



Here is your Routine Guide:

- Today I woke up at _____ am, And I felt _____.
- My goal today is to _____ and _____.
- One thing I am Grateful for is _____.

Start your day with THIS routine

- **Exercise:**
 - Jumping backs- 50
 - Squats- 20
 - Push ups- 12
- **Shower** as you usually do, Turn that knob all the way over to cold for 30 seconds.
 - BREATHE through it.
- 1 TSP **Apple Cider Vinegar** in a small bit of water, Shoot it down!
- Coffee or Tea- 1 cup (I use Organo Gold) If you want to try, let me know mark@markkibyuk.com
- **Food-** start your day with PROTEIN and some fruit
- **NEED help with food? Grab this FREE sample day from my 10 day Detox plan. Check it out BELOW**
- **When you get to work:**
 - 10 deep breaths breathing in through your nose, and out through your mouth.
- **Manage your stress.** Try Breathing, and doing something that makes you laugh.

Bed Time. Follow this routine:

- Set your time to fall asleep. (if you need to use an alarm do it!)
- 1 hour before you go to sleep- SCREENS OFF (Tv and Phone)
- Clear your head of the day's issues, write them down!
- Make a clear plan of how you will attack tomorrow's problems.
- Breathe for 10 minutes in through your nose, and out through your mouth.
- Allow yourself to fall asleep naturally. If you don't get up, leave your room, walk around and attempt again.

Check sheet:

Today I woke up and felt _____.

I Slept for _____ hours, from ____pm, through ____am.

Did you plan your goals? YES/NO

Did you write down your gratitude statement? YES/NO

Did you get your Exercise in this morning? YES/NO

Did you get a cold shower? YES/NO

Did you use your Apple Cider Vinegar drink? YES/NO

Did you follow your food plan? YES/NO

Did you do your breathing when you got to work? YES/NO

Did you laugh today? YES/NO

Did you crush your bedtime routine last night? YES/NO

What would help you correct the things you did not do? That should be your goal for tomorrow.

Feel free to send these back to me, Mark@markkibyuk.com

Your Sample Menu is below! Enjoy!

Sample menu from MK 10 Day detox Program(Omit the supplementation Parts)



Sample Menus

The easiest way to take advantage of this program is to follow these **Sample Menus**. However, if you would like to develop your own menus, just be mindful of the **Recommended Foods** List and recommended serving sizes. Remember there are no caloric restrictions on this program, unless otherwise instructed. Remember to visit www.clearchangeprogram.com to sign up for free daily program support and bonus recipes and menu plans. (Vegetarian alternatives for entrees are presented in parentheses.)

Recipes for menu items in italics are provided on pages 16-19 in this guide.

Day 1: Ready. Set. Go.

Follow the **Eating Guidelines** and select only from the **Recommended Foods List**.

Sample Menu



Breakfast: Gluten-free oatmeal with almond, coconut, or rice milk—topped with fresh organic berries of choice



Lunch: Hummus and rice cakes with cherry tomatoes and avocado slices and Minestrone Soup



Dinner: Mixed veggie stir-fry with brown rice and broiled salmon (or without); mixed green salad dressed with oil and vinegar



Snacks: Nuts, fruits, raw vegetables, coconut yogurt, rice cakes with almond butter

For stir-fry use olive or coconut oil, adding ginger and canned coconut milk at the end.

Bonus Recipes for Days 1 & 2: Sweet Potato Squash Delight, Quinoa Vegetable Soup, Quinoa Salad, Kasha Chili, and Red Cabbage & Apple Salad. These recipes are all also appropriate for Day 9.



Recipes for Day 1

Minestrone Soup (8 servings)

1 Tbsp. olive oil
1 medium to large onion, chopped
3 carrots, sliced or diced
2 stalks celery, diced
2 cloves garlic, minced
6 cups vegetable stock or water
1 bay leaf
830 ml can low sodium, organic tomatoes with juice
1/3 cup brown rice
470 ml can low sodium, organic kidney beans, undrained, or 2 cups home-cooked beans
450 g fresh green beans, cut into 2.5 cm pieces or a 300 g (10-oz.) package frozen cut green beans
In a 6-qt. pot, sauté onion, celery, carrots, and garlic until softened. Add stock or water, tomatoes, rice, and bay leaf. Bring to a boil and cover, reducing heat to a simmer for 50 minutes; stir occasionally. Stir in kidney beans and green beans and simmer for 5-10 minutes more until all vegetables are tender. Remove bay leaf before serving.

