



# ELEVATE Cleanse In 7

FEEL BETTER. THINK  
CLEARER. SLEEP DEEPER —  
IN JUST 7 DAYS.

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# Cleanse In 7

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# 1. Introduction

WELCOME TO THE ELEVATE CLEANSE IN 7 — A LOW-SUGAR, LOW-FAT NUTRITION RESET DESIGNED TO HELP YOU FEEL LIGHTER, CLEARER, AND MORE CONNECTED TO YOUR BODY IN JUST SEVEN DAYS.

THIS PLAN IS DESIGNED TO SUPPORT YOUR HEALTH GOALS WITH NUTRIENT-DENSE, LOW-FAT, PLANT-BASED JUICES, SMOOTHIES, AND COMFORTING SOUPS.

EACH DAY FOLLOWS A CAREFULLY CRAFTED, SIMPLIFIED STRUCTURE THAT KEEPS YOU ENERGISED,

BY REPEATING KEY RECIPES FOR THREE TO FOUR DAYS AT A TIME, YOU'LL ENJOY THE BENEFITS OF VARIETY WITHOUT THE OVERWHELM OF CONSTANT NEW MEAL PREP. THIS STREAMLINED SYSTEM ALLOWS YOU TO STAY CONSISTENT, KEEP MEALS FRESH, AND MAXIMISE YOUR RESULTS — EVEN WITH A BUSY SCHEDULE.

ENJOY THE VIBRANT BLEND OF FRESH INGREDIENTS, NOURISHING MEALS, AND THE SIMPLICITY THAT MAKES THIS CLEANSE EASY TO FOLLOW AND ELEVATE YOUR WELLBEING.

ENJOY

*Nicky x*

## 2. Daily Schedule

TIME	ITEM	WHAT TO HAVE
7:00 AM	RISE JUICE	300 ML RISE (LEMON, CUCUMBER, GINGER, CELERY)
9:30 AM	RADIANCE OR REVIVE SMOOTHIE	350-400 ML AVOCADO-BASED SMOOTHIE
12:30 PM	VEGGIE SOUP	300-350 ML (BROCCOLI & SPINACH OR ZUCCHINI & HERB)
3:30 PM	HARMONY OR SPARK JUICE	300-350 ML VIBRANT GREEN JUICE
6:30 PM	AVOCADO-ENHANCED SOUP	300-350 ML CREAMY BLENDED SOUP

### NOTES:

- RISE JUICE PROVIDES A LIGHT, REFRESHING YET ZINGY START.
- MORNING SMOOTHIES DELIVER BALANCED HEALTHY FATS, GREENS, AND SEEDS.
- LUNCH SOUPS ARE LOW-FAT, VEGGIE-BASED, AND COMFORTING.
- AFTERNOON JUICES REFRESH AND RECHARGE NUTRIENT LEVELS.
- EVENING SOUPS ARE RICH, CREAMY, AND SATISFYING TO AID SATIETY OVERNIGHT.

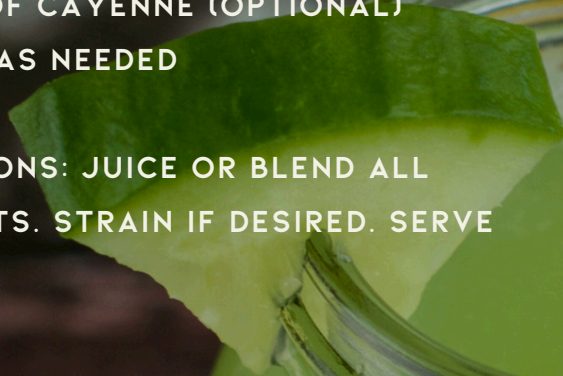


## 3. Recipes

### Rise Juice (7:00 AM)

- 1 LEMON (JUICED)
- 1-INCH GINGER PIECE
- 1 MEDIUM CUCUMBER
- 2 CELERY STALKS
- PINCH OF CAYENNE (OPTIONAL)
- WATER AS NEEDED

INSTRUCTIONS: JUICE OR BLEND ALL INGREDIENTS. STRAIN IF DESIRED. SERVE CHILLED.



