

**MOSS**   
NUTRITION

Select Cleanse®  
14-Day Detox Program



Quality Products Made with Quality of Life in Mind™

Select Cleanse® is a superior quality functional food supplement designed by clinicians to help support detoxification and cleansing. The research-based ingredients in Select Cleanse® undergo extensive testing, both pre and post manufacture, to ensure product purity and potency.

## Product Checklist

### Required

- Select Cleanse® - 1 container will last for the full 14-day program.  
~ nutritious, detoxifying vegan protein shake & meal replacement

### Optional

Based on your individual needs, one or more of the following products may be recommended by your healthcare practitioner to optimize your detoxification program. The powdered products can be conveniently blended into one of your daily Select Cleanse® shakes. For each of the items listed below, one container is sufficient to complete the 14-day program.

- Select Greens® – 1 serving per day  
~ support for alkaline pH balancing and enhanced antioxidant activity from 100% organic greens, vegetables & fruit extracts
- HepatoDetox Select® - 1 capsule 3x daily (taken with meals)  
~ support for liver detox pathways & clearance of fat-soluble toxins with nutrients, herbs and glandulars (non-vegetarian)
- L-Glutamine – 1 serving per day ~ support for a healthy intestinal lining
- ProFiber Select® – 1 serving per day ~ support for healthy bowel function



# Select Cleanse® 14-Day Detox Program






















**Congratulations for choosing to embark on a path towards improved health!** Select Cleanse® contains a comprehensive array of detox-specific nutrients, amino acids and herbs plus high quality, absorbable forms of all the *macronutrients* (protein, carbohydrates & fats) and *micronutrients* (vitamins & minerals) required to help support healthy lean body composition and healthy energy levels during an elimination protocol.

During the 14-Day Detox you will be eating a **basic clean diet** of natural, whole, unprocessed foods. This cleansing diet eliminates highly processed junk food, white sugar and flour, poor-quality fats and all artificial additives (synthetic preservatives, colors and flavors). It includes plenty of **fresh vegetables** (cooked and raw), easily digested **clean proteins** (organic eggs and poultry, wild caught fish, beans, peas & lentils) and **healthy fats** (olive oil, coconut oil, avocado, raw nuts & seeds). According to your individual needs, a basic clean diet may be sufficient, or you may be advised to eliminate some or all of the following foods during the 14-Day Detox: gluten, corn, soy products, flour, red meat, coffee, alcohol or any specific allergens that you are personally sensitive to. Your practitioner will help you to determine the specific elimination diet that is right for you.

Over the course of the 14-Day Detox, you will be drinking 1 to 3 **Select Cleanse®** shakes per day in place of regular meals. Most people begin with a shake for breakfast and continue this routine throughout the program as additional shakes take the place of lunch and dinner during the gradual titration process. Healthy snacks may be eaten between meals as recommended by your practitioner. **Select Cleanse®** may be mixed simply with water and/or unsweetened plant milk (rice, coconut, almond, etc.) or blended with fruits, greens or other ingredients as advised.



# Select Cleanse® 14-Day Detox

Date/Notes	Breakfast	S*	Lunch	S*	Dinner
Day 1	healthy meal	S	healthy meal	S	healthy meal
Day 2		S	healthy meal	S	healthy meal
Day 3		S	healthy meal	S	healthy meal
Day 4		S	healthy meal	S	healthy meal
Day 5		S		S	healthy meal
Day 6		S		S	healthy meal
Day 7		S		S	healthy meal
Day 8		S		S	
Day 9		S		S	healthy meal
Day 10		S		S	healthy meal
Day 11		S		S	healthy meal
Day 12		S	healthy meal	S	healthy meal
Day 13		S	healthy meal	S	healthy meal
Day 14		S	healthy meal	S	healthy meal



\*S = Healthy Snack

# Daily Program

Upon Arising: 8 ounces warm water with 1 Tablespoon lemon juice

Breakfast: Select Cleanse® **Shake**. Use the Basic Recipe below (with or without optional add-ins) or enjoy one of the delicious Select Cleanse® Detox Smoothie Recipes on page 7.

