

DR. *V*ENUS
HEALTH · FITNESS · NUTRITION



4 DAY
Cleanse



TABLE OF CONTENTS

WELCOME!	2
BEFORE WE BEGIN	3
JOIN OUR PRIVATE GROUP.....	3
GROUP ENGAGEMENT.....	4
SUCCESS TIPS.....	5
YOUR DAILY PLAN.....	5
SHOPPING LIST	6
FRUITS.....	6
VEGETABLES.....	7
NUTS/SEEDS.....	8
CONDIMENTS/MISCELLANEOUS.....	8
HERBS/SPICES.....	9
BEVERAGES.....	9
YOUR DAILY SUGGESTED MEALS	10
DAY 1.....	10
DAY 2.....	13
DAY 3.....	16
DAY 4.....	19
CONGRATS - YOU DID IT!	24
WORK WITH ME	25

Copyright Notice: This guide is copyright of Dr. Venus - © Dr. Venus 2017 to present. All rights reserved. Any redistribution or reproduction of part or all of the contents in any form is prohibited other than the following: you may print or download to a local hard disk extracts for your personal and non-commercial use only. You may not, except with Dr. Venus' express written permission, distribute or commercially exploit the content.

These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease. The information here is not a substitute for medical advice nor does it constitute a doctor-patient relationship.

WELCOME!

Hello, and welcome! I am Dr. Venus.

I believe that fitness is truly a lifestyle for everyone, no matter who you are, where you are, or how busy you think you may be.

You know...I've spent the last 20 years totally immersing myself in the health and fitness industry...as a licensed physician, competitive fitness athlete, and NSCA Certified Strength & Conditioning Specialist. But after my father had a stroke, I fell into a depression of sorts as I took on the role of caregiver. I was a textbook case of Caregiver Syndrome.

I stopped working out. I sought comfort in junk food. I was ashamed that I allowed this to happen, since my career as a rehabilitation physician often involves helping families of stroke patients' deal with such situations.

As a health and fitness expert who's been on TV & radio to advise others on staying fit, it was very humbling to have fallen into this pit of apathy with regards to my own health. I finally realized that I could not expect to take good care of my father if I wasn't taking good care of myself.

So when I decided to get back on track...to take back my health, I thought it would be a great idea to share my journey with others on social media. After discovering how much I was able to help others online, I decided to launch an online fitness coaching business.

It is my passion to teach and inspire others to live healthfully so they can enjoy fuller, happier lives.

In this 4-Day Cleanse, my goal is to help you purge your body of toxins. You'll do so by filling your diet with nutritious foods. As a result, you'll feel more alive and energetic than you've ever felt and start to melt away those stubborn pounds.

This 4-day cleanse will be like hitting the reset button on your health.

Ready to dive in? I am.

Stay Fit! Be Happy!

Dr. Venus

BEFORE WE BEGIN

JOIN OUR PRIVATE GROUP

Losing weight and feeling great is a much easier task when you are part of a community of like-minded people.

During your cleanse, I invite you to join the [COMMIT TO FIT Crew](#) a place to support each other and encourage massive change.

In the group, we'll post tips, strategies, recipes and more to make your 4-day cleanse as effective as possible.

Feel free to ask me any questions in the group as needed. Just tag me by typing the @ symbol and my name (@DoctorVenus). All questions are welcome.

HOW TO JOIN:

Create a [Facebook account](#) if you don't already have one. Please add a picture so we can see your pretty face!

[Click here](#) to access the group, and click the Join Group button at the top right. Your membership will be approved right away.

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

GROUP ENGAGEMENT

- ❑ Share your successes! This is the single most important thing you can do in this group. Did you sleep better last night? Is your skin glowing? What did you eat today? Pants feel a little looser? Share with others for motivation and inspiration.
- ❑ Share your “Aha! Moments.” Has something dawned on you that you want to share? Did you learn something from one of the videos or calls? Share it with others! They will benefit from hearing from you.
- ❑ Share your selfie – I encourage you to take one before you start the challenge and one after.
- ❑ Ask questions often. Use this group to engage with other participants.
- ❑ Visit the group at least once per day during your cleanse.
- ❑ Engage with each other and answer each other’s questions – you’ll all be going through the same thing, so share and collaborate!

