

★ 7 DAY DETOX MEAL PLAN ★

	BREAKFAST	SNACK / TEA	LUNCH	SNACK	DINNER
DAY 1	Upon Rising: Large glass of water with juice of 1/2 lemon *Detox Smoothie 1	Steamed broccoli with lemon juice, 1 clove crushed garlic in a drizzle of olive oil 1 Cup herbal tea	* Fresh green salad with detox friendly dressing	Organic apple 12 oz glass of filtered water with 1 tbsp fermented barley or wheat grass	*Carrot Ginger Soup 1 Cup Chamomile tea
DAY 2	Upon Rising: Large glass of water with juice of 1/2 lemon *Detox Smoothie 2	*Carrot Ginger Soup (leftover) 1 Cup herbal tea	Tomato, cucumber & avocado salad topped with juice of 1/2 lemon, 1 tbsp olive oil, & a dash of dill	1 Cup organic fresh berries 12 oz glass of filtered water with 1 tsp spirulina	*Grilled rosemary veggies topped with a handful of chopped parsley
DAY 3	Upon Rising: Large glass of water with juice of 1/2 lemon *Detox Smoothie 3	Grilled rosemary veggies topped with a handful of chopped parsley (leftover) 1 Cup herbal tea	* Fresh green salad with detox friendly dressing	Organic apple 12 oz glass of filtered water with 1 tbsp fermented barley or wheat grass	*Roasted Yam & Kale 1 Cup Chamomile tea
DAY 4	Upon Rising: Large glass of water with juice of 1/2 lemon *Detox Smoothie 4	Steamed broccoli with lemon juice, 1 clove crushed garlic in a drizzle of olive oil 1 Cup herbal tea	Roasted Yam & Kale (leftover)	1 Cup organic fresh berries 12 oz glass of filtered water with 1 tbsp fermented barley or wheat grass	* Fresh green salad with detox friendly dressing 1 Cup Chamomile tea
DAY 5	Upon Rising: Large glass of water with juice of 1/2 lemon *Detox Smoothie 5	Fresh sliced veggies (unlimited) of your choice with 1/2 cup hummus 1 Cup herbal tea	Tomato, cucumber & avocado salad topped with juice of 1/2 lemon, 1 tbsp olive oil, & a dash of dill	Organic apple 12 oz glass of filtered water with 1 tsp spirulina	*Creamy Cauliflower Soup 1 Cup Chamomile tea
DAY 6	Upon Rising: Large glass of water with juice of 1/2 lemon *Detox Smoothie 6	Creamy Cauliflower Soup (leftover) 1 Cup herbal tea	* Fresh green salad with detox friendly dressing	1 cup organic fresh berries 12 oz glass of filtered water with 1 tbsp fermented barley or wheat grass	* Hearty Veggie Detox Soup 1 Cup Chamomile tea
DAY 7	Upon Rising: Large glass of water with juice of 1/2 lemon *Detox Smoothie 7	*Guacamole with unlimited veggies 1 Cup herbal tea	Veggie soup (leftover)	Organic apple 12 oz glass of filtered water with 1 tsp spirulina	*Power smoothie 1 Cup Chamomile tea

* Meals noted with asterisk (*) can be found in the 7 Day Detox recipe book.