

CLEAN

7-DAY PROGRAM

MANUAL

WELCOME TO CLEAN

Congratulations on committing to a healthier you!

I am thrilled to share the Clean Program with you. It has been an honor to develop and spread the Clean lifestyle to thousands of people across the globe. I have personally used our programs to restore my health, the health of my patients, and I have witnessed it transform countless lives for the better.

Based on the teachings of Functional Medicine, the Clean 7-Day Program is a powerful plan to get your health back on track.

The Program is a simple way to rejuvenate your energy and mind, improve your digestion, clean up your eating habits, and help you feel great.

The Clean Team and myself could not be happier that you are joining the family, and we look forward to making this a deeply significant experience for you. We are here to support you every step of the way - before, during, and after your program. Let's get started!



A handwritten signature in blue ink that reads "Alejandro Junger".

Alejandro Junger MD

A LIFETIME OF SUPPORT

We offer world-class support. We're here for you before, during, and after your program. Forever. There's no expiration date on our support.



CALL & EMAIL US

(888) 497-8417 | Monday to Friday
9am to 7pm Eastern Time
support@cleanprogram.com



JOIN OUR ONLINE COMMUNITY

Get support and learn what 72,000+ people are saying about Clean at:
my.cleanprogram.com



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YOUR DAILY PLAN



BREAKFAST

- Clean Shake
- 1 Probiotic
- 1 Supplement Packet



LUNCH

- Clean Meal
 - 1 Supplement Packet
- Prepare a hearty solid meal from the Clean Diet. Get the most out of it by including dark leafy greens, healthy fats like avocado and coconut oil, and quality protein like fish or quinoa.



DINNER

- Clean Shake
- 1 Supplement Packet

HOW TO MAKE A SHAKE



STEP 1

*Choose a
Liquid*

-
- Coconut milk
 - Almond milk
 - Rice milk
 - Water

STEP 2

*Add Clean
Shake Packet*

STEP 3

*Choose a
Few Ingredients*

-
- Berries (fresh or frozen)
 - Mango
 - Pineapple
 - Handful of fresh greens
 - Greens Powder
 - Almond butter
 - Avocado
 - Coconut oil

STEP 4

*Blend &
Enjoy*

CLEAN PROGRAM DIET SNAPSHOT

These are the main foods to include and exclude during your program.

See the full list on the next page.

EAT



whole vegetables,
leafy greens



whole fruits,
berries



wild fish, organic
chicken & turkey



brown rice,
quinoa



avocado,
coconut oil

DON'T
EAT



gluten



dairy



beef, eggs



coffee, soda,
alcohol



processed
sugar

CLEAN DIET: THE COMPLETE LIST

	INCLUDE	EXCLUDE
Fruits & Vegetables	Unsweetened fresh or frozen whole fruits, fresh squeezed fruit juices, sea vegetables (seaweeds), avocados, olives, tubers (sweet potatoes, yams) and raw, steamed, sauteed, juiced, or roasted vegetables	Oranges, orange juice, grapefruit, bananas, strawberries, grapes, corn, creamed vegetables, nightshades (goji berries, tomatoes, peppers, eggplant, regular potatoes)
Dairy Substitutes	Hemp, rice, and nut milks (such as almond, hazelnut, walnut, etc.), coconut milk, coconut oil/butter	Dairy and eggs including milk, cheese, cottage cheese, cream, yogurt, butter, ice cream, non-dairy creamers, ghee
Starch & Non Gluten Grains	Brown, red, black and wild rice, millet, amaranth, teff, tapioca, buckwheat, quinoa	White rice, wheat, corn, barley, spelt, kamut, rye, triticale, oats (even gluten free)
Animal Protein	Fresh or water-packed cold-water fish (trout, salmon, halibut, tuna, mackerel, sardines, pike, kippers), wild game (rabbit, pheasant, bison, venison, elk, etc.), lamb, duck, organic chicken, turkey	Pork (bacon), beef, veal, sausage, cold cuts, canned meats, frankfurters (hot dogs), shellfish, any raw meats, raw fish, sushi, warm water fish
Vegetable Protein	Split peas, lentils, legumes, bee pollen, spirulina, blue-green algae	Soybean products (traditional soy sauce, soybean oil in processed foods)