SUCCESS TIPS

To get the most out of this program, I recommend integrating the following pieces of advice:

1. Before starting, read the guide and look at your meals for the next 4 days.
2. Repeat this mantra daily: "I am worth better health and improved energy. I love and accept myself fully."
3. Grab a journal and throughout the program, write down your meals and reflect on how you feel after you eat.
4. During the program, add a clean protein to any meal – vegetarian or non-vegetarian.
5. If hungry, enjoy a snack such as fresh fruit, a smoothie, kale chips, 1/2 avocado with sea salt, trail mix, a handful of seeds or nuts, or raw vegetables with hummus.

YOUR DAILY PLAN

BREAKFAST: Follow your daily suggested meals.

SNACK: Enjoy a piece of fresh fruit, one of the suggested snacks or a cup of coconut water.

LUNCH: Follow your daily suggested meal plan.

SNACK: Listen to your body and check in to see if you need a snack.

DINNER: Follow your daily suggested meals.

SHOPPING LIST

FRUITS

Lemon – 7

Strawberries - 1/2 cup

Avocado - ½

Apple – 3

Green apple- 2

Cucumbers- 2

Avocado – 3

Lime- 1

Berries – 1 ½ cup

Red bell pepper- 1 cup

Dried cranberries - optional topping

Banana – ½

Yellow red pepper- ½ cup

Pineapple- ½ cup

Pear- 2

Roma tomatoes- 4

Sun dried tomatoes – 4

VEGETABLES

Romaine – 1 cup

Kale -6 cups

Onion- 2

Red Onion- 2

Celery – 1 large

Celery sticks - 10

Carrot- 4 ¼

Spinach - 1 cup

Baby Spinach- ½ cup

Parsley – 1 cup

Flat leaf parsley- 1cup

Baby carrots – 10 pcs.

Mesclun lettuce- 2 cups

Beets- ¼ cup

Kalamata olives- optional

Green peas- 1 cup

Scallions- 2

Cilantro- 1 cup

Broccoli – 1 head

Cauliflower – ½ head

Sprouts- optional topping

Cauliflower- 1 head

NUTS/SEEDS

Flax meal – 1 tbsp. (or you may want to use MCT oil instead)

Almonds

Walnuts

Cumin Seeds – 1 tsp.

Brown lentils – 1 cup

Raw pumpkin seeds – ¼ cup

Quinoa – 2

Chia seeds- 1/3 cup

CONDIMENTS/MISCELLANEOUS

Sea salt

Black pepper

MCT oil (Medium Chain Triglyceride) – if you prefer to use over flax meal.

Extra virgin olive oil

Coconut oil

Bayleaf – 1

Broth – 3 cups

Vegetable broth – 1 cup

Stevia

Non-dairy milk (coconut, hemp, or almond milk) – 4 ¼ cups

Eggs- 4

Hummus- ½ cup

Raw cacao- 1 tbsp.

Red wine vinegar- ¼ cup

Brown rice- 3 cups

Coconut aminos- ½ cup

Vanilla extract - optional

Bragg's raw apple cider vinegar -1/4 cup

HERBS/SPICES

Ground cumin – ¾ tsp.

Oregano

Cayenne

Garlic – 8 large cloves

Garlic head- 1

Ginger- 2 in.

Fresh cilantro

Mint leaves- 1 bunch

Dijon mustard

Dried oregano

Dill – ½ cup

Dried rosemary

BEVERAGES

Chamomile Tea - 4

YOUR DAILY SUGGESTED MEALS

DAY 1

UPON WAKING

Drink warm water with lemon.

BREAKFAST

BERRY BEAUTY

Serves 1-2

1 cup romaine

1 cup kale

1 1/2 cup water or non-dairy milk (coconut, hemp, or almond milk)

1/2 cup strawberries

1/2 avocado

1 tablespoon flax meal or MCT oil (that's Medium Chain Triglyceride oil).