# Smoothies (9:30 AM)

## RADIANCE SMOOTHIE

- ½ AVOCADO
- 1 CUP SPINACH
- ½ CUP UNSWEETENED ALMOND OR CASHEW MILK
- 1 TBSP CHIA SEEDS
- JUICE OF ½ LEMON
- 1 TSP NUTRITIONAL YEAST (OPTIONAL)

## REVIVE SMOOTHIE

- ½ AVOCADO
- 1 CUP KALE
- ½ CUP UNSWEETENED ALMOND OR CASHEW MILK
- 1 TBSP FLAX SEEDS
- JUICE OF ½ LIME
- 1 TSP NUTRITIONAL YEAST (OPTIONAL)

INSTRUCTIONS: BLEND ALL INGREDIENTS UNTIL SMOOTH. ADD MORE MILK OR WATER AS DESIRED.



# Soups (12:30 PM, no avocado)

## BROCCOLI & SPINACH SOUP

- 1 CUP BROCCOLI FLORETS
- 1 CUP SPINACH
- 1 GARLIC CLOVE, MINCED
- 1 CUP VEGETABLE BROTH (LOW SODIUM)
- JUICE OF ½ LEMON
- FRESH PARSLEY OR BASIL FOR GARNISH
- SEASON TO TASTE

## ZUCCHINI & HERB SOUP

- 1 MEDIUM ZUCCHINI, CHOPPED
- 1 SMALL ONION (OPTIONAL), CHOPPED
- 1 GARLIC CLOVE, MINCED
- 1 CUP VEGETABLE BROTH
- 1 TSP THYME
- SEASON TO TASTE

### INSTRUCTIONS FOR ALL SOUPS:

1. SAUTÉ GARLIC AND ONION (IF USING) LIGHTLY IN A TEASPOON OF OLIVE OIL OR WATER.
2. ADD VEGETABLES AND BROTH, SIMMER UNTIL VEGGIES ARE TENDER.
3. BLEND IF DESIRED FOR SMOOTH TEXTURE OR SERVE CHUNKY.
4. ADD SEASONING, LEMON JUICE/ZEST AND HERBS.

# Soups (12:30 PM, no avocado)

## CAULIFLOWER & KALE SOUP

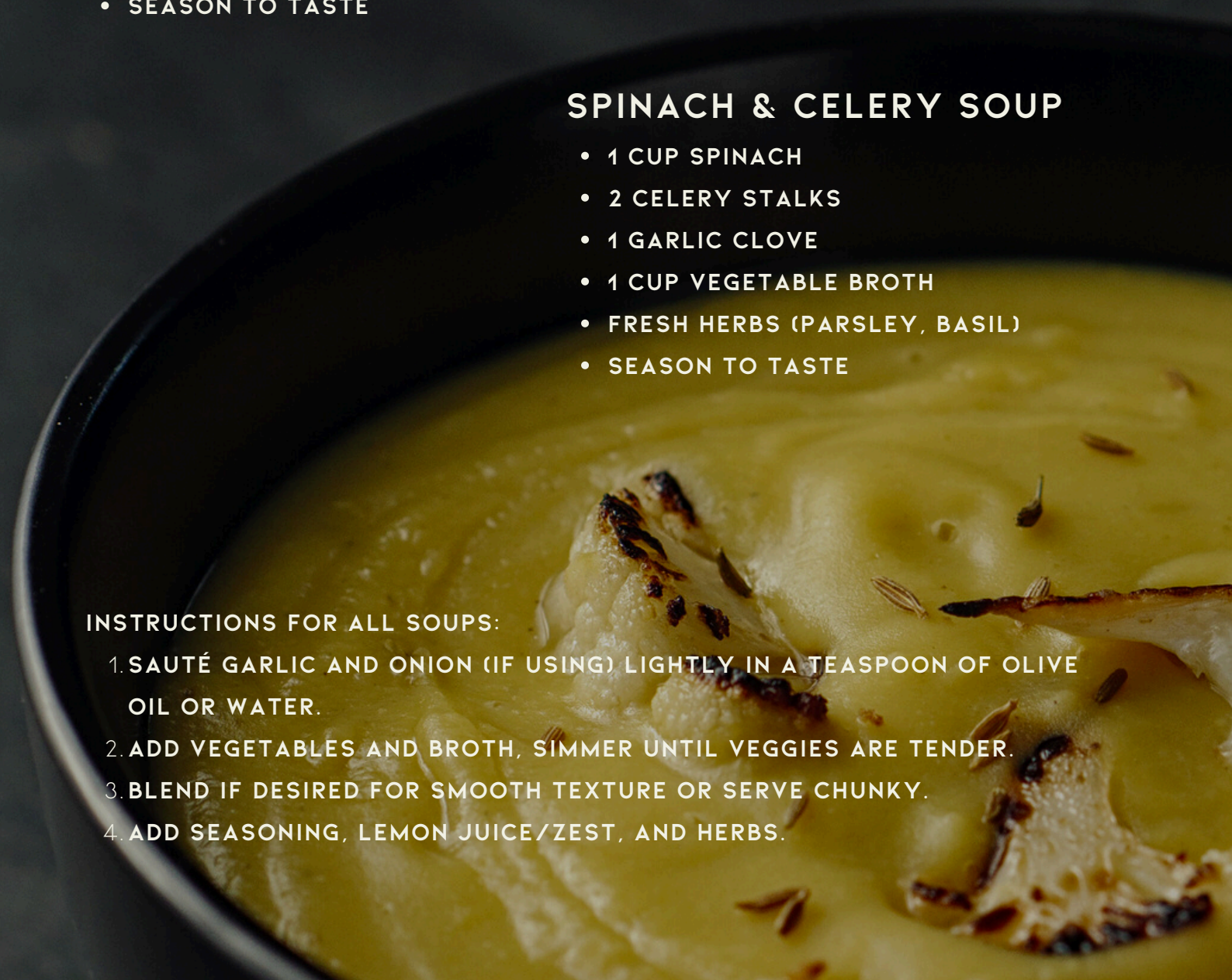
- 1 CUP CAULIFLOWER FLORETS
- 1 CUP KALE LEAVES
- 1 CELERY STALK, CHOPPED
- 1 CUP VEGETABLE BROTH
- 1 TSP TURMERIC POWDER OR FRESH ROOT
- 1-INCH GINGER PIECE
- LEMON ZEST TO TASTE
- SEASON TO TASTE