CLEAN DIET: THE COMPLETE LIST

	INCLUDE	EXCLUDE
Nuts and Seeds	Hemp, chia, sesame, pumpkin, and sunflower seeds, hazelnuts, pecans, almonds, walnuts, cashews, macadamia, pistachios, brazil, nut and seed butters such as almond or tahini	Peanuts and peanut butter
Oils	Cold-pressed olive, coconut, flax, safflower, sesame, almond, sunflower, walnut, pumpkin	Butter, margarine, shortening, processed oils, canola oil, salad dressings, mayonnaise, spreads
Drinks	Filtered water, green, white or herbal tea, seltzer or mineral water, yerba mate, coconut water, green juice	Alcohol, coffee, caffeinated beverages, soda pop, soft drinks, fruit juice (unless fresh pressed)
Sweeteners	Stevia, coconut nectar, xylitol, whole/fresh fruit, dried fruit (in moderation)	Refined sugar, white/brown sugars, maple syrup, high fructose corn syrup, evaporated cane juice, Splenda®, Equal®, Sweet'N Low®, juice concentrate, agave nectar, brown rice syrup, honey
Condiments	Vinegar, all spices, all herbs, sea salt, black pepper, carob, raw or dark chocolate (dairy and sugar free), stone-ground mustard, miso, coconut liquid aminos, wheat-free tamari and nama shoyu, unsweetened whole fruit jam	Regular chocolate (with dairy and sugar), ketchup, relish, chutney, traditional soy sauce, barbecue sauce, teriyaki, breath mints, chewing gum

THE FIVE TRIGGERS

The Clean Diet focuses on eliminating foods that are difficult to digest, interfere with good gut health, and reduce energy levels.

Focusing on nourishing, easy-to-digest foods allows your body to find its own natural balance, helping your health get back on track quickly. Here are the 5 most common foods that can throw your health off.

GLUTEN

This protein found in wheat and some other grains (barley, rye, spelt, and kamut) can cause irritation in the gut contributing to a host of problems in the body, like low energy and indigestion. Many foods that contain gluten are highly processed and include other Toxic Triggers like chemicals and sugar.

DAIRY

This food can be problematic for people even if they are not lactose intolerant. Dairy is acid- and mucus-forming. The most common symptoms dairy causes are increased mucus, skin breakouts, allergies, digestive distress, and constipation.

SUGAR

Although we are hardwired to crave the sweet taste, sugar can be tough on the body if we eat too much of it. Sugar causes insulin resistance and mood swings. It also feeds parasites, yeast, accelerates cancerous cells, and can make us gain weight. Processed sugar is the most toxic, but even too much natural sugar, like fructose, can put the body on sugar overload. Tip: As a general rule, the more movement you do, the more natural sugar (fruit) your body can handle.

COFFEE

We remove this harsh, habit-forming stimulant during your program because it is acidic, depletes the body's natural energy reserves and stresses the adrenal glands. Commercial crops of coffee beans are also high in pesticides and insecticide. Coffee becomes a major issue when we need it to get through the day. After your program, small amounts of organic coffee can be okay if it works for you. The key is to remove dependency.

ALCOHOL

This social lubricant is acid-forming, habit-forming, and burdens the liver. Alcohol consumption is also dehydrating and contributes to overall sugar intake, feeding pathogenic yeast, parasites and bacteria.

HOW TO MAKE THE MOST OF YOUR CLEAN PROGRAM



STAY CURIOUS

Your experience is uniquely your own. Stay curious and open to the changes that are happening in your body and remember that benefits unfold over the full course of the program.



MAKE SURE YOU GO

Have at least one bowel movement a day. To encourage this, eat fiber-rich foods like leafy greens and fruit, and drink green juices or water with lemon. Add in our product Eliminate as needed.



GET SUPPORT

The more supported you are, the more likely you'll complete your program and stay healthy beyond. Call, email, book an appointment with a coach, or join our online community to get support.

RESPECT THE TWELVE-HOUR WINDOW

Digestion is one of the most energy consuming functions of the body. If it is constantly tied up with digestion, your body will put deeper cleansing on hold.

