

Peggy Hall's

**One-Day**

# Miracle Cleanse

**Shed 2-3 pounds of bothersome belly bloat overnight!  
No pills, powders, supplements or starving!**



# Detailed Reference Guide

**Get ready to shed 2-3 pounds of bothersome belly bloat overnight!**

No pills, no powders, no supplements, no starving – just specific, healthy cleansing foods eaten in certain combinations at specific times of the day to accelerate your body's own natural cleansing and healing powers.

*Do not stay on this cleanse for longer than one day at a time, or you may lose weight too quickly!*

## **When should you do the MiracleCleanse?**

Choose a day when you'll have some time to yourself and no social obligations like going out to dinner. The Friday before a special weekend is a perfect time to cleanse – or the Monday following an indulgent weekend is also a great time to cancel out any damage and fast-track your way in to a healthy week.

## **The OneDay MiracleCleanse is perfect to do:**

- ...after a weekend of overindulging
- ...if you're feeling bloated and sluggish
- ...as the last-minute preparation for a big event the following day!



# Getting Started

1. Decide which day you want to do the MiracleCleanse and write it down:

\_\_\_\_\_

You will be using the bathroom frequently, so please plan accordingly! Try to finish your MiracleDrinks by 7:00 pm so you will be able to sleep through the night without waking up to go to the bathroom too often. And when “nature calls” please listen and use the bathroom as soon as you feel the urge. This is one of the main ways you’ll be releasing toxic debris.

2. Read through the MiracleCleanse menu and shopping list.
3. Shop for your MiracleCleanse foods. (You can prepare all of the meals one day in advance if you like, so the day of your MiracleCleanse you can relax and enjoy your day!) All of the MiracleCleanse foods are available in any grocery store. Select organic whenever possible.
4. Prepare your MiracleCleanse Drinks #1, 2, and 3. (See recipes in daily schedule.)



## Tips for Success!

1. Choose a day when you can focus on yourself. This is your time to relax, renew and focus on healing.
2. Use a mantra as your go about your day. Try something like: “Easy does it”. Just breathe and relax and take your day one step at a time.
3. Take a nap when you feel like it. An ideal time is before or after your first MiracleCleanse soup around 3:00 or 3:30 pm.
4. Take it easy energy-wise on your MiracleCleanse day. This is NOT the time to take that spinning class or to do your weight training workout. The yoga poses for detoxing and your pre-meal walks are quite enough. Remember: this is your time for cleansing, not building.
5. Avoid using the microwave oven to prepare or heat your meals. The energy waves in that appliance can damage the molecules of the food, and you want to make sure you’re getting all the nutrients you need.
6. Use glass dishes and glasses, instead of plastic.
7. Select beautiful dishware and glasses to enjoy your MiracleCleanse drinks and meals. Take time to sit down and enjoy your nourishment.



# MiracleDay-at-a-Glance

- Weight and measurements
- Morning yoga for detoxing
- Hot Lemony
- Yoga Tummy Tuck
- Morning walk
- MiracleMango Smoothie
- MiracleDrink #1: Cucumber/Orange
- Mid-day walk
- MiracleCleanse Fruit Salad
- MiracleDrink #2: Green Tea Blend
- Afternoon nap (optional)
- MiracleSoup #1: Energy Greens
- MiracleDrink #3: Cranberry Cooler
- Evening walk
- MiracleSoup #2: Roasted Reds
- Evening Hot Lemony
- Sauna (optional)
- Evening yoga for detoxing
- Detox bath
- Bedtime early
- Weight and measurements the following day
- Email Peggy your results! ([Peggy@PeggyHall.com](mailto:Peggy@PeggyHall.com))



# Daily Schedule & Checklist

Do your best to follow along with the suggested timing, but make adjustments if needed.

Take a pencil and check off each item as you go to stay on track!

