

Dr. Lindsey's Custom 3-Day Genesis PURE Diet

These different meals are only examples of the perfect diet, it is absolutely critical that any diet has a variety of food groups that represent the many different nutrients that we do and don't know about. It's also important to note that the multiple colors represented in each meal indicate different nutrients for Cleansing, Balancing and Building, for example:

- Red Foods = Stimulating
- Yellow Foods = Laxative Properties
- Green Foods = Cleansing & Building
- Purple Foods = Healing & Longevity

With each meal, take your Genesis PURE supplements before, during and after; spread them out throughout the meal. If you take a lot of supplements, like I do, then you don't have to do them all at once, which will make you feel full.

Day 1

Breakfast

- Miso soup loaded with sea vegetables like kelp
- Tofu (if protein is needed)

This is a very healing meal because most Americans are used to eating all sugars and stimulants for breakfast, such as coffee and sweet rolls, and miso soup is the polar opposite. It is salty, high in minerals, heat-generating and alkalizing, plus it has absolutely no sugar. Take your Genesis PURE supplements before, during and after.

Lunch

- Wild salmon
- Steamed dark leafy green vegetables (kale, collards, spinach or broccoli)
- Lemon juice as dressing

An ideal lunch has a balanced amount of protein and veggies, the protein will keep your energy up and the greens are loaded with minerals. Also, it's not loaded with carbs or sugars. Squeeze as much lemon on the vegetables as you could want or imagine for the cleansing properties. Take your Genesis PURE supplements before, during and after.

Snack

- Hummus
- Veggies

While this is a delicious and healthy snack, be careful with the hummus because it is loaded with good fats and can put weight on you if over consumed.

Dinner

- Beans
- Rice
- Steamed green veggies
- Lemon tahini sauce with extra lemon

Dinner should always be light, never heavy, never late and never skew too heavy on protein or fat unless you're a pro athlete or trying to gain weight. Include only small portions of beans and rice, for beans I recommend using azuki, pinto or black beans, avoid greasy or refried beans. In terms of rice, select a clean, healthy wild brown or basmati rice, this can be switched out for any grain such as millet or quinoa.

While many may think tahini sauce sounds boring, if it is done right, mixed with Braggs Liquid Aminos and poured over the rice and veggies, you'll be amazed at how good it can taste. Take your Genesis PURE supplements before, during and after.

I don't recommend messing up a perfect day of eating with dessert, but if you absolutely have to have something sweet, then I recommend making a homemade sorbet by blending frozen ripe fruits. Simply freeze bananas, melons and other healthy fruits, put them in a blender and they will come out similar to an ice cream, but without the fat.

Day 2

Breakfast

- Soft scrambled free-range brown eggs
- Cilantro
- Diced tomatoes
- Onions
- Corn tortilla

This combines veggies and protein for a great breakfast that will keep you full and sustain you throughout the morning. If you can tolerate spiciness, then I recommend adding fresh organic salsa and hot peppers to stimulate heat and digestion. Also, if you're trying to gain weight, add some good fat with fresh avocado. Do not add cheese. Take your Genesis PURE supplements before, during and after.

Snack

Eat a fresh piece of organic fruit or mix up a light smoothie if you have a blender.

Lunch

- The True Rainbow Salad
 - Carrots
 - Yellow squash
 - Cucumbers
 - Red peppers
 - Jicama
 - Organic goat cheese
 - Nuts or pepitas
- Green Veggie Juice
 - Dark leafy greens
 - Beet
 - Lemon
 - Apple

One of the best ways to make or build the True Rainbow Salad is using a salad shooter. Take all the different colors of organic vegetables, including the carrots, yellow squash, cucumbers, red peppers and jicama, and put them through a salad shooter to make long thin strips. Then create sections on your plate of each color, like a pie, with portions of red, orange, yellow, green, and add a row of the goat cheese, which is loaded with minerals and protein.

Top the salad with nuts or pepitas, and you have an unbelievably basic salad loaded with minerals, good fats and great protein. Use lemon or a really clean vinaigrette as dressing.

If you have access to a juice shop, health foods store or a home juicer, also drink a green veggie juice made with dark, leafy greens, beets, lemon and apple juice. Take your Genesis PURE supplements before, during and after.

Snack

Eat carrots or celery wedges or healthy popcorn with an herbal detox tea.

Dinner

- Organic free-range chicken
- Organic vegetables
- Sea minerals

Soup is a delicious way to pack in your nutrients, including protein with the organic chicken breast and vitamins and minerals from the veggies. I recommend using as many astringent vegetables as possible, including turnips, onions and garlic, which are great for the lungs. Spice up your soup with minerals and spices from the ocean such as kelp or any type of sea mineral.

Also, drink a blood purifying tea that has red clover or yellow dock in it. If you absolutely need dessert, eat fresh fruit. Take your Genesis PURE supplements before, during and after.

Day 3

Breakfast

- Whole grain millet
- Rice bran syrup

This is a delicious and incredibly healthy breakfast as the millet is alkalizing and gluten free and the rice bran syrup is very high in B-vitamins, which will boost your energy. Take your Genesis PURE supplements before, during and after.

Snack

Eat organic trail mix with nuts, seeds and dried fruit, it should be sulfite free and low in sodium.

Lunch

- Tostada
- Healthy beans
- Soy cheese
- Steamed wild rice

I recommend using a pinto, black, azuki or any other healthy bean. Also, add lots of spicy salsa if your stomach can take it to generate heat and aid in digestion. Take your Genesis PURE supplements before, during and after.

Snack

Eat fresh organic fruit.

Dinner

- Gluten-free pasta
- Tomato sauce
- Small rainbow salad

- Herbal tea

For dinner, I recommend loading on extra, extra tomato sauce as it is a great source of lycopene. For your small rainbow salad, again, use lots of dark leafy green veggies. The herbal tea should have Indian herbal spices and/or spicy ginger to generate heat and aid in digestion. Take your Genesis PURE supplements before, during and after.

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