

ROCK

THE DETOX



Prep Guide

Hello + Welcome!



Welcome to the Rock the Detox! I'm so excited you signed up to be part of the program, and that you'll also be part of a ripple effect to help replace the Standard American Diet/Lifestyle with something healthier, more balanced and more empowering. Consider yourself a card-carrying Real Food Revolutionary!

Now — embarking on a new program or changing our lifestyle can often be intimidating. I created this Prep Guide to help you feel more comfortable as we move forward.

I've designed Rock the Detox to be a powerful program — even though on the surface it may not look like a traditional detox. It truly is yours to design, whether you go Light, Medium or Hardcore. You may also decide to move in between levels according to what feels best. It's definitely a Choose-Your-Own-Adventure deal.

Even if we're not going hardcore and giving up the “bad” stuff entirely — sugar, alcohol, pasta, triple-cream cheeses — the program will still challenge you to think deeply about your relationship with food and drink.

I'll encourage you to explore the Why and How of your relationship with food, which can be just as important as the What, and we'll also explore the impact that our emotions and stress can have on our eating habits and dietary decisions. We have a lot of important material to cover so I'll be organizing our content into themes:

- **Week #1** — Getting into a health-focused mindset
- **Week #2** — Deeper dive into nutrition topics
- **Week #3** — Why (and how) self-care is for studs (and studettes)
- **Week #4** — How to keep the momentum going

How the Program Works

All Rock the Detox course materials will be available online. Content will be delivered to you via email — and the emails will often include a link back to my website, www.monicametz.com — or other websites — for additional resources.

You're also encouraged to participate in the **private Facebook group**. This is a great place to ask questions and engage with your fellow RTD participants. If you're worried about privacy, the posts within the private Facebook group aren't visible to your general newsfeed and followers.

To find the private Facebook group, simply click on the link below and submit a "join" request.

<https://www.facebook.com/groups/924613507607696/>

If you have questions at any time, please email me at monica@monicametz.com. I'm here to help, so please feel free to get in touch if you need additional support.

Thanks again for being here in the program — you rock!

Detox At Your Own Speed

Rock the Detox is designed to serve a variety of goals and detox “speeds.” What does that mean exactly? It means:

This is *your* program, so please don’t feel compelled to follow every recipe or suggestion I offer. These are merely optional “experiments” and adventures for you to explore as you see fit.

For example, some people have been gearing up for this for a few months, and they really want to go for it — hardcore. They feel that it’s easier to abstain from trigger foods and drinks altogether, so they’re planning on a sugar- and/or booze-free adventure.

Most people, however, are aiming for more of a Light or Medium experience, and they just want to start living “cleaner.” They want to change their new “normal.”

Wherever you find yourself on that spectrum, please know that it all works — and it’s completely up to you. Even if you follow only half of my recommendations, you’ll likely find yourself in a much healthier place than you were before you started.

That said, I encourage you to keep an open mind as we explore new foods, flavors, and lifestyle practices.

For example, try having veggies in your smoothie. Squeeze in an extra workout. Go to bed ridiculously early. And try to get comfortable with a little discomfort, because that’s where the magic happens.



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PRACTICES + PRINCIPLES

“House Rules”

- We'll prioritize a daily “check in” or grounding practice to gain clarity and focus for our health goals and dreams.
- We'll learn how to be our own BFF, and practice serious self-care.
- Plants first: whenever possible, we'll make vegetables and fruits the main attraction of our meals and snacks.
- We'll focus on "adding in" more of the healthy foods, so the unhealthy foods are crowded out.
- We won't obsess about or count protein or carbs or calories — instead, we'll listen to our bodies and cultivate intuitive eating.
- We'll remember/make time to eat — this is for you naughty meal skippers out there!
- We'll quit using refined sugar on a daily basis, and teach ourselves how to enjoy occasionally without losing control.
- We'll enjoy our meals with a side of deep breath, understanding that this helps improve digestion and metabolism.
- We'll learn to eat until we're gently satisfied.
- We'll celebrate progress, not perfection.
- We'll acknowledge that healthy living is a process — start with one layer, then move onto the next.



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SUPPLIES + EQUIPMENT LIST

Tools and gear for your detox adventure

I'm providing a list of what you might need, but I want you to realize **you don't need everything on this list** to enjoy and learn from the program.