## 7:00 - 7:30 am:

- \_\_\_\_ Wake up, use the bathroom and brush your teeth.
- Weigh yourself, without clothes, and write the number here: \_\_\_\_
- Measure your waist right at your belly button. Don't suck in your tummy or pooch it out; just stand like normally. Write the number here: \_\_\_\_
- Now suck in your tummy as tight as you can and find the narrowest part of your waist. Write the number here: \_\_\_\_
- \_\_\_\_ Do the morning detox yoga routine (or do 5 minutes of easy yoga stretches) while your water is heating for your **Hot Lemony**:
  - heat water to preferred drinking temperature
  - add juice of 1/2 small organic lemon (about 1 tablespoon)
  - drink it without sweeteners – dilute it if need be with more water
- \_\_\_\_ Drink your Hot Lemony and visualize it cleansing and soothing your body, carrying away the toxic debris! Use this mantra: "I'm flooding my tissues with healing nutrients!"



# Daily Schedule & Checklist

- \_\_\_\_\_ After drinking your Hot Lemony, do five rounds of the Yoga Tummy Tuck.  
(You can repeat the tummy tuck anytime of the day, before meals for even more dramatic results.)

## **7:50 – 8:00 am:**

\_\_\_\_\_ Take a 10-minute walk (walk five minutes in one direction then turn around and walk back.) Swing your arms and walk like you're in a hurry to get somewhere.

## **8:00 - 8:30 am:**

\_\_\_\_\_ Make and drink your **MiracleMango Smoothie:**

- 1 cup frozen mango
- 1 cup frozen pineapple
- Add 1/3 cup light coconut milk
- 1 cup water (might need to add more water to blend to your desired consistency).
- Blend it all together in the blender, drink and enjoy! You can sip on it all morning or drink it in one sitting – your choice!



# Daily Schedule & Checklist

**Mango** is high in Vitamin A and C – will make your skin glow!

**Pineapple** contains enzymes to reduce belly bloat, ease inflammation and swelling, boost circulation and induce a feeling of calm energy!

**Coconut milk** is rich in lauric acid, which boosts the immune system, revs the metabolism and keeps skin and hair soft and radiant! Coconut milk contains medium chain fatty acids, which help to suppress the appetite.

**8:00 – 11: 30 am:**

\_\_\_\_\_ Drink your **MiracleDrink #1: Cucumber/Orange:**

.....  
..... Slice 1/2 cucumber and 1/2 orange and place them in a 1-quart pitcher of  
..... water. (Note: you can do this the night before for better-tasting water.)  
.....  
..... Add as much ice as you like. After you drink the water, you can eat the  
.....  
..... cucumber / orange slices.  
.....

**Cucumber:** is the best for hydration and eliminating belly bloat. Helps to de-puff your skin, especially around the eyes.

**Oranges:** high in anti-aging antioxidants and also helps improve your memory!



# Daily Schedule & Checklist

## 11:30 – 11:45 am:

\_\_\_\_\_ Take a 10-minute walk (walk five minutes in one direction then turn around and walk back.) Swing your arms and walk like you're in a hurry to get somewhere.

## 11:45 am – 12:00 noon:

\_\_\_\_\_ Enjoy your **MiracleCleanse Fruit Salad:**

- 1/4 fresh pineapple, diced
- 1/2 cucumber diced (keep the peels on if it's organic)
- 1/2 large ruby red grapefruit, peeled, cut into little sections. Do this over a big bowl so you can retain the juice.
- Mix everything together in a big glass bowl. Eat it with a spoon to get all the healing juices.

**As you eat your MiracleCleanse Fruit Salad, say to yourself over and over:**

- "I'm flooding my tissues with healing nutrients."
- "My body is cleansing, and I feel wonderful!"
- "I love feeling so clean, light and free!"

If you're still hungry, enjoy another MiracleCleanse Fruit Salad!



# Daily Schedule & Checklist

**Pineapple** is the best anti-inflammatory, to reduce redness in the skin. Also contains beneficial enzymes to reduce belly bloat.

**Cucumber:** is the best for hydration and eliminating belly bloat. Helps to reduce skin puffiness, especially around the eyes, so you'll look younger and more refreshed!