SNACK

Eat 10 almonds and 1 green apple.

LUNCH

RAW BEAUTY SOUP

Serves 2

2 large cucumbers
1 avocado
1 lime, juiced
1 teaspoon sea salt
3/4 teaspoon ground cumin
dash of cayenne
fresh cilantro, minced

Blend the cucumbers, avocado, lime juice, sea salt, and cumin. Add a dash of cayenne and garnish with fresh cilantro.

SNACK

Eat ½ cup of berries and 5 raw walnuts.

DINNER

LENTIL SOUP

- 1 tablespoon extra virgin olive oil
- 1 teaspoon cumin seeds
- 1 small onion, minced
- 1 large celery rib, minced
- 4 large garlic cloves, minced
- 1-inch piece of ginger, shredded
- 1 large carrot, chopped
- 1 bay leaf
- 1 cup brown lentils
- 3 cups broth of your choice (or water)
- ½ teaspoon sea salt
- ½ teaspoon black pepper
- Spinach or kale (optional)

Create your soup base. In a large pot, add extra virgin olive oil. When the oil is hot, add cumin seeds and cook until fragrant (about 1 minute). Then add your minced onion, celery, garlic, ginger, carrot, and bay leaf. Sauté until soft (about 2 to 3 minutes).

Assemble the soup. Add brown lentils and broth (or water) along with sea salt and pepper. Cover and cook on medium-low heat for 30 to 45 minutes, stirring every

15 minutes. The soup is done when the lentils are tender but still holding their shape.

Serving suggestion. Add greens like spinach or kale at the end if you would like. Allow the soup to settle for about an hour before eating for the best flavor.

BEFORE BED

Drink 1 cup of chamomile tea (with stevia or monkfruit, if you want a sweetener).

DAY 2

UPON WAKING

Drink warm water with lemon.

BREAKFAST

SCRAMBLED EGGS WITH SPINACH AND PEPPERS

Makes 2 servings

1 tablespoon coconut oil

1/2 cup chopped red bell pepper

1 cup baby spinach

pinch of oregano

sea salt to taste

black pepper to taste

2 eggs, beaten

Add your coconut oil to a hot skillet, and allow it to melt. Add chopped red bell pepper, and allow it to soften. After about 2 to 3 minutes, add baby spinach.

The spinach should quickly wilt. Season with oregano, sea salt, and black pepper. Next, add the beaten eggs to the vegetables. Tilt the pan so the eggs spread out evenly. Use a rubber scraper or spatula to turn the eggs over so that they don't harden and burn. Scramble the eggs for 2 to 3 minutes to your desired consistency.

SNACK

Eat 10 raw almonds and 1 green apple.

LUNCH

MASSAGED KALE WITH APPLE

Makes 2 servings

- 4 cups of kale, thinly sliced
- 1 cup parsley, chopped
- 1 large lemon, juiced
- 1 avocado, chopped
- 4 tablespoons extra virgin olive oil
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 1 large apple, chopped
- ¼ cup carrots, shredded

Suggested toppings: pumpkin seeds, dried cranberries

Prepare the kale. Add kale, parsley, lemon juice, avocado, extra virgin olive oil, sea salt, and black pepper to a large bowl. Massage the kale and other ingredients with clean hands. The kale should turn a bright green and become softer. Massage until well incorporated. Taste and adjust seasoning as needed.

Add remaining ingredients. Add your chopped apple and shredded carrots to the kale mixture. Toss. Top with pumpkin seeds and dried cranberries if desired.

SNACK

Eat 10 celery sticks and 1/8 cup of hummus.

DINNER

LEMON QUINOA

Makes 2 servings

1 tablespoon extra-virgin olive oil

1 small carrot, grated

1-inch piece of ginger, grated

1 small onion, minced

2 large garlic cloves, minced

2 cups quinoa

3 1/3 cups water

1/2 teaspoon sea salt

1/2 teaspoon black pepper

1/2 lemon, juiced

Sauté the vegetables. Add extra virgin olive oil to a large sauce pan over medium heat. When the pan is hot, add carrot, ginger, onion and garlic. Sauté for about 2 to 3 minutes.