## SPINACH & CELERY SOUP

- 1 CUP SPINACH
- 2 CELERY STALKS
- 1 GARLIC CLOVE
- 1 CUP VEGETABLE BROTH
- FRESH HERBS (PARSLEY, BASIL)
- SEASON TO TASTE

### INSTRUCTIONS FOR ALL SOUPS:

1. SAUTÉ GARLIC AND ONION (IF USING) LIGHTLY IN A TEASPOON OF OLIVE OIL OR WATER.
2. ADD VEGETABLES AND BROTH, SIMMER UNTIL VEGGIES ARE TENDER.
3. BLEND IF DESIRED FOR SMOOTH TEXTURE OR SERVE CHUNKY.
4. ADD SEASONING, LEMON JUICE/ZEST, AND HERBS.







## Juices (3:30 PM)

### SPARK JUICE

- ½ CUCUMBER
- 1 SMALL CARROT (OPTIONAL)
- 1 LEMON (JUICED)
- 1-INCH GINGER PIECE
- 1 CUP SPINACH

### HARMONY JUICE

- ¾ CUCUMBER
- 2 CELERY STALKS
- 1 CUP SPINACH
- 1 LEMON (JUICED)
- 1-INCH GINGER PIECE

INSTRUCTIONS: JUICE OR BLEND ALL INGREDIENTS WITH A SPLASH OF WATER. STRAIN IF PREFERRED. SERVE CHILLED.

# Avocado-Enhanced Soups

## (6:30 PM)

### CREAMY BROCCOLI & AVOCADO SOUP

- 1 CUP STEAMED BROCCOLI FLORETS
- 1 GARLIC CLOVE
- 1 CUP VEGETABLE BROTH
- ½ TO 1 RIPE AVOCADO
- JUICE OF ½ LEMON
- 1 TSP OLIVE OR AVOCADO OIL (OPTIONAL)
- FRESH PARSLEY OR BASIL
- SEASON TO TASTE

### ZUCCHINI & AVOCADO SOUP

- 1 MEDIUM ZUCCHINI, CHOPPED
- 1 GARLIC CLOVE
- 1 SMALL ONION (OPTIONAL)
- 1 CUP VEGETABLE BROTH
- ½ TO 1 RIPE AVOCADO
- 1 TSP THYME
- 1 TSP OLIVE OIL (OPTIONAL)
- SEASON TO TASTE

#### INSTRUCTIONS FOR ALL SOUPS:

1. COOK VEGETABLES IN BROTH UNTIL TENDER.
2. TRANSFER TO BLENDER, ADD AVOCADO, LEMON JUICE/ZEST, AND OIL.
3. BLEND UNTIL SMOOTH AND CREAMY.
4. SEASON AND SERVE WARM.