**Grapefruit:** rich in Vitamin C and potassium, this fruit helps the body burn more fat by stimulating the liver. Also thought to reduce appearance of cellulite. (See my "Cellulite Cure" for more information – program to be released soon!)

**11:30am – 2:30 pm:**

\_\_\_\_\_ Drink your **MiracleDrink #2: Green Tea Blend**

- Prepare your tea the night before: bring a pot of water almost to a boil,
- then pour it over two bags of green tea. (I like Yogi Tea brand – try the
- Blueberry Slim Green Tea for a special treat!)
- Make enough for 1 quart of iced tea, unsweetened.

**Green tea** is high in antioxidants (to combat aging), strengthens the immune system, offers protection from many cancers, and boosts the metabolism. Also acts to suppress the appetite.



# Daily Schedule & Checklist

**3:00pm – 3:30 pm:**

\_\_\_\_\_ Enjoy **MiracleSoup #1: Energy Greens!**

- One leek, chopped (use the green part, too).
- 1 bunch of asparagus, cleaned, trimmed and broken into pieces.  
(If you can't stand asparagus, substitute green beans instead.  
Frozen is okay.)

Place the veggies in a pot and add just enough water to cover the veggies. Bring to a boil, then simmer for a few minutes until tender. Let cook slightly then puree and enjoy! Have as much as you like.

**Note:** leave out the spices and salt when you're doing your One-Day MiracleCleanse. We're retraining the tastebuds to discover the natural flavors of fruits and vegetables!

\_\_\_\_\_ eat 1 cup cubed honeydew melon (about 1/4 of a medium melon) before or after you eat the soup



# Daily Schedule & Checklist

**All green veggies and fruits** are healing and energizing.

**Leeks** are mildly diuretic, to help shed bloat-inducing build-up.

**Asparagus** nourishes the liver, stimulates the kidneys and detoxifies the body.

**Honeydew** normalizes blood pressure and gives skin a healthy glow!

**3:30 pm – 6:30 pm:**

\_\_\_\_\_ Drink **MiracleDrink #3: Cranberry Cooler**

Add 1/4 pure, unsweetened cranberry juice to 1 quart of water.

Enjoy with ice if you like.

**Cranberries** are a natural diuretic and also help to heal the skin.

**6:30 pm - 6:45 pm:**

\_\_\_\_\_ Take a 10-minute walk (walk five minutes in one direction then turn around and walk back.) Swing your arms and walk like you're in a hurry to get somewhere.



# Daily Schedule & Checklist

**7:00pm – 7:30 pm:**

\_\_\_\_\_ Enjoy **MiracleSoup #2: Roasted Reds**

- 4 large, ripe tomatoes, cored and quartered (not peeled)
- 1 small red onion, peeled and quartered

Place tomatoes and onions in a glass pan with about 1/4 cup water so the vegetables don't stick. Roast in 400 degree oven for about 20 minutes (stir around if need be) until cooked through. Then place tomatoes and onions in saucepan and cover with about 1 cup of water, or just enough so it not quite covers all the veggies. Cook through for about 5 minutes, then transfer everything to the blender. Let cool slightly, then blend it up and enjoy! You can have the entire batch of soup if you like!

\_\_\_\_\_ 1 cup cubed watermelon; eat this for dessert

**Tomatoes** are rich in lycopene, a potent antioxidant to give your skin a healthy glow. They also reduce inflammation, helping you feel slimmer and sleeker.

**Red onions** help to flatten your tummy by combating the harmful bacteria that leads to belly bloat.

**Watermelon** heals and repairs your skin and brightens your complexion. Watermelon also helps to induce feelings of calm and can help you fall asleep faster. It's also a mild diuretic, helping your body expel bloat-inducing build-up.