Quinoa Salad (12 servings)

1½ cups quinoa, rinsed well
3 cups vegetable broth or water
½ cup Basic Salad Dressing
1 red bell pepper, diced
1 cup frozen baby peas, thawed
¼ cup diced red onion
3 scallions, thinly sliced (with 10 cm of green included)
or 1 shallot, chopped
¼ cup chopped fresh dill
¼ cup chopped parsley
Add quinoa to broth or water in a medium saucepan. Stir and bring to a boil. Reduce to simmer. Cover and cook 15 minutes without stirring, or until liquid is absorbed. Remove to bowl and toss with salad dressing. Cool slightly and add remaining ingredients, tossing well with fork. Add more dressing as needed and adjust seasoning. (Add any leftover veggies for variety.)

Sweet Potato Squash Delight

(6-8 servings)
1 medium butternut squash, cut into chunks
2 medium sweet potatoes, cut into chunks
¼ tsp. ginger
¼ tsp. cinnamon
Dash nutmeg
¼ cup unsweetened rice milk
Preheat oven to 175 °C (350 °F). Steam squash and sweet potato until tender. Remove, peel, and purée in food processor. Add ginger, cinnamon, nutmeg, and rice milk. (Add enough rice milk for desired consistency of mashed potatoes.) Put mixture into 1½-qt. casserole, garnish with a sprinkle of cinnamon, and bake for 15 minutes.

Hummus (6 servings)

470 ml can low sodium, organic garbanzo beans (chickpeas), or 2 cups home-cooked
1/3 cup lemon juice
2 Tbsp. olive oil or flaxseed oil
2 cloves of garlic, crushed
Paprika, sea salt, and fresh parsley to taste
1 tsp. cumin
¼ cup tahini (sesame butter)
Drain beans and reserve liquid. Blend beans with remaining ingredients. If mixture seems dry, add some of the reserved liquid slowly to the blender to make a smooth paste. Garnish with a sprinkle of paprika and parsley.

Red Cabbage & Apple Salad (4 servings)

Small head red cabbage, coarsely chopped
10 radishes, sliced
3 tart green apples, unpeeled, washed, and diced
2 green onions, chopped
1 stalk celery, chopped
¼ cup walnuts, chopped
1-2 Tbsp. lemon juice
Dash of garlic powder
2 Tbsp. olive oil
1 Tbsp. balsamic or apple cider vinegar
Mix everything in a serving bowl. Let it sit for an hour, stirring once or twice.

Kasha Chili (4-6 servings)

2 medium onions, diced
2 medium peppers, diced
1 Tbsp. olive oil
830 ml can low sodium, organic Italian tomatoes
2 cups water
440 ml can low sodium, organic pinto or kidney beans, drained
1-2 Tbsp. chili powder to taste
4 cloves garlic, minced
½ tsp. cumin
¼ tsp. pepper, or to taste
¼ cup whole kasha (buckwheat groats)
Salt and black pepper to taste
In a 4-qt. saucepot, sauté onions and peppers in olive oil. Add tomatoes with their juice, water, beans, and spices. Bring to a boil, stir, and cover. Reduce heat and simmer for 10-15 minutes, then add kasha and cook 10-15 minutes more, until kasha is tender. Taste and adjust seasoning. Serve hot.

Quinoa Vegetable Soup (4-6 servings)

¼ cup quinoa, well rinsed
½ cup carrots, diced
¼ cup celery, diced
2 Tbsp. onion, chopped
¼ cup green pepper, diced
2 cloves garlic, chopped
2 tsp. olive oil
4 cups water
½ cup tomatoes, chopped
½ cup cabbage, chopped
Salt and pepper to taste
¼ cup fresh parsley, chopped
Sauté quinoa, carrots, celery, onions, green pepper, and garlic in oil until softened. Add water, tomatoes, and cabbage and bring to a boil. Simmer 20-30 minutes or until tender. Season to taste and garnish with parsley. (For variations, try adding some of your other favourite vegetables chopped and sautéed.)

Want the program? Grab it <https://www.markkibyuk.com/shop/10-day-reset-diet>

Hope you Enjoy this and use it to your advantage!
If you have questions for me, Reach out!!

A handwritten signature in black ink, appearing to read 'Mark Kibbyuk'. The signature is stylized with a large 'M' and a long, sweeping horizontal line extending to the right.

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