
by Amy Layne CHN, CPT, Lifestyle Expert

21 Day Vegan Cleanse Challenge

Presented by
DAMYHealth.com

*“This 21 day journey is about finding your inner vibrancy,
feeling light and glowing from the inside out.”*

21 Day Vegan Cleanse Challenge

**First Oprah, then Beyonce,
now YOU! Welcome to the
21 Day Vegan Cleanse
Challenge.**

#21dayvegan

The Introduction

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Welcome to the DAMY Health **21 Day Vegan Cleanse Challenge!** It seems that more than ever the world is turning towards a more natural plant based diet. This, for us at DAMY Health, is very exciting!

We have been known as fruit and veggie pushers. I want to be clear that I am not in any way saying that all vegan diets are for every *body*. I do firmly believe that a high fruit and vegetable diet is beneficial to every *body*.

Getting Started

We are so excited for you to be going on this journey. We believe that it takes 21 days to accomplish real change or start a new habit. **This 21 day journey is about finding your vibrancy, feeling light and glowing from the inside out.** I want you to fall in love with eating fruits and vegetables and experience how good it can feel to be on a plant based diet. In three weeks you can accomplish real change. You can set the foundation for a healthy journey in this life. You are going to love how you feel!

In part one of this Challenge you will learn the benefits of a plant based diet, what a detox reaction may feel like, how to choose organic versus non organic, tips for finding less expensive produce and our thoughts about investing in nourishing foods.

In part two we outline what you will be consuming for these next three weeks! This ebook is complete with a detailed meal plan, recipes and your “pick and choose” grocery list.

In part three we address what to feast on, what to limit and what to avoid completely.

Read this guide over, take your time and go into this with joy in your heart. This is not punishment. This is for fun and health only.

Enjoy the process and give yourself the satisfaction and feeling of accomplishment of seeing the whole journey through.

Why Do a Vegan Cleanse?

As humans we tend to fall into ruts or convenience but like everything in life it is healthy to stand back once in a while and take inventory of our lives. How we eat fuels our whole life.

What we consume effects how we feel, how we think, our physical health, energy levels and emotions. When we get busy we turn away from foods that are more natural and seem to turn to convenience box foods. This is true for vegans and non-vegans alike. Many vegans fall into a processed foods, high carb, high sugar lifestyle.

This 21 Day Vegan Cleanse is perfect non-vegans, vegans and vegetarians that are looking to eat a healthy nutrient dense vegan diet.

This 21 Day Vegan Cleanse is for you if:

1. You are interested in eating more fruits and vegetables
2. You are looking to detox/cleanse/re-set your body
3. You are looking to gain energy
4. You want to improve your skin clarity or achieve a glowing skin tone
5. You are looking to improve your digestion
6. You are looking to lose bloat or puffy-ness
7. You are looking for a more conscious/environmentally friendly way of eating
8. You are looking to experience a healthy vegan diet

Understanding the Detox Reaction

During this cleanse you are going to experience some detox effects. This will vary depending on what you ate and drank like before starting.

The greater the leap is for you into this way of eating the greater you will most likely feel the detox effects. This is not something to be afraid of. Detoxing is simply the rising up of things that *gotta go*. Sometimes they kick and scream a little before they exit but believe me it is always worth it.

Detoxing side effects can include:

- fatigue
- break outs
- headache
- irritability
- increased frequency of bowel movements
- cravings
- mood swings

One other thing you may experience is additional gas and bloating. This is only caused by the increase in fiber and will go away as long as you keep up your water and continue eating on the program. Again, don't be afraid of these as they don't happen to everyone and they only last 3-5 days for most.

The good news is the benefits far outweigh any detox or cleansing side effects you may experience.

Some other things to consider are products with artificial scents, fragrance or chemicals. You may be more sensitive to these than usual. You will want to decide what you want to keep in your life and what doesn't agree with you.