OUR ANSWER TO THIS IS THE TWELVE-HOUR WINDOW.

After your evening shake, leave a Twelve-Hour Window before having your morning shake. If you have your evening shake at 7pm, then have your morning shake at 7am or later.

WHY?

The body sends the signal to go into deep detox mode approximately eight hours after your last meal. Then the body needs another four hours to do a deep clean.



If you fill up your belly late at night, and eat early again the next day, your body isn't given the opportunity to clean house. Making a commitment to the Twelve-Hour Window will help you get the most out of your program.

Note: It's okay to have water or herbal tea during the Twelve-Hour Window.

ENHANCE YOUR PROGRAM

8 Ways to boost detoxification and cleansing



ALTERNATING HOT & COLD SHOWERS

Turn the water at maximum hot for a minute, then switch to maximum cold. Repeat this 5-6 times.



COLONICS

Colon hydrotherapy can be very useful during the program, even if you are not constipated. You can get colonics as frequently as your body and budget allow.



YOGA

Light movement will improve your program, helping to remove toxins by activating the lymphatic system, making you sweat, and encouraging bowel movements.



MEDITATION

Following your breath for 5 minutes each day can reduce stress, improve digestion, and deepen your experience on the program.



SKIN BRUSHING

Use a natural-bristle brush to improve detoxification through the skin. Make circular strokes from feet to head a few minutes each day. Moisturize afterwards using olive oil or coconut oil.



MASSAGE

Feels great, releases tension, and encourages circulation. Do this as often as you can.



ACUPUNCTURE

A unique approach that may improve and deepen your experience.



INFRARED SAUNA

Encourages sweat and elimination through the skin. Spend 15 minutes a day in the sauna as often as you can during your program.

AFTER THE PROGRAM

Wondering what to do after you finish your program?

We've laid out a simple year-long system to help you stay clean for life.

cleanprogram.com/after

7-DAY PROGRAM
Twice a year

Congratulations on finishing your program. Now you're ready to continue with the next step in the Clean System.



**THE CLEAN
SYSTEM**



21-DAY PROGRAM
Once a year

Our 21-Day Program restores your body's natural ability to heal itself, rejuvenates your energy and mind, and helps to create lifelong healthy habits.

DAILY SHAKE
Use daily

Continue the benefits of the Clean Program by substituting one meal a day with our nutrient-dense Daily Shake. Excellent for breakfast and pre- and post-workout.

FAQS

You've got questions, we've got answers.

cleanprogram.com/faqs



RECIPES

Shake and meal ideas for your
7-Day Clean Program and beyond



SHAKES

PEACHES AND CREAM SHAKE

(Serves 1)

1 packet Clean Shake

1 cup frozen peaches

2 cups whole fat coconut milk

2 teaspoons pumpkin pie spice (most health food stores have this in bulk, but you can also use a mix of cinnamon, nutmeg, and allspice)

1 teaspoon freshly grated ginger

2 tablespoons almond butter

Optional: Top with a few sprinkles of toasted (or raw) coconut for an extra crunchy treat.

Blend all ingredients until smooth.

FAVORITE GREEN SHAKE

(Serves 1)

1 packet Clean Shake

3 cups spinach

1 cup fresh or frozen fruit (blueberries, raspberries, blackberries, mangoes, etc.)

1 tablespoon flax oil

1 tablespoon maca powder (optional)

1 tablespoon spirulina powder and/or 1 scoop Clean Greens

1 cup almond milk

2 dates or a few drops of stevia to taste

Blend until creamy.



SWEET BERRY SHAKE

(Serves 1)

1 packet Clean Shake

2 cups mixed blackberries and raspberries

1½ cups coconut milk

¼ avocado

1 teaspoon cinnamon

1–2 teaspoons stevia, to taste

2 tablespoons almond butter

Blend until creamy.

MORNING MOCHA

(Serves 1)

1 packet Clean Shake

1 cup strong teeccino (teeccino.com)

2 tablespoons cacao powder

1 handful of raw almonds

Stevia to taste

1 tablespoon vanilla extract

1 tablespoon ground flax seed

Blend and enjoy.

