



➔ Metabolic Detoxification

Clear Change®

28-Day Program Guide

YOU'RE INVITED

Thank you for choosing the Clear Change Program from Metagenics. This personalized program offers you an exciting and simple way to start improving your health and changing your life.

To support your success, we invite you to register at

www.clearchangeprogram.com

where you'll gain access to **information on a free patient webinar and the opportunity to sign up for email support that includes helpful tips and additional recipes.** With the support of your healthcare provider and Metagenics, we're confident that your Clear Change experience will help you feel re-energized.

Getting healthier is important and so is feeling your best. We hope the Clear Change Program will show you how to do both. Get started **today!**



* 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.

Introduction

Over time, the buildup of toxins from the environment and lifestyle choices can compromise the way our bodies work, and even affect our health. 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 support liver detoxification function, the body needs macronutrients such as quality protein and carbohydrates, plus specific micronutrients (e.g., vitamins, minerals) that provide 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.*



Clear Change Program Components

Recommended by your healthcare provider, this easy-to-follow program will get you on track to feel better and more energized in just 28 days.* Components include:



UltraClear® RENEW (or other UltraClear® product recommended by your healthcare provider) 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.*



Your healthcare provider may also recommend:



UltraFlora® Balance
A patented blend of pure probiotic strains that have been clinically shown to support a healthy intestinal environment and immune health.*



OmegaGenics® Omega-3s
A line of purity-tested essential fatty acid formulas available in varying concentrations in liquids, softgels, and chewables to help meet individual preferences and health support needs.*

NOTE: If you currently take a daily multivitamin, other supplements, or prescription medication, please speak with your healthcare practitioner before you make any changes.

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 **Eating Guidelines** and **Recommended Foods List** 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, 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 try to make it up within the same day.
- You should not be hungry on the program. Eat as much of the allowed foods as you want unless otherwise directed by your healthcare provider.
- 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 2 quarts (64 ounces) of plain, filtered, or mineral water each day.
- Strenuous or prolonged exercise should be reduced during the program as you may be consuming fewer calories than you normally do—your body needs that fuel for detoxification activities.
- The UltraClear product should be consumed within 30 minutes of mixing for maximum benefit. Discard any unused portion.

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3-Step Program




Step 1—Days 1-6: Initial Clearing

Begin to eliminate potentially allergenic foods as summarized in the **Eating Guidelines** on the next page while you slowly increase intake of recommended nutritional supplements.

	 UltraClear Product	 AdvaClear	 Dietary Guidelines
Day 1	1½ scoop, 2 times	1 capsule, 2 times	Eat only RECOMMENDED foods (all categories).
Day 2	1 scoop, 2 times	1 capsule, 2 times	
Days 3-6	2 scoops, 2 times	2 capsules, 2 times	




Step 2—Days 7-13: Metabolic Detoxification

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

	 UltraClear Product	 AdvaClear	 Dietary Guidelines
Days 7-13	2 scoops, 3 times	2 capsules, 3 times	Eat only from the following categories: Fish (OR Legumes, if you are a vegetarian), Beverages, Spices/Condiments. Eat only Core Fruits and Core Vegetables.

Step 3—Days 14-28: Reintroduction

Slowly reintroduce approved foods while reducing supplements as directed. Careful attention should be paid to any reactions you may have as you reintroduce foods. Keep an accurate record.

	 UltraClear Product	 AdvaClear	 Dietary Guidelines
Days 14-16	2 scoops, 3 times	2 capsules, 3 times	Add white rice and reintroduce approved Vegetables & Fruits.
Days 17-19	2 scoops, 3 times	2 capsules, 3 times	Add remaining Grains/Starches, Legumes & Dairy Alternatives.
Day 20	2 scoops, 2 times	2 capsules, 2 times	Add Nuts/Seeds.
Days 21-28	2 scoops, once daily	1 capsule, 3 times	Add Meat/Poultry & Sweeteners.

Day 29 & Beyond: Maintenance

You're finished. Continue to slowly reintroduce foods 1 at a time and wait 24-48 hours to see if you note a reaction. Ask your healthcare provider about **Clear Change® Daily Essentials** for ongoing nutritional support for detoxification and other simple foundational health programs from Metagenics to keep you feeling better long term.*

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Eating Guidelines

The chart below gives you a simplified way of looking at the progressive elimination of certain food groups. Please refer to the **Recommended Foods List** to see the complete variety of foods in each group. For best results, follow these guidelines and food choices as closely as possible when eating at home or dining out.

Category	Step 1	Step 2	Step 3			
	Days 1-6	Days 7-13	Days 14-16	Days 17-19	Day 20	Days 21-28
Fruits	✓	Core Fruits only	✓	✓	✓	✓
Vegetables	✓	Core Vegetables only	✓	✓	✓	✓
Animal Proteins	✓	Fish only	Fish only	Fish only	Fish only	✓
Legumes/ Plant-Based Proteins	✓	**	**	✓	✓	✓
Beverages	✓	✓	✓	✓	✓	✓
Spices/ Condiments	✓	✓	✓	✓	✓	✓
Oils & Fats	✓	✓	✓	✓	✓	✓
Grains & Starches	✓		White rice only	✓	✓	✓
Dairy Alternatives	✓			✓	✓	✓
Nuts & Seeds	✓				✓	✓
Sweeteners	✓					✓

** Vegetarians may continue to consume Legumes as an alternative to fish.

Serving sizes and approximate calories are provided for those following a low-glycemic-load eating plan or for those on calorie restrictions. But even for those without calorie or food restrictions, your healthcare practitioner may recommend limited consumption of Fruits to 3-4 servings per day (or less); Grains/ Starches, Legumes, and Category 2 Vegetables to 1-2 servings per day; and Nuts/Seeds to 1-2 servings per day due to higher fat and calorie content.

Read labels carefully to avoid dairy, soy, gluten, peanuts, eggs, and sugar/sweeteners—as well as additives like colors. Choose fresh, organic, and minimally processed foods when possible.

Recommended Foods List

CARBOHYDRATES

Grains & Starches

Serving size (after cooking): ½ cup,
or as indicated
1 serving = 80 calories

CORE GRAIN (Omit Days 7-13)

Rice: white

Other Grains (Omit Days 7-16)

Amaranth (¼ cup)
Buckwheat groats
Buckwheat noodles, pure (¾ cup)
Millet (⅓ cup)
Oats: gluten-free whole or steel-cut
Quinoa (⅓ cup)
Rice: basmati, brown (⅓ cup)
Rice: wild
Rice cakes (2)
Rice cereal: unsweetened (½ cup)
Teff (⅓ cup)

NOTE: Look for certified gluten-free oats and organic amaranth. For those on a low-glycemic-load diet, healthcare practitioners may recommend brown/wild rice instead of white rice on Day 8. Avoid cornmeal flour, cornstarch, as well as processed cereals and gluten-containing products (made from wheat, spelt, kamut, rye, barley).

Legumes/Plant-Based Proteins.....(Omit Days 7-16)**

Serving size (after cooking): ½ cup,
or as indicated
1 serving = 100 calories
Beans: black, cannellini, garbanzo, kidney, lima,
mung, navy, pinto, etc.
Beans: vegetarian fried
Bean soups (¾ cup)
Lentils: brown, green, yellow
Peas: black-eyed, pigeon peas, split
Hummus (4 Tbsp.)

**Vegetarians may consume on Days 7-16 as a protein source alternative to fish. A recommended serving size for protein substitutions for those on calorie- or carb-conscious plans is 2/3 cup for cooked beans or 6 Tbsp. for hummus at ~150 calories.

NOTE: Organic and reduced sodium varieties preferred. Avoid soybeans, edamame, wasabi, soy protein powders, and other soy-based protein options, such as tempeh, tofu, and texturized vegetable protein.

Dairy Alternatives..... (Omit Days 7-16)

Serving size: 1 cup, or as indicated
1 serving = 25-75 calories
Almond milk
Coconut milk, boxed (¼ cup)
Hazelnut milk
Hemp milk
Rice milk
Yogurt: coconut (½ cup)

NOTE: Organic, plain, unsweetened varieties recommended. Also avoid whey products, non-dairy creamers, soy yogurt, and soy milk. Eliminate animal milks, yogurts, and cheeses.

Fruits

Serving size: as indicated
1 serving = 60 calories

CORE FRUITS(Days 1-28)

Apple (1 small), apple juice: unsweetened (½ cup)**
Applesauce (½ cup)
Pear (1 small), pear juice: unsweetened (½ cup)**

Other Fruits (Omit Days 7-13)

Apricots (3 small)
Banana (½)
Blackberries (¾ cup)
Blueberries (¾ cup)
Boysenberries (1 cup)
Cantaloupe (1 cup, cubed)
Cranberries (1 cup)
Fresh figs (2 small)
Grapes (17 small)
Honeydew melon (1 slice or 1 cup cubed)
Kiwi (2 small)
Loganberries (¾ cup)
Mango (½ cup)
Nectarine (1 medium)
Papaya (1 cup cubed)
Peach (1 medium)
Persimmon (½)
Pineapple (¾ cup cubed)
Plums (2 small)
Raspberries (1 cup)
Strawberries (1¼ cup whole)
Tangerines (1 large)
Watermelon (1¼ cup cubed)

******Though this program allows unsweetened apple or pear juice; try to limit to ½ cup daily. These juices may not be recommended for all participants, such as those following a low-glycemic-load dietary plan. Consult your healthcare practitioner.

NOTE: Fresh, organic varieties preferred. Avoid oranges, fruit juices, and fruit spreads/preserves with added sugars.

Category 1 (Non-Starchy) Vegetables

Serving size: ½ cup cooked (all veggies),
~2-3 cups raw (leafy greens only), 1 cup raw
(all other veggies)
1 serving = 25 calories

CORE VEGETABLES(Days 1-28)

- Broccoli
- Broccoli flower
- Brussels sprouts
- Cabbage: red, green, bok choy, etc.
- Cauliflower
- Green onions or scallions
- Greens: arugula, collard, dandelion, endive, escarole, kale, spinach, Swiss chard, radicchio, turnip, watercress
- Kohlrabi
- Leeks
- Lettuce: all varieties
- Onions
- Radishes
- Rutabaga
- Turnips

Other Vegetables (Omit Days 7-13)

- Artichoke
- Asparagus
- Bamboo shoots
- Beans: green, wax, Italian
- Beets, beet greens
- Carrots
- Celery, celery root
- Chayote
- Cucumber
- Garlic
- Eggplant
- Gourds: bitter, bottle, bitter melon
- Hearts of palm
- Jicama
- Kelp
- Mushrooms
- Okra

- Peppers: all varieties
- Seaweeds
- Sprouts: all varieties
- Squash: summer, crookneck, delicata, spaghetti, yellow, zucchini
- Sugar snap peas, snow peas
- Tomatoes
- Water chestnuts

NOTE: Organic varieties preferred. Avoid corn and breaded vegetables or vegetables packed in cheese, cream, or butter sauces.

Category 2 (Starchy) Vegetables(Omit Days 7-13)

- Serving size: ½ cup, or as indicated
- 1 serving = 80 calories
- Parsnips (¾ cup)
- Peas: green (½ cup)
- Potatoes: Yukon gold, new, or red (¾ cup or ½ medium)
- Squash: acorn (¾ cup cubed)
- Squash: butternut (1 cup cubed)
- Yam, sweet potato (½ cup or ½ medium)

NOTE: Organic varieties preferred.

PROTEINS

Animal Proteins

Serving size: as indicated
1 serving = 150 calories

- FISH/CORE PROTEINS(Days 1-28)**
- Alaskan, wild-caught salmon (3 oz.)
 - Herring (3 oz.)
 - Mackerel (2 oz.)
 - Trout (4 oz.)

Meat/Poultry (Omit Days 7-20)

- Serving size: 3-4 oz., cooked
- 1 serving = 150 calories
- Chicken, skinless
- Cornish hen, skinless
- Lamb: leg, chop, lean roast
- Turkey, skinless
- Wild game: buffalo, elk, venison

NOTE: Avoid eggs, egg replacers, beef, pork, shellfish, processed/canned meats, sausage, and breaded protein options. Organic, free-range poultry and organic, grass-fed meat recommended. Fresh, wild-caught fish (not farm raised) recommended. Meat, poultry, and fish should be grilled, baked, roasted, stewed, sautéed, or slow-cooked; fish may also be poached.

FATS

Oils & Fats

Serving size: 1 tsp., or as indicated
1 serving = 45 calories

CORE FATS(Days 1-28)

- Avocado (2 Tbsp.)
- Canola oil
- Coconut oil
- Coconut spread, organic (1½ tsp.)
- Flaxseed oil
- Ghee/clarified butter**
- Grapeseed oil
- High oleic safflower oil
- Olive oil, extra virgin
- Sesame oil

Other Fats(Omit Days 7-16)

- Coconut milk, canned (3 Tbsp. light; 1½ Tbsp. regular)
- Olives (8-10 medium)

NOTE: Oils should be minimally refined, cold pressed, and non-GMO. Flaxseed oil should be kept refrigerated. Try to avoid all food products/condiments with processed and hydrogenated oils.

**Dairy based. Discuss with healthcare provider.

Nuts & Seeds(Omit Days 7-19)

- Serving size: as indicated
- 1 serving = 45 calories
- Almonds (6)
- Almond butter (1½ tsp.)
- Brazil nuts (2)
- Cashews (6)
- Cashew butter (1½ tsp.)
- Chia seeds (1 Tbsp.)
- Coconut: unsweetened, shredded (1½ Tbsp.)
- Flaxseed (1 Tbsp. whole; 1½ Tbsp. ground)
- Hazelnuts (5)
- Hemp seeds (2 tsp.)
- Macadamia (3)
- Pecans (4 halves)
- Pine nuts (1 Tbsp.)
- Pistachios (12)
- Pumpkin seeds (1 Tbsp.)
- Sesame seeds (1 Tbsp.)