During this detox/cleanse you may also cleanse emotionally. **This is okay and completely healthy.** Let everything come up and come out. There is one major rule during your cleanse as you deal with things emotionally and that is no major life deci-

sions are to be made during this time (examples include: quit your job, leave your marriage, sell your house, etc).

*There may be some decisions to be made in your life but you want to wait and do those when you are cleansed, detoxed and are feeling level emotionally.

Vegan Cleanse Benefits You May Experience

- Improved digestion
- improved sleep
- fat loss
- decreased bloating
- reduced cravings
- authentic palette for real food
- finally feeling in tune with your appetite and eating cycles
- clear glowing skin
- whiter eyes
- feeling hydrated
- improved immune system
- increased energy levels and steady energy levels
- balanced moods and reduced PMS symptoms
- reduced mucus and allergies
- feeling more in tune with nature and animals
- feeling of contributing to a healthier
- more sustainable world
- reduced body odor and oils

Other benefits of these next 21 days that you are indirectly and directly participating in include animal love vs animal cruelty, contributing to a sustainable world, reducing waste, reducing your carbon footprint, living in an environmentally conscious way, living in peace with nature, animals and humans, hopefully you are supporting and contributing to your local community by shopping local and seasonal.

Essentially you are casting a vote by your actions and with your money for a **healthier, more living, peaceful and kind world**. These are things that should be thought about often during these next 21 days and you should feel proud about them. You are walking the walk of making the world a better place.

Organic Versus Non-Organic

Whenever you can choose organic foods that is wonderful. There are some foods that are more worth buying organic than others. We fully understand that organic food can be expensive and isn't doable for some families. Don't get hung up on this. Just read below and choose what you can afford.

*Foods that are worth buying organic if you can:

- Apples
- Celery
- Cherry tomatoes
- Cucumbers
- Grapes

- Hot peppers
- Peaches
- Potatoes
- Spinach
- Strawberries
- Sweet bell peppers
- Kale/collard greens
- Summer Squash

*Foods that really don't matter if they are organic or not:

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Sweet Corn
- Eggplant
- Grapefruit
- Kiwi
- Mangos
- Mushrooms
- Onions
- Papayas
- Pineapples
- Sweet peas
- Sweet potatoes

Tips for finding less expensive produce

1. Weekly farmers markets
2. Local fruit and veggie stands
3. Places like your city's Chinatown that bring in produce daily at reduced rates
4. Personal gardening
5. Buying seasonal
6. Buying bulk when you can

A Note On Money & Food

The food industry has really brainwashed everyone over the last few decades that you shouldn't spend any money on food. They have may us think that food is supposed to be fast and cheap.

The saying that "you are what you eat" is true.

Eating inexpensive, processed, barely real food causes a world of health problems in the moment and especially in the future. What you eat directly affects *your energy, your body, your health, your mental clarity, your moods and your appearance*. How you eat today is what is going to determine your health in the future. Complaining about spending a little more on a healthy meal that takes a few minutes more to cook is truly in-

sane when you weight the consequence of living an unhealthy life and dying an early death.

Life is here for you to enjoy but you can only be as good as you feel. **The number one way to feel good is to eat well.** Make peace with this in your mind and never again place guilt on investing on preventative health and longevity.

Staying Social

Keep in contact with everyone on this journey. Join in on the fun by staying social!

This is a journey that we want to celebrate and share as far across the web as we possibly can. We want everyone to get a chance to get in on this challenge. Social media is the perfect avenue to share, celebrate and encourage on your journey during the 21 days.

*Our Hashtag is **#21dayvegan**

Our hashtag that can be used on Facebook, Twitter, and Instagram is #21dayvegan. Use this so we can follow and share in your journey! This is a simple way for us all to be able to find each other on the web.

Facebook, Instagram and Twitter

We want to see your meals, workout shots, or whatever motivates you during the day. Sharing your snaps of your cleanse

journey will hold you accountable and also encourage others. Inspiring others is a magnificent way to inspire yourself.

