



## New Year (R)evolution

*a plant-based whole foods cleanse with Allison Modafferi Brewster*

The goal of this cleanse is to reset our eating patterns, while bringing awareness to the effect of our habits on our health and happiness. It's not a fast, but rather an *intentional and powerful shift in our eating patterns* that allows the body to restore, recharge, and come back into better balance.

In order to best serve our health and wellness (and to best support our yoga asana, meditation and pranayama practices!) we will eat a plant-based whole foods diet, with a focus on local, seasonal, and organic foods.

**We'll cut out (or cut back on) inflammatory foods, including:**

<b>Processed Foods</b>	read labels: enjoy whole foods and whole foods ingredients; no additives or preservatives; restrict common gmo foods (such as corn and soy)	possible exceptions: organic tofu, organic edamame, organic fermented soy (tempeh), organic corn, organic popcorn
<b>Sugar</b>	no refined sugar or artificial sweeteners; restrict natural sweeteners (such as stevia)	possible sweet exceptions: fruit, dried fruit, local honey
<b>Alcohol</b>	no alcohol	nope, no alcohol
<b>Caffeine</b>	no coffee or black teas	possible exceptions: green, white or oolong teas
<b>Animal Products</b>	Vegan - no animal products Vegetarian - may include local organic eggs and dairy products Pescatarian - may also include wild salmon	possible exceptions: ghee, local honey, organic plain yogurt (though restricting dairy is recommended)
<b>Gluten</b>	read labels: no wheat, barley, or rye; look out for hidden gluten (ex: oats, soy sauce, salad dressings)	possible exceptions: whole ancient grains, organic sprouted grains

### Design Your Detox

Commit to a diet you can stick to. I want you to be successful, and have fun with this challenge! Eating this way, even for only 21 days, can affect great change in our lives... in our energy levels, moods, sleep quality, clarity, confidence, communication, digestion, taste buds, skin tone, joint comfort, sinus comfort, breathing, yoga practice, meditation ease, and *overall health and happiness*.

What will you cut out, 100%?	What will you cut back on?	Choose your exceptions: