

Holiday DETOX

Welcome Guide

Thank you so much for joining us! We are SO glad you're here and excited to walk alongside you for the next 21 days.

This is your Pre-Program Packet—everything you need to get ready for an amazing reset. Inside, you'll find worksheets to help you set goals, track progress, and prepare for success. You'll also find assessments to help us understand where you're starting from, plus a shopping list to make meal planning easy.

Please read through this entire packet from front to back. We've packed it with tools, resources, and information to set you up for a great experience. Before we dive into the prep work, let's get your supplements ordered!



ORDERING YOUR SUPPLEMENTS

You have two options for getting your supplements:

OPTION 1: Order Directly Through Our Office

- We place supplement orders every Monday
- Supplements arrive and are ready for pickup every Wednesday
- We'll text you when your order comes in
- Call or text the office to place your order: 217-347-5010

OPTION 2: Order Online Through Fullscript

Fullscript is our online supplement dispensary. It's easy to use, ships directly to your home, and gives you access to the exact products you need for this program.

Here's how to set up your Fullscript account:

1. Go to our BFC Fullscript link:
2. <https://us.fullscript.com/welcome/drballard/store-start>
3. Create your account (it's free and takes just a minute)
4. Once you're logged in, click on "My Favorites" in the menu
5. Scroll down to the "Community Plans" section
6. You'll see the 21-Day Purification plan listed—click on it
7. Add the products to your cart and check out

That's it! Your supplements will ship directly to your door.

WHAT YOU NEED TO ORDER

Here are the core supplements for the 21-Day Purification Program:

- 1 bottle of SP Cleanse (used Days 1-7)
- 1 bottle of SP Green Food (used Days 8-21)
- 2 bottles of Gastro-Fiber (used throughout all 21 days)

OPTIONAL (but helpful):

- SP Complete Shakes (any flavor: Unflavored, Chocolate, Vanilla, or Dairy-Free)
 - Shakes are not required, but they make meal planning easier and provide whole food nutrition in a convenient powder. If you'd like to include shakes in your program, add one or two containers to your order depending on how often you plan to use them.

You'll see pricing when you log into Fullscript or when you call the office to order.

OTHER IMPORTANT RESOURCES

Join the Private Facebook Group

Community support makes ALL the difference during this program. We have a private Facebook group where you'll get:

- Daily posts with encouragement, tips, and education
- A space to ask questions and share your experience
- Connection with others doing the program alongside you

**We highly encourage you to join the group and stay engaged.
You're not doing this alone!**

Watch the Introduction Video

We've created a welcome video that walks you through what to expect over the next 21 days, how the program works, and how to set yourself up for success. You'll find it in the Facebook group or we'll send you a link.

There are also numerous support videos throughout the program to guide you every step of the way.

Read the Standard Process Purification Guide

The Standard Process 21-Day Purification Guide is an excellent resource. It includes recipes, meal ideas, FAQs, and detailed information about the program. We've customized the approach here at BFC (like adding protein from Day 1), but the Standard Process guide is still a fantastic tool. Take some time to read through it before you start.

WHAT'S NEXT?

This packet includes several worksheets and assessments to complete before January 5th (Day 1). Here's what you'll find in the pages ahead:

1. Goals Worksheet — Get clear on why you're doing this and what you want to achieve
2. Weight & Measurements Tracker — Baseline measurements to track your progress
3. Toxicity Questionnaire — Understand your current toxic load
4. Digestive Assessment — Identify digestive symptoms we'll be working to improve
5. Shopping List — Your guide to stocking up on clean, whole foods

Take your time with these. They're designed to help you reflect, prepare, and start this program with intention.

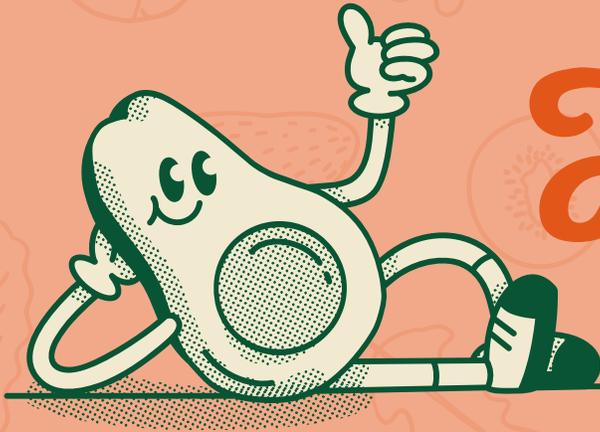
YOU'RE READY

Alright—order your supplements, join the Facebook group, watch the intro video, and work through this packet.

And then? We start.

We're so excited to do this with you.

We got you.

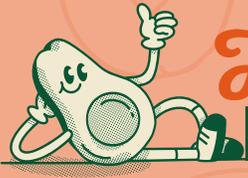


Holiday DETOX

Prep Checklist

Get Ready for Your 21-Day
Purification Program

Use this checklist to make sure you're fully prepared before Day 1 (January 5th). Check off each item as you complete it!



Holiday DETOX

Order Your Supplements

Make sure you have everything you need before the program starts.

Core Supplements:

- 1 bottle of SP Cleanse (Days 1-7)
- 1 bottle of SP Green Food (Days 8-21)
- 2 bottles of Gastro-Fiber (all 21 days)

Optional:

- SP Complete Shakes (any flavor)



Where to order:

- Called/texted the office (217-347-5010) to place order for Monday pickup on Wednesday, OR
- Ordered online through Fullscript:
<https://us.fullscript.com/welcome/drballard/store-start>

Join The Facebook Group

Community support is KEY to your success.

- Requested to join the private Facebook group
- Introduced yourself in the group
- Turned on notifications so you don't miss daily posts



Watch The Welcome Video

Get familiar with the program and what to expect.

- Watched Dr. Ballard's welcome video
- Watched the "How to Prep" video
- Watched the "Supplement Protocol Walkthrough" video

Complete Pre-Program Worksheets

These help you get clear on your goals and establish your baseline.

- Completed the Goals Worksheet
- Took starting weight and measurements (Weight & Measurements Tracker)
- Filled out the Toxicity Questionnaire
- Filled out the Digestive Assessment

Read The Standard Process Purification Guide

This guide has tons of helpful info, recipes, and FAQs.

- Read through the Standard Process guide
- Bookmarked or printed recipes you want to try



Prep Your Supplements

Get organized so taking your supplements is effortless.

- Portioned out supplements for Days 1-7 (if taking them to work or on-the-go)
- Put supplements somewhere visible (counter, bag, desk) so you remember to take them
- Set reminders on your phone for supplement times (breakfast, lunch, dinner)

Plan Your Meals

Success starts with a plan.

- Read through the shopping list in this packet
- Chose 3-5 recipes or meals to rotate throughout the week
- Wrote down what you'll eat on Day 1 (breakfast, lunch, dinner, snacks)
 - This is HUGE—people who plan their meals the night before are statistically more successful!

Go Grocery Shopping

- Shopped the perimeter of the store (produce, meat, fresh foods)
- Bought organic vegetables and fruits
- Bought clean protein: grass-fed/grass-finished beef, wild-caught fish, organic/free-range poultry
 - Look for labels like "cage-free," "antibiotic-free," "Never Any" brand
- Stocked up on healthy fats: avocados, olive oil, coconut oil
- Bought legumes and/or quinoa if desired
- Avoided processed foods, breads, cereals, packaged snacks



Prep Your Kitchen

Make it easy to make good choices.

- Cleared out temptations (cookies, chips, bread, processed snacks)
 - Move them out of the house or out of sight
- Prepped veggies (washed, chopped, ready to grab)
- Cooked a big batch of something (soup, roasted veggies, quinoa) for easy meals
- Filled a water bottle and put it somewhere visible

Set Up Your Water Routine

Hydration is NON-NEGOTIABLE during this program.

- Calculated how much water you need: Half your body weight in ounces
 - Example: If you weigh 150 lbs, you need 75 oz of water per day
- Got a good water bottle (and know how many refills = your daily goal)
- Set up a water filtration system or bought filtered water
 - No tap water—use the highest quality water you have access to

Set Up Your FREE Sauna Session (Local Patients Only)

Take advantage of this powerful detox tool.

- Called or texted the office to schedule: 217-347-5010
- Scheduled for a day in Week 1 (Monday, Wednesday, or Friday between 8:30-5:30)



Set Your Environment Up For Success

Remove obstacles before they become problems.

- Told family/friends you're doing this program (so they can support you)
- Planned ahead for any social events (restaurant strategies, bringing your own dish to gatherings)
- Cleared your schedule as much as possible for the first week (give yourself space to rest and adjust)

Get Your Mindset Right

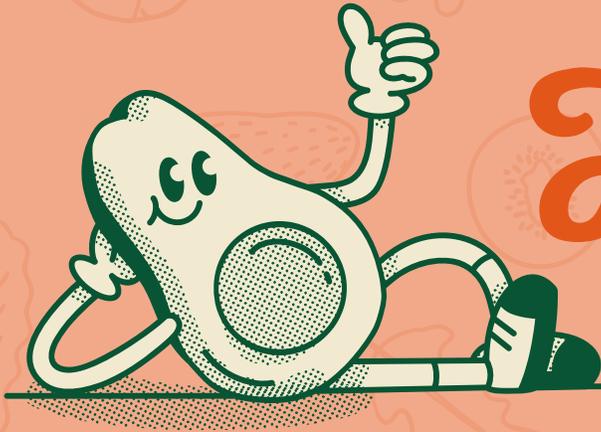
This is about progress, not perfection.

- Reviewed your Goals Worksheet—reminded yourself WHY you're doing this
- Set a daily reminder to check the Facebook group
- Committed to showing up every day, even on hard days
- Reminded yourself: "We got you."

Final Check: Night Before Day 1

Everything is ready. You're ready.

- Supplements are portioned and visible
- Meals for Day 1 are planned and written down
- Fridge is stocked with clean food
- Water bottle is filled
- Alarm is set
- You're excited and ready to start



Holiday DETOX

**You're Ready.
Let's Do This!**

Day 1 starts January 5th.

See you in the Facebook
group.

We got you. 

Goals & Measurement Tracker

Your Starting Point

Before we dive in, let's get clear on where you are and where you want to go. This is YOUR program—your goals matter.

Today's Date: _____

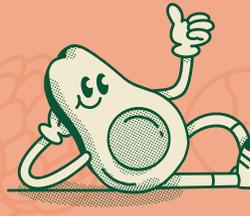
WHY ARE YOU DOING THIS?

What's driving you to commit to these 21 days? Get specific. Get honest.

WHAT DO YOU WANT TO ACHIEVE?

By Day 21, what does success look like for you? (Think beyond the scale —energy, digestion, sleep, skin, clarity, symptoms, etc.)

WHAT'S ONE HABIT YOU WANT TO BUILD DURING THIS PROGRAM?



Goals & Measurement Tracker

Measurements:

Day 1 (Starting)

Day 21 (Final)

Weight

_____ lbs

_____ lbs

Biceps (around fullest part)

_____ inches

_____ inches

Chest (around fullest part)

_____ inches

_____ inches

Bust (around fullest part)

_____ inches

_____ inches

Waist (around belly button)

_____ inches

_____ inches

Hips (around fullest part)

_____ inches

_____ inches

Thigh (around fullest part)

_____ inches

_____ inches

Goals & Measurement Tracker

OPTIONAL: TAKE A PHOTO

Consider taking a "before" photo today. You don't have to share it with anyone, but having that visual reminder of where you started can be incredibly motivating on Day 21.

Photo taken

**You're ready.
Let's do this.**



Digestive Health Assessment

Name: _____

Date: _____

This assessment helps us understand your digestive health baseline. Answer honestly—there are no wrong answers, and everything you share helps us support you better during this program.

DIGESTIVE HISTORY

Have you had your zinc levels checked in the last 6 months? ✓ ✗

Do you consume dairy products regularly? ✓ ✗

Have you taken antibiotics in the last 6 months or for extended periods? ✓ ✗

Do you eat sushi? ✓ ✗

Have you traveled out of the country in the last 10 years? ✓ ✗

Have you ever had food allergy or sensitivity testing? ✓ ✗

How many glasses of water do you drink per day?

How many servings of fruit do you eat each day?

Digestive Health Assessment

DIAGNOSED CONDITIONS

Have you been diagnosed with any of the following? (Check all that apply)

- | | |
|---------------------|---|
| Ulcers or gastritis | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| GERD / Reflux | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Pancreatitis | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Celiac disease | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| IBS / IBD / Colitis | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |

MEDICATIONS & SUPPLEMENTS

Do you currently take:

- | | |
|--------------------------------------|---|
| OTC antacids | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| OTC laxatives / fiber | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |
| Prescription medicines for digestion | <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> |

If yes, please list:

Digestive Health Assessment

UPPER GI SYMPTOMS (BURNING, GERD, INDIGESTION)

Rate how often you experience these symptoms:

- 0 = Never
- 1 = Occasionally, not severe
- 2 = Occasionally, severe
- 3 = Frequently, not severe
- 4 = Frequently, severe

My stomach burns or hurts even when empty (not hunger pangs)

0 1 2 3 4 5

Eating or drinking relieves the burning/discomfort

0 1 2 3 4 5

Eating or drinking makes it worse

0 1 2 3 4 5

My stomach burns or gets bloated immediately after eating

0 1 2 3 4 5

My stomach burns or gets bloated 30 min to several hours after eating

0 1 2 3 4 5

Certain foods seem to make this worse. List them:

What relieves this?

Digestive Health Assessment

LOWER GI SYMPTOMS (GAS, BLOATING, CRAMPING, CONSTIPATION, DIARRHEA)

I have at least 1 normal bowel movement each day (normal = large, medium brown, well-formed, no cramping/strain/pain)

0 1 2 3 4 5

My stools are often: (check all that apply)

- Small and round or hard
- Thin or pencil-like
- Pasty or fatty
- Loose
- Very foul-smelling

I often get gassy

0 1 2 3 4 5

I often have to strain to have a bowel movement

0 1 2 3 4 5

I often have cramping and pain with a bowel movement

0 1 2 3 4 5

I often have abdominal cramping even without a bowel movement

0 1 2 3 4 5

I notice undigested food in my stool (especially vegetable matter)

0 1 2 3 4 5

Do any foods seem to aggravate digestive issues? List them:

Digestive Health Assessment

What We'll Track

During the 21-Day Purification Program, we'll be working to:

- Support healthy digestion and elimination
- Reduce bloating, gas, and discomfort
- Improve bowel regularity
- Identify food sensitivities
- Restore balance to your gut

At the end of 21 days, you'll repeat this assessment to see how much has improved.