SOUPS

CREAMY LEEK AND CARROT SOUP

(Serves 2-3)

1 leek

2 tablespoons coconut oil

4 cups of chopped carrots

1 cup of cauliflower, cut into florets

1½ quarts chicken or vegetable stock

Fresh thyme

Melt the coconut oil in a large soup pot over medium-high heat. Slice the leeks and add them to the pot. Stir and cook for 3-4 minutes or until lightly browned. Stir in the chopped carrots and cauliflower and cook, stirring, for another 3-4 minutes. Pour in the stock to cover the veggies. Cover and gently simmer for 15 minutes. Let the contents cool a bit and then pour into a blender or food processor. Puree with the additional tablespoon of coconut oil until smooth and creamy.

Pour back into pot and gently reheat, so you can serve it warm (or in summer months, you can skip this step and put it in the fridge to cool instead).

COOL AS A CUCUMBER SOUP WITH DILL

(Serves 2)

3 cucumbers, peeled and seeds removed

Juice of one lemon

½ cup raw cashews or macadamia nuts

4 cups cool water

¼ cup fresh dill (or 1/8 cup dried dill)

1 teaspoon sea salt

2 tablespoons olive oil

Mix all ingredients, except the dill, together in a blender or food processor for 3 minutes or until smooth. Add dill and pulse or blend for a few extra seconds. Serve chilled with fresh dill garnish and freshly ground black pepper.

FISH

BAKED BLACK COD WITH MISO

(Serves 2)

1-2 8 ounce cod fillets per serving (so 4 if you're serving two people)

For the Marinade:

¼ cup chickpea miso paste

¼ cup mirin (rice wine) or you can use white wine*

2 tablespoons rice wine vinegar

2 tablespoons wheat-free tamari

2 tablespoons fresh ginger, grated

2 tablespoons sesame oil

Garnish:

3 scallions, oven roasted with the fish

***mirin is easily found at most health food stores or ethnic markets**

Preheat oven to 350F. Whisk together all ingredients for the marinade. Place the fish in a glass or stainless steel dish and cover with the marinade. Let sit for 20-30 minutes, and keep checking so you can spoon the marinade back over the fish if it slips off.

Transfer the fish onto a parchment lined baking pan, pour the marinade over the fish, then place into the oven, along with the scallions. Cook for 10-12 minutes, until the fish is cooked through and the scallions are browned and tender. Be sure not to overcook, as fish is best very tender.

Remove from the oven and serve immediately, garnishing with the scallions.

FISH TACOS

(Serves 2)

Fish:

8-12 ounces firm white fish (hake, halibut, cod)

½ cup coconut milk

¾ cup shredded coconut (unsweetened)

1 tablespoon curry powder

1 teaspoon sea salt

Pickled Red Onions:

1 small red onion

2 tablespoons brown rice vinegar

1 tablespoon coconut nectar

Pinch of sea salt

Mango Salsa:

1 ripe mango, peeled and diced into ½ inch cubes

⅓ cup cilantro, roughly chopped

2 teaspoons grated ginger root, peeled

Fresh squeezed juice and zest of 1 lime

Tacos:

4 large romaine lettuce leaves (as shells)

For pickled onions: Prepare this ahead of time if possible, by thinly slicing the red onion to mix in a bowl with the vinegar, coconut nectar, and sea salt. Allow to marinate or “pickle” for up to 24 hours. If you’re short on time, an hour is fine too, it just won’t have the same zing to it!

For tacos: Skin the fish and cut into ½ inch thick slices. Dunk each piece in the coconut milk, then into the curry powder and shredded coconut. Coat all the sides of the fish with the mixture until they’re well covered. Cook each fish in coconut oil over medium heat until both sides are brown and the crumbs are golden. You can also bake in the oven at 350°F for 10-15 minutes if you prefer. Make the mango salsa by mixing the mango pieces, cilantro, ginger, fresh lime juice, and

zest together in a blender, leaving a few of the mango chunks out if you want some extra texture. To serve, lay out 4 large lettuce leaves. Fill each leaf with the cooked fish. Apply generous dollops of the mango salsa, then top with the pickled red onions. If you're a fan of extra spice, sprinkle with chipotle or chili powder for added kick.