## Select Cleanse® Shake - Basic Recipe



- 8 oz water or unsweetened plant milk
- 1 serving Select Cleanse powder
- Water or Ice as needed for desired texture & temperature

## Optional Add-ins

- 1 Tablespoon lemon juice, 2 slices ginger root, ½ to 1 cup berries or other chopped fruit, 1/8 tsp cayenne pepper

Combine all ingredients and mix in blender bottle or electric blender.

## Mid-Morning Fruit Snack (optional)

- Fresh Fruit (1 medium whole fruit or 1 cup berries or chopped fruit)
- 10 raw nuts, 2 Tbs raw sunflower seeds or 1 Tbs almond butter

## Lunch: Salad with Clean Protein

- 2 cups raw Leafy Green Vegetables (romaine, spinach, arugula, etc.)
- Veggies: grated carrot, avocado, tomato, cucumber, olives, etc.
- Clean Protein (grilled chicken or salmon, canned salmon or sardines, hard-boiled eggs, baked tofu, hummus, canned chick peas, etc.)

Dressing: Your choice of fresh lemon juice + herbs, balsamic vinegar, natural low-fat/low-sugar dressing or 2 Tbs homemade olive oil dressing

## Mid-Afternoon Veggie Snack (optional)

- 1 cup raw veggies (carrot sticks, cucumber, celery, red bell pepper)
- 10 raw nuts or 2 Tbs tahini or ¼ cup hummus

## Dinner: Wholesome, Clean & Balanced Meal

- Clean Protein, Plant or Animal (see choices on pg. 6)
- Starchy Vegetable (1 small sweet potato, red potato or gold potato, or 1 cup pumpkin or winter squash—butternut, acorn, kabocha, etc.)
- 2 cups cooked Low-Starch Vegetables (see choices on pg. 6)
- small side salad or raw veggie plate (optional)

After Dinner: Ginger Tea or Herbal Tea. Add lemon, honey or stevia as desired. If very hungry, may have one serving of fruit.

## Foods to Include

**Low-Starch Vegetables:** Leafy Greens, Broccoli, Cauliflower, Kale, Bok Choy, Brussels Sprouts, Green Beans, Carrots, Beets, Zucchini, Summer Squash, Tomato, Tomato Sauce, Peppers, Mushrooms, Eggplant, Onions, Garlic, etc.

**Clean Animal Protein:** Free-Range/Organic Eggs, Chicken & Turkey, Fresh Fish & Shellfish (wild-caught), Canned Alaskan Salmon and Sardines.  
*Serving Sizes: 2-3 eggs, 4-6 ounces fish or poultry*

**Clean Plant Protein:** Legumes (Lentils, Chick Peas, Split Peas, Black Beans, Lima Beans, etc.), Hummus, Organic Tofu & Tempeh.  
*Serving Sizes: 1 cup cooked legumes, ¼ cup hummus, 4-6 oz tofu or tempeh*

**Fresh Fruit:** Apples, berries (blueberries, strawberries, etc.), grapes, pears, grapefruit, oranges, clementines, pineapple, papaya, melon, ripe banana, lemons & limes. *Serving Sizes: 1 cup chopped fruit or berries, ½ grapefruit, 1 medium whole fruit, 2 clementines*

**Nuts & Seeds:** Raw nuts (almonds, walnuts, brazil nuts, pecans), sunflower seeds, pumpkin seeds, almond butter, sunflower butter, sesame tahini.  
*Serving Sizes: 10 whole nuts, 2 Tbs seeds, 2 Tbs nut butter*

**Beverages:** Water, Lemon Water, Seltzer, Herbal Tea, Green Tea, Ginger Tea, Unsweetened Plant Milk (rice, almond, coconut, hemp), Veggie/Bone Broth.