Toxicity Questionnaire

Name: _____

Date: _____

This questionnaire helps us understand your current toxic load and whether your body would benefit from detoxification support. Rate each symptom based on your health over the past 90 days.

CIRCLE THE CORRESPONDING NUMBER:

- 0 = Rarely or Never Experience
- 1 = Occasionally Experience, Effect is Not Severe
- 2 = Occasionally Experience, Effect is Severe
- 3 = Frequently Experience, Effect is Not Severe
- 4 = Frequently Experience, Effect is Severe

DIGESTIVE SYMPTOMS

Nausea and/or vomiting 0 1 2 3 4 5

Diarrhea 0 1 2 3 4 5

Constipation 0 1 2 3 4 5

Bloated feeling 0 1 2 3 4 5

Belching and/or passing gas 0 1 2 3 4 5

Heartburn 0 1 2 3 4 5

TOTAL: _____

Toxicity Questionnaire

ENERGY / ACTIVITY

Fatigue or sluggishness 0 1 2 3 4 5

Hyperactivity 0 1 2 3 4 5

Restlessness 0 1 2 3 4 5

Insomnia 0 1 2 3 4 5

Startled awake at night 0 1 2 3 4 5

TOTAL: _____

HEAD

Headaches 0 1 2 3 4 5

Faintness 0 1 2 3 4 5

Dizziness 0 1 2 3 4 5

Pressure 0 1 2 3 4 5

TOTAL: _____

Toxicity Questionnaire

EMOTIONS

Mood swings 0 1 2 3 4 5

Anxiety, fear, or nervousness 0 1 2 3 4 5

Anger, irritability 0 1 2 3 4 5

Depression 0 1 2 3 4 5

TOTAL: _____

MIND / FOCUS

Poor memory 0 1 2 3 4 5

Confusion 0 1 2 3 4 5

Poor concentration 0 1 2 3 4 5

Difficulty making decisions 0 1 2 3 4 5

TOTAL: _____

Toxicity Questionnaire

JOINTS / MUSCLES

Pain or aches in joints 0 1 2 3 4 5

Stiffness or limited movement 0 1 2 3 4 5

Pain or aches in muscles 0 1 2 3 4 5

Feeling of weakness or tiredness 0 1 2 3 4 5

TOTAL: _____

WEIGHT

Binge eating or drinking 0 1 2 3 4 5

Craving certain foods 0 1 2 3 4 5

Excessive weight 0 1 2 3 4 5

Water retention 0 1 2 3 4 5

TOTAL: _____

Toxicity Questionnaire

SKIN

Acne 0 1 2 3 4 5

Hives, rashes, or dry skin 0 1 2 3 4 5

Flushing 0 1 2 3 4 5

Excessive sweating 0 1 2 3 4 5

TOTAL: _____

OTHER SYMPTOMS

Frequent illness 0 1 2 3 4 5

Sinus problems 0 1 2 3 4 5

Chest congestion 0 1 2 3 4 5

Dark circles under eyes 0 1 2 3 4 5

TOTAL: _____

Toxicity Questionnaire

ENVIRONMENTAL EXPOSURE

Rate the following based on your environmental profile for the past 120 days:

- 0 = Never
- 1 = Rarely
- 2 = Monthly
- 3 = Weekly
- 4 = Daily

Strong chemicals used in your home (bleach, cleaners, disinfectants, etc.) 0 1 2 3 4 5

Pesticides used in your home 0 1 2 3 4 5

Exposure to perfume, hairspray, nail polish, or other cosmetics 0 1 2 3 4 5

Exposure to diesel fumes, exhaust fumes, or gasoline fumes 0 1 2 3 4 5

Consumption of non-organic foods 0 1 2 3 4 5

TOTAL: _____

Toxicity Questionnaire

Your Score

Add up all section totals: _____

What Your Score Means:

- 40 or higher: You would likely benefit significantly from a detoxification program
- 20-39: Moderate toxic load—detoxification could help improve symptoms

Under 20: Low toxic load, but the program can still support overall wellness

Shopping List

Welcome to clean eating! This list is designed to make grocery shopping simple and stress-free. Focus on organic, whole foods whenever possible, and remember: shop the perimeter of the store where the fresh, real food lives.

PRODUCE: VEGETABLES (Unlimited—Eat Twice as Much as Fruit!)
Buy organic whenever possible. Fresh or frozen works—avoid canned.

Leafy Greens

- Spinach
- Kale
- Arugula
- Romaine lettuce
- Mixed greens
- Swiss chard
- Collard greens

Cruciferous Vegetables

- Broccoli
- Cauliflower
- Brussels sprouts
- Cabbage (green, red, or purple)
- Bok choy

Root Vegetables

- Carrots
- Beets
- Sweet potatoes
- Radishes
- Turnips
- Parsnips

Shopping List

Other Vegetables

- Zucchini
- Yellow squash
- Bell peppers (all colors)
- Cucumbers
- Asparagus
- Green beans
- Snap peas
- Celery
- Tomatoes
- Mushrooms
- Onions (yellow, red, white)
- Garlic
- Fresh herbs (cilantro, parsley, basil, rosemary, thyme)

PRODUCE: FRUITS (Half the Amount of Vegetables)

Organic is best. Stick to fresh or frozen—avoid dried and canned.

