

Puma January Full Moon Detox/Fast

Be sure to read this a few days before the Puma moon. This is the annual time for this internal/INTERNAL work. Doing things within cycle makes them more powerful and more efficient in the fulfillment of our intention. Linda and I do this most years. We did not do it last year because of being sick with the virus. We have been asked if we would share what we are doing this year. If you have special needs, modify as you need, but try to stick as closely to the protocol as you can.

Xo M

From Linda: "Be sure to drink your weight in ounces to flush the toxins - both physical and emotional from your cellular structure." (Formula in stone 2 work)

Day 1 & 2

Morning: 8 oz water; chocolate protein drink and green superfood protein drink

Drink water throughout the day to flush

Evening: chocolate protein drink and green superfood protein drink

Before bed: glass of water or cup of herbal tea

On Day one take the detox bath to jump start the elimination process.

Days 3

Rising: hot lemon water

Breakfast: protein drinks

Midmorning: nut butter on apple slices

Lunch: chicken soup, over steamed vegetables and quinoa

Afternoon snack: pumpkin seeds

Dinner: Protein shakes first, then chicken soup

Bed: water or tea

Day 4

Rising: hot lemon water

Breakfast: protein drinks

Midmorning: nuts

Lunch: steamed vegetables and quinoa

Afternoon snack: fresh blueberries

Dinner: Protein shakes first, hamburger with avocado slices/no bread or condiments

Bed: water or tea

Day 5

Rising: hot lemon water

Breakfast: protein drinks

Midmorning: nut butter on apple slices

Lunch: hummus with celery, carrots, radishes

Dinner: Protein shakes first, then grilled chicken Breast, roasted Brussel sprouts/or roasted veg

Bed: water or tea

Day 6

Rising: hot lemon water

Breakfast: protein drinks

Midmorning: pineapple chunks

Lunch: hot lentil salad

Afternoon snack: roasted Brussel sprouts

Dinner: Protein shakes first, spaghetti squash, bell pepper squares, onion chunks

Bed: water or tea

Day 7

Rising: hot lemon water

Breakfast: raw nuts

Midmorning: nut butter on apple slices

Lunch: veggie burger with kale chips

Afternoon snack: blue berries

Dinner: Protein shakes first, then grilled steak and steamed spinach

Detox Bath with big glass of water

Day 8

Rising: hot lemon water

Breakfast: protein drinks

Midmorning: raw nuts

Lunch: chicken soup, over steamed vegetables and quinoa

Afternoon snack: kale chips

Dinner: Protein shakes first, then chicken-broccoli-pepper-onion stir fry with mix of quinoa & brown rice

Bed: water or tea

Day 9

Rising: hot lemon water

Breakfast: protein drinks

Midmorning: almond butter & celery

Lunch: hummus on rice cake

Dinner: Protein shakes first, then turkey chili over quinoa

Bed: water or tea

Day 10

Rising: hot lemon water

Breakfast: protein drinks

Midmorning: pineapple chunks

Lunch: chicken soup, over steamed vegetables and quinoa

Afternoon snack: hummus with carrots and celery

Dinner: Protein shakes first, then black bean soup with guacamole

Bed: water or tea

Day 11

Rising: hot lemon water

Breakfast: protein drinks

Midmorning: nut butter with pear slices

Lunch: chili leftovers

Afternoon snack: sliced avocado with paprika

Dinner: Protein shakes first, then roasted chicken and steamed asparagus

Bed: water or tea

Day 12

Rising: hot lemon water

Breakfast: protein drinks

Midmorning: hummus carrots & celery

Lunch: thin sliced beef or turkey wrapped around cooked asparagus

Afternoon snack: vanilla chia seed pudding

Dinner: Protein shakes first, then stuffed peppers

Bed: water or tea

Day 13

Rising: hot lemon water

Breakfast: protein drinks

Midmorning: nut butter on banana slices

Lunch: leftover cold sliced chicken with steamed vegetables

Afternoon snack: peaches, nectarines or plums

Dinner: Protein shakes first, then grilled chicken breast with mango salsa & steamed green beans

Bed: water or tea

Day 14

Rising: hot lemon water

Breakfast: protein drinks

Midmorning: mixed nuts

Lunch: black bean soup

Afternoon snack: nut butter on rice cake

Dinner: Protein shakes first, then baked chicken and parsnip fries with cumin

Detox Bath with big glass of water

During this we walk, exercise and rest. Above all flush flush flush with water. Oh and the benefit? Cleaner liver, less anger, maybe weight loss, toning, and overall feel better. Is that enough of a reason?

Xo M