



# 5-Day Clean Eating Challenge



Inspired by the Conscious Cleanse

Jo Schaalman and Jules Peláez, Co-Founders

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## 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, release extra weight, 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](mailto:joandjules@consciouscleanse.com)

Visit our website: [consciouscleanse.com](http://consciouscleanse.com)

Like us on Facebook: [facebook.com/ConsciousCleanse](https://facebook.com/ConsciousCleanse)

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## 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 12pm MT / 2pm 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](mailto: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
<p data-bbox="77 310 196 344">March 2</p> <p data-bbox="185 415 402 453"><b>Action Step:</b></p> <ul data-bbox="107 495 509 529" style="list-style-type: none"> <li>• Eat more fruits &amp; veggies</li> </ul>  <p data-bbox="110 856 459 930">FB LIVE w/ Jo &amp; Jules 12pm MT / 2pm ET</p> <p data-bbox="185 957 370 1016"><b>TUNE IN!</b></p>	<p data-bbox="570 310 688 344">March 3</p> <p data-bbox="695 428 928 466"><b>Action Steps:</b></p> <ul data-bbox="597 508 1032 617" style="list-style-type: none"> <li>• Eliminate sugary foods and alcohol</li> <li>• Eat more fruits &amp; veggies</li> </ul>   <p data-bbox="630 856 979 930">FB LIVE w/ Jo &amp; Jules 12pm MT / 2pm ET</p> <p data-bbox="704 957 889 1016"><b>TUNE IN!</b></p>	<p data-bbox="1114 310 1232 344">March 4</p> <p data-bbox="1214 415 1448 453"><b>Action Steps:</b></p> <ul data-bbox="1143 495 1546 642" style="list-style-type: none"> <li>• Eliminate gluten</li> <li>• Eliminate sugary foods and alcohol</li> <li>• Eat more fruits &amp; veggies</li> </ul>    <p data-bbox="1149 856 1498 930">FB LIVE w/ Jo &amp; Jules 12pm MT / 2pm ET</p> <p data-bbox="1224 957 1409 1016"><b>TUNE IN!</b></p>
Day 4	Day 5	Day 6
<p data-bbox="77 1182 196 1215">March 5</p> <p data-bbox="175 1295 412 1333"><b>Action Steps:</b></p> <ul data-bbox="107 1375 509 1564" style="list-style-type: none"> <li>• Eliminate dairy</li> <li>• Eliminate gluten</li> <li>• Eliminate sugary foods and alcohol</li> <li>• Eat more fruits &amp; veggies</li> </ul>     <p data-bbox="110 1751 459 1824">FB LIVE w/ Jo &amp; Jules 12pm MT / 2pm ET</p> <p data-bbox="185 1852 370 1911"><b>TUNE IN!</b></p>	<p data-bbox="570 1182 688 1215">March 6</p> <p data-bbox="695 1295 928 1333"><b>Action Steps:</b></p> <ul data-bbox="597 1375 1032 1602" style="list-style-type: none"> <li>• Reduce caffeine</li> <li>• Eliminate dairy</li> <li>• Eliminate gluten</li> <li>• Eliminate sugary foods and alcohol</li> <li>• Eat more fruits &amp; veggies</li> </ul>      <p data-bbox="630 1751 979 1824">FB LIVE w/ Jo &amp; Jules 12pm MT / 2pm ET</p> <p data-bbox="704 1852 889 1911"><b>TUNE IN!</b></p>	<p data-bbox="1114 1182 1232 1215">March 7</p> <p data-bbox="1224 1262 1442 1299"><b>What's Next:</b></p> <div data-bbox="1117 1377 1546 1722" style="background-color: #800040; color: white; padding: 10px; text-align: center;"> <p data-bbox="1240 1419 1425 1457">LIVE CALL</p> <p data-bbox="1214 1465 1448 1503">w/ Jo &amp; Jules</p> <p data-bbox="1143 1512 1520 1587">5 Simple Strategies to Sustain Vibrant Health</p> <p data-bbox="1214 1596 1448 1633">10:15am MT /</p> <p data-bbox="1224 1642 1438 1680">12:15pm ET</p> </div> <p data-bbox="1224 1772 1409 1831"><b>TUNE IN!</b></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 12pm MT / 2pm 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 12pm MT / 2pm 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 12pm MT / 2pm 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 **Cahsew 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 12pm MT / 2pm 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 12pm MT / 2pm 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 7 at 10:15am MT / 12:15pm ET. The class will cover your next steps after the challenge!

**TUNE IN TO THE CLASS HERE!**

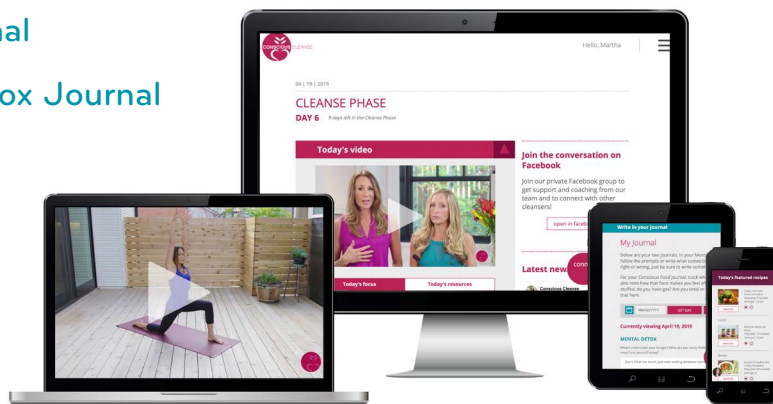
Keep that clean-eating train chugging along with our **online cleanse program**. The Conscious Cleanse is not your average cleanse – no supplements, no endless juicing, no counting calories – just real food, and lots of it.

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
- ★ Video-based program format
- ★ Meal Planner and Recipe Library
- ★ Interactive Wellness Evaluation
- ★ Food Journal
- ★ Mental Detox Journal
- ★ Supportive vibrant 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**



*This smoothie  
is filling  
enough to  
power your  
morning!*

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



## 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.

## 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).



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



## 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

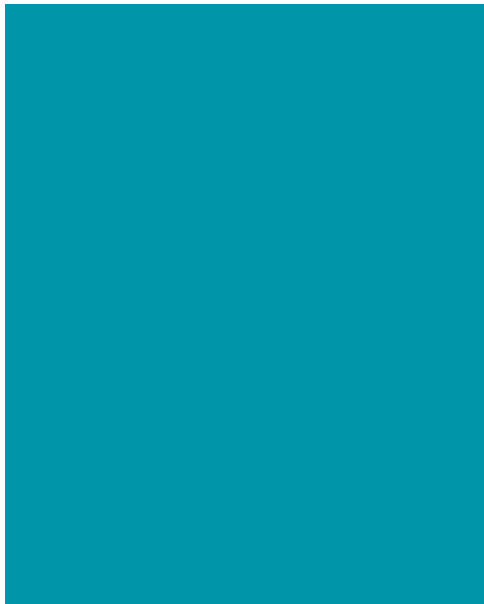
### Ingredients:



- 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.





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



## 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.