- Apples
- Berries (blueberries, strawberries, raspberries, blackberries)
- Bananas
- Oranges
- Grapefruit
- Lemons
- Limes
- Pears
- Peaches
- Plums
- Grapes
- Pineapple
- Mango
- Avocados (yes, technically a fruit!)

Shopping List

CLEAN PROTEIN (Added from Day 1—BFC Modification!)

Look for these labels: grass-fed, grass-finished, cage-free, free-range, organic, antibiotic-free, hormone-free

Brands like "Never Any" (available at Walmart and Aldi) make this easy!

Poultry

- Chicken breasts
- Chicken thighs
- Ground chicken
- Ground turkey
- Turkey breasts

Beef

- Grass-fed ground beef
- Grass-fed steaks
- Grass-fed roasts

Fish & Seafood (Wild-caught preferred)

- Salmon
- Cod
- Halibut
- Tilapia
- Shrimp
- Tuna (fresh or canned in water—watch for BPA-free cans)

Eggs

- Pasture-raised or organic eggs (cage-free at minimum)

Shopping List

HEALTHY FATS

- Avocados
- Extra virgin olive oil
- Coconut oil
- Avocado oil
- Ghee (clarified butter—dairy-free option)
-

Nuts & Seeds (Optional—Portion Control!)

- Almonds
- Cashews
- Walnuts
- Pecans
- Brazil nuts
- Pistachios
- Sunflower seeds
- Pumpkin seeds
- Chia seeds
- Flaxseeds

Avoid peanuts (they're a legume and often moldy)

LEGUMES (Optional)

- Black beans (dry or BPA-free canned, organic)
- Chickpeas (dry or BPA-free canned, organic)
- Lentils (red, green, or brown)
- Kidney beans

WHOLE GRAINS (Optional—Use Sparingly)

- Quinoa
- Brown rice
- Wild rice
- Steel-cut oats (gluten-free if sensitive)

Shopping List

BEVERAGES

- Filtered water (half your body weight in ounces daily—this is NON-NEGOTIABLE!)
- Herbal teas (organic, caffeine-free)
- Green tea (organic)
- Black tea (organic)
- Coffee (organic, pour-over or French press—NO K-cups!)

SEASONINGS & FLAVOR BOOSTERS

- Sea salt or Himalayan pink salt
- Black pepper
- Turmeric
- Cumin
- Paprika
- Chili powder
- Garlic powder
- Onion powder
- Cinnamon
- Oregano
- Basil
- Thyme
- Apple cider vinegar (organic, with "the mother")
- Balsamic vinegar
- Lemon juice
- Lime juice

OPTIONAL: SP COMPLETE SHAKES

- SP Complete (Chocolate, Vanilla, Unflavored, or Dairy-Free)

These are whole food protein shakes that make meal planning easier. Great for breakfast or snacks!

Shopping List

WHAT TO AVOID FOR 21 DAYS

Eliminate these from your shopping cart:

- ✗ Dairy (milk, cheese, yogurt, butter, ice cream)
- ✗ Gluten (bread, pasta, cereal, crackers, baked goods)
- ✗ Processed foods (packaged snacks, chips, cookies, bars)
- ✗ Sugar & artificial sweeteners
- ✗ Corn & soy products
- ✗ Fast food & fried foods
- ✗ Alcohol
- ✗ Sodas & sugary drinks

SHOPPING TIPS

- ✓ Shop the perimeter of the grocery store (produce, meat, fresh foods)
- ✓ Read labels: If you can't pronounce it, don't buy it
- ✓ Buy in bulk: Prep once, eat all week (roast a big batch of veggies, cook quinoa, grill chicken)
- ✓ Frozen is fine: Organic frozen vegetables and fruits are a budget-friendly option
- ✓ Farmers markets: Support local and get the freshest produce possible
- ✓ Meal prep: Wash, chop, and portion veggies when you get home so they're grab-and-go ready

You've got this. Stock your kitchen with real, whole foods, and your body will thank you.

21-Day Purification Meal Plans

Making healthy choices is so much easier when you have a plan. We've created simple, delicious meal ideas to take the guesswork out of the next 21 days. Mix and match, repeat your favorites, and remember: progress over perfection.

