



## OFFICIAL GUIDE 7-14 DAYS

PALEO  
DAIRY-FREE  
GLUTEN-FREE  
SOY-FREE  
REAL FOOD  
TASTY SMOOTHIES  
VEGETARIAN OPTIONS  
WITH OR WITHOUT CAFFIENE



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NUTRITION

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## WELCOME TO THE DJN NEW METABOLISM CLEANSE!

Welcome to the DJN **New Metabolism Cleanse!** I created and structured this program with the ideal combination of real food and science to give your body a safe and effective way to cleanse. I highly recommend that you review the information included in this guide in order to properly prepare for this program.

This cleanse can be completed from 14-28 days (7 days optional) - it's entirely up to you and how it fits into your life. Also, due to my extensive research in nutrition science about the benefits of caffeine, with reasonable limited intake, it does not have to be eliminated while on this program. There are certain guidelines that must be followed in order to reset your body and achieve results.

If you have questions on this program, email us anytime at [info@djn.health](mailto:info@djn.health).

Good luck with your program - your body will certainly thank you for it!  
- Derek

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### CAN PROVIDE RELIEF FROM:

Bloating & Digestive issues  
Weight loss resistance  
Lack of concentration

Fatigue / weariness  
Irritability  
Skin rashes

Bad breath  
Headaches  
Joint pain

### POTENTIAL BENEFITS:

Clearer skin  
Heightened vitality  
Improved digestion  
Reduced food cravings  
Lower allergic symptoms

Lower body fat  
Decreased brain fog  
Higher mental clarity  
Increased energy

Enhanced immune system  
Peaceful / sound sleep  
Greater motivation  
Anti-aging effects

## HOW IT WORKS:

The DJN New Metabolism Cleanse can be customized for your life - but please be consistent!

Each day you'll have:



1 - 2 Purify+ smoothies



1 - 2 Support vitamin packets  
2 MagEase capsules @ bedtime



1 - 2 real food meals  
0 - 2 real food snacks or bar



## WHAT'S IN THE KIT?



### Purify+ smoothie powder

Purify+ is a superior functional powder containing professional-grade macronutrients to fuel cleansing pathways; a full multivitamin/mineral for detox enzyme support; nutrients for support / balance phase 1 and 2 metabolic pathways; high levels of antioxidant support; an array of herbs to promote optimal liver function and fiber to support intestinal cleansing.\*\*

### Support capsule packets (3 D-Tox + 1 Antiox Pro)

This packet provides essential support for cleansing. The formulation of D-Tox supports effective phase 2 liver detoxification, which is vital to prevent the production of intermediate metabolites that could cause symptoms or sensitivity reactions during a cleansing program.\*\* The Antiox Pro helps support efficient digestion / absorption of the protein found in Purify+ and your food.\*\*

### MagEase capsules

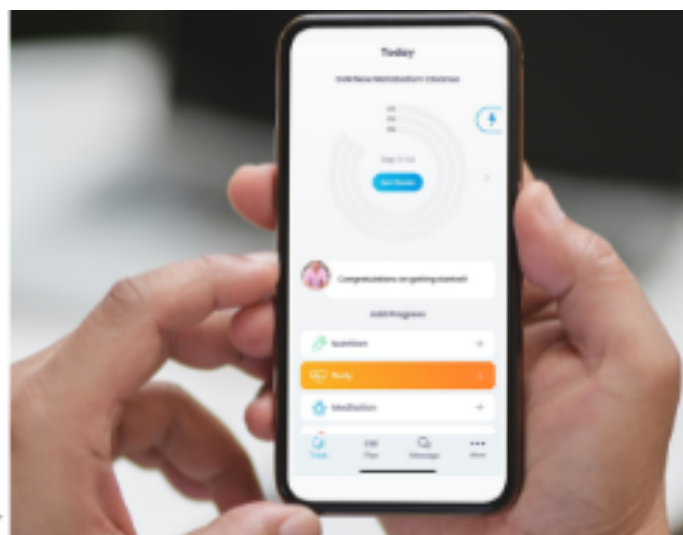
Vital aspects of efficient detoxification revolve around getting high-quality sleep and of course, the functionality of proper elimination. Physician-grade MagEase (magnesium) capsules provide nightly dual-action support to promote sound sleep and bowel regularity throughout the cleanse and beyond.

