

Jumpstart Your Health: Clean Eating & Detox

Your Free First Class from Joveta's Kitchen

Your Health Starts in Your Kitchen!

Welcome Message

Dear Friend,

Welcome to your first class in the Joveta's Kitchen 12-Week Health & Wellness Program. I'm so excited to help you take your first step toward resetting your health naturally—starting right in your kitchen.

This class includes a simple 3-day detox using the Clean Start Program from Nature's Sunshine and meals enhanced with Tastefully Simple seasonings and pantry staples you already have.

Let's get started with intention and inspiration!

– Joveta

Founder, Joveta's Kitchen

Clean Start Detox Program

Clean Start is a gentle herbal cleanse designed to support your body's natural detox process.

- Supports digestion and colon health
- Promotes gentle elimination of toxins
- Includes fiber, herbs, and key nutrients

☀️ Follow this 3-day reset before jumping into the full 12-week plan for best results!

Power Meal Smoothie Guide

Use Nature's Sunshine Power Meal for your breakfast or lunch:

- Add 2 scoops of Power Meal to 8-10 oz water, almond milk, or smoothie base
- Blend in leafy greens, berries, flaxseed, or nut butter
- Enjoy 1–2 Power Meals per day during the detox

Tip: Freeze smoothie bags in advance to save time!

Tastefully Simple Detox Meals

Create simple and satisfying meals using your Tastefully Simple products.

 Use seasonings like Garlic Garlic, Onion Onion, or Fiesta Party Dip Mix to flavor:

- Steamed or roasted veggies
- Grilled proteins (chicken, fish, tofu)
- Quinoa or brown rice
- Salads with balsamic vinegar & olive oil

These meals are low in sugar, high in flavor, and perfect for supporting your cleanse.

✔ What's Included in This Class

- 3-Day Detox Plan
 - Daily Checklist
 - Grocery Shopping Guide
 - Power Meal Smoothie Recipes
 - Hydration Reminders
 - Journaling Prompt to Reflect on Your Cleanse
 - Quick Meal Ideas with Tastefully Simple
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⚠ Important Disclaimer

This guide is for general wellness and educational purposes only.

It is not intended to diagnose, treat, cure, or prevent any disease.

Always consult your doctor before starting any new supplement, detox, or health routine—especially if you're pregnant, nursing, have a health condition, or take medication.

Listen to your body, move at your pace, and take the steps that feel right for you.

✔ Clean Eating & Detox – 3-Day Kickstart Checklist

Use this checklist to stay on track each day of your detox!

Morning

- ☐ Drink 16 oz of warm lemon water upon waking
- ☐ Take Clean Start detox supplements as directed
- ☐ Make a Power Meal smoothie
- ☐ Do light movement: walk, stretch, or gentle yoga
- ☐ Reflect on your goal for the day

Midday

- ☐ Eat a clean lunch: lean protein + veggies + whole grain
- ☐ Flavor with Tastefully Simple seasoning blends
- ☐ Stay hydrated – aim for 8 glasses of water
- ☐ Take Clean Start midday dose (if scheduled)
- ☐ Journal how you're feeling

Evening

- ☐ Eat a clean dinner: salad, roasted veggies, or broth-based soup
 - ☐ No added sugar or processed foods
 - ☐ Herbal tea or infused water after dinner
 - ☐ Reflect in your detox journal
 - ☐ Go to bed by 10 PM
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Quick Shopping List

- Nature's Sunshine Clean Start
 - Power Meal (Vanilla or Chocolate)
 - Leafy greens, berries, lemon, cucumber
 - Almond milk or coconut water
 - Brown rice, quinoa
 - Chicken, fish, tofu
 - Broth, sweet potatoes
 - Tastefully Simple Garlic Garlic, Onion Onion, or Fiesta Party Dip Mix
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Jumpstart Your Health with Clean Eating & Detox 3-Day Detox Meal Plan

Day 1

Breakfast: Detox Green Smoothie

- 1 cup spinach
- ½ banana
- 1 cup coconut milk
- 1 tsp Liquid Chlorophyll
- ½ cup frozen berries

Lunch: Grilled Chicken & Avocado Salad

- 4 oz grilled chicken breast
- 2 cups mixed greens
- ½ avocado, sliced
- 1 tbsp olive oil & lemon juice
- Tastefully Simple seasoning blend

Dinner: Quinoa & Veggie Stir-Fry

- ½ cup cooked quinoa
- 1 cup mixed vegetables (broccoli, bell peppers, zucchini)
- 1 tbsp coconut aminos or light soy sauce
- Tastefully Simple Garlic Garlic seasoning

Hydration: 8+ glasses of water + 2 tsp Liquid Chlorophyll

Day 2

Breakfast: Berry Detox Chia Pudding

- 2 tbsp chia seeds
- 1 cup almond milk
- ½ cup fresh berries
- 1 tsp honey (optional)

Lunch: Detox Vegetable Soup

- 2 cups vegetable broth
- 1 cup chopped carrots, celery, spinach
- ½ cup shredded chicken (optional)
- Tastefully Simple Onion Onion seasoning

Dinner: Baked Salmon with Roasted Brussels Sprouts

- 4 oz salmon filet
- 1 cup Brussels sprouts, roasted with olive oil
- ½ cup cooked brown rice

Hydration: 8+ glasses of water + 2 tsp Liquid Chlorophyll

Day 3

Breakfast: Cleansing Lemon & Ginger Tea with Oatmeal

- 1 cup hot water + fresh lemon + grated ginger
- ½ cup cooked oatmeal
- 1 tbsp almond butter

Lunch: Turkey Lettuce Wraps

- 4 oz ground turkey, sautéed with Tastefully Simple seasoning
- 3 large lettuce leaves (for wraps)
- ½ avocado, sliced
- 1 tbsp hummus

Dinner: Sweet Potato & Black Bean Bowl

- 1 small roasted sweet potato
- ½ cup black beans
- 1 cup sautéed kale
- 1 tbsp olive oil & apple cider vinegar dressing

Hydration: 8+ glasses of water + 2 tsp Liquid Chlorophyll

Detox Tips & Checklist

- ✓ Drink plenty of water (at least 8 cups per day)
 - ✓ Add **Liquid Chlorophyll** to water for extra cleansing
 - ✓ Avoid processed foods, sugar, caffeine, and alcohol
 - ✓ Focus on whole, nutrient-dense foods
 - ✓ Listen to your body—rest as needed
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Want More Support?

Join my **12-week coaching program** for personalized meal plans, recipes, and wellness coaching!





12-WEEK MEAL PLANNING & WELLNESS PROGRAM



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