

SPLENDID DETOX

Welcome to Your 5-Day Detox



Why Splendid Detox

A powerful detox experience is a wonderful fail-safe to stay the course or get back on track. Even more, a detox can be incredibly powerful if we choose one every 2-3 months – like a seasonal retreat for the body with the profound medicine that is whole, plant-rich foods.

We have distilled over 10 years of customer data, and the latest in peer-reviewed research on fiber, protein, intermittent fasting, and plant-forward nutrition into a practical, time-saving, 5-day ritual. It's fast, effective, and doesn't have to interfere with weekend plans.



How it Works: 5 Pillars

Rest: The Research-driven Approach of a Daily Fast

Rest, rest, rest. On average, most of us are thinking, moving, problem-solving or in some form of 'active' most of the day. We strongly encourage you to remember the importance of rest during your detox. Each day includes a small, antioxidant-rich wellness shot to use as your signal for the end point in your day. From this point on, no more eating, no more doing, just rest. If you wish, you can start your Detox the evening before Day 1 by having a decaffeinated tea as your signal to stop consuming.

Our strong suggestion is to have a 16 hour rest period from eating - ideally, 8 full hours of sleep, and another 8 hours before eating to allow your digestive system complete recovery. This specific 'eating window' is considered intermittent fasting, and has been extensively studied and proven to provide lasting benefits if followed regularly. We need an extended period of time to rest our minds and clean up cellular damage without the constant bombardment of cortisol and stress that are so common in our busy lives. (Note - water and herbal tea is A-ok during your rest period.)

Give yourself this time.

Disclaimer: Consult your physician before starting a new diet, exercise, or supplement program. All statements related to the Splendid Detox are for educational purposes only and are not meant to replace the advice of a healthcare provider



The Wisdom of Warmth

We start each day warm to create fire for our daily movements.

Heating our food breaks down plant fibers and allows the body to begin digestion gently (without exerting energy to heat food to body temperature). The result is a digestion experience that is lighter on our bodies, rich in nutrients, and supportive of our body's natural detoxifying and cleansing organs. Cooked grains, fruits and vegetables provide grounding energy, and aromatic spices such as cumin, turmeric, and ginger kindle our digestive fire. By cultivating this heat, we prepare ourselves to let go of that which no longer serves us, whether it is physical, emotional, or mental, and generate the energy to begin our day. (And yes - you can have tea or coffee before, with or after your breakfast! Just make sure not to add sweeteners or milks of any kind so as not to interfere with your fasting.)



The Clearing: Fiber-forward at Every Step

At Splendid, we consider fiber to be the hero of all superfoods. Soluble fiber improves cardiovascular health and maintains stable blood sugars. Insoluble fiber is irreplaceable to the gut and throughout the digestive system - promoting healthy internal microbiomes and powerfully combatting the inflammatory effects of processed food build up. Each day will include over 40 grams of fiber from both soluble and insoluble sources. As well, because the Splendid Detox uses a variety of fruits, vegetables, and other plants for fiber sources, your gut will benefit from a bouquet of various healthy prebiotics.

During this time, our digestive system finds a welcome break from the complexity of modern diets. You may experience less bloating, more regular bowel movements, a sense of lightness, and clearer skin. The mind, too, benefits, as clarity often arises when we quiet the noise of over processed consumption.



The Building: Protein and Complex Carbohydrates

Each day is grounded by a total of at least 45 grams of protein, nestled into mother nature's finest examples of potential energy - lentils, beans, whole grains and seeds. We pair protein sources with complex carbohydrates: these whole foods include the amino acids your body needs to improve your natural immunity systems, and begin new growth. The combination of protein and complex carbohydrates has two important impacts on your metabolism: it protects lean muscle mass to promote metabolism efficiency, and maintains even blood sugar to produce longer-lasting feelings of satiety and prevent glucose spikes.