*Come to the [DAMY Facebook](#) wall to upload your photos and let us know what your meals are or workouts.

*If you are sharing pics on [Instagram](#) please tag us and use our hashtag - #21dayvegan.

*If you are on [Pinterest](#) we have started an awesome Pinterest Board just for this challenge! Here we want to load this board with recipes, motivating, all things inspiring, vegan, healthy and loving.

*If you are on [Twitter](#) make sure to use our hashtag and include us in your tweets.

Water, Sleep & Workouts

Drink 2-3 liters of water per day. You want to help your body stay hydrated and also cleanse by flushing out anything that shouldn't be there. *This amount of water doesn't include any other beverages.*

I would love everyone to get 7-8 hours of sleep every night. If this is not possible for you do your best.

Great tips for having a restful sleep include

- Eliminate caffeine by 2PM
- Turn off all electronics in your bedroom
- Shut off your TV 30 min before you want to go to sleep
- Read something peaceful before you want to go to sleep
- Keep no computers or smartphones in your room
- Make sure your bedroom is dark and comfortable

This is going to vary for everyone depending on your fitness level going into this challenge. No matter who you are or what level you are at I would like to see you getting out or onto a treadmill for 45 minute speed walks everyday. If you do yoga that is wonderful but even if you could just stretch at home that is great as well.

If you are experienced with working out feel free to continue on with your regular workouts. **Listen to your body and know that you may experience dips in your energy.**

Mindful Eating

This cleanse is a wonderful time to become more conscious of your relationship with food. Turning the TV off and sitting down to have a meal that you enjoy slowly has wonderful benefits.

We don't even realize that the way we eat our foods affects how we digest and absorb it. If we are anxious and frantically devouring a meal our body isn't able to process nutrients properly.

Sit down, chew your food, take in the flavors and be grateful while you eat. This simple shift can change so much in your digestion.

Things That Make You Feel Good

This is a wonderful time to really indulge in self care. Some things that are part of my self care routine that have greatly benefited my life are **journaling, candle light baths, reading 'high-vibe' books and meditating daily.**

Picking one, two or all of these that feel good to you and adding them into your weekly life can have wonderful benefits making this a mind-body-soul healing adventure.

Meal Plan & Eating Guidelines

Meal ideas, Recipes, your “Pick & Choose” Grocery List and all your basic cleanse essentials.

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Meal Plan & Eating Guidelines

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How Often to Eat and How Many Meals

Everyday you will be having breakfast, snack, lunch, snack and dinner.

It is recommended that you stick to this routine and eating in this order at the following times:

*You want your meals to be roughly 2-3 hours apart. An example day would be Breakfast at 7am, Snack at 10am, Lunch at 12:30pm, Snack at 3pm and Supper between 6-7pm.

Below you will find options for each meal time. Pick the option that is best suited to your tastes at each meal. Change these options by trying new things from the lists as frequently as you desire.

Remember that if you are coming from an overstimulating, over-processed diet these recipes are going to seem bland at first. This is okay and completely normal. **Give your tastebuds the chance to regenerate and heal.**

Breakfast Options

Warm Quinoa Strawberry Breakfast Bowl

1 cup cooked quinoa warm topped with ½ cup sliced strawberries with a few drops of liquid stevia, almond milk (if desired) and 2 tbsp of hemp seeds

Black Bean Breakfast Wrap

½ cup black beans cooked with mushrooms, onions, red peppers and tomatoes on a brown rice or Ezekiel wrap topped with ½ an avocado

Breakfast on the Run

1 slice Ezekiel or brown rice toast topped with 1 tbsp almond butter and 1 sliced banana sprinkled with 2 tbsp of hemp seeds

DAMY Health Delicious Smoothies

1 DAMY Health Smoothie (see options in snack list below) and 12 almonds

Cheesy Sriracha Kale Tofu Scramble

1 cup of firm organic tofu stir-fried in a pan with onions, red peppers and tomatoes. Topped with salsa and our Sauteed Cheesy Sriracha Kale