This is simply a list of my favorite kitchen gear and tools that can help enhance your experience.

- **The Basics** — Most people have pots and pans, but if you don't, I recommend starting with a large sauté pan; a large pot for pasta, steaming, and soup; a steamer basket; spatula; rubber tipped tongs; and some wooden spoons.
- **2 Good Knives** — Most people already have a set of good knives, but if you don't, I hope you can invest in a couple of sharp, quality knives. They are much safer to use than lightweight, inexpensive knives. Visit your local kitchen goods store and see what you like. Hold them in your hand and figure out what feels best. I recommend a large "chef's knife" for cutting watermelon, cauliflower, etc — and a paring knife for fruit.
- **Salad spinner** — this is key for prepping and enjoying your leafy greens.
- **High-speed blender** — You can definitely make most of the recipes with a regular blender. However, if you're looking to up your game when it comes to smoothies and soups, a high speed blender will make things that much easier — and more delicious — for you. I highly recommend the basic Vitamix model 5200, which you can find at vitamix.com. I know it's expensive, but it's a game-changer and well worth the investment. This basic model costs about \$450 (fancier models at Williams Sonoma can be as high as \$600+), and you can also buy a certified reconditioned model from Vitamix for as low as \$329.



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- **Juicer** — Total luxury item, especially with so many excellent juice bars starting to open up across our communities. If you're in the habit of juicing, try to minimize your use of fruit so you can keep your juices low-sugar. I recommend 100% veggies, or ½ apple at the most.
- **Zester or Microplane** — Fresh citrus zest is a great way to enhance salad dressing, dishes, smoothies, and drinks. Also a relatively inexpensive kitchen tool.
- **Spiralizer** — another luxury item — fun to have but not necessary. They're relatively inexpensive (i.e. \$30), and fun for making salads and “noodles.” Easily found online and on Amazon.
- **Mandoline** — Also not necessary, but they make “shredded” salads and slaws a breeze. Fancy models exist, but I recommend a simple \$20 model easily found online or at an Asian market. Be sure to use a protective glove when using — very dangerous without!
- **Journal or notebook** — I'll be encouraging you to set aside some time to document and journal about your experience. This is done for a couple of reasons — it will help you get more grounded about your health dreams and goals. Secondly, because it's fun! Journaling and writing about your goals is a powerful tool for anyone who wants to change their life, in ways both big and small.
- **Fun pens and art supplies** — you don't have to go crazy, but journaling is more fun when you have a couple of cool pens, double-sided tape, and maybe even some washi tape or stickers.



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ROCK STARS + RESOURCES

Brainwash yourself into healthier habits

Throughout the program, I'll be referring to numerous health and wellness visionaries and thought leaders. Here's a partial list of the individuals and organizations who inspire me day after day. We'll explore these more fully during the program, but I'm providing the list here in case you'd like to get a head start:

- *Forks Over Knives* — an inspiration and informative film about food as medicine. One of my hands down favorites.
- *Hungry for Change* — Also in my top 5. Love this film!
- *Fat Sick and Nearly Dead* — a fun documentary about juicing
- *The Plantpower Way* (book) by Rich Roll and Julie Piatt
- *No Meat Athlete: Run on Plants and Discover Your Fittest, Fastest, Happiest Self* by Matt Frazier (he also has a website and podcast)
- *Eat to Live* by Dr. Joel Fuhrman
- *Better Than Before* by Gretchen Rubin
- *The Physicians Committee for Responsible Medicine (PCRM)* and Dr. Neal Barnard — <http://www.pcrm.org/>
- *The Rich Roll Podcast*: in particular, the episodes with Dr. Garth Davis, Dan Buettner (author, *Blue Zones*), and Andy Puddicombe (Headspace co-founder).
- *Environmental Working Group* — they provide amazing resources and tools such as the “Clean 15” and “Dirty Dozen” — very helpful for trying decide which vegetables you need to splurge on, and when you can purchase conventional without worrying about pesticides and toxins.
<http://www.ewg.org/>
- *Kris Carr* — <http://www.kriscarr.com>
- *Mind Body Green* — <http://www.mindbodygreen.com/>
- *Chalkboard Magazine* — <http://thechalkboardmag.com/>



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LIFE PREP

Getting Your People Ready for Your Detox

Part of getting ready for a program or lifestyle change involves setting up your kitchen for healthy meals.