Joy: Remembering the Pleasure of Food

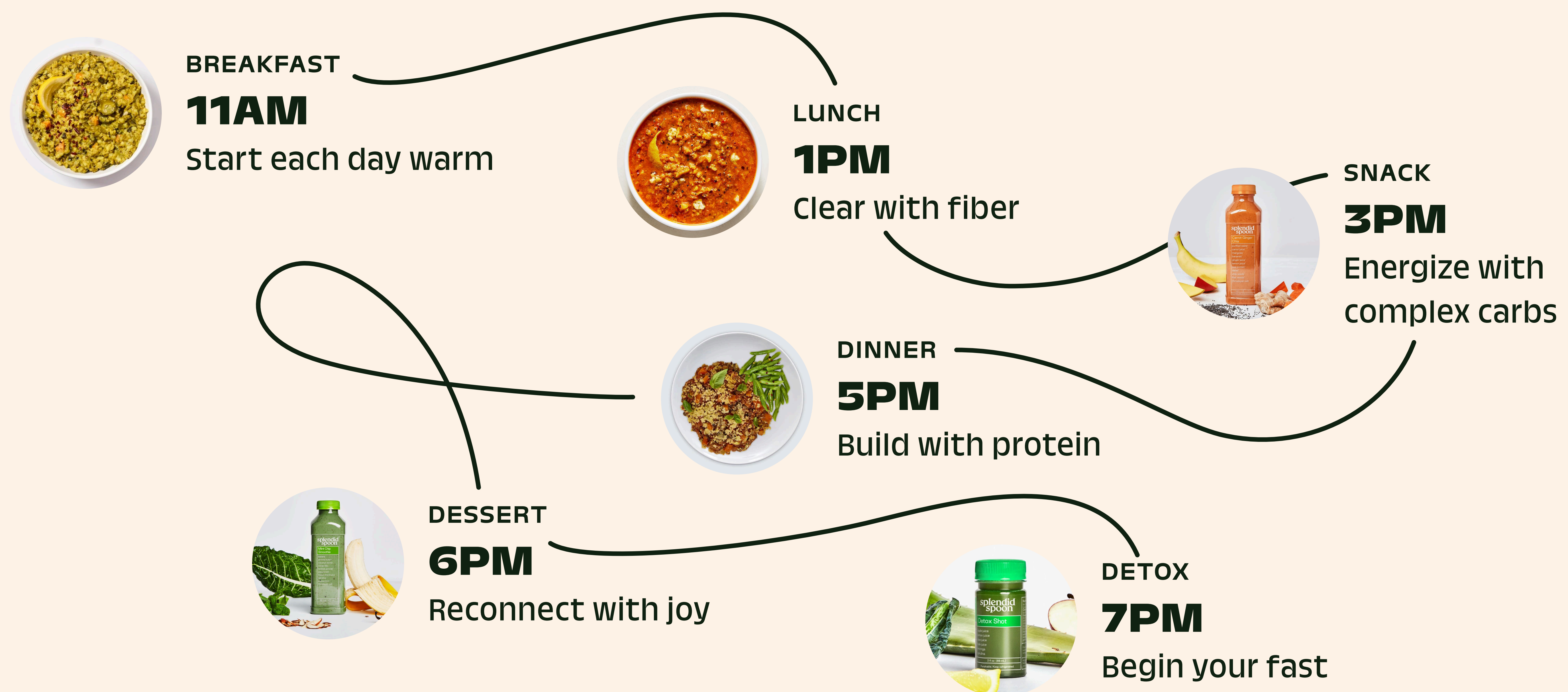
The splendor of food: What is more joyful than savoring a good meal? With over 200 ingredients throughout the 5 day Detox, your meals have been crafted for both flavor and function. Think of your Detox as an eating tour that guides you back to the healing power of food. As your taste buds adjust to fewer processed foods you will notice creamier sauces, crisper vegetable bites, toasted spices, beautifully blended smoothies, carefully pressed juice shots. This is a bounty in the name of your health. Savor it!

How to Detox: Your Daily Regimen

Example Day

Each day, you will enjoy 6 eating moments: 1 warm breakfast, 4 Splendid meals (a variety of soups, smoothies, and dishes) and 1 shot. Your meals are mapped out on the MENU sheet so you can keep everything organized in your fridge and freezer.

The breakfast meal is intended to be your first meal, with the remaining 4 soups and smoothies enjoyed as you wish. Your final sip will be one of the Splendid shots. Here's an example of how Day 1 could look:



FAQs

How do I store my Detox meals? Keep all your meals cold! Smoothies and shots should stay in your refrigerator and be shaken vigorously before enjoying. Oats, soups, and dishes can be kept in your freezer.

How do I prepare everything? There is very little preparation in the Splendid Detox! Bottled smoothies and shots can be shaken and then enjoyed straight out of the bottle. Oats, soups and dishes should be heated thoroughly before enjoying, following instructions on the container.

What if I am still hungry? Adjusting to a shorter eating window and intermittent fasting can take some time. Also, those of us with very active lifestyles or with different health needs may need additional calories beyond what is provided in the Detox. If you are still hungry outside of your eating window or between meals, try herbal tea or supplement with high protein/high fiber snacks like seeds or nuts.

What if I have leftover food each day? You may also find that the Detox leaves you feeling fuller, sooner. If this is the case, simply save those additional sips and bites for times when you are hungry during your eating window on another Detox day. The 5-day period allows you to eat more one day and less another if you prefer.