



### Day 1

• **Breakfast Option**: Avocado  
Ginger Lime Smoothie

- 1 cup of Spinach
- Half of Avocado
- 1 Lime
- 1 teaspoon of raw honey
- 1/2 coconut water
- Add ice
- Dash of Cayenne pepper
- 1 cup of green tea (1) hour  
after smoothie

Add: 2 tablespoons of rolled oats

• **Lunch :**

- 1/2 cup kale chopped
- 1/2 cup brussel sprouts
- 1/2 cup spinach leaves
- 1 medium green apple
- 1/2 cup purified water
- 1/2 cup ice cubes
- 1 teaspoon apple cider vinegar

• **Dinner : BY 8pm**

- 1/2 banana frozen
- 1 cup pineapples frozen
- 1 pink grapefruits juiced Peeled
- 1 cup spinach
- Cut fresh fresh ginger (size of quarter)
- 1 tablespoon flax seeds 1/2 cup
- 1 cup purified or alkaline water
- Add Ice

**Snack option during the cleanse :**

1 cup kale 1 green apple

1 kiwi peeled  
3 tablespoons cashews  
1 cup coconut water or Alkaline water  
Blend together

**#2 option :**

1 scoop protein powder  
1/2 orange peeled  
2 tablespoons walnuts

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**Day#2**

Breakfast: Berries can be frozen  
1/2 cup blueberries,  
1/2 cup strawberries,  
1/2 cup blackberries,  
1/2 cup whole rolled oats (Gluten-Free if possible)  
1/2 teaspoon ground cinnamon  
1 cup almond milk  
Add 1 teaspoon of Lemon squeezed or bottle  
Add 1 teaspoon of Apple cider vinegar

**Lunch:**

1/2 green apple  
1/2 celery stick  
1/4 cucumber  
1/2 avocado  
1 kiwi, peeled  
1 cup kale  
2 mint leaves (optional)  
1 cup Alkaline water  
\*\*\* 1 cup of green tea after drinking the Green Smoothie

Dinner : Before or by 8pm  
1 cup spinach  
1/2 cup pineapples frozen  
1 knob ginger( size or quarter)

1 teaspoon turmeric  
1 teaspoon chia seeds  
1 cup almond milk add dash of *Cayenne pepper*

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### Day #3



#### Breakfast Option :

**Avocado Ginger Lime Smoothie**  
1 cup of Spinach with 1/2 cup of kale

Half of Avocado

1 Lime

1 teaspoon of raw honey

1/2 coconut water

Add ice

1 tablespoon of flaxseed

1 cup of green tea (1) hour after smoothie

2 tablespoons rolled oats

#### **Lunch :**

1/2 cup strawberries

1 /2 banana

1 tablespoon cacao powder (walmart or vitamin shoppe )

2 tablespoons organic or natural peanut butter

1 scoop whey protein powder

1 1/2 cups almond milk

1/2 tsp cinnamon

#### **Dinner:**

1 cup spinach & kale

1/2 cup pineapples frozen

1 teaspoon turmeric

1 teaspoon chia seeds

1 cup almond milk

1 teaspoon flaxseed

## **Day # 4**

**Please refer to Day # 1**

- **Breakfast**
- **Lunch**
- **Dinner**

**Things to keep in mind**

- **Please keep up on your daily water 4 or more 16oz bottles of water**
- **Turmeric Water (add 1 1/2 teaspoon of turmeric ground to 16 oz of water drink one daily)**
- **1 cup of Green tea after each breakfast meal**
- **If you get hungry at night after 8pm STRAWBERRIES and WATERMELON are approved snacks!!!**
- **TRY adding 1 teaspoon of apple cider vinegar (16 oz or less) anything over 16oz add 1 1/2 teaspoon and sip during the day.**
- **NO solid food!!! DURING day 1-4**
- **Milk thistle tea is great for detoxing the liver & help the digestive system. Usually found at GNC, Vitamin Shoppe or Marinos.**

**\*\*\*Please do at least 1 hour of Cardio per day between Tuesday-Thursday. Try to do at least 2 days of this before FRIDAY!!**



