with a healthier option, like antioxidant-rich green tea or **matcha**! We've included an easy recipe for a Vegan Matcha Latte for you to try.

If you need more caffeine-free options, try some herbal tea. We have a line of **organic herbal teas** available from The Tea Spot that are designed to aid in detox, check them out [here](#).

Today's Featured Recipe:

Vegan Matcha Latte



Today's Action Items:

- ☐ Reduce your caffeine intake
- ☐ Try swapping your coffee or espresso for a **Vegan Matcha Latte**
- ☐ Start the day with a **green smoothie**
- ☐ Drink half your body weight in oz. of filtered water
- ☐ Tune in to the **Facebook Live** call with Jo & Jules at 11:30am MT / 1:30pm ET or watch the replay

Conscious Cleanse Organic Herbal Teas

Detox Tea







Turmeric Tonic



Hibiscus
Cucumber

Keep up these Action Steps:

-  Eat more veggies
-  Eliminate Sugary Foods & Alcohol
-  Eliminate Gluten
-  Eliminate Dairy

And add this Action Step:

-  Reduce Caffeine



What's Next?

Congrats on completing the 5-Day Clean Eating Challenge! You're probably feeling refreshed, reset, and ready to keep feeling better.

You've made it this far, what's next?

We want to help you keep your forward progress going!

We're having a Live Class, "5 Simple Strategies to Sustain Vibrant Health," this Saturday, March 6 at 10am MT / 12pm ET. The class will cover your next steps after the challenge!

TUNE INTO THE CLASS HERE!

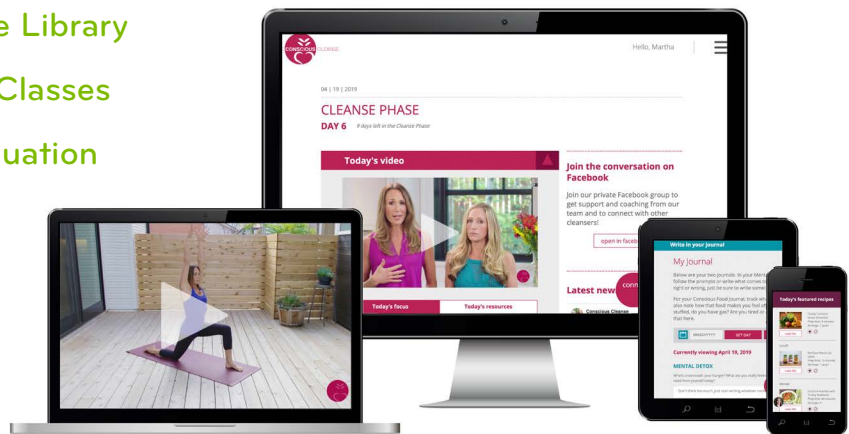
Keep that clean-eating train chugging along with our **online cleanse program**. The Conscious Cleanse is not your average cleanse – no supplements, no endless juicing, no counting calories – just real food, and lots of it.

During the 14-day cleanse, you'll keep those common allergens you've eliminated during the clean-eating challenge off your plate, instead focusing on whole foods like veggies, fruits, legumes, non-gluten grains, lean meat and fish.

If you're ready to take healthy living to the next level, sign up for the **Conscious Cleanse On Demand** today!

Our Online Cleanse Program Includes:

- 🌱 World class coaching and support
- 🌱 Daily instructional videos
- 🌱 Meal Planner and Recipe Library
- 🌱 Video Workouts & Yoga Classes
- 🌱 Interactive Wellness Evaluation
- 🌱 Food Journal
- 🌱 Mental Detox Journal
- 🌱 Supportive community with private forum
- 🌱 Bonus video content
- 🌱 On-going support and access



CLICK HERE TO SIGN UP



RECIPES

Hearty Blueberry Smoothie

Yield: 1 quart

Ingredients:

- 1 cup blueberries
- 1 heaping handful spinach
- ¼ avocado
- 1 large banana
- 1 TB. **almond butter**
- 2 cups water or **coconut water**

Instructions: In a high-speed blender, blend blueberries, spinach, avocado, banana, almond butter, and coconut water until creamy.

This smoothie
is filling
enough to
power your
morning!



Joy Balls

Yield: 3 dozen balls

Ingredients:

- 1 cup raw sunflower seeds
- ½ cup tahini
- 1 cup raw almond butter
- 1 cup raisins or dates
- 3 TB. raw honey
- ¼ cup finely grated, unsweetened coconut flakes (optional)

Instructions: In a food processor fitted with an S blade, grind sunflower seeds for about 2 minutes or until fairly fine. Add tahini, almond butter, raisins or dates, and honey, and blend for about 2 minutes or until a thick paste forms. Mixture will be relatively dry. Using your hands, roll small amounts of mixture between your palms to form about 36 1-inch balls. Roll balls in coconut flakes (if using). Place in a container with a tight-fitting lid and refrigerate or freeze. Serve chilled or frozen. Will keep up to 2 weeks.