# SIGN-UP FOR THE DJN APP

## CLEANSE PROGRAM

go to [djn.health/cleanse](https://www.djn.health/cleanse)

Lots of tips, recipes, encouragement, workouts & more!



## WHAT TO EXPECT:

- In some cases, days 1 - 3 can sometimes be the toughest as your body begins to cleanse and detoxify.
- Removing toxins can provide symptoms similar to the flu or recovering from being sick. It is possible that you will feel worse before you feel better - but this only means the cleanse is working! If you aren't feeling these symptoms, the cleanse is still working as well - your body is just likely more efficient at detoxifying.
- Although uncommon, some clients do experience unfavorable reactions to the recommended changes in diet. The most common reactions are digestive discomfort, changes in bowel movements, flu-like symptoms or changes in energy for the first 1 - 3 days - but after that, you begin to feel amazing!
- It is vital to consume extra water while detoxifying to help flush out toxins. Therefore, obviously most cleansers urinate a bit more often than usual if they are following the guidelines of this program.
- Some people experience headaches during the first few days due to withdrawal from sugar. If you want to minimize this discomfort, decrease your consumption of sugar the week prior.
- This cleanse is not designed as a weight loss program. However, many people lose weight during its course due to: eating a cleaner diet, utilizing meal replacement smoothies, smaller-portion meals, absence of alcohol, removal of sugar from the diet and decrease consumption of allergenic foods (ex: wheat & dairy) as well as through the release of toxins from fat stores.

## DJN CLEANSE GUIDELINES

- 1** Water is essential. Drink 60-90 oz. of purified water per day, in-between meals and smoothies. Being more thirsty while on this program is a normal response.
- 2** Supplements are vital. You'll only take a Support packet when you have a smoothie. If you're doing two smoothies a day, you'll take two packets that day (not together). If you're only doing one smoothie a day, then only take one Support packet.
- 3** Tasty cleanse smoothies are possible. Be creative! It's definitely easier to plan which meals you are going to replace with a smoothie and find a few recipes you like and just rotate those.
- 4** Exercise is key. Workout 4 - 5 days per week. Mix it up - do cardio, interval/burst and resistance training - sweating is great when cleansing.
- 5** Eating clean is important. For optimal results, abide by the Avoid These List (see page 5). Questions about specific foods? Email [info@djn.health](mailto:info@djn.health).
- 6** In the morning on an empty stomach, drink a cup of room temperature to hot water with 1/4 lemon or 1 Tbsp fresh lemon juice. Adding 2 shakes of cayenne pepper is optional.
- 7** To further detoxify, take an Epsom salt bath or rub on salt with a warm, wet washcloth while in the shower. Hydrotherapy is also helpful to stimulate circulation and your immune system. After working out, sit in a sauna to further excretion or take a hot/cold shower.



## MORNING ROUTINE (ON & OFF THE CLEANSE)

Upon waking up, the first thing you should not do is reach for your coffee cup. Adding in a few more steps before then can make a big difference!

### 1. Water

You are dehydrated when you wake up. You must have a large 12 - 24 oz of glass of water ideally at room temp with 1/4 lemon wedge before anything else. This is non-negotiable and a must do if you want to have optimal day. Why? When you're asleep, your body is hard at work detoxing, repairing and healing and also, it's been without fluids for 7-8 hours and needs refreshment. The first thing your body needs isn't coffee - even though you mentally might disagree. It is ideal to drink water in-between water and your smoothies.

### 2. Movement

Move for 5-10 minutes. You can stretch do jumping jacks, or even burpees. Get you blood flowing after you hydrate.

### 3. Sunlight

Step outside for at least 5 minutes and drink your tea or coffee. You get sunlight even if you cannot see the sun, this does not work through a window. Stuck inside? Try this amazing tool: [humancharger.com](http://humancharger.com)

**4. Enjoy coffee or tea** (see DJN pro-tip below).

**5. Delay food or AM smoothie** (see Breaking the Fast on the next page).



## DJN PRO TIP

Add 1 - 2 Tbsp of MCT oil or coconut oil to your tea or coffee (regular or decaf) and have breakfast/AM smoothie after you hit that 14 - 16 hour mark. If you're new to MCT oil, start with 1-2 tsp and increase over time to the 1 - 2 Tbsp mark.