Another part involves getting your *people* ready.

That means prepping your spouse/girlfriend/boyfriend, your parents, your kids, your friends, your co-workers, your personal trainer, your dealer (kidding!) — and letting them know you're going to be doing something different this holiday season.

How does this affect your people?

For starters, you'll be eating more fruits and vegetables — so, they might end up doing that as well.

In addition, you'll need to engage in certain lifestyle practices to fully benefit from the program. This will almost certainly mean getting up earlier (I'll explain more later) and, as a result, going to bed earlier most nights.

This also might mean making more time and space in your life to enjoy exercise and movement.

You might also try a simple meditation practice, and take in a few deep breaths before mealtime.

Often, when we make these changes, it's best to give the people around us a heads up — it makes things easier all around.



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THE IMPORANCE OF KEEPING A CLEAN KITCHEN

Prepping the Pantry

My programs are all about balance — and a healthy balance is nearly impossible to achieve when you're surrounded by the “bad” stuff. Success is less about will power, and more about avoidance. So clear that stuff out and give your kitchen a clean slate.

This means removing/donating your refined carbs (crackers, chips, etc.), refined sugar (soda, candy, etc.), diet soda, and other processed foods from your pantry so they won't become a temptation whenever your personal “witching hour” happens to be — for example, after the kids go to bed.

You might be saying — *what? You want me to give away my chocolate? Donate my chips?*

Yes, I do — as much as possible.

I recommend keeping it clean at home, so you can enjoy yourself if indulging away from home.

If you're feeling panicky or anxious about clearing out your candy drawer or snack cupboard, that's totally natural. It's a big change for most people. Just know that the discomfort will ease up once you start finding healthier foods and habits to love.



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THE EMPOWERED PANTRY

Ingredients to power up your plate

My programs are built on delicious “real food” — and meals that are simple and easy to prepare. I’m not a fan of fancy, time-intensive meal prep any time of the year — people simply don’t have time for it on a day-to-day basis.

Here’s a general list of foods and ingredients we’ll be using over the course of the program:

- **Lots of fresh vegetables** — organic when possible. Leafy greens, lettuces, zucchini, broccoli, cauliflower, sweet potatoes — the possibilities are endless!
- **Lots of fresh fruit** — I know it’s hip to hate on fruit currently, but this misinformed trend will pass. Fresh fruit doesn’t make you fat — just ask any fruitarian. Refined sugar, refined carbs, alcohol, dairy, processed foods, too much oil or fat — now, that stuff can make you fat. But not fruit. So enjoy the seasonal bounty, and treat yourself to some oranges or apples or pears, or whatever looks good at the market — organic and/or locally sourced is ideal.
- **Frozen kale, spinach and berries for smoothies** — Organic when possible, especially when purchasing strawberries and blueberries.
- **Spices and aromatics** — Including onions for caramelizing or sautéing, fresh garlic, fresh and dried herbs, cinnamon, pumpkin pie blend, chai spice, turmeric, cumin, coriander, cayenne, black pepper, and high quality sea salt.
- **High quality fats** — We’ll be using small amounts of organic extra virgin olive oil, coconut butter, nut butters, tahini, olives, and whole avocados.



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- **Nuts and seeds** — A great “whole food” source of healthy fats. Look for raw/unsalted almonds, pistachios, walnuts, hazelnuts, brazil nuts, hemp seed, chia seed, ground flaxseed, and pumpkin seeds.
- **Beans and legumes** — I know the Paleo/ketogenic craze has a lot of people down on beans right now, but volumes of research still prove these are very healthy foods for most people. Initially, they can be a little difficult to digest, so if you haven’t had them lately start with a small amount (i.e., a couple of tablespoons on a salad).
- **Whole, intact, grains** — Again, Paleo folk are down on grains, but these can also be healthful for most people. As with beans, there is loads of research supporting grains as a healthy food. We’ll talk more about this during the program; in the meantime, consider stocking your pantry with brown, black or red rice, and pseudo-grains such as quinoa and millet.
- **Vinegars** — Such as balsamic, sherry, champagne, rice, and apple cider vinegar.
- **Simple fermented foods** — Made with minimal ingredients, such as organic sauerkraut or kimchi.
- **Eggs** — a limited amount of eggs can be part of your meal plan if desired. If you eat eggs, please avoid factory-farmed eggs and pay a little extra for eggs from pastured hens raised on organic, non GMO feed.
- **Wild seafood** — this is optional, in small amounts. Please avoid farmed fish as they can be full of toxins. If you eat fish, look for wild caught salmon, halibut, or the local fish in your area.
- **Meat and chicken** — Small amounts of these are optional. If you eat meat, look for organic, pastured hens and grass-fed beef and lamb.