# Avocado-Enhanced Soups (6:30 PM)

## CAULIFLOWER & AVOCADO SOUP

- 1 CUP STEAMED CAULIFLOWER FLORETS
- 1 CUP KALE LEAVES
- 1 CELERY STALK
- 1 CUP VEGETABLE BROTH
- 1-INCH GINGER PIECE
- 1 TSP TURMERIC POWDER OR FRESH ROOT
- ½ TO 1 RIPE AVOCADO
- LEMON ZEST TO TASTE
- 1 TSP OLIVE OIL (OPTIONAL)
- SEASON TO TASTE

### INSTRUCTIONS FOR ALL SOUPS:

1. COOK VEGETABLES IN BROTH UNTIL TENDER.
2. TRANSFER TO BLENDER, ADD AVOCADO, LEMON JUICE/ZEST, AND OIL.
3. BLEND UNTIL SMOOTH AND CREAMY.
4. SEASON AND SERVE WARM.



## 4. 7-Day Meal Plan Overview

DAY	7:00 AM RISE JUICE	9:30 AM SMOOTHIE (AVOCADO- BASED)	12:30 PM SOUP (NON-AVOCADO)	3:30 PM JUICE (NON- AVOCADO)	6:30 PM SOUP (AVOCADO-ENHANCED)
1	RISE	RADIANCE	BROCCOLI & SPINACH	HARMONY	CREAMY BROCCOLI & AVOCADO
2	RISE	RADIANCE	BROCCOLI & SPINACH	HARMONY	CREAMY BROCCOLI & AVOCADO
3	RISE	RADIANCE	BROCCOLI & SPINACH	HARMONY	CREAMY BROCCOLI & AVOCADO
4	RISE	REVIVE	ZUCCHINI & HERB	SPARK	CAULIFLOWER & AVOCADO
5	RISE	REVIVE	ZUCCHINI & HERB	SPARK	CAULIFLOWER & AVOCADO
6	RISE	REVIVE	ZUCCHINI & HERB	SPARK	CAULIFLOWER & AVOCADO
7	RISE	REVIVE	ZUCCHINI & HERB	SPARK	CAULIFLOWER & AVOCADO

# 5. Shopping List (7 Days)

## FRUITS & CITRUS

- LEMONS (12-14)
- LIMES (2-3)
- AVOCADOS (12-14 RIPE)

## VEGETABLES & GREENS

- CUCUMBERS (8-10)
- CELERY (4-5 BUNCHES)
- SPINACH (8-9 CUPS)
- KALE (6-7 BUNCHES)
- BROCCOLI (4-5 HEADS)
- ZUCCHINI (5-6 MEDIUM)
- CAULIFLOWER (3 HEADS)
- ONION (2 MEDIUM, OPTIONAL)
- GARLIC (2 BULBS)
- FRESH HERBS: PARSLEY, BASIL, THYME
- GINGER ROOT (~100G)
- TURMERIC ROOT OR POWDER (~50G)
- JALAPEÑO OR CHILI PEPPER (2 SMALL)

## SEEDS & MILKS

- CHIA SEEDS (SMALL BAG)
- FLAX SEEDS (SMALL BAG)
- UNSWEETENED ALMOND OR CASHEW MILK (5-6 CARTONS)
- NUTRITIONAL YEAST (SMALL CONTAINER)

## OILS & BROTH

- EXTRA VIRGIN OLIVE OIL OR AVOCADO OIL (SMALL BOTTLE)
- LOW-SODIUM VEGETABLE BROTH (8-10 LITRES OR INGREDIENTS TO MAKE HOMEMADE)

# 6. Meal Prep Guide: Step-by-Step Batching for the Week

TO HELP YOU MOVE THROUGH THE CLEANSE WITH EASE, HERE IS YOUR DETAILED BATCHING GUIDE. PREP TWICE A WEEK TO KEEP INGREDIENTS FRESH AND PREPARATION TIMES EFFICIENT.

EACH SESSION SHOULD TAKE APPROXIMATELY 90 MINUTES OR LESS.