Apple Pie Oats

1 cup cooked steel cut oats topped with 1 chopped apple, cinnamon, liquid stevia to taste and 1 tbsp of ground flax

Blueberry Muffin Quinoa Bowl

1 cup cooked quinoa topped with ½ cup blueberries, ½ squeeze lemon, 1 tsp of cinnamon, a few drops of liquid stevia and 2 tbsp hemp seeds

Lunch & Supper Options

Your lunch and supper can be as complex or as simple as you choose it to be. Don't over think this. Keep this a positive experience. *If you enjoy a recipe have it again.* If you do not move on to something you enjoy.

This is about experimentation and pleasure. If you do not like to cook keep the recipes simple and choose the options that are easy for you to make.

With all of the options below you can add **unlimited vegetables**. This includes forming the vegetables into a salad. With the other food groups you want to respect the portions below.

Brown Rice and Veggie Medley Bowl

1 cup cooked brown rice in vegetable broth topped with ½ cup cooked lentils and sautéed onions, red peppers, mushrooms and broccoli with 1 tsp coconut oil, crushed garlic, 1 tsp of agave nectar and the juice of 1 lime

Creamy Pumpkin Vegetable Curry

1 Serving of Creamy Pumpkin Vegetable Curry with a side salad of choice -

<http://www.damyhealth.com/2013/11/creamy-pumpkin-vegetable-curry/>

Raw Zucchini Pasta with Sweet Tomato Sauce

1 Serving of Raw Zucchini Pasta with sweet tomato sauce served with 2 cups of veggies of choice -

<http://www.damyhealth.com/2013/03/raw-zucchini-pasta-with-sweet-tomato-sauce/>

Lazy Low Carb Vegan Pasta

1 Serving of Lazy Low Carb Vegan Pasta with a side salad of choice -

<http://www.damyhealth.com/2013/10/lazy-low-carb-vegan-pasta/>

Cheesy Sriracha Kale Quinoa Bowl

Sauteed Cheesy Sriracha Kale with 1 cup cooked quinoa, ½ cup beans of choice and a side salad if desired -

<http://www.damyhealth.com/2013/11/sauteed-cheesy-sriracha-kale/>

Stuffed Zucchini

2 Stuffed Zucchini (Pick an Option) of your choice with a side salad -

<http://www.damyhealth.com/2012/11/25-healthy-delicious-ways-to-stuff-zucchini/>

Fresh Mixed Green Chickpea Salad

4 handfuls mixed greens topped with 1 cup cooked chickpeas, shredded carrots, corn, cucumbers, tomato and ½ an avocado topped with dressing made with 2 tbsp lemon juice and 1 tsp agave nectar

Vegan Cauliflower Mac & Cheese

1 Serving of Vegan Cauliflower Mac and Cheese with 2 cups of steamed broccoli and a side salad -

<http://www.damyhealth.com/2012/11/vegan-cauliflower-mac-cheese/>

Quinoa Mexi Bowl

1 Cup Cooked Quinoa with ½ cup black beans topped with sautéed red peppers, yellow peppers, onions, broccoli and celery. Topped with 2 tbsp fresh squeezed lime, 1 tsp agave nectar and ½ an avocado

Spicy Basil Tofu Pizza Strips with Cheese & Chive Dip

1 Serving of Spicy Basil Tofu Pizza Strips with ½ cup of creamy cheese and chive dip with 2 cups raw broccoli, carrots and cauliflower for dipping -

<http://www.damyhealth.com/2012/09/spicy-basil-tofu-pizza-strips/>

Easy Vegan Veggie Chili

1 ½ cups of Easy Vegan Veggie Chili with a side salad -

<http://www.damyhealth.com/2012/09/easy-vegan-veggie-chilli/>

Sundried Tomato & Basil Pasta

1 Serving of Creamy Vegan Sundried Tomato and Basil Pasta with 1-2 cups of vegetables of choice -

<http://www.damyhealth.com/2012/08/creamy-vegan-sundried-tomato-and-basil-pasta/>