# BREAKING YOUR FAST & EATING PATTERN

On this cleanse (and in regular life), breakfast is NOT the most important meal of the day for many people. If you are trying to gain weight or do not need to lose it and wake-up hungry by all means eat breakfast. Trying to lose weight? If the time you finished your last meal/PM smoothie the night before to breaking the fast the next day is not at least 14 hours, you need skip or push back your breakfast/AM smoothie. In general, you only need to eat 2-4x per day if that works for you. **The idea that eating 5-6x daily helps you to lose weight is a myth.**

Not eating consistently enough and binge eating both produce weight gain. When it comes to eating healthy, you've got to establish a consistent eating pattern. If you're fine with just eating breakfast, lunch and dinner, great. Just eat all three meals every day without skipping. If you're not that hungry for breakfast in the morning, rearrange your pattern to be snack, breakfast, lunch then dinner. If you are not hungry, don't eat. Make sure your break fast is 14-16 hours in length. Perhaps you start with lunch then have a snack then dinner. Stick to eating 2-4x per day - just be consistent.

You need to keep a consistent pattern daily! Here's the daily priority order list:

- Water
- Movement
- Sunlight
- Coffee or tea (if you like) + MCT oil
- Consistent smoothie vs real food intake pattern



## OPTIONS TO BREAK YOUR FAST

Figuring out which option works optimally for you is a good place to start. The three options are laid out below and are based on these factors: gender, trying to lose weight or to maintain what you've already achieved. The cleansing and detoxifying of your body works equally as well on this cleanse regardless of which option fits you.

If you think these options resemble an intermittent fasting model, you would be correct. To make this fraction simple to understand and remember: the first number indicates how many hours you are fasting, the second is the complete block of time that you will fit in all of your food for the day (spread out over that period).

I have taught my clients for years that they should aim for 12 hours of fasting per night. This would be an example of the **12/12 option** (maintaining) - if you finished eating at 8pm (having tea or water later on is fine) breakfast should then be at 8am the next day. Now there is also the **14/10 option** (most common for all) and the **16/8 option** (more aggressive plan ideal for men) as well. These two are primarily utilized by those looking to lose weight. These options simply mean that if you finished eating/drinking at 8pm then you wouldn't eat your first snack or breakfast until 10am or 12pm respectively.















DO THE **NEW MORNING ROUTINE** FIRST.



















## 12/12 OPTION EXAMPLES

(examples based on 6am wake-up)

						
8am smoothie + packet	activities + work	12 - 1pm real food lunch	activities + work	3 - 4pm real food snack or bar ( <b>optional</b> )	7 - 8pm smoothie + packet	10-10:30pm bedtime
						
8am smoothie + packet	activities + work	12 - 1pm real food lunch	activities + work	3 - 4pm real food snack or bar ( <b>optional</b> )	7 - 8pm real food dinner	10-10:30pm bedtime

## 14/10 OPTION EXAMPLES

(examples based on 6am wake-up)

						
10am smoothie + packet	activities + work	12 - 1pm real food lunch	activities + work	3 - 4pm real food snack or bar ( <b>optional</b> )	7 - 8pm smoothie + packet	10-10:30pm bedtime
						
10am smoothie + packet	activities + work	12 - 1pm real food lunch	activities + work	3 - 4pm real food snack or bar ( <b>optional</b> )	7 - 8pm real food dinner	10-10:30pm bedtime

## 16/8 OPTION EXAMPLES

(examples based on 6am wake-up)

					
activities + work	12 - 1pm smoothie + packet	activities + work	3 - 4pm real food snack or bar	7 - 8pm smoothie + packet	10-10:30pm bedtime
					
activities + work	12 - 1pm smoothie + packet	activities + work	3 - 4pm real food snack or bar ( <b>optional</b> )	7 - 8pm real food dinner	10-10:30pm bedtime