POULTRY

GARLICKY ONION STEW WITH CHICKEN

(Serves 2)

2 tablespoons olive oil

**4 yellow onions, peeled, cut in half and sliced
into half moons**

6 garlic cloves, peeled and minced

1 bay leaf

3 teaspoons dried thyme or a few sprigs of fresh

4 cups organic chicken or vegetable broth

**1 large or 2 small boneless chicken breasts, cut into
cubes (roughly 1-2 inches)**

2 teaspoons wheat-free tamari sauce

Heat olive oil in a large pot over medium-high heat, then add onions and garlic, stirring frequently until tender and golden brown. Add the bay leaf and thyme, then add the broth, cover the pot and bring to a boil.

Add the chicken pieces and tamari sauce, lower heat and allow to simmer for 25 minutes. Season with sea salt and fresh ground pepper to taste and serve warm.

CHICKEN BURGERS WITH CAMELIZED ONIONS

(Serves 4)

Burgers:

16 ounces free-range, boneless chicken breast, cut into large chunks (or you can use ground free-range chicken or turkey)

¼ cup yellow onion, diced

¼ cup fresh parsley, roughly chopped

1 garlic clove, minced

1 teaspoon dried oregano

Sea salt to taste

Topping:

1 large yellow onion, thinly sliced

2 tablespoons coconut oil

Pinch of sea salt

For caramelized onions: Place a medium saucepan over medium heat with the coconut oil, adding the sliced onions once oil is melted. Let onions begin to cook down, stirring them around every so often to keep from sticking. When onions begin to brown slightly, pour in a tablespoon of water, lower heat just below medium and continue to cook and stir, letting them caramelize. While onions cook down, make the burgers.

For burgers (Skip this step if using ground meat.) : In a food processor, blend the chicken, onion, and garlic until well puréed. Transfer mixture to a large bowl and add the herbs and salt. Mix well with your hands, then form into 4 equal sized burgers. In a large skillet over medium-high heat, melt two tablespoons of coconut oil. When melted, add the burgers, allowing them to brown on one side (several minutes), then flip and brown the other side. If not serving right away, you can transfer into a heated oven to keep them warm. Once burgers are

done cooking, top with carmelized onions and serve warm.

TURKEY LENTIL STEW

(Serves 4-6)

- 1 pound of dark ground turkey**
- 28 ounces chicken broth**
- 1½ cup water**
- 1 package red lentils**
- 1 medium onion, chopped**
- 4 celery sticks, chopped**
- 4 medium carrots, chopped**
- 3 cloves garlic, minced**
- 2 tablespoons fresh ginger, chopped**
- 1 medium apple, peeled and chopped**
- ½ teaspoon red pepper flakes**
- 2 teaspoons yellow curry powder**
- Salt to taste**

Wash lentils and soak in cold water. Brown turkey in olive oil. Sauté onion, garlic, celery, carrots, ginger, and apple in olive oil. Add red pepper and curry powder to sautéed veggies. Drain lentils. Heat chicken broth and water. Combine all ingredients in large crock pot and cook on low 8 hours. Salt to taste.

VEGETARIAN

COLD ALMOND CURRY NOODLES

(Serves 2)

- 2 bundles of King Soba ramen noodles**
- 1 medium sized cucumber**
- ¼ cup almond butter**
- 2 tablespoons wheat-free tamari sauce**
- 1 tablespoon balsamic vinegar**
- 2 tablespoons sesame oil**
- 2 teaspoons curry powder**
- 1 tablespoon dill**

Pinch of sea salt

Fresh greens

In a medium saucepan prepare the noodles. Bring 2 cups of water to a rolling boil, then slowly let the noodles sink in. Lower the heat to medium and cook for 5 minutes. Meanwhile, blend the remaining ingredients (except the cucumber) together in a blender until smooth. Add more liquid (balsamic, oil, tamari, or even water) as necessary until it's as thick or thin as you like. When the noodles are done, remove

from heat and drain, rinsing with cold water. Toss noodles with sauce. Add sliced cucumbers and fresh greens.