Sweet Peach & Spicy Chickpea Salad

1 Serving of Sweet Peach and Spicy Chickpea Salad -
<http://www.damyhealth.com/2012/08/sweet-peach-and-spicy-chickpea-salad/>

Raw Seed Cheese Wraps

1 Serving of Raw Seed Cheese Wraps with 1 cup quinoa and 2 full cups of veggies -
<http://www.damyhealth.com/2012/07/raw-seed-cheese-wraps/>

Raw Zucchini Pasta Alfredo

1 Serving of Raw Zucchini Pasta Alfredo with a side salad -
<http://www.damyhealth.com/2012/07/raw-zucchini-pasta-alfredo/>

Raw Vegan Tostada

1 Serving of Raw Vegan Tostada with 2 cups of veggies -
<http://www.damyhealth.com/2012/07/raw-vegan-tostada/>

Raw Vegan Tuna Salad

1 Serving of Raw Vegan Tuna Salad on lettuce wraps with a side of ½ cup hummus and 2 cups of veggies for dipping -
<http://www.damyhealth.com/2012/06/raw-vegan-tuna-salad/>

Raw Soft Tacos

1 Serving of Raw Soft Tacos with a side salad of choice -
<http://www.damyhealth.com/2012/06/raw-soft-tacos/>

Raw Veggie Ground Beef & Veggies

1 Serving of Raw Veggie Ground Beef on top of any large mixed salad or sautéed vegetables -
<http://www.damyhealth.com/2012/06/raw-veggie-ground-beef-ground-walnut-meat/>

Vegan Cauliflower Pizza Bites

Up to ½ of the recipe for Vegan Cauliflower Pizza Bites -
<http://www.damyhealth.com/2012/06/vegan-cauliflower-pizza-bites/>

Healthy Loaded Veggie Taco Cups

3-4 Healthy Loaded Veggie Taco Cups -
<http://www.damyhealth.com/2012/02/healthy-loaded-veggie-taco-cups/>

Loaded Veggie Santa Fe Stuffed Peppers

1 Loaded Veggie Santa Fe Stuffed Pepper with cauliflower fried rice -
<http://www.damyhealth.com/2012/02/loaded-veggie-santa-fe-stuffed-peppers/> rice found here -
<http://www.damyhealth.com/2011/03/the-secret-life-of-cauliflower/>

Low Carb Shepherds Pie

1 Serving of Low Carb Shepherds Pie -

<http://www.damyhealth.com/2011/10/low-carb-shepherds-pie/>

High Protein Vegan Fiesta Salad

1 Serving of High Protein Vegan Fiesta Salad -

<http://www.damyhealth.com/2011/06/high-protein-vegan-fiesta-salad/>

Spaghetti

½ of 1 cooked Spaghetti Squash served with organic tomato sauce and sautéed bell peppers, mushrooms and onions -

<http://www.damyhealth.com/2011/05/healthy-suppers-that-help-you-shed-fat/>

Condiments

Use with any snack or meal of choice at ¼ cup (unless otherwise stated in the recipe).

- Sriracha or other hot sauces
- Raw Red Pepper Caesar Salad Dressing - <http://www.damyhealth.com/2013/03/raw-red-pepper-caesar-salad-dressing-vegan-gf/>
- Braggs Liquid Aminos
- Creamy Cheese and Chive Dip - <http://www.damyhealth.com/2012/09/creamy-cheese-and-chive-dip-vegan/>
- All Spices
- Raw Sundried Tomato and Basil Cashew Cheese - <http://www.damyhealth.com/2012/08/raw-sundried-tomato-and-basil-cashew-cheese/>
- Apple Cider Vinegar
- No Bean Hummus - <http://www.damyhealth.com/2012/07/no-bean-hummus/>
- Almond and other natural nut butters (limited to 1 tbsp per serving per meal)
- Raw Vegan Mayonnaise - <http://www.damyhealth.com/2012/06/raw-vegan-mayonnaise/>
- Stone Ground Mustard

Snack Options

Pick from any snack below for your morning or afternoon snack. If it is a recipe click the recipe and see the portion size at the top of the post.

