Over time, the buildup of toxins from the environment and lifestyle choices can compromise the way our bodies work, and even lead to health issues. While many people are familiar with the idea of detoxification, there is a great deal of confusion about how to do it safely. For example, trendy water or juice fasting may cause muscle wasting and an increased feeling of fatigue. In order to detoxify properly, the body needs nutrients such as quality protein and carbohydrates, plus targeted nutritional support. The Clear Change Program enhances the body’s natural metabolic detoxification process while providing adequate fuel for both cleansing and other daily activities, supporting energy metabolism and overall well-being.*

Components of the Clear Change Program

The Clear Change Program, recommended by your healthcare provider, is an easy-to-follow program that will get you on track to feel better and have energy in just 10 days. Components include:

- **Metagenics Proprietary Nutritional Beverage** provides you with all the nutritional support needed to be successful on the program.

- **AdvaClear®** capsules provide detoxification and antioxidant support that promotes overall well-being. This innovative product is a great daily supplement that supports balanced detoxification.*

Looking for additional digestive support? Your doctor may recommend a daily probiotic, such as **Ultra Flora Plus®**, to help support a healthy intestinal environment. Metagenics provides you with the most well-researched and patented strains available to support your immune system.*

**NOTE:** If you currently take a daily multivitamin, other supplements, or prescription medication, please speak with your prescribing physician before discontinuing.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*
Support for Success

We are here to support you! Visit our website at www.clearchangeprogram.com and sign up to receive daily tips and extra recipes. You can also view a webinar hosted by a practitioner who will walk you through the program.

Before you get started, please read the guidelines below to ensure your success on this program.

- Use the General Food Choices provided as your food guide for the program. Do not make substitutions except those that are recommended by your healthcare practitioner. Be sure to avoid any foods to which you know you are intolerant or allergic.

- If you normally consume significant amounts of caffeinated beverages or simple sugars, you might experience withdrawal headaches if you discontinue them all at once. We recommend that you gradually decrease these items in your diet before starting the program.

- Be sure to take all of the recommended servings of the supplements. These products contain critical ingredients to nutritionally support your body’s detoxification processes. If you miss a dose of supplements, that’s okay. Just remember to take it with your next meal.

- Ensure that you are experiencing a daily bowel movement on this program. Please speak with your healthcare provider to determine if the addition of a fiber supplement, such as MetaFiber®, would be beneficial.*

- Remember to drink at least two quarts (64 ounces) of plain, filtered, or mineral water each day.

- Strenuous or prolonged exercise should be reduced during the program to allow the body to heal more effectively without the additional burden imposed by exercise.

- The Nutritional Beverage should be consumed within 30 minutes of mixing for maximum benefit. Discard any unused portion.

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3-Step Program

For best results, follow as closely as possible at home or when dining out.

**Step 1—Days 1-4: Initial Clearing**

Begin to eliminate potentially allergenic foods as summarized in the General Food Choices on the next page, while you slowly increase intake of recommended nutritional supplements.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Nutritional Beverage</th>
<th>AdvaClear Supplement</th>
<th>Dietary Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Eat only RECOMMENDED foods (all categories).</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 2</th>
<th>Nutritional Beverage</th>
<th>AdvaClear Supplement</th>
<th>Dietary Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 scoop, 2 times</td>
<td>1 capsule, 2 times</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 3</th>
<th>Nutritional Beverage</th>
<th>AdvaClear Supplement</th>
<th>Dietary Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 scoop, 2 times</td>
<td>1 capsule, 2 times</td>
<td>Eat only from the following categories: Fish, Fruits, Vegetables, Legumes, Beverages, Spices/Condiments.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 4</th>
<th>Nutritional Beverage</th>
<th>AdvaClear Supplement</th>
<th>Dietary Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 scoops, 2 times</td>
<td>2 capsules, 2 times</td>
<td></td>
</tr>
</tbody>
</table>

**Step 2—Days 5-7: Metabolic Detoxification**

You will be eating from a limited menu and increasing supplements as indicated or recommended by your healthcare provider.