HOW TO USE THESE MEAL PLANS

- Choose 3-5 meals you love and rotate them throughout the week
- Prep in batches (roast veggies, grill chicken, cook quinoa on Sunday)
- Keep it simple (you don't need to be a chef to eat clean)
- Listen to your body (hungry? Eat more veggies and protein. Full? Don't force it.)
- Drink your water (half your body weight in ounces —every single day)

Breakfast Ideas

Option 1: Veggie-Packed Scramble

- 2-3 eggs (pasture-raised or organic)
- Sautéed spinach, bell peppers, onions, and mushrooms
- Cook in coconut oil or ghee
- Side of fresh berries or half an avocado

Option 2: SP Complete Shake

- 1-2 scoops SP Complete (any flavor)
- 1 cup unsweetened almond milk or coconut milk
- Handful of spinach (you won't taste it!)
- ½ cup frozen berries
- Ice and blend

Option 3: Sweet Potato Breakfast Bowl

- Roasted sweet potato cubes
- 2 scrambled eggs
- Sautéed kale or spinach
- Drizzle with olive oil, salt, and pepper

Option 4: Smoothie Bowl

- SP Complete shake (above) poured into a bowl
- Top with fresh berries, sliced banana, chia seeds, and a handful of nuts

Option 5: Leftover Dinner

- Yes, seriously! Leftover chicken and roasted veggies make a perfect breakfast.

Lunch Ideas

Option 1: Big Veggie Salad with Protein

- Mixed greens (spinach, arugula, romaine)
- Grilled chicken, salmon, or hard-boiled eggs
- Cherry tomatoes, cucumber, shredded carrots, bell peppers
- Avocado slices
- Dressing: Olive oil + lemon juice + salt + pepper (or balsamic vinegar)

Option 2: Lettuce Wrap Tacos

- Ground turkey or grass-fed beef, seasoned with cumin, chili powder, garlic
- Romaine lettuce leaves as "shells"
- Top with diced tomatoes, avocado, cilantro, lime juice

Option 3: Veggie Stir-Fry

- Chicken, shrimp, or tofu
- Broccoli, snap peas, bell peppers, carrots, zucchini
- Sauté in coconut oil with garlic and ginger
- Serve over cauliflower rice or quinoa (optional)

Option 4: Soup & Salad Combo

- Homemade veggie soup (see dinner recipes below)
- Side salad with olive oil and lemon dressing

Option 5: Protein + Roasted Veggies

- Grilled chicken breast or salmon
- Roasted Brussels sprouts, sweet potato, and asparagus
- Drizzle with olive oil, salt, and herbs



Dinner Ideas

Option 1: Sheet Pan Chicken & Veggies

- Chicken breasts or thighs (organic, free-range)
- Broccoli, cauliflower, carrots, and red onion
- Toss everything with olive oil, garlic, salt, pepper, and paprika
- Roast at 400°F for 25-30 minutes

Option 2: Grilled Salmon with Roasted Veggies

- Wild-caught salmon fillet (season with lemon, garlic, and dill)
- Roasted asparagus and zucchini
- Side of quinoa (optional)

Option 3: Turkey Chili (No Beans Option or With Beans)

- Ground turkey (organic, antibiotic-free)
- Diced tomatoes, bell peppers, onions, garlic
- Season with chili powder, cumin, paprika
- Optional: Add black beans or kidney beans
- Top with avocado and cilantro

Option 4: Beef & Veggie Stir-Fry

- Grass-fed beef strips
- Bell peppers, broccoli, snap peas, mushrooms, carrots
- Sauté in coconut oil with garlic and ginger
- Serve over cauliflower rice

Option 5: Slow Cooker Chicken & Veggie Soup

- Chicken breasts or thighs
- Carrots, celery, onions, zucchini, tomatoes, spinach
- Low-sodium chicken broth (or make your own)
- Season with garlic, thyme, rosemary, salt, and pepper
- Cook on low for 6-8 hours

Option 6: Baked Cod with Roasted Root Veggies

- Wild-caught cod (season with lemon, garlic, and parsley)
- Roasted carrots, beets, and sweet potatoes
- Drizzle with olive oil and sea salt

Option 7: Ground Beef & Veggie Skillet

- Grass-fed ground beef
- Diced bell peppers, zucchini, onions, tomatoes
- Season with cumin, garlic, paprika
- Serve over cauliflower rice or quinoa

Snack Ideas

Option 1: Veggie Sticks + Guacamole

- Carrot sticks, cucumber slices, bell pepper strips
- Homemade guacamole (avocado, lime, cilantro, salt)

Option 2: Apple Slices + Almond Butter

- Organic apple, sliced
- 1-2 tablespoons almond or cashew butter (no sugar added)

Option 3: Handful of Nuts

- Almonds, cashews, walnuts, or pecans
- Keep portions to about ¼ cup (nuts are calorie-dense)

Option 4: Hard-Boiled Eggs

- Prep a batch at the beginning of the week
- Sprinkle with sea salt and pepper

Option 5: Berries

- Fresh blueberries, strawberries, or raspberries
- Pair with a handful of nuts for protein

Option 6: SP Complete Shake

- Quick, easy, and filling between meals

Option 7: Celery + Almond Butter

- Classic combo that's crunchy and satisfying

Simple Meal Prep Strategy

Sunday Prep (1-2 hours):

1. Roast a big batch of veggies (broccoli, Brussels sprouts, sweet potatoes, carrots)
2. Grill or bake 4-6 chicken breasts (or your protein of choice)
3. Cook quinoa or cauliflower rice (if using)
4. Wash and chop veggies for salads and snacks
5. Hard-boil a dozen eggs
6. Make a big pot of soup or chili for easy lunches

Portion everything into containers so you can grab and go throughout the week.

