

# WELCOME TO YOUR FAT-FREE MEAL PLAN

If this is your first time trying a fat-free day, congratulations! You are giving your body a powerful opportunity to rest, reset, and support natural healing. This plan is designed according to the Medical Medium framework, which emphasizes glucose-rich, plant-based foods, minimal fats, and gentle hydration to allow your liver, pancreas, and nervous system to work more efficiently.

During this day, you may notice hunger comes faster than usual, that's normal. Without fats and heavy proteins slowing digestion, your body can quickly use the energy from fruits, vegetables, and potatoes, keeping your system energized and alert. You may also notice cravings for fats or comfort foods; this is your body's natural response and not a sign of failure.

The goal is not restriction, it's support. By following these guidelines, even for just one day, you are giving your body a break from heavy digestion, helping it access clean fuel, and allowing natural detoxification and repair processes to occur. Trust the process, respond to hunger, and enjoy the light, nourishing foods that help your body thrive.



# RULES OF THE CHALLENGE

*Follow this plan for 1 to 3 days to experience the energy & vitality this lifestyle has to offer.*

- **No fats:** No oils, nuts, seeds, avocado, coconut, or animal fats.
  - *Why: Gives the liver and pancreas a break.*
- **Plant-based only:** No meat, fish, eggs, or dairy.
  - *Why: Reduces digestive and inflammatory load.*
- **Glucose-focused meals:** Emphasize fruits, potatoes, sweet potatoes, squash, and root vegetables.
  - *Why: Provides clean, steady fuel for the brain and body.*
- **Minimal grains (optional):** Fat-free and preferably gluten-free (e.g., rice, oats, millet).
  - *Why: Keeps digestion lighter and more stable.*
- **Avoid troublemaker foods:** No gluten, corn, soy, canola oil, vinegar, natural flavors, or citric acid (unless from fresh citrus).
  - *Why: Prevents irritation and viral feeding.*
- **Simple, clean ingredients:** Use herbs, spices, garlic, onion, ginger, lemon/lime juice, raw honey or maple syrup (small amounts).
  - *Why: Supports easy digestion and absorption.*
- **Hydration first:** Lemon water on waking; celery juice optional; drink water or herbal tea throughout the day.
  - *Why: Flushes toxins and supports liver function.*
- **Easy digestion:** Simple meals; steamed foods preferred later in the day if needed.
  - *Why: Preserves energy for healing.*
- **Eat enough:** No calorie restriction; snacks allowed.
  - *Why: Prevents adrenal and nervous system stress.*
- **Optional structure:** Raw fruits/smoothies in the morning; cooked foods later.
  - *Why: Aligns with natural digestive rhythms.*



# MEAL PLAN

## WAKE- UP ON EMPTY STOMACH:

1L OF LEMON WATER

1L purified water with 1 tsp or 1 tbsp raw honey + fresh squeezed lemon juice  
(1 lemon)

## RECOMMENDED BONUS

0.5 - 1L CELERY JUICE

*(At least 20 min after drinking lemon water)*

*0.5 to 1 L of 100% celery juice, home-made with a juicer, best consumed within  
30 min*

## BREAKFAST

(At least 20 min after the previous step)

FRESH MADE FRUIT PLATTER

(Use whatever fruits you like, Top with honey or maple syrup)

## SNACK

APPLES OR DATES (OR BOTH)

## LUNCH

BANANA SALAD WITH APPLESAUCE/HONEY DRESSING

Chop up a few bananas, with lettuce, cucumber & some grapes. Top with  
applesauce or honey (or both)

**Note:** use 100% clean applesauce with ZERO other ingredients

## SNACK

APPLES OR DATES (OR BOTH)

## DINNER

STEAMED POTATOES WITH RAW VEGGIES

Use any raw veggies you like. Use honey, maple syrup or applesauce as  
dressing.



# DAY 1 TRACKER

*Self-Reflection at the end of the day*

How did I feel today?

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How much energy did I have?

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Accomplished without cheating?

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# DAY 2 TRACKER

*Self-Reflection at the end of the day*

How did I feel today?

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How much energy did I have?

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Accomplished without cheating?

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# DAY 3 TRACKER

*Self-Reflection at the end of the day*

How did I feel today?

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How much energy did I have?

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Accomplished without cheating?

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# EXTRA INFORMATION

For a simple yet powerful way to support your body's natural detoxification and boost hydration, check out my blog: **"The Healing Magic of Lemon Water for Deep Hydration."**

Discover how starting your day with lemon water can help flush toxins, energize your system, and promote overall wellness—perfect to pair with a fat-free day or any clean eating plan.



Celery juice is a simple, powerful way to support digestion, liver function, and overall wellness. Learn more in my blog, **"The Healing Benefits of Celery Juice,"** and discover how a daily glass can help flush toxins, improve energy, and complement a fat-free or clean eating day.





# DO YOU FEEL THIS IS WHAT YOU'VE BEEN LOOKING FOR?

Sometimes your body knows before your mind does.

If these fat-free days brought you more clarity, calm, energy, or a sense of coming home to yourself, that's not a coincidence. It's your body signaling that it's ready for deeper support, simplicity, and true nourishment.

If you feel more alive, lighter, or more aligned after this cleanse, and sense that this way of eating is something your body truly needs. I invite you to take the next step. In a personal health intake session, we'll explore your unique symptoms, needs, and goals, and gently build a path that supports your healing in a sustainable, compassionate way.

You don't have to do this alone.

Listen to that quiet inner yes, and reach out when you're ready.

*Book your first session here*





## IF YOU FELT WORSE DURING THE CLEANSE

If you felt unwell during this cleanse, know that this can be a normal response within the Medical Medium framework. Removing fats and heavy proteins can activate the liver and nervous system, allowing stored toxins or imbalances to surface. Symptoms like fatigue, headaches, digestive changes, or emotional shifts don't mean something went wrong. They often reflect a body that's sensitive or carrying a higher load.

In Medical Medium teachings, strong cravings or discomfort can also come from pathogens and imbalances in the gut that feed on fats and certain sugars. When their preferred fuel is removed, they may trigger withdrawal-like sensations or cravings. This is not a lack of willpower, but a biological response.

This experience is information, not failure. It's a sign your body may need a gentler pace, more frequent nourishment, or personalized support to feel safe and supported.

*Book your first session here*