# Sunday Prep (for Monday–Wednesday)

## PLAN:

PREPARE RISE JUICE, RADIANCE SMOOTHIE KITS, BROCCOLI & SPINACH SOUP, HARMONY JUICE, AND PRE-STEAMED BROCCOLI FOR EVENING SOUPS.

## INGREDIENTS CHECKLIST

### RISE JUICE (3 SERVINGS):

- 3 LEMONS (JUICED)
- 3 MEDIUM CUCUMBERS
- 6 CELERY STALKS
- 3-INCH PIECE GINGER
- PINCH CAYENNE (OPTIONAL)
- 600–900 ML WATER

### RADIANCE SMOOTHIE (3 SERVINGS):

- 1½ AVOCADOS
- 3 CUPS SPINACH
- 1½ CUPS UNSWEETENED ALMOND OR CASHEW MILK (KEEP SEPARATE)
- 3 TBSP CHIA SEEDS
- JUICE OF 1½ LEMONS
- 3 TSP NUTRITIONAL YEAST (OPTIONAL)

### BROCCOLI & SPINACH SOUP (3 SERVINGS):

- 3 CUPS BROCCOLI FLORETS
- 3 CUPS SPINACH
- 3 CLOVES GARLIC, MINCED
- 3 CUPS VEGETABLE BROTH
- 1½ LEMONS (JUICED)
- 3 TSP OLIVE OIL (OPTIONAL)
- SALT, PEPPER, FRESH PARSLEY (FOR GARNISH)

### HARMONY JUICE (3 SERVINGS):

- 2 ¼ CUCUMBERS (OR 2 LARGE)
- 6 CELERY STALKS
- 3 CUPS SPINACH
- 3 LEMONS (JUICED)
- 3-INCH PIECE GINGER

### EVENING CREAMY BROCCOLI & AVOCADO SOUP PREP:

- 3 CUPS BROCCOLI FLORETS, LIGHTLY STEAMED AND STORED
- 1½ TO 3 RIPE AVOCADOS, READY FOR EVENING BLENDING

# Step-by-Step Instructions

1. **CHOP ALL VEGETABLES** NEEDED FOR SOUPS, JUICES, AND SMOOTHIE KITS.

2. **START BROCCOLI & SPINACH SOUP:**

- LIGHTLY SAUTÉ GARLIC IN OLIVE OIL OR WATER.
- ADD BROCCOLI, SPINACH, AND BROTH; SIMMER UNTIL VEGETABLES ARE TENDER (8–10 MINUTES).

3. **PREPARE RISE JUICE:**

- BLEND OR JUICE CUCUMBERS, CELERY, GINGER, LEMON JUICE, WATER, AND OPTIONAL CAYENNE.
- STRAIN IF DESIRED; DIVIDE INTO 3 CONTAINERS (~300 ML EACH).

4. **PREPARE HARMONY JUICE:**

- BLEND CUCUMBERS, CELERY, SPINACH, GINGER, AND LEMON JUICE.
- STRAIN IF DESIRED; DIVIDE INTO 3 CONTAINERS (~300–350 ML EACH).

5. **FINISH SOUP:**

- BLEND IF A SMOOTH TEXTURE IS PREFERRED.
- STIR IN LEMON JUICE AND SEASON WITH SALT AND PEPPER.
- DIVIDE INTO 3 CONTAINERS (~300–350 ML EACH).

6. **PREPARE RADIANCE SMOOTHIE KITS:**

- PACK INTO 3 BAGS OR CONTAINERS:  $\frac{1}{2}$  AVOCADO + 1 CUP SPINACH + LEMON JUICE + CHIA SEEDS + NUTRITIONAL YEAST.
- REFRIGERATE KITS. BLEND FRESH DAILY WITH ALMOND/CASHEW MILK AND WATER TO THIN AS NEEDED.

7. **OPTIONAL:**

- PRE-STEAM BROCCOLI FLORETS FOR NIGHTLY QUICK BLENDING.

## **EVENING AVOCADO-ENHANCED SOUP ASSEMBLY (NIGHTLY)**

### **EACH EVENING:**

- LIGHTLY REHEAT PRE-STEAMED VEGGIES IF DESIRED.
- BLEND TOGETHER:
  - 1 CUP STEAMED VEGETABLES
  - $\frac{1}{2}$  TO 1 RIPE AVOCADO
  - 1 CUP VEGETABLE BROTH
  - JUICE OR ZEST OF LEMON
  - 1 TSP OLIVE OIL (OPTIONAL)
- SEASON WITH SALT, PEPPER, FRESH HERBS.
- SERVE WARM.