- Sunflower seeds (1 Tbsp.)
- Tahini (½ Tbsp.)
- Walnuts (4 halves)

NOTE: Raw, unsalted varieties preferred—and organic if possible. Avoid peanuts and peanut butter.

OTHER

Beverages(Days 1-28)

- Green tea, unsweetened
- Non-caffeinated herbal teas: mint, chamomile, hibiscus, etc.
- Mineral water, still or carbonated
- Rooibos tea, unsweetened
- Water (ideally filtered)

NOTE: Avoid sodas, diet sodas, energy/sport drinks, alcoholic beverages, coffee, non-herbal teas, and other caffeinated or decaf beverages.

Condiments, Herbs & Spices.....(Days 1-28)

- Fresh or dried herbs: any (e.g., dill, basil, chives, cilantro, mint, oregano, rosemary, sage, thyme, etc.)
- Fresh or dried spices: any (e.g., chili powder, cardamom, cinnamon, cumin, curry, garlic powder, ginger powder, onion powder, paprika, pepper, turmeric, etc.)

- Ginger
- Lemon
- Lime
- Horseradish
- Mustard
- Salsa, unsweetened**
- Tomato sauce, unsweetened**
- Vinegars, unsweetened

NOTE: Look for gluten-free, unsweetened varieties—and organic if possible. Avoid extracts (e.g., vanilla), chocolate, ketchup, barbecue sauce, Dijon mustard, relish, prepackaged seasonings with gluten/dairy/sugars/MSG, and mayonnaise or dressings with dairy/gluten/sugars.

**Omit on Days 7-13.

Sweeteners.....(Omit Days 7-20)

- Luo han guo (monk fruit) extract
- Stevia

NOTE: For these recommended sweeteners, use only small amounts to help reduce cravings for sweet foods. Try to limit to 1 packet/serving daily. Avoid maple syrup, honey, and foods made with refined sugars, fruit juices, corn syrup, glucose, sucrose, or dextrose.



Sample Menus

Here's a comprehensive daily menu and recipe guide to make your 28-day program easier to follow. Vegetarian entrees are presented in parentheses.

Recipes for menu items in italics are provided on pages 18-21 in this guide. You can also visit www.clearchangeprogram.com to sign up for free program support and bonus recipes by email.

Try only to eat from selections provided in the **Recommended Foods List**. The easiest route may be simply choosing from the meal suggestions as listed. If you wish to be creative and develop your own menus, just keep the guidelines in mind. There are no caloric restrictions and you may eat as much of anything on the allowed list as you would like unless otherwise directed by your healthcare provider. As always, try to eat a healthy variety of foods.

Day 1: Ready. Set. Go.

Follow the **Eating Guidelines** and select only from the **Recommended Foods List**.

Sample Menu



Breakfast: Oatmeal or cream of rice cereal with rice/almond milk, combined with ½ mashed banana or berries, then sprinkled with cinnamon and chopped raw nuts



Morning Supplementation: ½ scoop recommended UltraClear product mixed with 2 oz. water or milk alternative; 1 AdvaClear capsule



Morning Snack: Sliced pears and kiwi fruit, sprinkled with cinnamon



Lunch: *Minestrone Soup* with rice crackers or *Hummus* with sliced avocado and tomato on rice cakes



Afternoon Supplementation: ½ scoop recommended UltraClear product mixed with 2 oz. water or milk alternative; 1 AdvaClear capsule



Afternoon Snack: 6 almonds and 1 small apple



Dinner: *Pasta & Beans*; steamed broccoli tossed with olive/flaxseed oil and herbs of choice; tossed green salad with sliced cucumber, radish, and red onion with *Basic Salad Dressing*



Additional Snack: Sliced peach and raspberry fruit salad

Day 2: Watch for Symptoms.

You may begin to feel some discomforts, particularly if you're accustomed to caffeinated drinks and highly sugared or processed foods. This is normal and to be expected. Increase serving size of the recommended UltraClear product today.*

Sample Menu



Breakfast: Crispy brown rice cereal (cold)—or cooked cream of rice or oatmeal—topped with almonds



Morning Supplementation: 1 scoop recommended UltraClear product mixed with 4-5 oz. water or milk alternative; 1 AdvaClear capsule



Lunch: *Quinoa Salad* and/or leftover *Minestrone Soup* with rice crackers; mixed green salad with *Basic Salad Dressing*



Afternoon Supplementation: 1 scoop recommended UltraClear product mixed with 4-5 oz. water or milk alternative; 1 AdvaClear capsule



Afternoon Snack: Raw vegetable sticks dipped in *Hummus*



Dinner: *Salmon with Potatoes & Red Onions* (or brown rice topped with *Ratatouille*); *Red Cabbage & Apple Salad*



Additional Snack (if desired): *Baked Apples (or Pears)*

Suggested Mixing Instructions for the Recommended UltraClear Product:

Put ingredients in a blender (if using whole pieces of fruit or ice) or a shaker cup. For 2 scoops of the recommended UltraClear product, add approximately 8 to 10 ounces water, juice, or milk alternative; (or a combination of $\frac{1}{2}$ water and $\frac{1}{2}$ milk substitute on days when appropriate, or $\frac{1}{2}$ water and $\frac{1}{2}$ juice**).

If using a blender, frozen fruit—such as berries or peaches—may be used in place of ice cubes. Adjust liquid according to personal taste and blend or shake to the desired consistency. (Also remember to adjust the amount of liquid when using less than the full dose of 2 scoops.)

Additional suggestions for mixing UltraClear may be found on pages 22 and 23 of this guide.

**Though this program allows unsweetened apple or pear juice, these juices may not be recommended for all participants, such as those following a low-glycemic-load dietary plan. Consult your healthcare practitioner.

Days 3-6: Keep Moving Forward.

Now you'll increase the nutritional supplements. You can choose from the following menu ideas, as well as those from Days 1 and 2.

Sample Menu #1



Breakfast: Crispy brown rice cereal (cold) topped with rice/almond milk, sliced ½ banana, sprinkled with cinnamon



Morning Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Lunch: *Spicy Black Beans & Tomatoes* with steamed brown rice



Afternoon Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water or milk alternative; 2 AdvaClear capsules



Dinner: *Vegetarian Chili* and *Red Potato & Green Bean Salad*



Snacks (if desired): Vegetable sticks dipped in *Hummus* or unsweetened salsa, sliced fresh peaches and berries sprinkled with sunflower seeds, *Tropical Salad*

Sample Menu #2



Breakfast: Cooked cream of rice topped with rice/almond milk, berries, sprinkled with cinnamon



Morning Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Morning Snack: Sliced papaya or nectarine sprinkled with chopped pecans



Lunch: *Minestrone Soup* with rice cakes topped with almond butter



Afternoon Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water or milk alternative; 2 AdvaClear capsules



Afternoon Snack: Carrots and cucumber sticks with almonds or pumpkin seeds



Dinner: Baked red potato, topped with leftover *Ratatouille* or mixed green salad with sliced red peppers, red cabbage, garbanzo beans, and sliced onion, tossed with *Basic Salad Dressing*

Sample meal recipes on pages 18-21.

Days 7-13: Over the Hump.