SAMPLE 3-DAY MEAL PLAN

DAY 1

- Breakfast: Veggie scramble with berries
- Snack: Apple slices + almond butter
- Lunch: Big veggie salad with grilled chicken
- Snack: Handful of almonds
- Dinner: Sheet pan chicken & veggies

DAY 2

- Breakfast: SP Complete shake with spinach and berries
- Snack: Hard-boiled eggs
- Lunch: Lettuce wrap tacos with ground turkey
- Snack: Carrot sticks + guacamole
- Dinner: Grilled salmon with roasted asparagus and quinoa

DAY 3

- Breakfast: Sweet potato breakfast bowl with scrambled eggs
- Snack: Fresh berries
- Lunch: Turkey chili with avocado
- Snack: Celery + almond butter
- Dinner: Beef & veggie stir-fry over cauliflower rice

Eating Out Survival Guide

Yes, you can still eat out during the program! Here's how:

- ✓ Choose grilled, baked, or roasted proteins (not fried)
- ✓ Ask for veggies instead of fries or bread
- ✓ Request olive oil and lemon for salad dressing (most restaurant dressings have sugar and additives)
- ✓ Skip the bread basket
- ✓ Bring your own salad dressing if you're really committed
- ✓ Ask how food is prepared (cooked in butter? vegetable oil? Can they use olive oil instead?)

Restaurant-friendly meals:

- Grilled chicken or fish with steamed veggies and a side salad
- Fajitas (skip the tortillas, cheese, and sour cream—load up on peppers, onions, and guac)
- Salad with protein (ask for olive oil and vinegar on the side)

HYDRATION REMINDER

Water is not optional.

Calculate your daily water goal: Half your body weight in ounces

Example: If you weigh 150 lbs → Drink 75 oz of water per day

Pro tips:

- Fill a large water bottle in the morning and track refills
- Drink a glass first thing when you wake up
- Set phone reminders every 2 hours
- Add lemon or cucumber slices for flavor

You've got everything you need. Real food. Simple meals. A plan.
Now let's do this.

Maintenance Guide

You Did It!

Congratulations! You just completed 21 days of intentional, clean eating and detoxification. You should be feeling clearer, lighter, and more energized than you did three weeks ago.

But here's the thing: the real work starts now.

The 21-Day Purification Program wasn't just about a temporary reset. It was about teaching you what your body is capable of when you fuel it properly. Now it's time to define your "new normal" and carry these habits forward.

The Goal: Sustainable Health

We're not going back to the way things were before. Instead, we're going to **reintroduce foods strategically** while maintaining the foundation you've built.

Think of this phase as:

- **80/20 living** (80% clean, whole foods + 20% flexibility for life)
- **Building resilience, not restriction**
- **Listening to your body and responding accordingly**

Step 1: Reintroduce Foods One at a Time

This is critical. If you jump back into eating everything at once, you won't know what's helping or hurting your body.

The Reintroduction Process:

Week 1 (Days 22-28): Reintroduce Whole Grains

- Add back: Steel-cut oats, brown rice, quinoa, whole-grain bread (gluten-free if sensitive)
- Watch for: Bloating, fatigue, digestive upset, brain fog
- If symptoms appear: Remove that food and try again in 2-4 weeks

Week 2 (Days 29-35): Reintroduce Dairy (If Desired)

- Start with: Plain Greek yogurt, kefir, or high-quality cheese
- Avoid: Heavily processed dairy, ice cream, flavored yogurts with sugar
- Watch for: Congestion, bloating, skin breakouts, digestive issues
- If symptoms appear: Dairy may not be your friend. Consider eliminating it long-term or choosing alternatives like goat or sheep dairy.

Week 3 (Days 36-42): Reintroduce Eggs (If You Removed Them)

- Start with: Pasture-raised or organic eggs
- Watch for: Skin reactions, digestive upset
- If symptoms appear: You may have an egg sensitivity

Week 4 (Days 43-49): Reintroduce Treats (Strategically)

- Add back: Small amounts of natural sweeteners (honey, maple syrup), dark chocolate (70%+ cacao), occasional gluten-free baked goods
- Watch for: Energy crashes, cravings, mood swings
- If symptoms appear: Sugar may still be a trigger. Keep treats minimal.