La Paloma Rosa Mocktail

Yield: 3-4 servings

Ingredients:

- 1 cup fresh grapefruit juice
- ¼ cup fresh lime juice
- 1 ½ TB. Lakanto or stevia
- Handful of fresh mint, crushed
- Pink Himalayan sea salt
- Ice cubes
- 1 cup club soda

Instructions: In a cocktail shaker (or quart-sized mason jar) combine the grapefruit juice, lime juice, and Lakanto or stevia. Crush the mint leaves in your hands releasing the essential oils while keeping them whole. Add the mint leaves to the same container. Stir, wait five minutes, and stir again. To prepare each drink, run a lime wedge along the edge of half of each glass, and dip rim in salt. Pour ½ cup of the grapefruit mixture into each glass filled with ice. Top off with about ¼ cup of club soda. Garnish with extra mint.





Gluten-free
doesn't mean
giving up
pasta with this
brown rice
version.



Kale Pesto with Brown Rice Pasta

Yield: 4-5 servings

Ingredients:

- 1 bunch kale, stems removed, chopped
- 2 cloves garlic
- 2 shallots
- ½ cup walnuts
- ¼ cup pine nuts
- ½ tsp sea salt or to taste
- ¼ cup olive oil
- 1 package of brown rice pasta, cooked according to directions on package
- Cherry tomatoes, sliced (optional)

Instructions: Fill a large pot with 2 inches of water and bring to boil. Add kale to a steamer basket in the pot and cover for about 5 minutes. Remove kale, rinse under cold water and squeeze dry.

In a food processor fitted with the S-blade, combine kale, garlic, shallots, walnuts, pine nuts and sea salt. Process until smooth. Slowly add in olive oil while still pureeing.

Add a few spoonfuls of pesto into warm pasta. Serve topped with chopped cherry tomatoes (if using).



Homemade Cashew Milk

Yield: 4 cups

Ingredients:

- 1 cup raw cashews, soaked in water overnight, then drained
- 4 cups filtered water
- Pinch of sea salt
- 2 or 3 dates, pitted (optional)
- 2 tsp. of vanilla extract (optional)

Instructions: In a high speed blender, blend soaked cashews, filtered water, sea salt, dates, and vanilla extract until smooth and creamy. Store in the refrigerator for up to 5 days.



Chia Pudding

Yield: 2 cups

Ingredients:

- 1 ½ cups Homemade Cashew Milk
- ½ cup chia seeds
- 1 ½ TB. honey
- ½ tsp. vanilla extract
- ½ tsp. cinnamon
- Pinch of sea salt

Instructions: In a bowl, combine cashew milk, chia seeds, honey, vanilla, cinnamon and sea salt together. Stir with a spoon until well combined. Let sit and soak at room temperature for 20 minutes or cover and put in the fridge overnight to enjoy for breakfast the next day. Top with fruit or nuts if desired.



Vegan Matcha Latte

Yield: 1 serving

Ingredients:

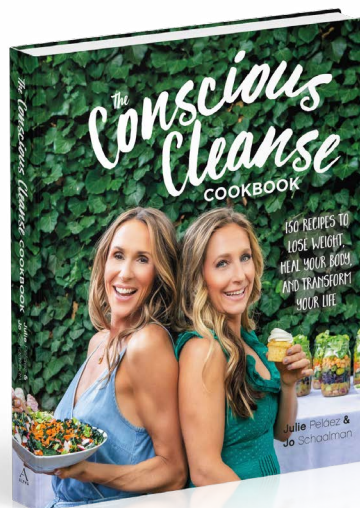
- 1 tsp matcha powder
- ¼ cup boiling water
- ¾ cup Homemade Cashew Milk
- Stevia or honey to taste

Instructions: In a small saucepan, bring water to a boil then whisk in matcha powder.

Once powder is dissolved into water, mix in the milk and heat on low. Sweeten to taste with stevia or honey.

NOTE: If you like this recipe, check out *The Conscious Cleanse Cookbook*! It includes many more healthy recipes to make and enjoy. Grab your copy [here](#).

Upgrade
your coffee
or espresso
with this
antioxidant-
rich latte!



As seen in
The Conscious
Cleanse
Cookbook!



GET YOUR COPY HERE



eat real food. get real results. JOIN OUR ONLINE COMMUNITY.

The Conscious Cleanse is a proven 14-day program that teaches a gentle whole-foods-based approach to eating that allows your body to effectively remove toxins, eliminate waste, and ultimately achieve your optimal nourishment.

Expertly led by co-creators **Jo and Jules** and a team of **health coaches** and supported by a host of digital tools, the **Conscious Cleanse On Demand** membership makes healthy living easy.

For more delicious recipes, online tools, health coaching, and much more, join the **Conscious Cleanse On Demand** or visit our **blog** for more info.



THE CONSCIOUS CLEANSE COOKBOOK & CONSCIOUS
CLEANSE 2ND EDITION ARE NOW AVAILABLE TO ORDER!



Facebook: facebook.com/ConsciousCleanse
Twitter: twitter.com/consciouscleans
Pinterest: pinterest.com/consciouscleans
Instagram: instagram.com/consciouscleanse