Congratulations! You've now made it through the preparation. Now starts the more vigorous part of the program. Increase supplements as indicated. Food intake for these 7 days is very simple—you'll eat foods only from the following groups:

- Fish (Legumes are an acceptable substitute for vegetarians)
- Core Fruits
- Core Vegetables
- Core Oils/Fats (including avocado)
- Allowed Spices/Condiments and Beverages

Sample Menu #1



Breakfast: Cut 1 small apple and 1 small pear for a fruit salad



Morning Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Lunch: Broiled fish (or legume of choice); steamed spinach, red kale, and/or Swiss chard (thinly chopped) topped with flaxseed oil or garlic lightly sautéed in olive oil



Afternoon Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Dinner: *Dilly Fish* (or legume of choice); mixed greens, cabbage, and broccoli florets with *Basic Salad Dressing*



Evening Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Snacks (if desired): *Kale Chips*, applesauce, raw core vegetables, avocado

Continued on next page.

Days 7-13: (continued)

Sample Menu #2



Breakfast: 1 small pear and 1 small apple



Morning Supplementation: 2 scoops recommended UltraClear product blended with 8 oz. water, ½ cup kale, 1 small apple, and ice if desired; 2 AdvaClear capsules



Lunch: Arugula/radicchio/endive salad topped with olive/flaxseed oil and vinegar or *Red Cabbage & Apple Salad* (omit walnuts)



Afternoon Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Dinner: *Brussels Sprouts with Apples*; steamed fish (or legume of choice)



Evening Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Snacks (if desired): *Cauliflower Popcorn*, raw core vegetables, avocado

Sample Menu #3



Breakfast: Apple and pear slices



Morning Supplementation: 2 scoops recommended UltraClear product blended with 8 oz. water, 1 cup spinach, 1 small pear, and ice if desired; 2 AdvaClear capsules



Lunch: Large mixed green salad with chopped onions and radishes, topped with olive oil and vinegar; steamed broccoli



Afternoon Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Dinner: *Slow Roasted Salmon* (or legume of choice); *Wilted Greens* or steamed spinach and collards topped with olive oil



Evening Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Snacks (if desired): *Kale Chips*, *Baked Apples (or Pears)*, raw core vegetables, avocado

Sample meal recipes on pages 18-21.

Days 14-16: Reintroduction Begins.

You're now starting the process of reintroducing a wider range of foods. Please add back other recommended Vegetables and Fruits plus white rice. Go easy and don't overdo it. It's very important that you gently restart the more serious process of digestion that has had time to rest over the past few weeks. Keep track of any symptoms you may have when reintroducing foods. This is good information for you and your healthcare practitioner, and may be useful in pinpointing hidden food allergies or intolerances. Continue supplements as indicated.

Sample Menu



Breakfast: Sliced peaches and blueberries or raspberries



Morning Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Lunch: *Vegetarian Chili*



Afternoon Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Dinner: *Fish Creole* (or legume of choice); large tossed salad with mixed greens (red or green leaf lettuce, escarole, radicchio, endive, romaine, arugula) with oil and vinegar; baked sweet potato or *Sweet Potato Squash Delight*



Evening Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Snacks (if desired): *Tropical Salad*, veggie sticks (carrot, celery, cucumber) with *Salsa*

Days 17-19: Add Back More.

Over the next 3 days, you can start including other non-gluten Grains/Starches and Dairy Alternatives. If you've previously been eating Fish as your primary protein source, you may now add back Legumes beginning today. Continue supplements as indicated.

Sample Menu



Breakfast: Cooked oatmeal or cream of brown rice, mixed with rice milk, combined with raspberries or mashed ½ banana, then sprinkled with cinnamon



Morning Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Lunch: *Quinoa Vegetable Soup* or *Quinoa Salad*; mango slices



Afternoon Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water or milk alternative; 2 AdvaClear capsules



Dinner: Broiled fish with a large tossed salad of mixed greens (arugula, romaine lettuce, spinach, beet greens), green peas, shredded carrot, and lightly steamed broccoli, topped with oil and vinegar (or brown rice topped with *Ratatouille*)



Evening Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Snacks (if desired): *Hummus* with raw green beans, snow peas, cucumbers, and carrot sticks

Day 20: You're Almost There.

Today you'll add back Nuts/Seeds. You may also refer to any menu suggestions from Days 7-19. Decrease nutritional supplements as indicated.

Sample Menu



Breakfast: Crispy brown rice cereal (cold) or cooked oatmeal with rice/almond milk, your choice of fruit, sprinkled with cinnamon and chopped raw nuts



Morning Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water; 2 AdvaClear capsules



Lunch: Brown rice and beans (topped with herbs and flaxseed oil); *Red Cabbage & Apple Salad* or *Bean & Spinach Soup* with rice crackers



Afternoon Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water or milk alternative; 2 AdvaClear capsules



Dinner: Broiled fish with vegetable stir-fry over steamed brown rice (or quinoa)



Snacks (if desired): Melon-berry compote (your choice of melon and berries topped with chopped nuts or sunflower seeds), rice cakes with nut butter

Days 21-28: The Home Stretch.

On these days you may add back any other recommended Animal Proteins, as well as allowable Sweeteners. You may also refer to any menu suggestions from Days 1-20. Decrease nutritional supplements as indicated.

Sample Menu #1



Breakfast: Cooked cream of rice cereal or oatmeal, combined with mashed ½ banana or berries, topped with cinnamon, and sprinkled with raw nuts



Morning Supplementation: 1 AdvaClear capsule



Lunch: Any leftover soup, such as *Escarole & White Bean Soup*; tossed salad with veggies of choice



Afternoon Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water or milk alternative; 1 AdvaClear capsule



Dinner: Grilled salmon or roast lamb, chicken, or turkey (or legumes); steamed broccoli tossed with olive/flaxseed oil and herbs of choice; roasted red potatoes



Evening Supplementation: 1 AdvaClear capsule



Snacks (if desired): 1 cup watermelon sprinkled with 1 Tbsp. sunflower seeds, cucumber slices

Sample Menu #2



Breakfast: Smoked salmon on rice cakes with sliced red onion



Morning Supplementation: 1 AdvaClear capsule



Lunch: *Quinoa Salad* and/or large tossed salad with chopped vegetables and chunks of chicken and/or chickpeas



Afternoon Supplementation: 2 scoops recommended UltraClear product mixed with 8 oz. water or milk alternative; 1 AdvaClear capsule



Dinner: Oven-baked fish or roast lamb or turkey (or legumes); *Nutty Green Rice* or *Sweet Potato Squash Delight*; spinach sautéed in olive oil and garlic



Evening Supplementation: 1 AdvaClear capsule



Snacks (if desired): *Tropical Salad*, veggies with *Hummus*

Recipes for Sample Menus

If you wish to develop your own recipes, keep the **Eating Guidelines** and **Recommended Foods List** in mind. Sign up for program support at www.clearchangeprogram.com to receive additional recipes via email.