Step 2: Keep the Foundation

These habits should stay with you forever:

1. Hydration

- Continue drinking half your body weight in ounces of filtered water daily
- This is non-negotiable for ongoing detox support and optimal health

2. Protein with Every Meal

- Clean, high-quality protein (grass-fed, free-range, wild-caught) stabilizes blood sugar and keeps you full
- Don't skip this

3. 5-9 Servings of Fruits & Vegetables Daily

- Keep eating twice as many vegetables as fruit
- These are your body's best defense against inflammation and disease

4. Organic When Possible

- Prioritize organic for the "Dirty Dozen" (most pesticide-heavy produce)
- Buy conventional for the "Clean Fifteen" (lowest pesticide produce)

5. Avoid Processed Foods

- Continue reading labels and avoiding ingredients you can't pronounce
- If it comes in a box or bag and has 15 ingredients, it's probably not helping you

6. Minimize Dairy, Gluten, and Refined Sugar

- These are inflammatory for most people
- Even after reintroduction, keep them occasional—not daily

Step 3: the 80/20 Rule

80% of the time: Eat clean, whole foods like you did during the program

20% of the time: Live your life

- Birthday cake at your kid's party? Enjoy it.
- Dinner out with friends? Make the best choice you can and don't stress.
- Holiday meal? Savor it without guilt.

The goal is sustainable health, not perfectionism.

Step 4: Monthly Mini-Resets

Life happens. Vacations, holidays, stressful weeks—they all add up. Plan to do a **3-5 day mini-reset once a month** to get back on track.

Mini-Reset Guidelines:

- Eliminate dairy, gluten, sugar, alcohol, and processed foods
- Focus on vegetables, clean protein, healthy fats, and water
- Take your Gastro-Fiber and SP Green Food if you have them
- Use this as a tune-up, not a punishment

You just spent 21 days learning what clean eating feels like. Now you have a baseline.

Step 5: Listen To Your Body

Pay attention to:

- **Energy levels:** Do certain foods make you crash?
- **Digestion:** Are you bloated, gassy, or constipated after eating something?
- **Skin:** Do breakouts correlate with specific foods?
- **Mood:** Does sugar make you irritable or anxious?
- **Sleep:** Are you sleeping well or waking up at night?
- **Cravings:** What triggers them?

Your body is always talking. Your job is to listen.

Step 6: Continue Supplementation (Optional but Recommended)

Daily Foundational Support:

Consider continuing with:

- Catalyn: Whole food multivitamin for foundational nutrition
- Gastro-Fiber: Ongoing digestive and gut health support
- SP Complete Shakes: Easy, clean nutrition on busy days
- Olprima EPA/DHA Fish Oil: Support healthy inflammation levels

Talk to Dr. Ballard about a personalized supplement protocol based on your individual needs and goals.

Step 7: Detox Support Year-Round

Your body is constantly exposed to toxins.

Support your detox systems ongoing:

- ✓ **Drink filtered water** (Berkey or high-quality filtration system)
- ✓ **Sweat regularly** (sauna, exercise, hot baths)
- ✓ **Support lymphatic drainage** (dry brushing, walking, yoga, massage)
- ✓ **Reduce toxic exposure** (clean body care products, non-toxic cleaning supplies, filter your air)
- ✓ **Eat fiber-rich foods** (vegetables, flaxseeds, chia seeds)
- ✓ **Consider doing the 21-Day Purification Program once or twice a year** (January and July cleanses are offered through Ballard Family Chiro)

Step 8: What if I Slip Up?

You will. We all do. Life is messy, and food is part of living.

Here's what to do when you fall off track:

1. Don't spiral. One meal, one day, or even one week off-plan doesn't erase your progress.
2. Get curious, not critical. What triggered the slip? Stress? Emotions? Social pressure? Learn from it.
3. Reset immediately. The next meal is a fresh start. Don't wait until Monday. Do a mini-reset. 3-5 days of clean eating gets you back on track fast.



Step 9: Celebrate Your Wins

Before you move on, take a moment to acknowledge how far you've come.

Compare your Day 1 and Day 21:

- Toxicity Questionnaire scores
- Digestive Assessment scores
- Weight and measurements
- Energy levels
- Sleep quality
- Mood and mental clarity
- Symptoms that improved or resolved

This is proof that your body is capable of incredible things when you give it what it needs.

Step 10: Stay Connected

You don't have to do this alone.

- **Join us again** for the next 21-Day Purification Program (we run them twice a year)
 - **Schedule a Functional Medicine consultation** if you want deeper support
 - **Follow BFC on social media** for tips, recipes, and reminders
- Call or text the office anytime:** 217-347-5010 or 618-389-6870 (text)

The Bottom Line

The 21-Day Purification Program gave you a reset. What you do next determines whether that reset becomes a lifestyle.

You've proven to yourself that you can do hard things. You've learned what clean eating feels like. You've experienced what happens when your body is supported instead of stressed.

Don't go back to the habits that brought you here in the first place. Your body deserves better. Your family deserves a healthier you. And you deserve to feel this good for the long haul.



NEED HELP?

If you're struggling with the transition, feeling stuck, or want a personalized plan moving forward, schedule a follow-up consultation with Dr. Ballard.

We're here to support you—not just for 21 days, but for life.

We got you.

Now go live your healthiest life.