- Simple Raw Strawberry Cheesecake Ice Cream - <http://www.damyhealth.com/2013/10/simple-raw-strawberry-cheesecake-ice-cream/>
- 1 banana with 1 tbsp almond butter sprinkled with hemp seeds
- Nature's Sweet and Sour Candies - <http://www.damyhealth.com/2013/10/natures-sweet-sour-candies/>
- Sugar Cookie Protein Shake - <http://www.damyhealth.com/2013/09/sugar-cookie-protein-shake/>
- 1 brown rice cake topped with peanut butter and ½ sliced banana
- Pineapple Mango Ice Cream with Blueberry Sprinkles - <http://www.damyhealth.com/2013/07/pineapple-mango-ice-cream/>
- Vegan Brownie Batter Smoothie - <http://www.damyhealth.com/2013/07/vegan-brownie-batter-smoothie/>
- Green Pineapple Energy Smoothie - <http://www.damyhealth.com/2013/07/green-pineapple-energy-smoothie/>
- Strawberry Cheesecake Youth Glow Smoothie - <http://www.damyhealth.com/2013/07/strawberry-cheesecake-youth-glow-smoothie/>
- 1 bag purchased kale chips
- Sexy Raw Pecan Pie Smoothie - <http://www.damyhealth.com/2013/07/sexy-raw-pecan-pie-smoothie/>
- The Key Lime Pie Radiant Beauty Smoothie - <http://www.damyhealth.com/2013/07/key-lime-pie-radiant-beauty-smoothie/>
- Green Juice and Green Smoothies - <http://www.damyhealth.com/2013/04/the-complete-guide-to-eating-green-juice-and-smoothies/>
- Mango and Lime Ice Cream with Soft Caramel Date Chunks - <http://www.damyhealth.com/2013/04/mango-and-lime-ice-cream-with-soft-caramel-date-chunks/>

- Healthy Nori Chips -
<http://www.damyhealth.com/2012/09/healthy-nori-chips/>
- Triple Berry Cheesecake Soft Serve -
<http://www.damyhealth.com/2012/09/triple-berry-cheesecake-soft-serve-raw-vegan/>
- 1 sliced apple sprinkled with cinnamon and 12 almonds
- Raw Vegan Stuffed Cucumbers -
<http://www.damyhealth.com/2012/08/raw-vegan-stuffed-cucumbers/>
- Layered Berry Quinoa Parfait -
<http://www.damyhealth.com/2012/06/layered-berry-quinoa-parfait/>
- 1 whole piece of any fruit with 12 almonds
- Tangy Lemon Avocado Pudding -
<http://www.damyhealth.com/2012/04/tangy-lemon-avocado-pudding/>
- Superfood Goddess Bites -
<http://www.damyhealth.com/2012/04/superfood-goddess-bites-super-balls/>
- Brownie Batter on a Stick -
<http://www.damyhealth.com/2012/04/brownie-batter-on-a-stick/>

- Sweet with Heat Roasted Chickpeas -
<http://www.damyhealth.com/2012/02/sweet-with-heat-roasted-chickpeas/>
- 1 cup chopped mixed fruit
- Terry's Chocolate Orange Larabars -
<http://www.damyhealth.com/2012/02/terrys-chocolate-orange-larabars/>
- Hummus (Pick and choose) with 1-2 cups of veggies -
<http://www.damyhealth.com/2011/03/the-9-best-hummus-recipes/>
- Larabars -
<http://www.damyhealth.com/2011/03/how-to-make-homemade-lara-bars/>
- 1 cup edamame sprinkled with sea salt
- Cheesy Kale Chips -
<http://www.damyhealth.com/2011/04/cheesy-kale-chips/>
- 1 cup mixed berries in 1 cup almond milk with liquid stevia to taste

The Unlimited List

All **vegetables** are unlimited meaning if you are hungry feel free at any time to add more vegetables to your meal or in between any meal, snack, etc.