Lunch & Dinner



Minestrone Soup

(8 servings)

- 1 Tbsp. olive oil
- 1 medium to large onion, chopped
- 3 carrots, sliced or diced
- 2 stalks celery, diced
- 2 cloves garlic, minced
- 6 cups vegetable stock or water
- 1 bay leaf
- 28-oz. can low sodium, organic tomatoes with juice
- ½ cup brown rice
- 16-oz. can low sodium, organic kidney beans, undrained, or 2 cups home-cooked beans
- 1 lb. fresh green beans, cut into 1" pieces or a 10-oz. package frozen cut green beans

In a 6-qt. pot, sauté onion, celery, carrots, and garlic until softened. Add stock or water, tomatoes, rice, and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes; stir occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving.

Spicy Black Beans & Tomatoes

(8 servings)

- 1 tsp. olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 can chopped low sodium, organic stewed tomatoes or 2-3 fresh tomatoes, chopped
- 4-oz. can low sodium, organic, diced green chilies
- 15-oz. can low sodium, organic black beans, drained or 2 cups home-cooked beans
- ½ tsp. cumin
- ½ tsp. ground red pepper
- ¼ tsp. chili powder
- 1 Tbsp. chopped fresh cilantro or parsley

Sauté chopped onion and minced garlic in olive oil over medium heat until tender. Add tomatoes and green chilies. Reduce heat and cook uncovered for 6 to 8 minutes or until thickened. Stir in beans and remaining ingredients. Cover and heat 5 minutes more.

Vegetable Rice Soup

(8 servings)

- 1 Tbsp. olive oil
- 1 medium to large onion, chopped
- 3 carrots, sliced or diced
- 2 stalks celery, diced
- 2 cloves garlic, minced
- 6 cups vegetable stock or water
- 1 bay leaf
- 28-oz. can low sodium, organic tomatoes with juice
- ½ cup brown rice
- 1 lb. fresh green beans, cut into 1" pieces or a 10-oz. package frozen cut green beans
- Vegetables of your choice (chopped cabbage, spinach, peppers, etc.) if desired

Follow same cooking instructions for *Minestrone Soup*.

Red Potato & Green Bean Salad

(4-6 servings)

- 4 medium red potatoes, washed, unpeeled, steamed, or baked and cut into chunks (leftovers may be used)
- 1 lb. fresh green beans, cleaned, cut into thirds and lightly steamed
- 2-4 Tbsp. olive or flaxseed oil
- 2 tsp. balsamic vinegar
- ¼-½ cup red onion, thinly sliced
- 2 garlic cloves, slivered
- 2 Tbsp. fresh basil and/or oregano, chopped (or 1 tsp. each dried herb)

Combine potatoes and beans with olive or flaxseed oil, vinegar,

onion, garlic, basil, and/or oregano. (For a pleasant flavor, mix all the ingredients together except for the potatoes and chill. Just before serving, add warm potatoes to the cold salad.)

Vegetarian Chili (4 servings)

- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 2 whole carrots, diced
- 4 cloves garlic, minced
- 1 sweet red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 jalapeño pepper, fresh, finely chopped
- 2 Tbsp. chili powder
- 1 tsp. cumin
- 1 cup low sodium, organic kidney beans
- 1 cup low sodium, organic pinto beans
- 28-oz. can low sodium, organic tomatoes, chopped (reserve juice)
- ½ tsp. freshly ground pepper
- 2 Tbsp. parsley, finely chopped

In a large (non-aluminum) soup kettle, heat oil over low heat; add onion, carrot, garlic, and peppers. Cover and cook until vegetables are very soft, about 10 minutes. Remove lid, add chili powder and cumin and cook an additional 2-3 minutes, stirring occasionally. Add beans, tomatoes, and their juice. Simmer 20 minutes. Add pepper. Top bowls of chili with parsley. Freeze leftovers for later use.

Pasta & Beans (4 servings)

- 16-oz. can low sodium, organic white beans—navy, Great Northern (reserve liquid)
- 3 Tbsp. olive oil
- 2 onions, chopped
- 2 carrots, chopped
- 2 Tbsp. dried basil
- 1 tsp. dried oregano
- 16-oz. can low sodium, organic

tomatoes or 4 tomatoes,
peeled, seeded, and chopped
½ cup bean liquid
1-2 tsp. salt
½ lb. rice elbow macaroni

Drain beans, reserving liquid.
Heat 1-2 Tbsp. olive oil in a heavy
casserole dish. Add onions,
carrots, oregano, and basil; cook
until onions are wilted. Add
tomatoes and juice, bean liquid,
salt, and pepper. Cover and
simmer for about 10 minutes,
until the carrots are tender. Add
the drained beans and simmer for
another 10 minutes. Meanwhile,
cook and drain the macaroni. Toss
with 1 Tbsp. more olive oil and
then mix with bean sauce.

Slow Roasted Salmon (8 servings)
2 lb. salmon fillets (about 1½" thick)
1-2 Tbsp. olive oil
Sea salt to taste
Black pepper to taste

Preheat oven to 275 degrees.
Place salmon skin side down
in ovenproof pan. Brush with
olive oil. Roast uncovered until
it flakes with a fork, about 25-30
minutes. Season it with sea salt
and black pepper. Do not allow
it to overcook. Serve warm or at
room temperature on top of a
salad. If you make one day ahead,
refrigerate and bring to room
temperature before serving.

Nutty Green Rice (4 servings)
1 cup brown basmati rice
2 cups water
½ cup almonds
½ small bunch parsley
1 clove garlic
1½ Tbsp. lemon juice
1½ Tbsp. olive oil
½ cucumber, diced
Salt and pepper to taste

Bring water to a boil, add rice,
stir, and simmer covered for 45
minutes (do not stir again). Remove
from heat and let sit for another
10 minutes, then remove, cover,
and allow to cool. While rice is
cooking, blend almonds, parsley,
garlic, oil, and lemon juice in a food
processor. When rice is cool, stir
with nut mixture, add cucumber,
and add salt and pepper to taste.

Greens & White Bean Soup
(4-5 servings)
1 Tbsp. olive oil
2 medium garlic cloves, crushed
1 large onion, chopped
1 bay leaf
1 stalk celery, diced
1 medium carrot, diced
5 cups water or vegetable broth
2 cups cooked white beans
½ lb. fresh escarole or spinach,
chopped
Salt and freshly ground black
pepper to taste
Nutmeg, freshly grated (optional)

In a 6-qt. pot, sauté the onions and
garlic in olive oil over low heat.
When onions are soft, add bay leaf,
celery, carrot, salt, and pepper. Stir
and sauté another 5 minutes. Add
broth or water and cover. Simmer
about 20 minutes. Add cooked
beans and escarole or spinach.
Cover and continue to simmer
over very low heat another 15-20
minutes. Season to taste.

Ratatouille (6 servings)
½ cup olive oil
2 large onions, sliced
3 garlic cloves, minced
1 medium eggplant, cut into
1" cubes
2 green peppers, chopped
3 zucchini squash, cut into
½" slices
28-oz. can low sodium, organic
tomatoes, drained or 4 cups
fresh tomatoes, chopped
1 tsp. salt
¼ tsp. pepper
1 tsp. oregano
½ tsp. thyme

In a 6-qt. pot, sauté onion and
garlic in oil for 2 minutes. Add
eggplant and stir-fry for 5 minutes.
Add peppers and cook 5 minutes.
Add zucchini and cook for 5 more
minutes. Then add seasonings and
tomatoes; cover and simmer for 30
minutes. Serve as a vegetable side
dish or use to top rice noodles,
quinoa, or spaghetti squash.