# Wednesday Prep (for Thursday–Sunday)

## PLAN:

PREPARE RISE JUICE, REVIVE SMOOTHIE KITS, ZUCCHINI & HERB SOUP, SPARK JUICE, AND PRE-STEAMED ZUCCHINI OR CAULIFLOWER FOR EVENING SOUPS.

## INGREDIENTS CHECKLIST

### REVIVE SMOOTHIE (4 SERVINGS):

- 2 AVOCADOS
- 4 CUPS KALE
- 2 CUPS UNSWEETENED ALMOND OR CASHEW MILK (KEEP SEPARATE)
- 4 TBSP FLAX SEEDS
- JUICE OF 2 LIMES
- 4 TSP NUTRITIONAL YEAST (OPTIONAL)

### ZUCCHINI & HERB SOUP (4 SERVINGS):

- 4 MEDIUM ZUCCHINIS, CHOPPED
- 2 SMALL ONIONS (OPTIONAL), CHOPPED
- 4 CLOVES GARLIC, MINCED
- 4 CUPS VEGETABLE BROTH
- 2 TSP THYME
- SALT, PEPPER

### SPARK JUICE (4 SERVINGS):

- 2 CUCUMBERS
- 4 SMALL CARROTS (OPTIONAL)
- 4 LEMONS (JUICED)
- 4-INCH PIECE GINGER
- 4 CUPS SPINACH

### EVENING ZUCCHINI OR CAULIFLOWER AVOCADO SOUP PREP:

- 4 ZUCCHINIS OR EQUIVALENT CAULIFLOWER/KALE, LIGHTLY STEAMED
- 2-4 RIPE AVOCADOS, READY FOR EVENING BLENDING

## Step-by-Step Instructions

1. **CHOP ALL VEGETABLES** NEEDED FOR SOUPS, JUICES, AND SMOOTHIE KITS.

2. **START ZUCCHINI & HERB SOUP:**

- LIGHTLY SAUTÉ GARLIC IN OLIVE OIL OR WATER.
- ADD ZUCCHINI, THYME, AND BROTH; SIMMER UNTIL TENDER (8-10 MINUTES).

3. **PREPARE RISE JUICE:**

- BLEND OR JUICE CUCUMBERS, CELERY, GINGER, LEMON JUICE, WATER, AND OPTIONAL CAYENNE.
- STRAIN IF DESIRED; DIVIDE INTO 3 CONTAINERS (~300 ML EACH).

4. **PREPARE SPARK JUICE:**

- BLEND SPINACH, CARROTS (OPTIONAL), GINGER, AND LEMON JUICE.
- STRAIN IF DESIRED; DIVIDE INTO 4 CONTAINERS (~300-350 ML EACH).

5. **FINISH SOUP:**

- BLEND IF A SMOOTH TEXTURE IS PREFERRED.
- SEASON, AND DIVIDE INTO 4 CONTAINERS (~300-350 ML EACH).

6. **PREPARE REVIVE SMOOTHIE KITS:**

- PACK INTO 4 BAGS OR CONTAINERS:  $\frac{1}{2}$  AVOCADO + 1 CUP KALE + LIME JUICE + FLAX SEEDS + NUTRITIONAL YEAST.
- REFRIGERATE KITS. BLEND FRESH DAILY WITH ALMOND/CASHEW MILK AND WATER TO THIN AS NEEDED.

7. **OPTIONAL:**

- PRE-STEAM ZUCCHINI OR CAULIFLOWER/KALE FOR NIGHTLY QUICK BLENDING.

### **EVENING AVOCADO-ENHANCED SOUP ASSEMBLY (NIGHTLY)**

#### **EACH EVENING:**

- LIGHTLY REHEAT PRE-STEAMED VEGGIES IF DESIRED.
- BLEND TOGETHER:
  - 1 CUP STEAMED VEGETABLES
  - $\frac{1}{2}$  TO 1 RIPE AVOCADO
  - 1 CUP VEGETABLE BROTH
  - JUICE OR ZEST OF LEMON
  - 1 TSP OLIVE OIL (OPTIONAL)
- SEASON WITH SALT, PEPPER, FRESH HERBS.
- SERVE WARM.