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CLEAN SHOPPING

Hint: most of your shopping cart should be produce

I recommend buying organic whenever possible. Organic produce is low in pesticides, and it can't be grown with the really scary ones you get to use with conventional produce.

Some conventional produce, however, doesn't pose a big pesticide risk — for more info, check out Environmental Working Group (EWG)'s list of the "Clean 15" and "Dirty Dozen" to see where you can save money by selectively going conventional.

For example, apples are the #1 item on EWG's Dirty Dozen list, so I always buy organic apples. However, avocados are #1 on the Clean 15, so I'm able to save some money by buying conventional avocados. For more info about the 2015 list, please visit: http://www.ewg.org/foodnews/dirty_dozen_list.php

I also recommend shopping at your local farmers market whenever possible. The nutrients in produce start to degrade the minute the vegetables and fruit is harvested — cut down the transit/shelf time and you'll benefit from a higher nutrition load.

Hemp, chia, flax and other nuts and seeds can be purchased at Whole Foods, health food stores and on Amazon.com. Many of the nuts and seeds can be purchased in the bulk aisle. Check the per/ounce price, though, to see where the best value is (sometimes it's actually more expensive to go bulk).

In order to maximize efficiency, I do one big shop on Saturday, and then a smaller, supplemental shop midweek. I also like to split up my shopping and prep time so that my weekend doesn't get hijacked by kitchen duty — I shop on Saturdays and prep on Sundays.

Sometimes, I spread out some of the prep to Monday night — again, so Sunday doesn't feel like a kitchen marathon.



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KITCHEN FLOW: BATCH COOKING

Planning and prep are key practices for healthy, homemade meals

Meal planning and kitchen prep are a couple of the most important practices for living a healthy lifestyle.

If you take some time to plan the week's meals (and the ingredients you'll need to make those meals), you will be far more successful than if you wing it.

Chronic winging it leads to unhealthy food decisions such as take-out and frozen entrees, both of which can be filled with unhealthy fats, preservatives and ingredients that can irritate our bodies and lead to weight gain (i.e. gluten, dairy, sugar, etc.).

We're all busy, and I find that most people don't have time to cook a from-scratch meal every night.

That's why I batch-cook 2-3 times a week and "coast" — enjoy or modify leftovers — on the days in-between. This saves time and the stress of deciding what to make every day.

Here's what batch-and-coast might look like for you:

- **Saturday** — Write down the meals for the week and go shopping for the ingredients.
- **Sunday** — Prep the vegetables (i.e. chop veggies and store in air-tight glass containers), make a salad dressing and a dip, make a soup, etc. During the week, assemble meals using prepped ingredients until you cook again on Wednesday.
- **Midweek** — You might cook again on Wednesday or Thursday, depending on social commitments. Or, you might enjoy a super simple "raw" meal — a salad with veggies, a handful of nuts, and a delicious dressing.



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MASTER THE SUPER SIMPLE MEAL

Sometimes “fast” food is best

This program will provide plenty of recipes for you to explore. However, I don’t want you to get overwhelmed and feel like you need to cook up a masterpiece every night for dinner. For me, dinner is often a smaller meal than lunch — a large salad and maybe some soup. Here a couple of other go-to’s you could add to your quick-dinner repertoire:

- **Veggie Sauté:** Chop whatever vegetables you have on hand. Drain some organic tofu and cut into cubes (or use leftover chicken if you eat animal products). Drizzle some olive oil into the pan and add the vegetables (optional: add some chopped onion or minced garlic). Sauté until crisp tender, then add your protein. Stir gently and sauté until tofu is warmed through. Season with salt, pepper, gluten free tamari, gomasio (Japanese seasoning with sesame seeds, sea salt and seaweed), salad dressing/sauce, etc.
- **Breakfast for Dinner:** Warm olive oil in a pan over medium heat, and sauté some thinly sliced onion until golden. While the onions are cooking, beat a few eggs in a bowl. When the onions are browned, throw in some handfuls of baby spinach or kale. Sauté until wilted, then pour the beaten eggs over the mixture. Reduce heat to low. Let the mixture cook until the edges are set, then gently stir the eggs until they’re cooked to your desired consistency. Serve with hot sauce and other condiments of choice.
- **Smoothie or Leftover Soup for Dinner:** If you’ve been having a particularly indulgent season, having a small evening meal can be somewhat therapeutic — less hassle, minimal dishes, and fewer decisions about ingredients, cooking method, etc. If you’ve eaten two large meals during the day, you might even consider eliminating the evening meal, or simply enjoying a cup of warmed broth with a handful of greens thrown in.