Red Cabbage & Apple Salad
(4 servings)
Small head red cabbage, coarsely
chopped
10 radishes, sliced
3 tart green apples, unpeeled,
washed, and diced
2 green onions, chopped
1 stalk celery, chopped
¼ cup walnuts, chopped
1-2 Tbsp. lemon juice
Dash of garlic powder
2 Tbsp. olive oil
1 Tbsp. balsamic or apple cider
vinegar

Mix everything in a serving bowl.
Let it sit for an hour, stirring once
or twice.

Bean & Spinach Soup
(6 servings)
2 cups organic, low sodium white
kidney beans (cannellini),
canned
or home-cooked
1-2 cups organic, low sodium
kidney or red beans, canned or
home-cooked
1 cup organic, low sodium
garbanzo beans (chickpeas),
canned or home-cooked
4 cups fresh spinach or escarole,
washed, drained, and chopped
or 10-oz. package of frozen
chopped spinach
4 cups vegetable broth
2 medium onions, chopped
1 large garlic clove, minced
1 tsp. dried basil
1 Tbsp. dried parsley
1 tsp. dried oregano
Pepper to taste

Combine all ingredients and
simmer about 45 minutes, until
onions are soft.

Quinoa Vegetable Soup

(4-6 servings)

¼ cup quinoa, well rinsed
½ cup carrots, diced
¼ cup celery, diced
2 Tbsp. onion, chopped
¼ cup green pepper, diced
2 cloves garlic, chopped
2 tsp. olive oil
4 cups water
½ cup tomatoes, chopped
½ cup cabbage, chopped
Salt and pepper to taste
¼ cup fresh parsley, chopped

Sauté quinoa, carrots, celery, onions, green pepper, and garlic in oil until softened. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20-30 minutes or until tender. Season to taste and garnish with parsley. (For variations, try adding some of your other favorite vegetables chopped and sautéed.)

Quinoa Salad (12 servings)

1½ cups quinoa, rinsed well
3 cups vegetable broth or water
½ cup *Basic Salad Dressing*
1 red bell pepper, diced
1 cup frozen baby peas, thawed
¼ cup diced red onion
3 scallions, thinly sliced (with 4" of green included) or 1 shallot, chopped
¼ cup chopped fresh dill
¼ cup chopped parsley

Add quinoa to broth or water in a medium saucepan. Stir and bring to a boil. Reduce to simmer. Cover and cook 15 minutes without stirring, or until liquid is absorbed. Remove to bowl and toss with salad dressing. Cool slightly and add remaining ingredients, tossing well with fork. Add more dressing as needed and adjust seasoning. (Add any leftover veggies for variety.)

Dilly Fish (4 servings)

1 lb. salmon fillets
Salt and pepper to taste
2 garlic cloves
1 Tbsp. olive oil
1 tsp. dried dill weed
or 1 Tbsp. fresh dill weed
1 Tbsp. lemon juice
½ tsp. onion powder

Preheat oven to 400 degrees.

Rinse fish and put into a 9" x 13" baking dish. Sprinkle with salt and pepper. Sauté garlic in olive oil for 2 minutes. Add dill, lemon juice, and onion powder and pour over fish. Bake in preheated oven for about 15 minutes, basting with remaining sauce after 7 minutes. Do not overcook. Fish is done when flakes easily with a fork.

Wilted Greens (4 servings)

1 lb. collard or turnip greens, cleaned and chopped
¼ tsp. salt
1½ Tbsp. olive oil
1 small red or yellow onion, diced
1 clove garlic, minced
⅓ cup vegetable broth
1-2 Tbsp. balsamic vinegar
Black pepper to taste

Partially fill a 4-qt. saucepan with water and bring to a boil. Add greens and salt, stirring until wilted, about 1-2 minutes. Drain and rinse with cold water to stop cooking. When cooled, squeeze greens to remove excess water. In a large heavy skillet, heat olive oil over medium heat and sauté onion until soft and golden brown, about 5 minutes. Add garlic and stir for 1 minute, not allowing it to brown. Add greens and broth and continue to sauté, sitting occasionally, until broth evaporates and greens are tender, about 5 minutes. Add vinegar and pepper to taste just prior to serving.

Oven Roasted Brussels Sprouts with Apples (2 servings)

1 pint Brussels sprouts, cleaned and left whole
1 small apple, peeled, cored, and cut into eighths
1 tsp. olive oil

Preheat oven to 375 degrees. In a large bowl, toss Brussels sprouts, apple, and oil together. Cover a cookie sheet with aluminum foil; spread mixture evenly. Roast uncovered for 20-30 minutes stirring occasionally. Also try with cayenne pepper, lime juice, and/or unsweetened apple juice.

Salmon with Potatoes & Red Onions

(4 servings)

2 tsp. olive oil or coconut oil
2 small red onions, diced
1 red pepper, thinly sliced
Salt and black pepper to taste
1 lb. small potatoes, quartered
1½ cups vegetable broth
8 tarragon leaves
4 skinless salmon fillets
(4 oz. to 6 oz. each)

In a large skillet, heat oil over medium-high. Add onions and season with salt and pepper. Cook until onions are golden brown, 4 minutes, turning once. Add potatoes, broth, and 8 tarragon leaves, and bring to a boil. Reduce to a simmer and cover. Cook until potatoes are just tender when pierced with a knife, about 15 minutes. Season each fillet with salt and pepper. Place fish on top of potatoes. Cover and cook until opaque throughout, about 8 minutes. Do not overcook!

Fish Creole (4 servings)

1 Tbsp. olive oil
1 onion, chopped
½ cup thin-sliced celery
¼ cup green pepper, chopped
1 garlic clove, minced
2 Tbsp. fresh parsley or 2 tsp. dried bay leaf
¼ tsp. rosemary, chopped
28-oz. can low sodium, organic tomatoes with liquid
1 lb. fish fillets
2 cups cooked white/brown rice or spaghetti squash

Heat oil in a large saucepan and lightly sauté the onion, celery, pepper, and garlic until soft. Add parsley, bay leaf, rosemary, and tomatoes. Simmer, uncovered, about 20 minutes. Add fish fillets in small pieces and simmer until cooked through, about 5-7 minutes more. Remove bay leaf. Serve over cooked rice or spaghetti squash.

Baked Salmon with Salsa

(4 servings)

4 salmon, 8 oz. each
4 tsp. olive oil
1 Tbsp. fresh lime juice
1 Tbsp. cilantro, freshly chopped
Salt and black pepper to taste

Preheat oven to 400 degrees.
Brush 1 tsp. olive oil on a baking sheet and place fish, skin side down. Combine remaining olive oil, lime juice, and cilantro; and brush on each fillet. Sprinkle with salt and pepper to taste. Allow to sit for 15 minutes, then bake for 20 minutes or until just cooked. Garnish with *Salsa* (see recipe) and serve immediately.