<table>
<thead>
<tr>
<th>Day 5-7</th>
<th>Nutritional Beverage</th>
<th>AdvaClear Supplement</th>
<th>Dietary Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 scoops, 4 times</td>
<td>2 capsules, 3 times</td>
<td>Eat only from the following categories: Fish (OR Legumes), Beverages, Spices/Condiments. Eat only Core Fruits &amp; Vegetables.</td>
</tr>
</tbody>
</table>

**Step 3—Days 8-9: Reintroduction**

Slowly reintroduce approved foods while slowly reducing supplements. Careful attention should be paid to any reactions you may have as you reintroduce foods.

<table>
<thead>
<tr>
<th>Day 8</th>
<th>Nutritional Beverage</th>
<th>AdvaClear Supplement</th>
<th>Dietary Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 scoops, 3 times</td>
<td>2 capsules, 3 times</td>
<td>Add white rice and gently add back remaining fruits and vegetables. Continue eating from Fish (OR Legumes), Beverages, Spices/Condiments.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Day 9</th>
<th>Nutritional Beverage</th>
<th>AdvaClear Supplement</th>
<th>Dietary Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2 scoops, 2 times</td>
<td>2 capsules, 2 times</td>
<td>Add remaining Rice/Grains, plus Nuts/Seeds, Legumes, Sweeteners, Milk Substitutes.</td>
</tr>
</tbody>
</table>

**Days 10 & Beyond: Maintenance**

You’re finished. Continue to slowly reintroduce food groups one at a time and wait 24-48 hours to see if you note a reaction. To keep that re-energized feeling, continue to take AdvaClear as daily detoxification support. Also speak with your healthcare provider about other simple foundational health programs from Metagenics to keep you feeling better long term.*
General Food Choices

For program success, select foods from this list or as advised by your healthcare provider.

<table>
<thead>
<tr>
<th>Category</th>
<th>Avoid</th>
<th>Recommended (organic preferred)</th>
<th>Step 1</th>
<th>Step 2</th>
<th>Step 3</th>
<th>Step 4</th>
<th>Step 5</th>
<th>Step 6</th>
<th>Step 7</th>
<th>Step 8</th>
<th>Step 9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits</td>
<td>Oranges, orange juice; Fruits/juices/spreads/preserves with added sugars</td>
<td>Core Fruits: Apples, pears (fresh, canned, juiced with no added sugars); All other unsweetened, fresh, frozen, water-packed, or canned fruits 100% fruit juices</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Corn Breasted or creamed vegetables</td>
<td>Core Vegetables: Cruciferous vegetables (broccoli, cauliflower, kale, cabbage, Brussels sprouts); raw greens (red and green lettuce, romaine, spinach, endive)</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Legumes</td>
<td>Soybean products: tempeh, tofu, soy milk, textured vegetable protein, protein powders, edamame, wasabi peas, soy sauce</td>
<td>All other canned, frozen, or dry beans/peas; hummus</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Fish</td>
<td>Shellfish, farm-raised seafood</td>
<td>Fresh, wild-caught fish, including cod, halibut, salmon, flounder, sole, tilapia, mahi mahi, trout</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Beverages</td>
<td>Regular and diet sodas, energy/sport drinks, alcoholic beverages, coffee, non-herbal teas, other caffeine and decaf beverages</td>
<td>Water: filtered, mineral, seltzer, herbal teas</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Spices/Condiments</td>
<td>Chocolate, BBQ sauce, ketchup, dijon mustard, relish; Processed and hydrogenated oils; Mayonnaise/dressings with dairy/gluten/sugars</td>
<td>All vinegars (except malt); All fresh or dry herbs/spices; Oils: olive, flaxseed, canola, safflower, sunflower, sesame, walnut, pumpkin, almond, coconut</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>Rice/Grains</td>
<td>Commeal/flour, corn starch; Foods with wheat and wheat flours, processed cereals; gluten-containing products: spelt, kamut, rye, barley</td>
<td>White grain rice</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Nuts/Seeds</td>
<td>Peanuts, peanut butter</td>
<td>All other nuts and seeds including milks and unsweetened butters</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
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</tr>
<tr>
<td>Sweeteners</td>
<td>Foods with refined sugars, cane sugar/juice, corn syrup, glucose, sucrose, dextrose, honey, maple syrup, extracts (e.g. vanilla)</td>
<td>Brown rice syrup, fruit sweetener (juice concentrates), stevia</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Dairy Products &amp; Milk Substitutes</td>
<td>Milk, cheese, cottage cheese, cream, yogurt, butter, margarine, ice cream, non-dairy creams, soy milk</td>
<td>Unsweetened milk alternatives: rice, hazelnut, hemp, almond, coconut</td>
<td>✔</td>
<td>✔</td>
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</tr>
</tbody>
</table>

Day 1: Ready. Set. Go.

