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## The Detox Liver Cleanse Diet

### **First Day Juice:**

- 8 oz all natural cranberry juice
- 56 oz pure water
- ½ tsp cinnamon
- ¼ tsp ginger and nutmeg
- ¾ cup fresh orange juice
- ¼ cup fresh lemon juice
- Manuka Honey to taste
- Ground flax seed (store in freezer)

**Bring the mixture of water and cranberry juice to a soft boil. Combine cinnamon, ginger, and nutmeg into a tea ball and steep it in the mixture for 15 minutes. Let it cool, then add orange and lemon juice to the mix. Add Manuka honey for taste.**

### **Day One of The Liver Cleanse Plan**

- For breakfast pour an 8 oz. glass of the juice. Stir in 2 Tbs. of ground flax seed
- One hour later drink 8 oz. water
- Keep alternating juice and water every hour for the next 12 hours without the flax seed
- Add the flax seed again to your final cup of juice before bed time

## **Liver Cleanse Eating Plan: Day 2 and 3**

### **Breakfast:**

- scramble 2 eggs
- add veggies - Choose at least 3 items: dark green leafy vegetables, artichoke, burdock, beets, broccoli, brussel sprouts, cabbage, cauliflower, kale, onion (mix in or serve as side dish)
- have orange for dessert
- add fresh lemon juice to glass of water

### **Snack:**

- 1 cup of plain yogurt topped with fresh (or from the freezer) berries and ground flax seeds

### **Lunch:**

- dark green salad with beets, artichokes, 6oz lean protein

### **Snack:**

- baked apple with cinnamon and nutmeg

### **Dinner:**

- big portions of dark green leafy vegetables, artichoke, burdock, beets, broccoli, brussel sprouts, cabbage, cauliflower, kale, onion (choose at least 3 items) and 6oz lean protein

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