A side salad is considered **lettuce (or any greens including kale and spinach) topped with any vegetables you wish.**

Condiments – These are limited to generally 1 tbsp - 1/4 cup excluding soy sauce and agave nectar that are 1 tsp per serving per meal. Salad dressings that are not recipes listed above (store bought) are 1 tbsp per meal. Our condiment recipes (as in salad dressings and dips) all have listed portions in them. See recipes above for details.

“Pick & Choose” Grocery List

This list will vary depending on what you decide to eat. If you are using this as a guide before you go to the grocery store just mark off the items you are not interested in purchasing. Again, this is just an overall idea as everyone’s individual tastes are so varied.

Notes: *With canned foods you want to look for BPA free and EDTA free with no added salt or sugar. *For the breads make sure there is no egg or milk products.

- Liquid Stevia
- Coconut Oil
- Agave Nectar
- Cinnamon

- Sea Salt
- Organic Pasta Sauce
- Vegetable Broth
- Coconut Milk
- Natural Almond Butter
- Natural Peanut Butter
- Almond Milk
- Ezekiel or Brown Rice Bread
- Brown Rice Cakes
- Quinoa
- Black Beans
- Lentils
- Chickpeas
- Frozen Mixed Berries
- Frozen Mixed Veggies
- Firm Organic Tofu
- Kale
- Spinach
- Romaine Lettuce
- Mixed Bell Peppers
- Mushrooms
- Zucchini
- Celery
- Broccoli
- Cauliflower
- Grapes
- Grapefruit
- Lemons
- Limes
- Apples
- Mango
- Oranges
- Bananas
- Sweet Potatoes
- Avocado
- Tomato
- Onions
- Hemp Seeds
- Flax Seeds
- Almonds
- Spaghetti Squash
- Sriracha Sauce
- Braggs Liquid Aminos
- Olive Oil
- Strawberries and Blueberries
- Salsa
- Steel Cut Oats
- Carrots
- Corn
- Nutritional Yeast
- Mustard
- Cucumbers

What to Feast On, Limit & Avoid

A clear list of what to focus your meals on, what to limit and what to avoid during the 21 days. Also included are ideas for after.

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What to Feast On, Limit & Avoid

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Just because something states it is vegan doesn't mean it is necessarily healthy. We are focused here on foods that normally do not have a nutritional label.

These are foods that are coming straight from the ground to our plates. During these 3 weeks we recommend that you eliminate the following:

What to Eliminate

- Alcohol
- White flour, sugar, breads, baked goods, rice, etc
- All processed and boxed foods
- Added salt
- Desserts
- Eggs
- Dairy
- Cheese
- Food dyes
- Meat and Fish
- Honey
- Butter
- Any animal products or byproducts
- Gelatin
- Candies, Sweets (Including Milk Chocolate)

What to Limit

- Coffee
- Black Tea
- Store bought condiments

What to Focus On

- All whole-foods
- Think fruits and vegetables first
- Legumes, nuts and seeds after

Continue Your Journey with DAMY Health

We hope that you enjoy your journey over the next 21 days. **Be kind to yourself** yet focus on this being a positive experience.

In the end it is what you make it.

No matter what you decide to do with your eating after the 21 days that is completely up to you. My hope for you is that no matter what you choose you continue to focus your meals around veggies and fruits first.

After you are done this 21 day journey if you are looking to continue on a healthy journey adding in a workout schedule or you are looking to change your body composition creating long-term lasting results one of the DAMY Health Programs may be for you. Vegan or non-vegan we have options for you.

You can find them here with all the details:

- [Bikini Body Program](#)
- [DAMY Method Program](#)

****These programs are vegan, vegetarian and meat-eater friendly. You have the choice to eat meat with these programs or not.*

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