Remember to visit www.clearchangeprogram.com for additional recipes and to sign up for free daily program support.

Use the General Food Choices as your guide and eat from the recommended food groups.

Sample Menu

- **Breakfast:** Oatmeal or quinoa flakes with almond, coconut, or rice milk, and berries or raisins
- **Lunch:** Hummus and rice cakes with cherry tomatoes and avocado slices and Minestrone Soup
- **Dinner:** Mixed veggie stir-fry (use olive or coconut oil, adding ginger and coconut milk at the end) with or without broiled salmon with brown rice and mixed green salad dressed with oil and vinegar
- **Snacks:** Nuts, fruits, rice cakes with almond butter

Tip of the Day: The easiest way to take advantage of this program is to follow the recommended menu guide; however, if you would like to develop your own menus just be mindful of the shopping list. Remember there are no caloric restrictions on this program.

Sample recipes included in back of guide.
Day 2: Add Nutritional Support.

Today you will follow the same eating rules from yesterday. You’ll also be adding in a nutritional beverage and supplement to help support your detoxification pathways.

**Eat:** The same foods as on Day 1. Begin adding 1 scoop of Nutritional Beverage twice today, mixed with 4-5 ounces of water or 4-5 ounces unsweetened rice, coconut, or almond milk (use a shaker cup or mix in a blender with ice to make a smoothie). Add fresh or frozen fruit if desired.

Sample Menu
- **Breakfast:** 1 scoop Nutritional Beverage mixed as above; 1 AdvaClear capsule; rice cereal with unsweetened almond, rice, or coconut milk, topped with sliced banana
- **Lunch:** Leftover stir-fry from dinner or Vegetable Rice Soup and rice crackers and a fresh pear or apple
- **Afternoon Snack:** 1 scoop Nutritional Beverage mixed as above; 1 AdvaClear capsule
- **Dinner:** Broiled tilapia and/or Pasta and Beans and a mixed green salad with oil and vinegar dressing
- **Additional Snacks:** Nuts, raw vegetables, fruits, rice cakes with almond butter

**Tip of the Day:** You may begin feeling some withdrawal symptoms such as headache or muscle aches. This is normal and is reflecting that the program is working. Remember to take time to reduce stress by taking deep breaths, go out for a short walk, listen to music, dance, have a good laugh, or even take a quick power nap. Be sure to contact your healthcare provider should you experience any significant unpleasant effect.

Day 3: Elimination Time.

For Day 3 you will continue to take 1 scoop twice today of the Nutritional Beverage in addition to 1 capsule twice today of AdvaClear. You’ll also begin to eliminate certain food groups as listed below.

**Eliminate:** Nuts/Seeds, Rice/Grains, Sweeteners, and Milk Substitutes

Sample Menu
- **Breakfast:** 1 scoop Nutritional Beverage mixed with 4-5 ounces water or unsweetened apple or pear juice; 1 AdvaClear capsule and fruit salad
- **Morning Snack:** Sliced bananas with cinnamon or sliced mango
- **Lunch:** Large green salad with leftover tilapia or garbanzo beans, fresh peach or plums
- **Afternoon Snack:** 1 scoop Nutritional Beverage mixed with 4-5 ounces of water or unsweetened apple/pear juice; 1 AdvaClear capsule
- **Dinner:** Baked trout or flounder with steamed carrots and peas or Vegetarian Chili and Tropical Salad
- **Additional Snacks:** Fruits and raw vegetables

**Tip of the Day:** Keep it flavorful. A variety of seasonings can enhance the natural flavors of food without added butter, margarine, and salt. There is an abundant array of herbs and spices that can add flavor and variety to foods.

Day 4: Stay Hydrated.

For Day 4 you will take 2 scoops twice today of the Nutritional Beverage in addition to 2 AdvaClear capsules twice today. Continue to eat the same foods as Day 3.

