

Nature's Harmony® Daily Detox Dietary Suggestions

Use these daily dietary tips during your detox to support liver function, digestion, and energy.

Each tip aligns with your 4-week detox plan and encourages small but effective changes.

Day	Dietary Tip
1	Include broccoli in your lunch for liver support.
2	Try a quinoa salad with berries for dinner.
3	Snack on walnuts to boost healthy fats.
4	Avoid alcohol today to reduce liver strain.
5	Add kale to your morning smoothie for detox benefits.
6	Choose chicken for lunch to support lean protein intake.
7	Stay hydrated with 8-10 glasses of water today.
8	Include berries in your breakfast for antioxidants.
9	Avoid processed foods today to minimize toxins.
10	Try a quinoa bowl with veggies for dinner.
11	Snack on almonds instead of sugary treats.
12	Add ginger tea to your evening routine for digestion.
13	Include spinach in your lunch salad for liver health.
14	Choose grilled salmon for dinner as a lean protein.
15	Avoid high-mercury fish like tuna today.
16	Start your day with a berry smoothie for detox support.
17	Snack on a handful of walnuts for a healthy boost.
18	Include broccoli in your dinner for fiber and detox.
19	Avoid sugary drinks to keep your liver healthy.
20	Try quinoa with kale for a nutrient-packed lunch.
21	Add dandelion tea to your day for liver support.

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22	Choose chicken breast for dinner to stay on track.
23	Snack on fresh berries instead of processed snacks.
24	Include spinach in your smoothie for a detox boost.
25	Avoid saturated fats today to support liver function.
26	Try a quinoa salad with walnuts for a healthy dinner.
27	Stay hydrated with water and herbal teas today.
28	Celebrate your last day with berries and quinoa for breakfast!