BROWN RICE NACHOS

(Serves 2-8 depending on serving size)

Nachos:

3 brown rice tortillas

¼ cup scallions, minced

¾ cup olives, chopped

1 red onion, peeled and diced (to equal 1/2 cup)

Sauce:

1 cup cashews

2 tablespoons nutritional yeast

1 garlic clove

1 teaspoon sea salt

1/8 teaspoon chipotle powder

Juice of 1 lemon

½-¾ cup water



Preheat the oven to 400 °F. Start by making the sauce. Place the sauce ingredients into a high-speed blender. Puree on high until thick and creamy. Set aside. Cut 3 large tortillas, each in half and then cut the halves into wedges, so you get 8 wedges out of 1 tortilla. Lay them on a baking sheet and put them in the preheated oven until warm and crisp. Check often to avoid burning. Remove the baking sheet from the oven and spread all the ingredients evenly over the crisp tortillas, alternating sauce and veggies, however you like. Place nachos back in the oven and cook until the sauce begins to brown. Remove and serve immediately.



QUINOA SALAD WITH ROASTED VEGETABLES

(Serves 1-2)

1 cup quinoa, dry

2 cups water

2 small zucchinis, chopped

1 medium carrot, chopped

1 small red onion, chopped

Enough oil to lightly cover vegetables

2 small yellow (summer) squash, chopped

Juice of one lemon

Roast chopped vegetables in the oven at 300°F until tender. Bring the quinoa and water to a boil in a medium pot and then reduce the heat to a simmer and let cook for 10-12 minutes, or until water is absorbed and quinoa is fluffy. Toss everything together in a large serving dish. Serve warm or at room temperature with fresh lemon juice and sea salt to taste.

BUTTERNUT SQUASH NOODLES WITH WINTER PESTO

(Serves 2)

Noodles:

1 butternut squash, peeled

Pesto:

1 cup almonds, toasted

4 cups chopped greens: kale, chard, etc.

2 garlic cloves, peeled

½ cup olive oil

To make the pesto: Add the almonds, greens, and garlic to a food processor. Pulse to break everything down. Once the pesto is coarsely blended, drizzle olive oil in a slow steady stream while you continue to blend, until the pesto is thin and spreadable. Set aside.

To make the noodles: Using a peeler, peel the butternut in long strips (pappardelle-style). Set aside.

In a large saute pan, warm 1 tablespoon coconut oil and 2 tablespoons olive oil. Cook the noodles until soft, 3-4 minutes, stirring often to prevent sticking but being careful not to break the noodles apart. Once the noodles are cooked through, start by stirring in about ½ cup of the pesto and gently incorporate it in with the noodles. Sea salt to taste. Serve warm or cold.

SALADS

AVOCADO, CARROTS AND SARDINES MIXED GREENS

(Serves 1-2)

1 large avocado, pitted and sliced into pieces

3 carrots, peeled and grated

1 can sardines, packed in olive oil or water, drained

2-4 large handfuls of mixed greens or lettuce

1 tablespoon nutritional yeast

Optional: Small handful of unsweetened cranberries

In two bowls, divide the mixed greens and top each serving with grated carrot, avocado pieces, and the sardines. Add the optional cranberries and sprinkle with a splash of olive oil and nutritional yeast.

SIMPLE SALAD

(Serves 2)

2 handfuls arugula

6 lettuce leaves (any variety)

1 fennel bulb

2 carrots

4 asparagus stalks

2 white salad turnips (or you can use radishes if you can't find turnips)

½ cup pecans, roughly chopped

Dash of Olive oil

Sea salt and fresh ground pepper to taste

Nutritional yeast to taste

On two plates, divide the arugula and shred the lettuce

leaves, three to each plate.

Shave the white fennel bulb onto both plates, then grate the carrot over a cutting board or dish and divide the shredded pieces between the two servings. Shave the asparagus stalks onto both servings. Slice the turnips (or radishes) thinly and divide.

Add a dash of olive oil to both, toss briefly, then sprinkle with pecans and nutritional yeast and any salt and pepper you want. Feel free to add a protein source (leftover chicken, salmon, turkey, etc.).