Sample Menu
- **Breakfast:** 2 scoops Nutritional Beverage mixed with 8-10 ounces water or unsweetened apple or pear juice with berries; 2 AdvaClear capsules
- **Morning Snack:** Sliced peaches or plum
- **Lunch:** Steamed halibut with broccoli or Red Potato & Green Bean Salad
- **Afternoon Snack:** 2 scoops Nutritional Beverage mixed with 8-10 ounces of water or unsweetened apple/pear juice; 2 AdvaClear capsules
- **Dinner:** Baked sweet potato or yam topped with coconut oil, Cauliflower Popcorn with baked halibut or Great northern beans
- **Additional Snacks:** Fruits and raw vegetables

Sample recipes included in back of guide.
Days 5-7: Just Do It.

Congratulations—you’re halfway there. Days 5-7 are the most challenging days of the program but by following the guidelines below, you’ll have the support you need to make it through. You’ll also be increasing the Nutritional Beverage to 2 scoops four times a day and taking 2 AdvaClear capsules three times a day.

Eat only the following:
- Steamed or raw cruciferous vegetables, including broccoli, cauliflower, kale, cabbage, brussels sprouts, collards, and bok choy
- Greens including spinach, red and green lettuce, romaine, endive, watercress, radicchio, arugula, and escarole
- Apples and pears (whole and juiced)
- Fish (legumes may be substituted as a protein source)
- Spices/Condiments including oils, vinegar, and herbs
- Water and herbal tea

Sample Menu
- **Breakfast:** 2 scoops Nutritional Beverage mixed with 4 ounces water and 4 ounces unsweetened apple or pear juice; 2 AdvaClear capsules
- **Lunch:** Choice of fish or legume with green salad topped with oil and vinegar
- **Afternoon Snack:** 2 scoops Nutritional Beverage mixed with 4 ounces water and 4 ounces unsweetened apple or pear juice; 2 AdvaClear capsules
- **Dinner:** 2 scoops Nutritional Beverage mixed with 4 ounces water and 4 ounces unsweetened apple or pear juice; 2 AdvaClear capsules; fish of your choice with cooked greens OR steamed vegetables of your choice with lentils
- **Evening Snack:** 2 scoops Nutritional Beverage mixed with 4 ounces water and 4 ounces unsweetened apple or pear juice
- **Additional Snacks:** Apples, pears, and Kale Chips

Tip of the Day: Many people notice that they are hungry initially, but that tends to dissipate. Recognize, however, if you are getting light-headed or excessively fatigued you may be experiencing low blood sugar. Remember there are no caloric restrictions and you can eat as much of the allowed food groups as you want.

Day 8: You’re Almost There.

Beginning today, you will gradually add back in remaining fruits, veggies, and white rice. You will also reduce the Nutritional Beverage to 2 scoops three times today. Continue with 2 AdvaClear capsules taken three times today.

**Eat:** Vegetables, fruits, white rice, fish (or legume), condiments, unsweetened apple or pear juice, water, and herbal tea

**Sample Menu**
- **Breakfast:** 2 scoops Nutritional Beverage with 8-10 ounces of water or unsweetened apple or pear juice; 2 AdvaClear capsules; sliced banana, peaches, or berries sprinkled with cinnamon
- **Morning Snack:** 2 scoops Nutritional Beverage mixed with 8-10 ounces of water or unsweetened apple or pear juice; 2 AdvaClear capsules
- **Lunch:** Vegetable Rice Soup with green salad and chopped vegetables, topped with oil and vinegar
- **Afternoon Snack:** 2 scoops Nutritional Beverage with 8-10 ounces of water or unsweetened apple or pear juice; 2 AdvaClear capsules
- **Dinner:** Broiled salmon and/or roasted vegetables with cooked white rice
- **Additional Snacks:** Raw carrots, celery, cucumber, and choice of fruit

**Tip of the Day:** Weight loss can often occur on the Clear Change Program due to decreased caloric intake, but this isn’t the main goal of the program. By completing this program, you can experience greater energy and improved sleep and digestion, which will all contribute to achieving your long-term goals.
**Day 9: Take It Slow.**

Today you will continue to add back in certain food groups gradually in addition to reducing the Nutritional Beverage to 2 scoops twice today and take 2 AdvaClear capsules twice today.