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MAKING IT A LIFESTYLE

Explore, play and experiment your way to a healthier you

This program — above everything else — is about what I call “maxing out on plants.” That means you’ll be invited to eat a wide assortment of vegetables and fruits, and that I’ll constantly be encouraging you to try to make plants the star attraction of any meal or snack.

What about other foods — maybe some of your favorites such as dairy and sugar? Here are some quick answers. I’ll go deeper during Week 2:

Flour/Bread/Crackers/Wraps — This is a tough one, but the truth remains: flour-based foods, gluten-free or otherwise, are simply not healthy foods. Are they terrible? No, I wouldn’t say that. But eating them on a daily basis will cause a continual cycle of blood sugar instability that can cause us to gain weight — or make it impossible to lose. Try your best to replace flour-based foods with healthy snacks such as whole fruit, veggie sticks and moderate amounts of unsalted nuts and seeds (up to ¼ cup per day).

Refined Sugar — Although this program isn’t a strict detox program, I do encourage you to remove all refined sugar products from your home. If you want to keep some treats around for kiddos, please make sure it’s the kind you don’t find tempting — for example, sour patch worms vs. chocolate. Keeping sugar out of the home will help you keep your use of it to be truly occasional, such as when you’re at parties, etc. For some people, even moderation is too difficult. If you’re in this camp, then feel free to completely abstain.

Dairy — I don’t recommend it, and certainly not as a health food. I know the milk and Greek yogurt manufacturers have spent a lot of money to convince you otherwise, but dairy can be extremely disruptive in the body. It can affect digestion, cause skin issues, contribute to cholesterol issues, and cause all sorts of other issues. And, in my experience leading detoxes and coaching clients,



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removing dairy can be extremely helpful for weight loss. So if weight loss is one of your goals, minimize your use of dairy. Don't worry about using dairy as a calcium source — I'll provide information about this during the program.

Protein — It's important, but basically no one in this country is protein deficient. It's really easy to include in the diet. And, you simply don't need as much as the beef/chicken/dairy marketing armies may lead you to believe. Further, you can get plenty of protein on a plant-based or plant-rich diet. I'll be talking more about this during the program.

Animal protein — This is optional. If you eat meat, I encourage you to reduce your consumption to a 1-2 times a week, and to eat it in small amounts (i.e. 3 ounces). Excess protein can be converted to fat in the body, and it can also put stress on the kidneys. In addition, I don't recommend animal products for anyone with high cholesterol, high blood pressure or heart disease. More on this later!

Fat — Some healthy fat is good, but it's far better when we get our fat from whole, unrefined foods such nuts, seeds, olives and avocado. That way, we benefit from the fiber and nutrients you won't find in oil.

Carbs — I know there's a lot of carb fear out there, and with good reason — foods made from refined flour aren't healthy and they can cause weight gain. However, moderate amounts of whole-food carbs provide energy for the body and brain. Healthy carbs from fruit, sweet potatoes, intact grains, and beans/legumes are absolutely part of the menu. Please note: people tolerate carbs differently, and I'll be coaching you on how to enjoy carbs without feeling bloated or lethargic.

Alcohol — I can't tell you how many people struggle with this one. I'll be talking more about this in depth, but just know that reducing or eliminating alcohol use can have a profoundly positive affect on your body.



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IF YOU GET STUCK

Please don't suffer in silence!

Remember, if you have any questions along the way, please reach out to me by email or on the private Facebook Group.

Private Facebook Group (visit the link and submit a "join" request)

<https://www.facebook.com/groups/924613507607696/>

My email address: monica@monicametz.com

I'm looking forward to connecting with you more as the program unfolds!

All my best,
Monica