

30 Day Detoxifying

Get Healthy Challenge

Pure Body. Clear Mind. Open Heart.

1. *Drink double H2O*
2. *At stop lights, practice deep breathing*
3. *Write down 3 personal goals for getting healthy*
4. *Clean out all the sugar and wheat from your kitchen (Throw them away)*
5. *Go grocery shopping - Do not buy anything that is over 20 carbs*
6. *Eat a salad*
7. *Journal - week one*
8. *Exercise for 45 minutes*
9. *Eat a vegetable that you do not normally eat*
10. *Cook a Whole 30 meal*
11. *Mediate for 20 minutes*
12. *Don't drink alcohol*
13. *Drink lemon water with stevia*
14. *Journal - week two*
15. *Invite a friend over and cook a vegetarian meal*
16. *Make Dr. Jonah's green juice*
17. *Digital Cleanse - No technology*
18. *Evaluate priorities*
19. *Go for a walk*
20. *Go to bed an hour early today*
21. *Journal - week three*
22. *Have a 'No' day - Say no to everything*
23. *Remove dairy*
24. *Buy organic meat for dinner*
25. *At stop lights, practice deep breathing*
26. *Create a Pinterest board for Paleo foods*
27. *Cook a Paleo meal today*
28. *Journal - week four*
29. *Smile at a stranger*
30. *Reflect on the last 29 days*

Dr. Jonah's Favorite Green Drink



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Ingredients

- 4 cups kale removed from stem
- 4 large stalks of celery chopped
- 3 sprigs parsley
- 3 sprigs cilantro
- 1 pear chopped
- 1 apple chopped or 1 cup strawberries or fruit of your choice
- juice of ½ lemon
- 8 ounces of filtered water

Instructions

1. Wash all vegetables thoroughly and place into a large bowl
2. Add 8 ounces of water and lemon juice into a blender with 2 cups kale
3. Blend for 30 secs until just incorporated
4. Add additional kale, herbs and celery and keep blending for another 30 secs
5. Next add apple and pear and blend for another 30-60 secs until well combined (Do not over blend)
6. Pour mixture into 2 glass storage jars
7. Best served after chilled - especially for your first one!

Notes

Makes approximately two 20 ounce servings
– Sip slowly and drink with intention

2017

Get Healthy Challenge

WEEK ONE

Lessons learned

This week's tasks

How I feel

Goals for next week

Hardest part of the week

Easiest part of the week

2017 Get Healthy Challenge

WEEK TWO

Lessons learned

This week's tasks

How I feel

Goals for next week

Hardest part of the week

Easiest part of the week

2017 Get Healthy Challenge

WEEK THREE

Lessons learned

This week's tasks

How I feel

Goals for next week

Hardest part of the week

Easiest part of the week

2017 Get Healthy Challenge

WEEK FOUR

Lessons learned

This week's tasks

How I feel

Goals for next week

Hardest part of the week

Easiest part of the week