**Eat:** Continue to use the *General Food Choices* as your guide and eat anything from this list.

**Sample Menu**

- **Breakfast:** Oatmeal or rice cereal with milk substitute mixed with mashed banana or applesauce
- **Morning Snack:** 2 scoops Nutritional Beverage mixed with 8-10 ounces of water or unsweetened apple/pear juice; 2 AdvaClear capsules
- **Lunch:** Green salad and chopped vegetables, topped with kidney beans, dressed with oil and vinegar
- **Afternoon Snack:** 2 scoops Nutritional Beverage mixed with 8-10 ounces of water or unsweetened apple/pear juice and fresh or frozen berries; 2 AdvaClear capsules
- **Dinner:** *Spicy Black Beans and Tomatoes*; steamed green beans and carrots cooked with brown or white rice, topped with your favorite oil; fresh peach or plum
- **Additional Snacks:** Fruits, nuts, or vegetables dipped in *Hummus*

**Tip of the Day:** Now that you are close to the finish line, we encourage you to continue to purchase organic produce and choose free-range and hormone-free dairy, meats, and eggs whenever possible.

---

**Day 10: Moving Forward.**

You made it! Today you should begin to SLOWLY add back other foods. We suggest starting with 1-2 foods per day so it will be easier to assess if you have any reaction to the foods that you have been avoiding for the past 10 days. It’s best to wait 1-2 days per food group. Remember to check in with your healthcare provider.

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**Add a Foundational Plan.**

Keep that re-energized feeling and speak with your healthcare provider about other health supporting dietary programs from Metagenics including:

- Nutritional beverages and bars for a great-tasting way to start your day and support healthy body composition
- **Wellness Essentials®** daily packets of foundational nutrition that includes PhytoMulti™—the "Smart Multi" that contains a proprietary mixture of vitamins, minerals, and phytonutrients—as well as omega-3s and other targeted support supplements based on your individual needs*
- **Ultra Flora Plus** probiotic supplement for gastrointestinal health support*
- **AdvaClear** to support balanced detoxification on a daily basis*

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Sample Recipes (additional recipes available at www.cl searchableprogram.com)
The easiest route may be simply choosing from our recipe suggestions. If you wish to
develop your own recipes, keep the General Food Choices in mind. You may
eat as much of everything on the allowed food list as you would like.

**Beverages**
**Fruit Smoothie**
- 1 cup fresh or frozen fruit
- 1 Tbsp. soy milk or water

**Spry Black Beans and Tomatoes**
- 1 cup black beans
- 1 Tbsp. olive oil or flaxseed oil
- 2 medium tomatoes, diced
- 1 medium onion, chopped
- 2 cloves of garlic, crushed
- 1 Tbsp. dried basil
- 1 tsp. dried oregano
- 1/2 cup canned tomatoes
- 1/4 tsp. ground cumin
- 1/4 tsp. cumin
- Salt and pepper

**Spicy Black Beans and Tomatoes**
- 1/2 cup brown rice
- 1/3 cup chopped vegetables
- 1/2 tsp. cumin
- 1/2 tsp. chili powder
- 1/2 cup canned tomatoes
- 1/4 cup finely chopped jalapeño pepper
- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 tsp. red pepper flakes
- 1/4 tsp. dried oregano
- 1/4 tsp. ground cumin
- Salt and pepper

**Tropical Salad**
- 1 cup baby spinach
- 1 cup chopped vegetables
- 1/2 tsp. soy sauce
- 1/2 tsp. lime juice
- 2 Tbsp. balsamic vinegar
- 1/4 tsp. dried mint
- 1/4 tsp. dried basil
- Salt and pepper

**Legumes (Vegetable Protein)**
- 1 cup lentils
- 1/2 cup chickpeas
- 1/2 cup black beans
- 1/2 cup navy beans
- 1/2 cup garbanzo beans

**Nuts/Seeds**
- 1/2 cup almonds
- 1/2 cup walnuts
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds

**Fruits (fresh or frozen)**
- 1/2 cup fresh or frozen fruit
- 1/2 cup pear
- 1/2 cup peaches
- 1/2 cup strawberries

**Shopping List**
- 1 cup fresh or frozen fruit
- 1/2 cup soy milk or water
- 1/2 cup black beans
- 1/2 cup chopped vegetables
- 1/2 tsp. cumin
- 1/2 tsp. chili powder
- 1/2 cup canned tomatoes
- 1/4 cup finely chopped jalapeño pepper
- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 tsp. red pepper flakes
- 1/4 tsp. dried oregano
- 1/4 tsp. ground cumin
- Salt and pepper