**Healthy Plant Fats:** Coconut Oil, Extra-Virgin Olive Oil, Flaxseed Oil, Avocado, Olives. *Limit added fats to 2 Tablespoons/day for weight loss.*

**Healthy Condiments:** Black pepper, cayenne pepper, Dijon mustard, curry powder, parsley, cilantro, oregano, other fresh or dried herbs & spices, apple cider vinegar, balsamic vinegar, lemon & lime juice, natural un-iodized salt (sea salt, Himalayan pink salt—use sparingly), nutritional yeast, raw honey or real maple syrup (limit to 2 teaspoons per day), stevia, monkfruit sweetener.

## Foods to Avoid

**During the 14-Day Detox, eliminate as directed:** Sugar (white and brown), Molasses, Sucralose, Aspartame, Dairy Products (milk, cheese, yogurt, cream, butter), Lard, Processed Meats, Deep Fried Foods, Hydrogenated Fat, Wheat, Gluten, Coffee, Alcohol, Soy Milk, Corn Products, Dried Fruit, Excess Salt.

# Select Cleanse® Detox Smoothie Recipes

In a Blender or Food Processor combine the following ingredients to make your favorite recipe. Add more liquid and crushed ice if desired.

## Berry Green Delight

- 1 cup Berries (Blueberries, Strawberries or Raspberries, fresh or frozen)
- 1 cup packed Spinach
- 1 cup Unsweetened Plant Milk or Water
- 1 serving Select Cleanse Powder

## Luscious Green Island Oasis

- 1 cup Blueberries, fresh or frozen
- ¼ cup diced Mango, fresh or frozen
- 1 cup diced Pineapple, fresh or frozen
- 1 serving Select Greens Unflavored
- 1 serving Select Cleanse

## Peachy Cleanse

- ½ small Avocado
- 1 medium Peach, fresh or frozen
- 1 handful Raspberries, fresh or frozen
- 1 cup Unsweetened Coconut or Almond Milk
- 1 serving Select Cleanse Powder

## Ginger Greens

- 2 handfuls Spinach
- 1 tsp grated peeled fresh Ginger
- 2 cups sliced Peaches, fresh or frozen
- 1 serving Select Cleanse Powder
- Stevia to taste (if needed)
- Water to thin

## Divine Chocolate

- ½ Banana
- 1 cup Unsweetened Coconut Milk
- 2 Tbsp Unsweetened Dried Coconut Flakes
- 1.5 Tbsp Unsweetened Organic Cacao Powder
- 1 serving Select Cleanse Powder
- Stevia to taste (if needed)

## Creamy Vanilla Spice

- ½ Banana
- 2 Tbsp Sunflower Seed Butter
- 1 cup Unsweetened Coconut Milk
- ½ tsp Cinnamon, ¼ tsp Cloves, ¼ tsp Nutmeg
- ¼ tsp natural Vanilla Extract
- 1 serving Select Cleanse Powder

## Island Mangolicious

- 1 cup diced Mango, fresh or frozen
- 1 cup Coconut Water
- 2 Tbsp Unsweetened Dried Coconut Flakes
- Juice of 1 Lime
- 1 serving Select Cleanse Powder

## Tropical Paradise

- ½ Banana
- ½ cup diced Pineapple
- ½ cup diced Mango
- ½ cup diced Papaya
- 1 serving Select Cleanse Powder
- Water to thin

## Bonkers for Berries

- ½ cup blueberries, fresh or frozen
- ½ cup Raspberries, fresh or frozen
- ½ cup Strawberries, fresh or frozen
- 1 serving Select Cleanse Powder
- Water to thin

## Refreshing Mango Peach

- 1 Peach, medium to large
- 1 cup diced Mango, fresh or frozen
- 1 cup Unsweetened Coconut Milk
- 1 serving Select Cleanse Powder

## Consciously Green

- 1 cup diced Papaya, fresh or frozen
- ½ Banana
- ½ Green Apple
- 1 serving Select Greens Unflavored Powder
- 1 serving Select Cleanse Powder
- Water to thin

## The Three P's

- ½ cup diced Papaya, fresh or frozen
- ½ cup sliced Peaches, fresh or frozen
- ½ cup sliced Pear, fresh or frozen
- 1 tsp grated peeled fresh Ginger
- 2 Mint Leaves
- 1 serving Select Cleanse Powder
- Water to thin



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