Sweet Potato Squash Delight

(6-8 servings)

1 medium butternut squash,
cut into chunks
2 medium sweet potatoes,
cut into chunks
¼ tsp. ginger
½ tsp. cinnamon
Dash nutmeg
¼ cup unsweetened rice milk

Preheat oven to 350 degrees.
Steam squash and sweet potato until tender. Remove, peel, and purée in food processor. Add ginger, cinnamon, nutmeg, and rice milk. (Add enough rice milk for desired consistency of mashed potatoes.) Put mixture into 1½-qt. casserole, garnish with a sprinkle of cinnamon, and bake for 15 minutes.

Kasha Chili (4-6 servings)

2 medium onions, diced
2 medium peppers, diced
1 Tbsp. olive oil
28-oz. can low sodium, organic Italian tomatoes
2 cups water
15-oz. can low sodium, organic pinto or kidney beans, drained
1-2 Tbsp. chili powder to taste
4 cloves garlic, minced
½ tsp. cumin
¼ tsp. pepper, or to taste
¼ cup whole kasha (buckwheat groats)
Salt and black pepper to taste

In a 4-qt. saucepot, sauté onions and peppers in olive oil. Add tomatoes with their juice, water, beans, and spices. Bring to a boil, stir, and cover. Reduce heat and simmer for 10-15 minutes, then add kasha and cook 10-15 minutes more, until kasha is tender. Taste and adjust seasoning. Serve hot.

Snacks & Dressings

Cauliflower Popcorn

(2 servings)

2 Tbsp. olive oil
¾-1 lb. cauliflower
Salt to taste

Preheat oven to 425 degrees. Brush 1 or 2 baking sheets with some olive oil. Cut cauliflower into 1" florets. Toss with olive oil and spread evenly on the baking sheet(s). Roast for about 10 minutes. Shake around or toss with a spoon so that they brown evenly. Roast for another 5 minutes. Taste at this point to see if they are done to your liking. Allow to cool for a few minutes before sprinkling with salt and serving. This may also be served at room temperature.

Kale Chips (4 servings)

Large bunch of kale
2 Tbsp. olive oil
Sea salt
Curry powder or cumin
to taste (optional)

Preheat oven to 425 degrees. Remove kale from stalk, cutting the greens into strips. Place a little olive oil in a bowl, dip your fingers, and rub a very light coating of oil over the kale. Lay the kale on a baking sheet and bake for 5 minutes or until it starts to turn a bit brown. Keep an eye on it; it can burn quickly. Turn the kale over, add a little salt, curry, or cumin to taste, and bake another 5 minutes. Remove and serve.

Tropical Salad

(4-6 servings)

1 avocado, cubed
8 pineapple slices, cubed
1 papaya or mango, cubed
½ cup celery, diced

Combine all and garnish with fresh mint leaves.

Basic Salad Dressing

(2-3 servings)

¼ cup flaxseed oil (or 2 Tbsp. each flaxseed and olive oils)
1-2 Tbsp. vinegar (apple cider, rice, red wine, balsamic)
½-1 Tbsp. water
1 tsp. mustard (any type except Dijon) (optional, but delicious), whisked into liquid for easy mixing
Whole or minced garlic, oregano, basil, or other herbs of choice

Increase recipe for more servings. Mix well in a shaker jar and store any leftovers in your refrigerator. Keep a jar in the refrigerator at work and one at home for convenience.

Hummus (6 servings)

16-oz. can low sodium, organic garbanzo beans (chickpeas), or 2 cups home-cooked
½ cup lemon juice
2 Tbsp. olive oil or flaxseed oil
2 cloves of garlic, crushed
Paprika, sea salt, and fresh parsley to taste
1 tsp. cumin
¼ cup tahini (sesame butter)

Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley.

Baked Apples (or Pears)

(2 servings)

2 small apples or pears
½ cup water (or unsweetened apple/pear juice if permitted)
½ tsp. cinnamon

Preheat oven to 350 degrees. Core apples and peel only the top ⅓ of the skin. Place in baking pan, pour water/juice over, and sprinkle with cinnamon. Bake for 20-30 minutes or until soft and juicy.

Salsa (4+ servings)

2 large tomatoes, diced
2 scallions, chopped
1 Tbsp. cilantro, chopped
1 clove garlic, chopped
1 Tbsp. olive oil
2 tsp. fresh lime juice

Combine ingredients in bowl. Also makes a great topping for fish.



UltraClear Recipes

UltraClear nutritional products are available in a variety of delicious flavors. In addition to the mixing suggestions in the **Sample Menus**, the following recipes can help you create exciting new tastes. While most of these recipes can be mixed with any flavor, some have been formulated with specific flavors in mind.

For the recipes below, combine all ingredients and blend in blender until smooth. Increase water if needed. Ice is optional. Then add in the recommended UltraClear product and blend briefly. Increase water again if desired.

NOTE: For Day 1, use only $\frac{1}{2}$ scoop of the recommended UltraClear product. For Day 2, use only 1 scoop of the recommended UltraClear product.

Recipes for Days 1-28

Go Green (1 serving)

2 scoops recommended UltraClear product
—try Berry, Chai, Pineapple Banana, or Vanilla flavors
 $\frac{1}{2}$ cup kale or collard greens—stems removed,
chopped, and firmly packed
 $\frac{1}{4}$ cup parsley leaves, loosely packed
 $\frac{1}{2}$ small apple, cored and coarsely chopped
 $\frac{1}{2}$ small pear, cored and coarsely chopped
 $\frac{1}{3}$ – $\frac{1}{2}$ cup ice
8 oz. cold water

Green Apple Twister (1 serving)

2 scoops recommended UltraClear product
—try Berry, Pineapple Banana, or Vanilla flavors
1 small green apple or 1 small pear, cored and
coarsely chopped
 $\frac{1}{2}$ cup kale or spinach, chopped
8 oz. cold water
Pinch of cinnamon (optional)
2 ice cubes

Recipes for Days 1-6 & 14-28

Rich & Fruity (1 serving)

2 scoops recommended UltraClear product
—try Berry, Pineapple Banana, or Vanilla flavors
8-10 oz. cold water
2-3 ice cubes (omit if using frozen fruit)
Choose 1 of the following:
 $\frac{1}{2}$ banana
 $\frac{1}{2}$ medium peach
 $\frac{1}{2}$ cup pineapple, cubed (fresh or frozen)
 $\frac{1}{3}$ – $\frac{1}{2}$ cup organic berries of choice (fresh or frozen)

Peach Melba (1 serving)

2 scoops recommended UltraClear product
—try Vanilla or Berry flavors
8-10 oz. cold water
 $\frac{1}{3}$ cup organic raspberries (fresh or frozen)
 $\frac{1}{2}$ medium peach or $\frac{1}{2}$ medium nectarine
2 ice cubes (omit if using frozen berries)

Very Veggie Shake-Up (1 serving)

2 scoops recommended UltraClear product
—try Vanilla or Chai flavors
 $\frac{1}{2}$ cup spinach, chopped
 $\frac{1}{2}$ cup carrots, diced
8-10 oz. cold water
2 ice cubes