MARINATED BROCCOLI SALAD

(Serves 2)

1 large head of broccoli, cut into small florets

3 tablespoons sesame seed oil

A generous splash of brown rice vinegar

1 head bok choy, roughly chopped

1 cup purple cabbage, thinly sliced

1 carrot, cut into thin matchsticks
2 tablespoons sesame seeds (white or black)
A generous splash of wheat-free tamari, to taste

Mix the broccoli, cabbage, and bok choy together in a large bowl. Coat with vinegar, tamari, and oil. Using your hands, massage everything for several minutes to begin breaking down the vegetables for easy digestion. If you want, you can steam the veggies for a few minutes until tender instead, your choice. Stir in the sesame seeds and the carrots. Serve at room temperature. If you're not cooking them first, simply allow the veggies to marinate and soften in the bowl for 15 minutes. If you do cook them, just toss with ingredients and serve immediately.

CLEAN TUNA SALAD

(Serves 2)

1 can tuna fish
½ red onion, peeled and diced

2 celery stalks, sliced into ¼ inch crescents
¼ cup capers
2 heaping tablespoons dijon mustard
1 heaping tablespoon miso
¼ cup almond milk (maybe a little less, depending on the consistency you want)
Sea salt and fresh pepper to taste
A handful of fresh dill (or a tablespoon of dried dill)

Mix all ingredients together in a large bowl until well-combined. Keep in the fridge, covered, until ready to serve. Serve over mixed greens and your favorite veggies.

DRESSINGS

*Note: These measurements are guidelines.
Feel free to season to your individual taste.*

ANI'S INSANELY GOOD BALSAMIC DRESSING

- 3 cloves garlic, minced or pressed
- 1 tablespoon gluten-free miso (such as brown rice)
- 1 tablespoon mustard
- 2 tablespoons wheat-free tamari
- ¼ cup balsamic vinegar
- ½ cup olive oil
- Salt and pepper to taste

Mix all ingredients either by hand or in a blender.

LEMON MISO TAHINI DRESSING

- 3 tablespoons sesame tahini
- 1 tablespoon lemon juice
- 2 tablespoons miso

Mix all ingredients either by hand or in a blender.

CASHEW GRAVY

- 2 tablespoons olive oil
- 5 large garlic cloves, minced (about 3 Tbls)
- 4 large shallots, minced
- 1 cup raw cashews (soaked for 4 hours or overnight and drained)
- 2 cups unsalted chicken broth or more if needed for consistency (sub ½ cup white wine if you like)
- 1 ½ teaspoons coarse ground salt or more to taste (omit if using a pre-salted broth)
- Cracked pepper to taste

Mix all ingredients either by hand or in a blender.



WANT MORE RECIPES?

Clean Recipe Blog:

We publish new recipes every week.

cleanprogram.com/recipes

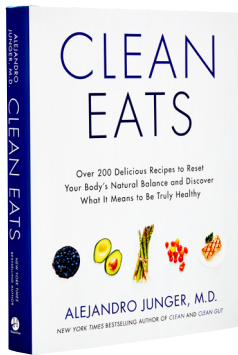
CLEAN EATS

A recipe book by New York Times
Bestselling author Dr. Junger

Clean Eats presents over 200 delicious and easy-to-prepare recipes aimed at helping you transform your health. Whether you suffer from digestive issues, depression, extra pounds, or less-than-stellar health, Dr. Junger provides recipe ideas that can help you build vitality from the inside out.

To get your own copy of *Clean Eats*, visit:

cleanprogram.com/clean-eats



HEALTH DISCLAIMER

It is your right to educate yourself in health and medical knowledge, to seek helpful information and make use of it for your own benefit, and for that of your family. You are the one responsible for your health. In order to make decisions in all health matters, you must educate yourself. The views and nutritional advice expressed by The Clean Program Corp. are not intended to be a substitute for conventional medical service. If you have or suspect that you have a medical problem, promptly contact your health care provider. We do not claim to “cure” disease, but simply help you make physical and mental changes in your own body in order to help your body heal itself.

No material or product included in this program is intended to suggest that you should not seek professional medical care, or that you should disregard professional medical advice. Always work with qualified medical professionals, even as you educate yourself in the field of detox, cleansing, and alternative medicine.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Before undergoing the Clean Program read our full health disclaimer at cleanprogram.com/terms.

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