

All Good Things

Tuesday, January 21, 2014

The Daunting Days Pre- and Post- Cleanse: Why We Do It And What To Eat.

The phone rings, it another excited customer inquiring about the juice cleanse. They are happy and excited about everything the All Good Things cleanse has to offer, accept for one little tiny (but very important) part... the pre- and post- cleanse "diet".

After telling them what to keep out of their diet prior to their cleanse, they often ask me "So what's left to eat?"

The answer: EVERYTHING!

The things that we recommend eliminating prior to the cleanse is what my day-to-day diet consists of, and I can promise you it is more than satisfying.

So I am writing to clear the air about what it is to watch out for prior to and following your juice cleanse, as well as give you a little sample of what to eat in a day.

Why we prep for the cleanse:

We recommend beginning your preparation at least 3 days before the cleanse. Doing so will further the results you experience from the cleanse. You will see that your bloat will reduce significantly more, your cravings for sugars and other junk foods will disappear and you will find it easier to get through the three days of the juice cleanse without feeling deprived of solids, or having cravings for other foods and flavors. We encourage the same diet post cleanse (for at least 3 days) to help your body readjust to solid foods by slowly working food back into your diet, doing so will keep the results of your cleanse with you for the weeks to come.

Pre Cleanse Eating:

Foods to eat: Any and all veggies and fruits, nut and seeds. Belly friendly grains such as; buckwheat, brown rice, quinoa, gluten free oats and millet, almond flour, coconut flour. Healthy fats such as; coconut oil, flax see oil, olive oil, avocado, flax seed. Any spices, or favorites include; turmeric, ginger, garlic, cayenne, apple cider vinegar, oregano, cilantro, parsley. Of course non dairy milks, coconut milk, almond milk.

Foods to avoid: processed sugars (candy, soda, chocolate and the like), caffeine (switch to

herbal tea!), dairy (move to nut milks, or coconut milk), gluten (move to the healthy GF grains listed above), alcohol (I know, sounds impossible, but its only a few days!). If you're a smoker, try to cut down a significant amount. Our general rule here: if it comes in a box or has an ingredient that you can't pronounce don't eat it!

Try to drink about 64oz of water every day and a few glasses of your favorite herbal tea.

Sample Menu:

Starter: Warm water with lemon

Breakfast: Green smoothie

Snack: Raw Veggies with homemade hummus (Try our Humus and Veggie Sticks in our to-go cooler)

Lunch: Kale Salad with nuts and seeds

Snack: Green Juice and a handful of soaked nuts and seeds

Dinner: Quinoa Bake with roasted sweet potato (<http://bit.ly/1f3kK1K>)

During the Cleanse:

Go about your cleanse as directed, if absolutely needed you can help yourself to a snack of raw veggies during the day. Good raw veggies to snack on; celery sticks, carrot sticks, cucumber, broccoli, cauliflower, red peppers.

Try to drink about 64oz of water every day and a few glasses of your favorite herbal tea.

Post Cleanse Eating:

Day 1: Introduce raw fruits and veggies. I will typically have a smoothie for breakfast, fruit for a snack, large salad for lunch with olive oil and lemon, raw veggies or a juice for a snack, large salad for dinner with olive oil and lemon.

Day 2: Introduce nuts and gluten free grains: Smoothie for breakfast, apple and almond butter for a snack, salad for with olive oil and lemon for lunch, juice or veggies with humus for a snack, Quinoa for dinner.

Day 3: Follow similar menu and Introduce organic fish and meats at lunch

Continue drinking plenty of water and herbal tea

We understand that the pre-cleanse and post-cleanse can be a little more work during a busy week. Our trick is to approach it with an open mind. We believe in taking care of our bodies everyday, and when we cleanse we are doing it to improve our health, energy, skin, hair, and minds. Completing the cleanse to the fullest helps us to feel the greatest results from the cleanse. What is the sense in juicing for 3 days only to get half of the benefit? We also use it as a way to get creative and learn new things. We are constantly trying new smoothies, salad and

gluten free grain recipes to keep us active and excited about our meals.

If you have any further questions in regards to our cleanse feel free to contact us at 487-4288.

(Please remember we are not certified nutritionists or dietitians. All of our knowledge we have gained from various medical journals, reputable books and our own experiences. You are always encouraged to discuss any changes in your daily habits with your doctor.)

Enjoy our week,
Nat

All Good Things at 9:23 AM

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About All Good Things...



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All Good Things | What we offer: a full juice bar, healthy eats, juice cleanses, yoga and meditation, skin care and massage therapy.

We are a #wellness facility that's focus is to maintain a lifestyle of healthy eating, chemical free products, and improvements of the body and mind.

All of our food and juice choices at All Good Things are chemical, #GMO and #glutenfree!
Learn more about how these habits will improve your health on our blog:

[All Good Things | Blog](#)

For more information please visit our [website](#) or visit us in store
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