Recipes for Days 1-6 & 20-28

Almond Reverie (1 serving)

2 scoops recommended UltraClear product
—try Vanilla or Chai flavors
4 oz. unsweetened almond milk
4-6 oz. cold water
1 Tbsp. almond butter
2 ice cubes

Peachy Chai Latte (1 serving)

2 scoops recommended UltraClear product
—try Vanilla or Chai flavors
4 oz. unsweetened almond milk
1 Tbsp. almond butter
1 medium peach, sliced
4 oz. cold water
¼ tsp. cinnamon
2 ice cubes

Recipes for Days 1-6 & 17-28

Banana Berry Blast (1 serving)

2 scoops recommended UltraClear product
—try Vanilla, Pineapple Banana, or Berry flavors
4 oz. unsweetened almond, rice, hazelnut, or coconut milk (box only, not canned)
4-6 oz. cold water
¼ cup organic strawberries (fresh or frozen)
¼ cup organic raspberries (fresh or frozen)
½ small banana
2 ice cubes (omit if using frozen berries)

Berry Delight (1 serving)

2 scoops recommended UltraClear product
—try Vanilla, Pineapple Banana, or Berry flavors
4 oz. unsweetened almond, rice, hazelnut, or hemp milk
4-6 oz. cold water
½ cup organic strawberries, blueberries, or raspberries (fresh or frozen)
2 ice cubes (omit if using frozen berries)

Cranberry Delight (1 serving)

2 scoops recommended UltraClear product
—try Vanilla or Berry flavors
4-6 oz. unsweetened almond, rice, hazelnut, or hemp milk
¼ cup unsweetened cranberries (fresh or frozen)
¼ cup organic blueberries (fresh or frozen)
4 oz. cold water
2 ice cubes (omit if using frozen berries)

Piña Colada (1 serving)

2 scoops recommended UltraClear product
—try Vanilla, Pineapple Banana, or Berry flavors
4 oz. unsweetened coconut milk (box only, not canned)
4 oz. cold water
½ cup pineapple, cubed (fresh or frozen)
1 Tbsp. unsweetened, shredded coconut
1 tsp. grated ginger
2 ice cubes (omit if using frozen pineapple)

Pineapple Chai Express (1 serving)

2 scoops recommended UltraClear product
—try Vanilla, Pineapple Banana, or Chai flavors
4 oz. unsweetened coconut milk (box only, not canned)
½ cup pineapple, cubed (fresh or frozen)
1 medium tangerine (or ½ large)
4 oz. cold water
2 ice cubes (omit if using frozen pineapple)

Phytonutrient Blast (1 serving)

2 scoops recommended UltraClear product
—try Vanilla, Pineapple Banana, or Berry flavors
4 oz. unsweetened almond, rice, hazelnut, or coconut milk (box only, not canned)
4-6 oz. cold water
½ cup organic strawberries (fresh or frozen)
1 scoop PhytoGanix® from Metagenics
2 ice cubes (omit if using frozen berries)

Sweet Potato Pie (1 serving)

2 scoops recommended UltraClear product
—try Vanilla or Chai flavors
4 oz. unsweetened almond milk
½ cup sweet potato, mashed
¼ tsp. pumpkin pie spice
4 oz. cold water
2 ice cubes

Tropical Breeze (1 serving)

2 scoops recommended UltraClear product
—try Vanilla, Pineapple Banana, or Berry flavors
4 oz. unsweetened almond, hazelnut, or coconut milk (box only, not canned)
4-6 oz. cold water
½ small banana
4 strawberries
2 ice cubes

Mango Tango (1 serving)

2 scoops recommended UltraClear product
—try Vanilla, Pineapple Banana, or Berry flavors
4 oz. unsweetened coconut milk (box only, not canned)
4-6 oz. cold water
½ cup mango, diced (fresh or frozen)
2 mint leaves
2 ice cubes (omit if using frozen mango)

Add a Foundational Plan

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

- **Clear Change® Daily Essentials**—a month's supply of packets containing 3 nutritional supplements (AdvaClear®, GlutaClear®, and Renagen™ DTX) to complement your daily foundation nutrition program and support metabolic detoxification*
- **UltraFlora® Balance**—probiotic supplement for gastrointestinal health support*



Program Diary

Use the space provided in this diary to record your feelings, thoughts, challenges, and triumphs. Make it a part of your daily rest and reflection routine during the program to help cleanse your mind while you cleanse your body.

The practice of journaling can be very healthy, as well as lead you on a path of self-discovery. The topic suggestions included here will help get you started; some may mean more to you on some days, while others may not apply to you. Jot down your thoughts on days when certain questions might apply to you. Or just use the space allocated to document your concerns, emotions, and/or answer questions of your own making.

This is your private space to record without judgment to help you discover some things that might be blocking you from living your life to its fullest potential. (This is not intended as a test. You may share what you wish with your healthcare team if you encounter obstacles that they may be able to help you overcome for short- or long-term health goals.)




I chose to start the **Clear Change Program** because...

* 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.

3-Step Program




Step 1—Days 1-6: Initial Clearing

Begin to eliminate potentially allergenic foods as summarized in the **Eating Guidelines** while you slowly increase intake of recommended nutritional supplements.

	 UltraClear Product	 AdvaClear	 Dietary Guidelines
Day 1	1/2 scoop, 2 times	1 capsule, 2 times	Eat only RECOMMENDED foods (all categories).
Day 2	1 scoop, 2 times	1 capsule, 2 times	
Days 3-6	2 scoops, 2 times	2 capsules, 2 times	




Step 2—Days 7-13: Metabolic Detoxification

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

	 UltraClear Product	 AdvaClear	 Dietary Guidelines
Days 7-13	2 scoops, 3 times	2 capsules, 3 times	Eat only from the following categories: Fish (OR Legumes, if you are a vegetarian), Beverages, Spices/Condiments. Eat only Core Fruits and Core Vegetables.

Step 3—Days 14-28: Reintroduction

Slowly reintroduce approved foods while reducing supplements as directed. Careful attention should be paid to any reactions you may have as you reintroduce foods. Keep an accurate record.

	 UltraClear Product	 AdvaClear	 Dietary Guidelines
Days 14-16	2 scoops, 3 times	2 capsules, 3 times	Add white rice and reintroduce approved Vegetables & Fruits.
Days 17-19	2 scoops, 3 times	2 capsules, 3 times	Add remaining Grains/Starches, Legumes & Dairy Alternatives.
Day 20	2 scoops, 2 times	2 capsules, 2 times	Add Nuts/Seeds.
Days 21-28	2 scoops, once daily	1 capsule, 3 times	Add Meat/Poultry & Sweeteners.

Day 29 & Beyond: Maintenance

You're finished. Continue to slowly reintroduce foods 1 at a time and wait 24-48 hours to see if you note a reaction. Ask your healthcare provider about **Clear Change® Daily Essentials** for ongoing nutritional support for detoxification and other simple foundational health programs from Metagenics to keep you feeling better long term.*

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Metagenics

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