## Optional Add-Ons: Support, Texture & Personalisation

YOUR CLEANSE IS DESIGNED TO BE POWERFUL, YET FLEXIBLE. IF YOU FEEL YOU NEED A LITTLE EXTRA SATIETY, TEXTURE, OR TARGETED NUTRIENTS, HERE ARE SOME OPTIONAL ADDITIONS THAT CAN BE INCLUDED WITHOUT COMPROMISING YOUR RESULTS:

### **SEA MOSS GEL:**

ADD 1 TSP DAILY TO A JUICE OR SOUP FOR ADDED MINERALS AND GUT SUPPORT.

### **PUMPKIN OR SUNFLOWER SEEDS:**

SPRINKLE A SMALL HANDFUL OVER SOUPS FOR CRUNCH, ZINC, AND HEALTHY FATS.

### **CRISPY ONIONS:**

A SMALL PINCH ADDS FLAVOUR AND SATISFACTION TO WARM SOUPS.

### **HOMEMADE HUMMUS:**

UP TO 3 TSP PER SOUP FOR EXTRA CREAMINESS AND PROTEIN.

### **WALNUTS:**

ENJOY 5-7 PER DAY AS A GROUNDING WHOLE-FOOD FAT SOURCE.

### **PEANUT BUTTER (NATURAL):**

A SMALL TSP WITH A PINCH OF SEA SALT CAN CURB CRAVINGS AND BOOST SATISFACTION.

THESE ADDITIONS ARE OPTIONAL. ALWAYS LISTEN TO YOUR BODY AND ADJUST AS NEEDED TO FEEL NOURISHED, NOT RESTRICTED.



## Soup Seasoning Tip:

WHEN BATCH-PREPPING SOUPS, KEEP SEASONING SIMPLE. THEN TO CREATE VARIETY, WHEN REHEATING, **GET CREATIVE WITH HERBS AND SPICES** THINK TURMERIC, CUMIN, CHILLI FLAKES, GARLIC, SMOKED PAPRIKA, CORIANDER PARSLEY, OREGANO OR FRESH LEMON ZEST, CELTIC SALT, SUMAC. OR PRE-MIXED BLENDS LIKE THAI SPICE, CAJUN, CARIBBEAN CURRY POWDER, ALL PURPOSE, MOROCCAN. CHECK SUGAR CONTENT ON THE PRE MIXED BLENDS.

THIS FLEXIBILITY MAKES EACH BOWL FEEL DIFFERENT, HELPING YOU STAY EXCITED AND SATISFIED DAY AFTER DAY.



## A Note to Close

THIS CLEANSE CAME FROM A PERSONAL NEED. AFTER DOING JASON VALE'S 7-DAY JUICE CLEANSE ALMOST A DECADE AGO, I KNEW THE POWER OF A RESET. I LOST WEIGHT, FELT LESS BLOATED, HAD MORE ENERGY, AND LEARNED SO MUCH ABOUT NUTRITION. BUT NOW, IN MY MID-FORTIES, MY BODY HAS CHANGED. I DON'T PROCESS SUGAR THE WAY I USED TO. EVEN NATURAL SUGARS FROM FRUIT LEAVE ME FEELING DRAINED AND CRAVING MORE.

THE ELEVATE CLEANSE IN 7 IS INTENTIONALLY LOW IN SUGAR, AND THAT'S PART OF ITS MAGIC. BY REMOVING HIGH-FRUCTOSE FRUITS AND FOCUSING ON GREENS, HEALTHY FATS, AND FIBRE-RICH SOUPS, MY CRAVINGS DISAPPEARED, MY ENERGY STABILISED, AND I FELT CALM AND CLEAR-HEADED IN A WAY THAT SURPRISED ME. I WOKE UP SHARP. I WENT TO BED SATISFIED. MY RELATIONSHIP WITH FOOD RESET ITSELF.

THIS PLAN HELPED ME FEEL MORE IN CONTROL, MORE CONNECTED TO WHAT ACTUALLY FUELS ME, NOT JUST PHYSICALLY, BUT MENTALLY AND EMOTIONALLY. IF YOU'RE LOOKING TO FEEL LIGHTER, CLEARER, AND MORE GROUNDED IN YOUR BODY, I HOPE THIS PLAN GIVES YOU THAT TOO.

WISHING YOU A BEAUTIFUL, POWERFUL CLEANSE.

WITH LOVE

*Nicky x*

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