# Daily Schedule & Checklist

## 7:30 pm – 8:30 pm:

\_\_\_ Evening hot lemony (no sweetener)

\_\_\_ Take a 5-10 minute sauna if possible

## 8:30 pm:

\_\_\_ Evening detox yoga routine (or a few gentle stretches)

\_\_\_ 20 minute **detox bath in hot water**

- 1 cup Epsom salts
- 1/2 cup baking soda

Add this to your bath and soak for 20 minutes. Let the water be very, very warm. Then towel dry very briskly to increase circulation. Drink one glass of pure water during your detox bath.

**Epsom salts** contain magnesium, which is a mineral that helps with relaxation.

**Baking soda** is a natural deodorizer and is very soothing to the skin.

No soap is needed during your detox bath.

## 9:30pm - 10:30pm:

\_\_\_ Bedtime early!



# The Morning After

Do this on the morning after your One-Day MiracleCleanse:

- Wake up, use the bathroom and brush your teeth.
- Weigh yourself, without clothes, and write the number here: \_\_\_\_\_
- Measure your waist right at your belly button. Don't suck in your tummy or pooch it out; just stand like you would if you were waiting in line at the bank or standing and talking to someone. Write the number here: \_\_\_\_\_
- Now suck in your tummy as tight as you can and find the narrowest part of your waist. Write the number here: \_\_\_\_\_

## Congratulations!

You will probably be down at least 2 pounds and have lost at least 1/2 inch or more off of your belly at the two measurement spots!

Now be sure to email Peggy with your results, and she'll send you a thank you gift!

[Peggy@PeggyHall.com](mailto:Peggy@PeggyHall.com)



# What's Next

## **What To Do After Your MiracleCleanse:**

If you'd like to extend the benefits and results of the MiracleCleanse, follow these simple steps to make sure you build on your results!

1. Continue to consume the MiracleCleanse Drinks #1, 2 and 3 daily.
2. Continue to do your Hot Lemony in the morning, along with your yoga poses for detoxing and the Yoga Tummy Tuck.
3. Add in one serving each of lean protein, healthy fat and complex carbohydrate at each meal. For example:
  - a. MiracleMango Smoothie: add one scoop of rice or whey protein powder (no sugar added) OR 1 cup of plain, fat-free yogurt. Enjoy a piece of Ezekial bread toast with 1 tsp of coconut oil or butter.
  - b. Along with your MiracleCleanse Fruit Salad, add 3 ounces of cold, cooked chicken OR 1/2 cup of black beans; AND 1/2 small diced avocado AND 1/2 cup of cold, cooked brown rice.
  - c. With your MiracleCleanse Soups, include 3 ounces of grilled salmon or canned tuna AND 1 small baked potato with 1 tsp butter or 1 olive oil.



## What's Next

For more ideas on different healthy choices of protein, carbohydrates and healthy fats and what exactly constitutes a healthy meal plan that will keep you at your preferred weight and with amazing energy, check out my other nutrition and weight loss programs at [www.PeggyHall.com](http://www.PeggyHall.com)

### **Other Options:**

- Move on to my Three Day Detox, with more recipes and meal plans. These meals are heartier and you'll have lots of choices when it comes to food selection.

Learn more at [www.MyThreeDayDetox.com](http://www.MyThreeDayDetox.com)

- Graduate to the Ten Day Transformation -- more of a traditional cleansing and detoxing program that is based on smoothies and blended soups, along with specific healing supplements. It also includes very detailed instruction on body and skin care for a complete, mind/body transformation! (Most people lost up to 10 pounds or more on this program.)

Learn more at [www.MyTenDayTransformation.com](http://www.MyTenDayTransformation.com)

- Schedule a personal consultation with me via phone or email at [www.PeggyHall.com](http://www.PeggyHall.com) so I can customize a program that will get you the results you want!



# With Gratitude

I'd like to personally **thank you** for allowing me to be your guide on your One-Day MiracleCleanse!

Nothing gives me greater pleasure than knowing I have helped you feel better, look better -- and live better!

When we feel our best, we have more energy to fully participate in every experience that comes our way, and to open ourselves up to the amazing possibilities that this gift of life has to offer!

And as always, remember to live your life as a reflection of your soul!



looking forward to the next time our paths will cross,

*Peggy Hall*