**Spicy Black Beans and Tomatoes**
- 1/2 cup brown rice
- 1/3 cup chopped vegetables
- 1/2 tsp. cumin
- 1/2 tsp. chili powder
- 1/2 cup canned tomatoes
- 1/4 cup finely chopped jalapeño pepper
- 2 Tbsp. olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1/2 tsp. red pepper flakes
- 1/4 tsp. dried oregano
- 1/4 tsp. ground cumin
- Salt and pepper

**Tropical Salad**
- 1 cup baby spinach
- 1 cup chopped vegetables
- 1/2 tsp. soy sauce
- 1/2 tsp. lime juice
- 2 Tbsp. balsamic vinegar
- 1/4 tsp. dried mint
- 1/4 tsp. dried basil
- Salt and pepper

**Legumes (Vegetable Protein)**
- 1 cup lentils
- 1/2 cup chickpeas
- 1/2 cup black beans
- 1/2 cup navy beans
- 1/2 cup garbanzo beans

**Nuts/Seeds**
- 1/2 cup almonds
- 1/2 cup walnuts
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds

**Fruits (fresh or frozen)**
- 1/2 cup fresh or frozen fruit
- 1/2 cup pear
- 1/2 cup peaches
- 1/2 cup strawberries
# 3-Step Program

For best results, follow as closely as possible at home or when dining out.

## Step 1—Days 1-4: Initial Clearing

Begin to eliminate potentially allergenic foods as summarized in the General Food Choices, while you slowly increase intake of recommended nutritional supplements.

<table>
<thead>
<tr>
<th></th>
<th>Nutritional Beverage</th>
<th>AdvaClear Supplement</th>
<th>Dietary Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td></td>
<td></td>
<td>Eat only RECOMMENDED foods (all categories).</td>
</tr>
<tr>
<td>Day 2</td>
<td>1 scoop, 2 times</td>
<td>1 capsule, 2 times</td>
<td></td>
</tr>
<tr>
<td>Day 3</td>
<td>1 scoop, 2 times</td>
<td>1 capsule, 2 times</td>
<td>Eat only from the following categories: Fish, Fruits, Vegetables, Legumes, Beverages, Spices/Condiments.</td>
</tr>
<tr>
<td>Day 4</td>
<td>2 scoops, 2 times</td>
<td>2 capsules, 2 times</td>
<td></td>
</tr>
</tbody>
</table>

## Step 2—Days 5-7: Metabolic Detoxification

You will be eating from a limited menu and increasing supplements as indicated or recommended by your healthcare provider.

<table>
<thead>
<tr>
<th></th>
<th>Nutritional Beverage</th>
<th>AdvaClear Supplement</th>
<th>Dietary Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Days 5-7</td>
<td>2 scoops, 4 times</td>
<td>2 capsules, 3 times</td>
<td>Eat only from the following categories: Fish (OR Legumes), Beverages, Spices/Condiments. Eat only Core Fruits &amp; Vegetables.</td>
</tr>
</tbody>
</table>

## Step 3—Days 8-9: Reintroduction

Slowly reintroduce approved foods while slowly reducing supplements. Careful attention should be paid to any reactions you may have as you reintroduce foods.

<table>
<thead>
<tr>
<th></th>
<th>Nutritional Beverage</th>
<th>AdvaClear Supplement</th>
<th>Dietary Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 8</td>
<td>2 scoops, 3 times</td>
<td>2 capsules, 3 times</td>
<td>Add white rice and gently add back remaining fruits and vegetables. Continue eating from Fish (OR Legumes), Beverages, Spices/Condiments.</td>
</tr>
<tr>
<td>Day 9</td>
<td>2 scoops, 2 times</td>
<td>2 capsules, 2 times</td>
<td>Add remaining Rice/Grains, plus Nuts/Seeds, Legumes, Sweeteners, Milk Substitutes.</td>
</tr>
</tbody>
</table>

## Days 10 & Beyond: Maintenance

You’re finished. Continue to slowly reintroduce food groups one at a time and wait 24-48 hours to see if you note a reaction. To keep that re-energized feeling, continue to take AdvaClear as daily detoxification support. Also speak with your healthcare provider about other simple foundational health programs from Metagenics to keep you feeling better long term.*