# AVOID THESE LIST

## FOR OPTIMAL RESULTS



- Sugar & artificial sweeteners
- All alcohol (incl. non-alcoholic wine & beer)
- Wheat / gluten-filled foods (pasta, bread, crackers, cereals, etc.)
- All dairy (milk, ice cream, etc.)
- Eggs
- Foods containing yeast & all foods that promote yeast overgrowth
- Processed foods & commercially prepared condiments (vinegar, mustard, ketchup, etc.)
- Meat: Non-grass-fed, nitrate-filled, deli meat, non-organic
- Fish: farmed and any type that contains mercury (ex: tuna)
- No soy

## DJN PRO TIP

It's ideal to avoid grains as much as possible on this cleanse. The best carbs are fruit and sweet potatoes.

## CLEANSE SNACK IDEAS

1. Organic red bell pepper + 1/2 cup guacamole
2. 1/2 cup of flavored or raw pumpkin seeds
3. 10 - 20 unsalted cashews / almonds / walnuts / pecans
4. 1 small organic apple or celery stick + 1.5 - 2 Tbsp of any nut butter
5. 1 - 2 organic Persian cucumbers (sliced up) + lemon juice or hot sauce
6. 1/2 avocado with sliced organic tomatoes with Celtic sea salt + drizzled olive oil
7. 8 - 10 gluten-free crackers + 2 - 3 Tbsp of hummus + 1 tsp olive oil
8. 1 organic rice cake topped with 1 - 2 Tbsp of any nut butter
9. 2 oz of turkey wrapped with organic green bell peppers with 1 - 2 Tbsp of hummus
10. 1 approved raw foods bar\* (See Approved Bar Guide)



## approved BAR GUIDE

As a general rule of thumb, you'll be looking for bars that are organic, no artificial sweeteners and that have less than 9 grams of sugar per bar. Simply put, also just look for bars with ingredients you can recognize.

Below are my favorites for this cleanse and every day life. Those marked with a \* can be purchased through [djn.health](http://djn.health). Enter promo code **BAR10** for **10% off**.

Derek Johnson Nutrition Paleo & Keto bars\*

Bullet Proof (ex: Vanilla Shortbread Collagen)

Julian Bakery (ex: Paleo Protein)

Dale's Raw Foods (ex: protein bars)

Elemental Raw Bars\* (more options at [elemental-raw.com](http://elemental-raw.com))

Rx Bar

# OPTIMAL CHOICES

## REAL FOOD MEAL GUIDELINES

Ideally, each meal should contain **protein, vegetable, fats & a carbohydrate.**

### CARBS

Keep this portion of your meal at a low-to-moderate portion size. If you are not exercising that day, skip the carb and have only protein and veggies instead. If you are exercising, include a gluten-free starch with your meal.

### PROTEINS

Organic, hormone-free, free-range chicken/poultry/bison/turkey/sausages. Only fresh-caught fish without mercury (like salmon). Portion size for females 3 - 4 oz, for males 4 - 6 oz.

### FATS

Can be included in your meal within the meat or dressings on your salad. Try adding coconut, avocado or olive oil to your meat or snacks. Other examples include: Chia seeds, walnut oils, extra virgin olive oil, olives, organic coconut milk or oil, avocado oil, raw nuts and seeds.

### FRUITS & LOW-GLYCEMIC FRUITS

Cherries, pears, apricots, melons, plums, oranges, peaches, grapefruit, apples, prunes, kiwi fruit, nectarines, tangerines. Berries are the ideal low-glycemic fruit - especially for smoothies!

### VEGETABLES

Any type of non-starchy vegetables - you can eat unlimited amounts throughout the cleanse program. Assorted seasonal, non-starchy, fresh organic vegetables (ex: broccoli, green beans, asparagus, spinach, etc).

### BEVERAGES & FLUIDS

Lots of water - optimal choice. Herbal teas, coffee, spring water, vegetable juices (without added sugars), unsweetened almond or coconut milk/water, organic broth & bone broth.

### CONDIMENTS & SWEETENERS

Lemon, lime, cayenne pepper, sea salt, garlic, fresh herbs, spices, fresh salsa, Xylitol & Stevia.