Add the quinoa. After sautéing the vegetables, add quinoa, water, sea salt, and black pepper. Stir and allow the quinoa to steam -- with the cover on -- for about 20 minutes on low heat. The quinoa is done when the water is absorbed. Turn off the flame and fluff the quinoa with a fork. Add lemon juice. Cover and allow the quinoa to absorb the lemon juice.

Serving suggestions. This quinoa can be served with a variety of stir-fried vegetables including cabbage, kale, broccoli, etc.

BEFORE BED

Drink 1 cup of chamomile tea (with stevia or monkfruit, if you want a sweetener)

DAY 3

UPON WAKING

Drink warm water with lemon.

BREAKFAST

SWEET SUNSHINE

Serves 1-2

1 cup spinach or kale

1 handful of cilantro

1 1/2 cups water or non-dairy milk (coconut, hemp, or almond milk)

1/2 cup frozen berries

1 tablespoon coconut oil

1 tablespoon raw cacao

½ frozen banana

SNACK

Eat 10 baby carrots and 1/8 cup hummus.

LUNCH

MEDITERRANEAN SALAD

Makes 2 servings

2 cups mesclun lettuce

1 cup flat leaf parsley, chopped

1 carrot, shredded

1 large apple, chopped

¼ cup shredded beets

10 fresh mint leaves, roughly torn to small pieces

1 avocado, chopped

Kalamata olives, chopped (optional)

DRESSING

2 large garlic cloves, minced

1 large lemon, juiced

¼ cup red wine vinegar

¼ cup extra virgin olive oil

½ teaspoon Dijon mustard

1 teaspoon dried oregano

¼ teaspoon sea salt

¼ teaspoon black pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add all the ingredients to a jar with a lid. Shake vigorously. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

Toss the salad. Add your mesclun lettuce, parsley, shredded carrot, apple, beets, and mint leaves to a large salad bowl. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Top with chopped avocado and kalamata olives (optional). Enjoy!

SNACK

Eat ¼ cup raw pumpkin seeds.

DINNER

BROWN RICE STIR FRY

Makes 4 servings

3 tablespoons coconut oil

1/2 cup chopped yellow bell pepper

1/2 cup chopped red bell pepper

2 eggs, beaten

3 cups cooked brown rice

1 cup green peas

1/2 cup coconut aminos

1/2 cup chopped pineapple

2 scallions, chopped

1/2 bunch cilantro, chopped

SAUTÉ. Add coconut oil to a large pot. When the pot is hot, add yellow and red pepper. Sauté until soft. Add beaten eggs, and scramble in the pot. When the eggs are firm add brown rice, and green peas. Sauté until warm. Add coconut aminos, and allow the rice to slightly brown. When the rice is slightly brown, add pineapple, scallions and cilantro.

BEFORE BED

Drink 1 cup of chamomile tea (with stevia or monkfruit, if you want a sweetener).

DAY 4

BREAKFAST

WARM CHIA BREAKFAST PUDDING

Serves 1-2

1 cup dairy-free milk of your choice (coconut, almond or hemp)

1/3 cup chia seeds

1 tsp vanilla extract (optional)

Assemble the night before. The night before you want the pudding for breakfast, mix the dairy-free milk, chia seeds, and vanilla if using in a container with a lid. Shake well and let it sit overnight in the refrigerator.

The next morning. The next morning, transfer the chia pudding from the container to a pot on the stove. Warm it for 2 to 3 minutes and serve it in a bowl.

Add your choice of cinnamon, ginger, or vanilla.

Serving suggestion. Add a sweetener of your choice. Top with dried apricots, pomegranate seeds, sliced apple or pear, etc.

SNACK

Eat 1 apple with 10 raw almonds.

LUNCH

SIMPLE HERB SALAD

Makes 2 servings

1 head broccoli, chopped into bite-sized pieces

½ head cauliflower, chopped into bite-sized pieces

1 large carrot, shredded

1 pear, chopped

¼ cup minced red onion

½ bunch cilantro, minced

½ bunch dill, minced

½ bunch mint leaves, minced

Suggested salad toppings: diced avocado, dried cranberry, and sprouts of your choice.