*amazing cleanse-friendly*  
**COOKBOOKS**

PALEO COOKING GUIDE WITH YOUR INSTAPOT  
BY JENNIFER ROBBINS

THE KETO RESET INSTANT POT COOKBOOK  
BY MARK SISSON

SEARCH ONLINE FOR PALEO / WHOLE 30  
RECIPES (ADHERE TO AVOID & OPTIMAL LISTS)





## SMOOTHIE TIPS, IDEAS & RECIPES

1. Ideally add 1 - 2 Tbsp chia seeds and/or flaxseeds to every smoothie. This will help you get enough fiber to feel full until your next meal/smoothie.
2. For added flavor, add a nut butter (Women 1 Tbsp / Men 1.5 Tbsp), dried coconut, cinnamon or other spices.
3. Smoothies blend better if you add the Purify+ packet after everything else.
4. Adding 1 cup of organic leafy greens or 1 scoop of DJN Supreme Greens powder to the recipes below is a plus.
5. To take the "bite" out of the Purify+ flavor in tropical/berry smoothies, add 1-2 Tbsp of lemon.

### Basic Recipe

1/2 - 1 cup frozen organic berries  
1/2 cup unsweetened almond/coconut/hemp milk  
1/2 cup water (or 1/2 cup ice)  
1 - 1.5 Tbsp nut butter

### Island Revival

1/2 - 1 cup fresh or frozen organic pineapple or mango  
1/2 cup unsweetened almond/coconut/hemp milk  
1/2 cup water (or 1/2 cup ice)  
1 - 1.5 Tbsp nut butter  
1 - 2 Tbsp shredded coconut

### Berry Avo Bliss

1/2 - 1 cup frozen organic raspberry (or any berry you like)  
1/2 cup small ripe avocado  
1/2 tsp cinnamon  
1/2 tsp nutmeg  
2 Tbsp sliced organic almonds  
1 - 1.5 Tbsp nut butter

### Peach Cinnamon Delight

1/2 - 1 cup frozen organic peaches  
1/2 cup unsweetened almond/coconut/hemp milk  
1/2 cup water (or 1/2 cup ice)  
2 Tbsp sliced organic almonds  
1 - 1.5 Tbsp nut butter  
Cinnamon to taste

### Nutty Apple Cinnamon

1/2 cup frozen organic berries  
3/4 cup unsweetened organic apple sauce  
1/2 cup unsweetened almond/coconut/hemp milk  
1/2 cup water (or 1/2 cup ice)  
1 - 1.5 Tbsp nut butter  
Cinnamon to taste

### Black Cran Tango

1/2 cup frozen organic blackberries  
1/2 cup frozen organic cranberries  
1/2 cup unsweetened almond/coconut/hemp milk  
1/2 cup water (or 1/2 cup ice)  
1 - 1.5 Tbsp nut butter

### Acai Berry Blast

1 Sambazon Acai organic frozen packet (Whole Foods / Amazon)  
1/2 cup frozen organic berries  
1/2 cup water (or 1/2 cup ice)  
1 - 1.5 Tbsp nut butter

### Coconut Craze (Lo-Carb)

3 Tbsp shredded coconut  
1 cup unsweetened coconut milk  
1/2 cup water (or 1/2 cup ice)  
2 Tbsp nut butter

### Almond Crunch (Lo-Carb)

1.5 cups unsweetened almond milk  
1/2 cup ice  
2 Tbsp sliced organic almonds  
1 - 1.5 Tbsp nut butter

## DJN PRO TIP

To help with taste, add 1/4 - 1/2 of a frozen banana in any smoothie recipe. If you find this helps, be sure to decrease the other fruit included by 1/3 cup. Avoid using kale in smoothies.

# RECIPE IDEAS

(WHEN PICKING RECIPES / MENU ITEMS, JUST ADHERE TO THE AVOID & OPTIMAL LISTS!)

## Anytime Soup

Makes 8 Servings

8 cups organic vegetable stock broth or organic bone broth  
1/2 head of shredded organic green cabbage  
1 minced garlic glove  
2 organic celery stalks, chopped  
4 cups organic diced tomatoes  
3 organic carrots, chopped  
2 Tbsp fresh organic parsley, chopped  
1/2 tsp dried organic thyme  
1/2 tsp dried organic basil  
2 Tbsp fresh organic lemon juice  
Fresh ground black pepper to taste

### Directions:

In a large, heavy bottomed soup pot, except for the lemon juice, bring all ingredients to a boil. Simmer 20-30 minutes (to break the vegetables down). Add lemon juice & pepper to taste.

## DJN PRO TIP

This recipe is versatile - feel free to add any of your favorite vegetables and omit those you don't enjoy. This soup is meant to help with appetite and hunger while cleansing.



## InstaPot Italian Chicken & Sausage Soup

Makes 6 Servings

2 tsp Italian seasoning  
1 tsp Himalayan sea salt  
1/4 ground black pepper  
2 boneless, skinless, nitrate-free chicken breasts  
3 Tbsp avocado oil  
12 oz cooked, chopped, nitrate-free Italian sausage (mild or spicy)  
1 small bunch of organic Swiss chard, leaves & stems separated, chopped  
2 organic scallions, chopped  
3 cloves garlic, minced  
3 cups organic chicken bone broth  
1 (13.5) oz can of full-fat organic coconut milk  
3 - 4 organic radishes, peeled and cut into cubes  
1/2 cup organic parsley leaves, finely chopped

### Directions:

1. In a bowl, mix together Italian seasoning, salt & pepper. Use this mixture to season the chicken on both sides. Keep the chicken sitting at room temp for now.
2. Set the InstaPot to Saute and add 1.5 Tbsp of the avocado oil. When hot, add the diced sausage and cook, stirring frequently until it is browned (about 3 minutes). Using a slotted spoon, transfer the sausage to a bowl.
3. Add the remaining 1.5 Tbsp of avocado oil to the pot. Add the chopped chard stems only, scallions and garlic and saute until the garlic is browned and fragrant (1-2 minutes).
4. Pour in 1 cup of chicken broth and use a wooden spoon to scrape the bottom of the pot to release any browned bits. Place chicken breasts in the pot.
5. Press Cancel. Secure the lid and turn the steam release valve to Sealing. Press the Pressure Cook (or Manuel) button and set the cook time to 10 minutes.
6. When the InstaPot beeps, allow the pressure to release naturally for 5 minutes, then carefully switch the steam release valve to Venting. When fully released, open the lid. Use tongs to move chicken to a plate.
7. Add the remaining 2 cups chicken broth and coconut milk to the pot. Stir in the card leaves, radishes, cooked sausage as well as any other reserved juices from the bowl.
8. Press Cancel. Secure the lid and set the steam release valve to Sealing. Press the Pressure Cook (or Manuel) button and set the cook time for 3 minutes.
9. While that cooks, let the chicken rest for a few minutes before chopping it into bite size pieces.
10. When the InstaPot beeps, allow the pressure to release naturally (about 5 minutes) then carefully switch the steam release valve to Venting. Open the lid and stir the chopped chicken into the soup. Allow the soup to sit a few minutes to warm up the chicken. Stir in the parsley, ladle into individual bowls and enjoy.



## HEALTH DISCLAIMER

Making responsible decisions regarding your health and wellness is your right – make sure you are educated enough to understand the contents and effects the New Metabolism Cleanse involves. This information is not intended as a substitute for the advice or medical care of a qualified health care professional and before undertaking any dietary or lifestyle changes.

**To ensure your safety, do not participate in the New Metabolism Cleanse if you are:**

- Pregnant or nursing
- Under the age of 18
- Have any of the following health issues: active cancer, liver disease, hepatitis, on medications for bipolar disorder or have any allergy to any ingredient listed. The medical foods all contain appreciable levels of minerals which may be an issue for those with kidney disease or on drugs such as anti-hypertensive's where elevations in minerals may be an issue.

\* The opinion and nutritional advice provided by Derek Johnson Nutrition regarding the New Metabolism Cleanse has not been evaluated by the FDA and is not intended to treat, diagnose, cure or prevent any disease.

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