DRESSING

2 lemons, juiced

¼ cup Bragg's raw apple cider vinegar (omit if you have acid reflux)

¼ cup extra virgin olive oil

¼ teaspoon sea salt

¼ teaspoon black pepper

Prepare the dressing. Preparing the dressing first allows the flavors to intermingle before using it on your salad. Add the lemon juice, Bragg's raw apple cider vinegar, olive oil, sea salt, and black pepper to a container with a lid. Shake vigorously until well blended. Taste and adjust seasonings to your preference. Allow the dressing to sit for at least 15 minutes before dressing your salad.

Toss the salad. It is important to chop your broccoli and cauliflower into small pieces for easier digestion. Try pulsing them in a food processor, or use a sharp knife to chop them into bite-sized pieces. Add the broccoli and cauliflower to a large salad bowl along with the shredded carrot, chopped pear, red onion, cilantro, dill, and mint. Add enough dressing to coat the salad, but not drown it. Mix thoroughly. Add any of the suggested toppings if desired. Enjoy!

SNACK

Eat 1 pear and 10 raw walnuts.

DINNER

MASHED CAULIFLOWER WITH TOMATO SAUCE

TOMATO SAUCE

4 Roma tomatoes

1 large red onion

1 head of garlic, peeled

1 tablespoon extra-virgin olive oil

1 tablespoon dried rosemary

½ teaspoon sea salt

½ teaspoon black pepper

4 sun-dried tomatoes, soaked

1 cup vegetable broth

MASHED CAULIFLOWER

1 head cauliflower

¼ cup dairy-free milk of your choice

¼ teaspoon sea salt

¼ teaspoon pepper

Preheat the oven. Preheat your oven to 375°F.

These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease. The information here is not a substitute for medical advice nor does it constitute a doctor-patient relationship.

Prepare the tomato sauce. Chop tomatoes and onion into bite-sized pieces. Place onto a roasting pan. Pull apart the garlic bulb and remove the skin. Add the garlic onto the roasting pan. Add the extra virgin olive oil, rosemary, sea salt, and black pepper. Toss the mixture using your hands. Roast for 30 to 35 minutes.

When the vegetables are done roasting, remove them from the oven and let it cool for 5 to 10 minutes. Place the vegetables in a blender with sun-dried tomatoes and vegetable broth. Blend to desired consistency. Remove the sauce and place into a serving bowl.

Prepare the cauliflower. Cut your cauliflower into small pieces. Steam the cauliflower until tender (about 5 to 10 min). Place cauliflower in a clean blender or food processor. Add dairy-free milk, salt, and pepper while blending until smooth. Remove from blender and put into a serving bowl.

Serve the dish. Serve your mashed cauliflower with the rosemary tomato sauce immediately. Enjoy!

BEFORE BED

Drink 1 cup of chamomile tea (with stevia or monkfruit, if you want a sweetener).

CONGRATS – YOU DID IT!

Congratulations on accomplishing this momentous achievement! I am honored to be a part of your magical journey. Do yourself a huge favor and continue to push forward and make healthier choices so that you can live the life you deserve.

You can also continue to be a part of the Facebook community for as long as you like. We'd love to stay posted on your progress.

Stay Fit! Be Happy!
-Dr. Venus

WORK WITH ME

www.DoctorVenus.com



Venus Ramos, MD, is a licensed physician in the specialty of Physical Medicine & Rehabilitation who received her medical training through Yale University, University of Miami, and University of California-Irvine. She has a thriving medical practice in Southern California and has competed for 20 years as a national-level fitness athlete. A respected fitness trainer, her clients have ranged from single moms to professional athletes, and even an action film star. She has shared her wellness expertise through multiple outlets including The Doctors television series and Oxygen Magazine.

These statements have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease. The information here is not a substitute for medical advice nor does it constitute a doctor-patient relationship.